



1. **PARA - Know Your Contract: LTD Benefit**
2. News From CAIR – March 2009 Update attached
3. Upcoming Events:
 - Residents in the Legislature: volunteers needed!
 - **PARA Board Meeting: April 27 in Calgary**
 - **PARA Yoga Night April 24**
 - Mothers' Day Walk/Run May 10
4. **PARA Executive: nominations deadline April 30th**
5. **PARA Clinical Teaching and Wellbeing Awards: Nomination Deadline May 31, 2009**
6. March **PARA Resident of the Month**
7. March Winners in Spot the Stethoscope Contest

1. **PARA - Know Your Contract: LTD Benefit**

Be advised that PARA covers residents' life and long term disability (LTD) insurance premiums while they are on maternity/ parental leave. If you were requested by either Calgary or Capital Health to continue to pay LTD coverage while on maternity leave, your premiums may have been paid twice; these premiums would have been deducted from your maternity top-up payment. If you did pay these premiums, you may be entitled to a reimbursement. Please fax PARA the pay stub on which these deductions were made. If eligible, your reimbursement will be processed within the next month. PARA's fax number is (780) 432-1778.

2. News From CAIR – March 2009 Update: see attached

3. Upcoming Events:

- Residents in the Legislature: Volunteers needed!
 - **Monday, May 4th**
 - Note: this date has changed from April 20th, as originally posted in the March PARA E-blast.
 - **RSVP** to para-ab@shawbiz.ca by Monday **April 19th**.
 - Training Session: Sunday, May 3rd – attendance is required.
- **PARA Board Meeting**
 - Monday, April 27th: PARA Board of Directors Meeting
 - Please **RSVP** your attendance by Thursday, **April 23rd**.
 - Calgary @ Quality Inn University (2359 Banff Trail NW) @ 12:00 Noon – 5:00 PM (lunch will be provided). There is ample parking.
 - From Edmonton: Blue Line Limos
 - Main Departure: U of A Hospital, main entrance on 112 Street, across from Tim Horton's (84 Avenue).

- Report Time: 0800 hrs
- Departure: 0815 hrs
- Calgary Arrival/Set Down: 1130 hrs
- Calgary Departure: 1630 hrs
- Breakfast Catering: Juice and muffins will be provided on the bus.

- **PARA Yoga Night – Friday, April 24: RSVP is required on the same day by noon**

- Calgary at 6:30 PM @ Yoga Shala, 1509/1511 – 19th Street NW
- Edmonton at 7:30 PM @ The Yoga Loft, 2nd Floor, 10309 Whyte Avenue

- **Mothers' Day Walk/Run – Registration deadline April 24**

- Sunday, May 10th @ 9:00 A.M. – PARA will sponsor the first twelve (12) residents in both Edmonton and Calgary to run in the Mother's Day Run/Walk.
- For more information please see <http://www.para-ab.ca/residents>
- **RSVP** to PARA office by April 24th.
- The Mother's Day Run raises money for the Stollery Children's Hospital in Edmonton and in Calgary, for the Calgary Health Trust.

4. **PARA Executive Nominations: Deadline – April 30th**

PARA will be accepting nominations for the 2009/2010 executive from now until April 30th, 2009. Members of the 2009/2010 **PARA** executive will have the opportunity to attend the executive retreat in Banff on the weekend of June 5th – 7th, 2009. Executive members are responsible for implementing direction from the Board of Directors; in this role, resident physicians will have opportunities to liaise with health and medical education stakeholders and represent Alberta's resident physicians at the regional, provincial, and national level. Nomination forms can be found online at:

<http://www.para-ab.ca/board/executive-nomination-forms>.

Elected Positions include:

- President
- Vice President External Affairs
- Vice President Internal Affairs
- Vice President Operations and Finance
- Edmonton and Northern Alberta Area Rep
- Calgary and Southern Alberta Area Rep

5. **PARA Clinical Teaching and Wellbeing Awards: Nomination Deadline May 31, 2009:**

Nominate a program director, preceptor, or staff physician today!!!

Nomination forms can be found online at:

<http://www.para-ab.ca/residents/awards-of-excellence>

Clinical Teaching Award - deadline for nomination: May 31st each year

Since 1988, the Professional Association of Residents of Alberta (PARA) has presented an award to physician preceptors who have shown excellence in the Resident education. The Clinical Teaching Award of Excellence is given to a physician at the University of Alberta, the University of Calgary, and a rural site.

Wellbeing Award - deadline for nomination: May 31st each year

As resident well-being is an important issue and one of PARA's primary focuses, the association recognizes outstanding contributions made in this area by a staff physician at the University of Alberta, the University of Calgary, and a rural center.

6. **March PARA Resident of the Month**

Dr. Jennifer Pritchard
Emergency Medicine, PGY2
University of Alberta

A fellow resident had this to say about Dr. Pritchard:

"Jenn has been a shining example of the kind of resident any program would be extremely fortunate to have. Jenn is a delight to work with. She is easy-going and immediately likeable. Her clinical acumen already far exceeds her peers' and she is able to function clinically at a level beyond her years of training."

7. **PARA's Spot the Stethoscope – March winners**

First Prize - two tickets to a March NHL game

In Edmonton: Drs. Francois Jacob and Momoe Hyajutake.

In Calgary: Drs. Kerri Johannson and Anna Wesenberg.

Second Prize Winners: two tickets to the movies

Dr. Jeanelle Sabourin – Edmonton

Dr. Raveen Bhalla – Edmonton

Dr. Kerri Pandachuck-Chung – Edmonton

Dr. Alexander Wong – Edmonton

Dr. Karen Seland – Edmonton

Dr. Praby Singh – Edmonton

Dr. Diana Hong – Calgary

Dr. Laura Stinton – Calgary

Dr. Ross Semeniuk – Calgary

Dr. James Yeung – Calgary

Regards from,

Your **P**rofessional **A**ssociation of **R**esidents of **A**lberta