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Congratulations, graduating resident physicians! Best wishes for your future success and happiness and good luck in your careers as fully licensed physicians!

1. **PARA** Negotiation Update

PARA Board approval of the negotiated non-monetary items does not result in immediate application of these items. The new contract requires the monetary award to be handed down by the arbitration chair; this award is still pending. **PARA** appreciates the frustration this process may inspire and encourages patience from our members.

If you have any questions about contract implementation, please contact the **PARA** office.

2. **PARA** - Know Your Contract: Letters of Understanding

a. Letters of Understanding

PARA allows for reasonable divergence from contract scheduling expectations by way of exceptions formalized through Letters of Understanding. Letters of Understanding are approved

altered call requests that are initiated by and have the support of all the resident physicians in a given program. Consideration may also be given to individual resident physicians on a case-by-case basis. These understandings primarily occur in the scheduling of home call or night float. These requests are considered for approval if they are requested by and have the support of resident physicians, are proposed for reasons of enhanced wellness and better work/life balance in coordination with improved patient care, and have the support of the program director. These contract modifications can be requested for the following:

- Consecutive days home call
- Long weekend consecutive call
- Weekend call split shifts
- Night float or floating call service

These contract modifications are subject to review throughout their one-year term. Resident physicians subject to a letter of understanding maintain the right to grieve a contract violation if, at any time, they no longer wish to comply with the letter. Letters of understanding expire at the end of the contract year. Existing letters of understanding will require renewal. If you have questions about letters of understanding or require a template letter, please contact the **PARA** office.

b. Taxi Reimbursement Claims

REMINDER: The deadline for submitting taxi reimbursement claims for this quarter is June 30. **PARA** members can claim for rides taken after in-house call shifts (resident physicians must be able to present an on-call schedule confirming their on-call shift upon request) if they are too tired to drive.

The **PARA** Taxi Reimbursement Program exists to ensure resident physicians make it home safely when too tired to drive. The program was negotiated by your residents' association to contribute to resident physician and community safety and as an opportunity for **PARA** to exemplify resident well-being as one of our valued priorities.



The sustainability of Taxi Reimbursement Program is dependant upon the collective prudence (good sense) of its users. **PARA** encourages all of its members to reflect on the spirit in which this benefit was created, **which was to guard the safety of our membership and our community**. Resident physicians who access this benefit should self-assess for fatigue prior to accessing the benefit.

Reimbursement payments for this quarter will be mailed July 15. Submissions that are received after the cut-off date (June 30) will be processed for the following quarter. Quarterly reimbursements do not exceed \$200/ Quarter/ Resident. In the event that the quarterly budget is exceeded, payments will be pro-rated.

c. Health and Dental Claims



Health & Dental Claims

Resident physicians have until August 31, 2011 to submit their receipts dated on or before June 30th to Alberta

Blue Cross for reimbursement. For resident physicians who are completing their residency on June 30, all receipts must be dated on or before their last day of residency.

Health Spending Account

Your health spending account (HSA) funds can be used for eligible health and dental expenses that are not covered by your regular health plan. Resident physicians can claim the health premiums that are deducted on their paystubs, vision care, massage, etc.

Resident physicians have until the end of August to submit their receipts dated on or before June 30. Residents continuing their training can access any unused funds in their health spending account for one year after the end of the contract term, provided the claimant remains a contracted resident physician and a member of PARA. Resident physicians completing their training on June 30, 2011, can submit claims until the end of August, but receipts must be dated on or before June 30; any unused funds in the HSA do not rollover into the next year once residency is complete.

For more contract tips, visit the **PARA** website at <http://www.para-ab.ca/agreement/know-your-contract>.

3. Blue Cross Group Plan # Change – What does it mean for you?

Effective today (June 1, 2011), all University of Calgary PARA members will now belong to group plan #25000. You should have received a new Alberta Blue Cross identification card; this card includes your updated plan information. Please ensure that your name and eligible dependent list is correct. If any of this information is incorrect, log into E-people Employee Self Services to make changes.

your new group number

GROUP 25000	SECTION A1	CLASS	FAMILY
IDENTIFICATION NO.	NAME		
8123456 - 01	MARK ROBINSON		
8123456 - 02	SARAH ROBINSON		
8123456 - 03	DENNIS ROBINSON		
8123456 - 04	HEATHER ROBINSON		
SAMPLE			
By presenting this card or Alberta Blue Cross identification number, I acknowledge that I consent to the use of my personal information for the administration of my benefit plan as described in the Alberta Blue Cross Privacy Policy posted at www.ablucross.com or call 1-800-981-6966.			
ALBERTA BLUE CROSS		SAMPLE	
SUBSCRIBER			
MARK ROBINSON			
BENEFITS		EFFECTIVE YY/MM/DD	
DRUGS	DIRECT BILL	06/01/11	
HOSPITAL		06/01/11	
EXTENDED HEALTH		06/01/11	
DENTAL		06/01/11	
TRAVEL		06/01/11	

Your coverage will not change, but you will need to present this new information to your health-care providers (including pharmacy and dental offices) to access services as of today. The first time you use the Alberta Blue Cross plan member website after today, you will need to enter your new group and identification number on your Blue Cross id card (see above) and your birthday. If you have not yet received your new identification card, contact Benefits at (403) 699-0732.

4. Pay Date Change Reminder!

June 2011						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Starting this month, pay days will be moving from Friday to the following Wednesday. The current pay date of Friday, June 10 will be **moved to Wednesday, June 15**. Pay will then be distributed on a bi-weekly basis from that Wednesday forward. ***This change does not affect your actual pay – it only shifts the date when you are paid.***

Why the need to change the pay dates? This new, standardized pay processing period will allow timekeepers more time to input payroll information, therefore ensuring accuracy and reliability. It is the normal pay period for

large, public sector organizations.

5. CAIR Election Results



In May, PARA members were asked to elect a representative to the Canadian Association of Internes and Residents Board of Directors. In a very close vote, Dr. Matt Frey was elected as one of **PARA's** two official CAIR members. Dr. Frey will join Dr. Gillian Shiau in representing **PARA** at the national level; Dr. Gillian Shiau was elected last year and is PARA's returning CAIR Board member. Alberta has two elected positions on the CAIR Board; the term length is one year with the option to serve for one additional year.

Congratulations, Dr. Frey!

6. Graduating Resident Physician Licensure Licensing Information for Resident Physicians, Fellows, and Physician Extenders.

Trainees who intend to enter practice in Alberta following completion of their training program must apply for an independent practice licence with the College of Physicians & Surgeons of Alberta.



Please note: Physician Extender licences automatically expire when your residency program ends. The first step in the process is completion of the online Eligibility Review Form. Information can be obtained at the following link:

http://www.cpsa.ab.ca/Services/Registration_Department/OATS.aspx or if you have any questions, contact the College's Registration Department at (780) 969-4924 or email registration@cpsa.ab.ca.

7. How it went: Resident Well-being Week

Thanks to everyone who came out to the Career Practice Management Sessions, **PARA** movie night, **PARA** yoga afternoon, and **PARA**lyzer and helped make Resident Physician Well-being Week so successful!

Event Prize Winners:

- Career Practice Management Session: \$100 Murrieta's Bar & Grill – Dr. Arjuna Perera, University of Alberta
- Yoga Class: \$100 Lululemon gift certificate:
 - Dr. Dave Saliken, University of Alberta
 - Dr. Naminder Sandhu, University of Calgary



Calgary Yoga Afternoon – Resident Physician Well-being Week

Resident Physician Well-being Day: Paging for Prizes

Over 150 prizes were awarded including gift certificates for Hudson's Taphouse, Melrose Bar & Grill, Good Earth, yoga classes, and movies. Winners have been notified by email. Congratulations to all the winners and watch your mail next week. To see all the winners, go to <http://www.para-ab.ca/residents>

8. Get Involved: **PARA** Board Meeting Schedule 2011 – 2012

PARA is a member-driven organization that depends on resident physician volunteers. If you are interested in resident physician well-being, medical education, health policy and administration, and serving your colleagues, consider joining the 2011 – 2012 Board of Directors. The tentative dates for next year's board meetings are as follows:

Monday, August 8, 2011 – Edmonton
Monday, November 7, 2011 – Calgary
Monday, January 30, 2012 – Edmonton
Monday, April 16, 2012 – Calgary

Out-of-town transportation is provided.

For more information on board member expectations and committee opportunities, please visit <http://www.para-ab.ca/board/para-board/board-member-roles-and-expectations>.

9. Upcoming Events

➤ **PARA** Graduation PARAtreat



Date: Tuesday, June 14, 2011

Time: 7:00 – 9:00 pm

Location: Barley Mill Eatery & Pub, 201 Barclay Parade SW, Calgary

Hospital ID required.

RSVP to para-ab@shawbiz.ca by noon on June 10.

➤ **CAIR** Annual General Meeting

Date: Saturday, June 18, 2011

Time: 1:00 – 1:30 pm

Location: Delta St. John's Hotel & Conference Centre, Salon EF (120 Gower Street, St. John's, Newfoundland)



The meeting agenda will be circulated closer to the meeting date. All CAIR members are welcome to attend. For more information, contact the CAIR office by email at cair@cair.ca or by phone at 1 (613) 234-5292.

➤ **July** PARAlyzer



Date: Saturday, July 9, 2011

Time: 9:00 – 10:30 pm (No Cover Charge)

Location: TBA

Hospital ID required.

RSVP to para-ab@shawbiz.ca by noon on July 8.

For more information on upcoming events, visit **PARA**'s events calendar online at <http://www.para-ab.ca/calendar.aspx> or **PARA**'s facebook page at <http://www.facebook.com/group.php?gid=185755111347>. Feedback on the site is welcome.

10. PARA's May 2011 Resident Physician of the Month

Dr. Olga Toleva, Cardiology, PGY 5, University of Alberta

A fellow resident physician had this to say about Dr. Olga Toleva:



Dr. Toleva is an excellent example of a teacher and clinician. As a senior cardiology fellow she is always willing to help out junior residents and explain the complexities of the CCU. Her ability to teach all levels of residents allows for a safe learning environment. Dr. Toleva's love of Cardiology is infectious and ensures that learning objectives are met with enthusiasm and encouragement. I have seen how Dr. Toleva is able to engage with patients and make the very scary experience of a heart attack less anxiety provoking. She is a great mentor and an astute physician!

For this and previous months' Resident Physician of the Month announcements, visit **PARA** online at <http://www.para-ab.ca/news/news-and-events/awards>.

Regards from,
Your **P**rofessional **A**ssociation of **R**esident Physicians of **A**lberta