

QIM Wellness Handbook

A collection of people, places and things in Kingston

2020 edition



Forward

Welcome to Kingston and your residency at Queen's!

We hope you will enjoy your time in the lively community that is Queen's Internal Medicine (QIM). Whether you are new to Kingston or not, we hope this resource helps you maintain a healthy work-life balance during your residency.

This document is written by residents for residents. It compiles the nitty gritty you may need over the upcoming months and years:

- **Your Health** - medical services, mental health & self-care
- **Kingston Hacks** - tips & tricks for life in Kingston
- **Housing & Finances** - renting, buying, parking and taxes
- **Fitness** - gyms and outdoor spaces
- **The Social Scene** - dining, entertainment and events
- **Professional Organizations** - including benefits and PARO

The days may be long but the years are short - taking care of your physical, mental and social health is key to surviving the roller coaster you have boarded.

Acknowledgements

This document was inspired by the Queen's Department of Family Medicine's "Palpate This" resident handbook.

Thanks to Dr. Mala Joneja and Dr. David Taylor, advisors to the Wellness Resident Leadership Team.

Thanks also to all the people who answered our questions when we first moved here and welcomed us with open arms.

-Mike Che and Grace Zhang, on behalf of the

Wellness RIT 2020-2021



Your Health

How to find a doctor,
urgent care services,
mental health resources
and personal care



Medical Care

Queen's Student Wellness Services offers walk-in or scheduled appointments (including some evenings) with physicians and nurses for:

- primary care
- mental health
- sexual and reproductive health

Bring your Queens student ID card or have the number ready.

Mitchell Hall, 69 Union Street

Hours vary; check them online at:

<http://www.queensu.ca/studentwellness/health-services>

Urgent medical care is always available at:

- **Hotel Dieu Urgent Care Center** - 8am-8pm
- **CDK Family Medicine & Walk-In Center**
174 Princess Street
613-766-0318
- **Kingston General Hospital Emergency Dept.** - 24 hours a day

There are several **family doctors** in Kingston who accept medical residents as patients. The list below is current as of 2019:

Dr. Helene Helt
730 Front Road, Unit 7
613-384-7640

(Email helene.helt@frontenacdoctors.ca first and identify yourself as a Queen's resident)

Mental Health Resources

Everyone will agree that medical training is a stressful and emotionally invested time. Stressors at work and at home quickly add up - constantly changing rotations, managing complex (and sometimes difficult) patients, moving to a new city or province, and the strains your workload puts on new and old relationships.

Remember - there are *many* resources available when you need to talk to someone.



Within the program, you have:

- **Chief residents** and **senior resident mentors** - an excellent first contact, especially early in the year! They can direct you to resources or help reconcile and talk about the things you are experiencing.
- The **Wellness Committee** hosts events like “Resident Confidential” and socials to facilitate conversations & work-life balance. We are also happy to meet with you one on one.
- **Dr. Mala Joneja** has an interest in discussing critical incidents in medical education with residents.
- **Dr. David Taylor** (program director) and **Drs. Sara Awad and Stephen Gauthier** (assistant program directors) are always willing to be contacted whenever needed.

Free Online Wellness Resources

MoodGym is a free, online cognitive behavioral training program that is validated in depression: moodgym.com.au

• Dr. Andrew recommends these **online self-help workbooks** via Queen’s Student Wellness Services: <http://www.queensu.ca/studentwellness/counselling-services/counselling-resources/self-help-workbooks>

• **ePhysicianHealth** (<http://ephysicianhealth.com/>) is a series of free online modules targeted to improve physician resilience.

• **OMA’s Physician Health Program** - a confidential referral service as well as online tools, videos and links: <http://php.oma.org> or call 1-800-851-6606.

• **Canadian Medical Protective Association (CMPA) Physician Wellness page** - includes articles and links to provincial resources <https://www.cmpa-acpm.ca/en/advice-publications/physician-wellness>

• More websites from around the world are listed under “Resident Wellness” in the IM Elantra Community: https://meds.queensu.ca/central/community/imresidents:resident_wellbeing/stress_management

The most important thing to remember is if you’re feeling stressed or just not right, talk to someone about it.

You’re not alone, and there is always help available.

Wellness & QIM - Queen’s University - 2020-2021

It can be intimidating to reach out to someone from work. The following are resources **not associated** with the program:

- **Dr. Melissa Andrew** is the Director of Resident Affairs and a psychiatrist. She is available to residents for counseling and will help you establish community support services. Appointments are confidential and not discussed with your program director.
Contact learnerwellness@queensu.ca or **613-533-6000 ext 78451**.
- **Becky Haist** is the designated counsellor for residents and medical students via **Queen's Student Wellness Services**. She is available for counseling services (including evening appointments) and to establish referrals to off-campus support as appropriate. As with Dr. Andrew, appointments are confidential and not shared with the program.
Contact counselling.services@queensu.ca or **613-533-6000 ext. 78264**.
- **PARO** offers a **24-hour phone helpline** at **1-800-HELP-DOC** (1-800-435-7362) for physicians and their family members.

Other phone helplines in Kingston:

- ◆ **Addiction & Mental Health Services (KFL&A) Crisis Line**
(24/7) - **613-544-4229**
- ◆ **Telephone Aid Line Kingston (TALK)** (7pm - 3am) -
613-544-1771



Personal Care & Registered Services

Health Insurance Coverage

As employees of Kingston General Hospital, we qualify for their insurance via Manulife Financial. The full summary of benefits can be found by logging into their website (www.manulife.ca), however the highlights for self-care services are:

- ◆ **Registered Services:** \$500 per benefit year for each of: massage therapist; chiropractor; podiatrist; physiotherapist; psychologist/social worker; acupuncturist; speech therapist.
- ◆ **Vision:**
 - 1 eye exam (\$120) per 24 months **and**
 - purchase or fitting of prescription lenses (glasses or contacts), repairs or elective laser correction to a maximum of \$250 per 24 months
 - i.e. you can purchase \$250 of lenses in 1st year and again in 3rd year, with both covered
- ◆ **Dental:** 85% coverage for basic services
- ◆ **Prescriptions:** most covered (some exceptions)

There are several ways to submit a claim:

1. **Charge directly** at the provider - keep your card with you
2. **Online** at www.manulife.ca - log in to “group benefits”
3. Via a **paper form** (see <https://www.manulife.ca/support/find-a-form/group-benefits.html>)

Some of our favourites:

Massage Services with Registered Massage Therapists

- **Massage Addict** - 2511 Princess Street Unit B3. 613-634-4497
- **The Annex** - 119 Princess Street. 613-507-2626
- **Dolce Bella Spa** - 8 Cataraqui Street. 613-544-1166
- **The Physical Therapy Clinic** at Queen’s University (see below)

Physiotherapy

- **The Physical Therapy Clinic** at Queen’s University - 31 George Street, Louise D Acton Building. 613-533-2098. <http://www.queensphysiotherapyclinic.com/>

Dentists

- **Dental Care Kingston (Dr. Geeta Naran & Associates)**
110 Princess Street. 613-546-9898
- **Dawson Dental Centre**
262 Wellington Street. 343-344-0890
- **KGH Dentistry Department (Dentalhouse)**
Inside the hospital, across from Endoscopy/OPPU. Convenient!
613-546-4933

Post-Call Indulgences:

Hair Salons

- **Blunt Hair Studio** - Quirky, cozy studio by experienced owners with big hearts (feature Bumble & Bumble, others).
9 Princess Street. 613-547-4247
- **James Brett** - A Kingston classic; features Aveda products. Two locations: 189 Princess Street (613-542-2427) and 764 Gardiners Rd (613-634-6427)
- **Chic Hair & Esthetics** - A cozy salon and spa with many services. Living Proof and other products. 350 King St. 613-545-1212

Day Spas & Nail Salons

- **Dolce Bella Spa*** - 8 Cataraqui Street. 613-544-1166.
<http://dolcebellaspa.com/>
- **The Annex** - 119 Princess Street. 613-507-2626.
<http://www.annexspa.com/>
- **Serenity Spa*** - 295 Brock Street. 613-547-8711.
<http://www.serenityspakingston.com/>
- **Cher-Mere Day Spa*** - 68 Brock Street. 613-767-6652.
<https://cher-mere.ca/>
- **Lily Nail & Spa** - Consistent quality, friendly, and cash discount.
#10, 2395 Princess Street. 613-531-1999
- **Sylvia's Studio** - Humble, trusted spot for an affordable mani-pedi.
29 Niagara Park. 613-531-7989
- **Angel Nails** - Friendly family run spot. 284 Princess Street.
613-536-5031

*Starred accept **WaySpa** gift cards (<http://www.wayspa.com/>), which you can buy at Costco for 25% off (i.e. \$75 for 2x\$50 cards).



Childcare and Family Planning

Many people chose to start a family during residency - if you're thinking about it or already have children, we hope this is a useful starting point. There are also several resident-parents in the program and many of the staff have young children, so advice is never far away!

If you are expecting

Here is the administrative pregnancy/parental leave process:



1. Notify your **program director** as soon as you are comfortable - within the first trimester is best to help facilitate rotation planning. You do not need to be publicizing your pregnancy yet, but this helps the program have time to rearrange blocks if needed.
- ★ You should **not** be scheduled for **call past 27 weeks** gestation as per the PARO contract - rotations like CTU, CSU and ICU are physically demanding, therefore best not to do late in pregnancy.
2. Notify the **Post Graduate Medical Education office** of your anticipated leave. They will set you up with a revised letter of appointment which payroll will need to help qualify you for Employment Insurance (EI).
3. Notify the **payroll office** at least 30 days prior to beginning your parental leave. Instruct them to submit your Record of Employment (ROE) electronically to EI on your final pay day. You can reach Payroll through ext. 1397 or through email: payrolltime@kgh.kari.net.

4. Notify the **People Services Office** at least 30 days prior to beginning parental leave by emailing peopleservicescentre@KGH.KARI.NET or casselmf@kgh.kari.net. They will provide you with paperwork necessary for hospital top-up plan. The top-up is payable bi-weekly and will be deposited to your bank account for up to 6 months of parental leave.

5. You can apply for **EI** as soon as you stop working through www.servicecanada.gc.ca.

6. Contact **CMPA** to suspend your protection for duration of parental leave and refund any unused fees. Speak to an agent by phone at 613-725-2000 or 1-800-267-6522.

7. If you have a bus pass through KGH, email hospitalid@KGH.KARI.NET to suspend automatic deductions through your paycheck while on leave.

RDoC has a page on preparing for mat leave and family planning here: <https://residentdoctors.ca/areas-of-focus/family-residency-canada/>

Note: How long you take off - whether it's 6 months, 12 months, or somewhere in between - is a very personal choice. It depends on many factors. Talking to other parents and your program director can help you make the decision.

Lastly, there is a **Canadian Physician Moms Group** you can join for even more support - ask a resident mother for an invite!

Childcare

Daycare options in Kingston are a bit limited given our long work days. The following two have extended hours:

- **Kids & Company** (6:30am - 6:30pm) - 126 Wellington Street. 613-542-2555
- **Pladec** (6:00am - 6:30pm) - two locations: East (671 Innovation Drive, 613-507-4321), and Mack (349 Mack Street, 613-546-6152).

Private day home options and nannies are alternatives - ask a fellow parent for suggestions and see the RDoc link above for more.



Activities

Here is a brief list of community groups that provide various activities for kids and parents. Check out each group's website for more details.

- **YMCA** - three locations, with various classes at each. <http://www.kingston.ymca.ca/schedules/>
- **Samatva Yoga** - (Downtown & West End locations) Baby & Me yoga, prenatal yoga. <http://yogasamatva.com/family-yoga/>
- **Trillium Gymnastics** - various classes for all ages, from babies to teens. <http://www.trilliumgymnastics.ca/2017-18-recreational--kindernastics.html>
- **Artillery Park Rec Center** and **INVISTA Center** - tot & family swim, bootcamps and more. <https://www.cityofkingston.ca/residents/recreation/facilities/aquatic-facilities/artillery-park>
- **Kingston Frontenac Public Libraries** - various branches, tons of family-oriented activities. <https://www.kfpl.ca/programs-and-events>

Below is a weekly schedule of baby-oriented maternity leave activities, passed down from another resident family (accurate as of 2017):

**disclaimer: please confirm accuracy as times may have changed*

	Monday	Tuesday	Wednesday	Thursday	Friday
Monday	<p>Play and Learn (930 Woodbine) 9-11:30</p> <p>Play and Learn (Bayridge PS) 9:15-11:45</p> <p>Bouncing Babies (Trillium Gymnastics) 9:15-10:15</p> <p>Kindermusik (Artillery Park) 9:30-10:15</p> <p>J'Apprend en jouant (51 Virginia) 9:30-11:30</p> <p>Move with Me (Kingston School of Dance) 10am</p> <p>Rhythm & Rhyme (Calvin Park Library) 10-10:30</p> <p>Books for Babies (Artillery Park) 10-10:30</p> <p>Rhythm & Rhyme (Sydenham Library) 10:30-11</p> <p>Play to Learn (Isabel Turner Library) 10:30-11</p> <p>Mommy Bootcamp (Artillery Park) 10:30-11</p> <p>Mother's Circle (Wright Cres. YMCA) 11-12:30</p> <p>Babynastics (Trillium Gymnastics) 11:30-12:15</p> <p>Baby & Me Yoga (West End Samatva) 1:15-2:15</p> <p>Peek A Boo Baby (Holy Name CS) 1:15-3:15</p>	<p>Play and Learn (Bayridge PS) 9:15-11:45</p> <p>Music Together (Chalmers Church) 9:30, 10:30, 12</p> <p>Breastfeeding Drop-in (115 Clarence) 10-12</p> <p>Family Storytime (Pittsburgh Library) 10:15-11</p> <p>Rhythm & Rhyme (Calvin Park Library) 10-10:30</p> <p>Books for Babies (Pittsburgh Library) 11:15-11:45</p> <p>Babies on the Move (Bayridge PS) 1-3</p> <p>Aquafit (Artillery Park) 1:30-2:15</p> <p>Mommy Bootcamp (Artillery Park) 2:30-3:15</p>	<p>Play and Learn (930 Woodbine) 9-11:30</p> <p>Bouncing Babies (Trillium Gymnastics) 9:15-10:15</p> <p>Play and Learn (Bayridge PS) 9:15-10:15</p> <p>J'Apprend en jouant (61 Virginia) 9:30-11:30</p> <p>Rhythm & Rhyme (Pittsburgh Library) 10:15-10:45</p> <p>Babynastics (Trillium Gymnastics) 11:30-12:15</p> <p>Play to Learn (Isabel Turner Library) 10:30-11</p> <p>Mommy Bootcamp (Artillery Park) 10-10:45</p> <p>Peek a Boo Baby (Bayridge PS) 1-3</p> <p>Peek a Boo Baby (930 Woodbine) 1-3</p>	<p>Bouncing Babies (Trillium Gymnastics) 9:15-10:15</p> <p>Play and Learn (Bayridge PS) 9:15-11:45</p> <p>Books for Babies (Calvin Park Library) 10-10:30</p> <p>Books for Babies (Isabel Turner Library) 10-10:30</p> <p>Music Together (Chalmers Church) 10:15, 11:15, 4:15</p> <p>Baby & Me Yoga (Downtown Samatva) 10:30 - 2:15</p> <p>J'Apprend en jouant (930 Woodbine) 1-3</p> <p>Play Group (Mulberry School) 1:30-3</p> <p>Stars and Strollers (Cineplex) 2pm</p> <p>Mommy Bootcamp (Artillery Park) 2:30-3:15</p> <p>Play and Learn (930 Woodbine) 5-7</p> <p>Bedtime Stories (Pittsburgh Library) 6:30-7:10</p>	<p>Play and Learn (930 Woodbine) 9-11:30</p> <p>Play and Learn (Bayridge PS) 9:15-11:45</p> <p>Bouncing Babies (Trillium Gymnastics) 9:15-10:15</p> <p>Music Together (Chalmers Church) 9:30, 10:30, 11:30</p> <p>Rhythm & Rhyme (Artillery Park) 10-10:30</p> <p>Breastfeeding Drop-in (Community Midwives of Kingston) 10-12</p> <p>Family Storytime (Sydenham Library) 10:30-11:15</p> <p>J'Apprend en jouant (Holy Name CS) 1:15-3:15</p> <p>Mommy Bootcamp (INVISTA) 2:2-45</p>

Kingston Hacks

Day to day tips -
from registering a car,
to surviving the weather,
to useful apps!



From out of province? First things first.

If you're new to Ontario there are a few things you'll have to do to get set up:

A) Driving and Licenses

It is surprisingly important to get these **in the following order**:

1. License
2. Insurance
3. Safety Check and Emissions test
4. Registration

Otherwise, you will spend several hours or days driving between places to finish the process! (trust us, we've done it).

1. Getting an Ontario Driver's License

According to Service Ontario, you must do this **within 60 days** of moving. You can exchange an out-of-province license if you are relocating from:

- any Canadian province or territory
- Canadian Armed Forces
- US States
- Australia, Austria, Belgium, France, Germany, Great Britain, the Isle of Man, Japan, Korea, Northern Ireland, Republic of Ireland, Switzerland, Taiwan

In Kingston, you need to apply in person at the **DriveTest Center** (381 Select Drive, just off Princess Street).

You will **need to bring**:

- original identification showing your legal name, date of birth and signature (ex. passport)
- original, valid out-of-province/foreign driver's license
- any supporting documents that show proof of driving experience (ex. old insurance documentation)
- eye test and application form - these are done there
 - for more information (ex. if you have a graduated driver's license or less than 2 years' experience) go to:
<https://www.ontario.ca/page/exchange-out-province-drivers-license>

2. Insurance

When shopping around, consider that you can often get a deal on rates if you purchase your care and tenant/home insurance together.

In addition, if you have a CAA membership (or purchase one), you can purchase both home and car insurance at a further discounted rate. The CAA office is located at the RioCan Center (768 Gardiners Rd Unit E200. Call for an insurance appointment: 613-546-2596 ext 33547.

3. Vehicle Registration

This is done at **ServiceOntario** (1201 Division Street), and gives you a permit and license plate! (actually, two plates*).

You will **need to bring**:

- driver's license or registrant identification number (RIN)
- proof of purchase (i.e. your old registration)
 - if buying a used car: completed used vehicle information package + original vehicle permit from seller with completed transfer portion + plate portion of the permit, if you already have the license plate
 - a used car must be registered *within 6 days of sale*
- proof of insurance from an insurance provider licensed in Ontario (see step 2)
- Safety Standards Certificate ("safety check") ~\$100
 - you can get this from most auto retailers (ex. Canadian Tire) or dealerships. Dealerships are probably a better bet, as they know your car best.
 - this *expires 36 days after* you get it, so make sure you can get your car registered within 36 days!
- Drive Clear vehicle emissions test ~\$30
 - you can get this from the same place as the Safety check
 - valid for 2 year

***Fun fact:** Ontario uses two license plates - both front and back plates. You can get help mounting a front plate if this is new to you at places like Canadian Tire or Part Source (it's not hard though!)

Vehicle Registration Costs:

- vehicle permit (all vehicles): **\$20**
- license plate (new and replacement), with permit: **\$40**
- license plate sticker, ie. registration (passenger vehicles): **\$120**

<https://www.ontario.ca/page/register-vehicle-permit-licence-plate-and-sticker>

Notes:

You do not necessarily have to register your vehicle in Ontario if you plan to return home after a few years.

Advantages to *not* registering:

- You avoid the hassle of getting a safety and emissions check
- Depending on your home province, you may be able to continue using toll roads for free in Ontario and USA (for example, Alberta does not share its registrants' information with these places)
- License plates can still be tricky to install.

Advantages to *registering* your vehicle in Ontario:

- Your home province's registration may expire while you're here
- You will feel like a citizen of Ontario - a profound sense of belonging!

B) Health Care Card

Again, this is not mandatory, depending on how long you are planning to stay. Some provinces will allow you to apply for an extension of coverage while you are a post-secondary student in residency. Contact your province's health card provider for details.

If you chose to apply for an Ontario Health Card, you need to complete the form found here:

<http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?openform&ENV=WWE&NO=014-0265-82>

You can then apply at **ServiceOntario** (1201 Division Street). There is an extensive list of supporting documents needed, listed on the application form. Note: ensure your "support of identity" document includes your signature (e.g. a credit card).



ServiceOntario

Ontario Health Insurance Coverage Document List

You will need one document from each list. All documents must be originals, photocopies are **NOT** accepted. The Ministry of Health and Long-Term Care and its agent, ServiceOntario, reserve the right to request additional documents.

List 1 – Proof of Citizenship or OHIP-Eligible Immigration Status is:

A document to prove you are a Canadian Citizen or hold another immigration status that makes you eligible for Ontario health insurance coverage.

List 2 – Proof of Residency in Ontario is:

A document that displays your name and **current** home address and confirms that your primary place of residence is in Ontario.

List 3 – Support of Identity is:

A document that displays **both** your name and your signature.

List 1 Proof of Citizenship / OHIP-Eligible Immigration Status

Canadian Citizens

- Birth Certificate from a Canadian province or territory (issued under the Vital Statistics Act)
- Canadian Certificate of Registration of Birth Abroad
- Certified Statement of Live Birth from a Canadian province or territory
- Certificate of Canadian Citizenship or Certificate of Naturalization (paper document or card, not commemorative issue)
- Certificate of Indian Status (paper or plastic card)
- Registered Indian Record (certified)
- Valid Canadian Passport or Canadian Passport expired not more than 5 years

Permanent Residents / Landed Immigrants

- Canadian Immigration Identification Card
- Confirmation of Permanent Residence (IMM 5292, 5688)
- Valid Permanent Resident Card or Permanent Resident Card expired not more than five years
- Record of Landing (IMM 1000)

Other Immigration Status

- Letter from Immigration and Refugee Board confirming Convention Refugee or Protected Person status
- Protected Person Status document
- Temporary Resident Permit (restrictions apply)
- Work Permit (proof of full-time employment in Ontario may be required)
- Written confirmation from Citizenship and Immigration Canada that you are eligible to apply for Canadian citizenship under section 5.1 of the Citizenship Act (Canada)
- Written confirmation from Citizenship and Immigration Canada that you are eligible to apply for permanent residence in Canada

List 2 Proof of Residency

- Child Tax Benefit Statement
- Employer record (pay stub or letter from employer on company letterhead)
- Income tax assessment (most recent)
- Insurance policy (home, tenant, auto or life)
- Monthly mailed bank account statements for savings or chequing accounts (does not include receipts, bank books, letters or automated teller receipts)
- Mortgage, rental or lease agreement
- Ontario Motor Vehicle Permit (plate or vehicle portions)
- Property tax bill
- School, college or university report card or transcript
- Statement of Direct Deposit for Ontario Works or for Ontario Disability Support Program
- Statement of Employment Insurance Benefits Paid T4E
- Statement of Old Age Security T4A (DAS) or Statement of Canada Pension Plan Benefits T4A(P)
- Statement of Registered Retirement Savings Plan (RRSP), Registered Retirement Income Fund (RRIF) or Registered Home Ownership Savings Plan (RHOSP) from a financial institution (bank, trust company, credit union)
- Utility bill (home telephone, cable TV, public utilities commission, hydro, gas, water)
- Valid Ontario Driver's Licence or Temporary Driver's Licence (only if accompanied by photo licence card with the same address)
- Workplace Safety and Insurance Board Statement of Benefits T5007
- Your Canada Pension Plan Statement of Contributions
- Valid Ontario Photo Card

List 3 Support of Identity

- Canadian Immigration Identification Card
- Certificate of Canadian Citizenship (plastic card)
- Certificate of Indian Status (paper or plastic card)
- Confirmation of Permanent Residence (IMM 5292) (only if signature is displayed)
- Credit card
- Current employee ID
- Current professional association licence
- Old Age Security card
- Ontario Motor Vehicle Permit (plate portion)
- Passport (Canadian or foreign)
- Permanent Resident Card (only if signature is displayed)
- Record of Landing (IMM 1000)
- Student ID card
- Union card
- Valid Ontario Driver's Licence or Temporary Driver's Licence
- Valid Ontario Photo Card

Need more information?

- Visit ServiceOntario.ca or Ontario.ca/Health
- Check the blue pages of your phone book under ServiceOntario or Health
- Call ServiceOntario at:
Toll-free: 1 800 268-1154
416 314-5518 (Toronto only)
TTY toll-free: 1 800 387-5559

(Français au verso)

Miscellaneous Ontario Quirks To Know

- Tax in Ontario is 13%
- There is a fairly complicated recycling protocol!
 - In apartments, the garbage rooms will have simple divisions.
 - If you are in a house, read this: <https://www.cityofkingston.ca/residents/waste/recycling>
- Ontario does not recycle cans and bottles at bottle depots for money. These go together with your cardboard and plastic in the regular recycling.
 - You can, however, return beer and wine bottles for money by returning them to an LCBO or Beer Store (or, just put them in your normal glass recycling for no money)
- Milk comes in bags. Buy a jug from the dollar store or grocery store - it's impossible to pour (or put in the fridge) otherwise!
 - Cartons are available but more expensive
- Kingston is very bike-able - get a bicycle if you don't have one!



Surviving the Weather

If you're not from southern Ontario, the weather may be a bit of a surprise. Hefty amounts of precipitation and the proximity to the lake mean lots of rain, wet snow, slush, and biting winds. Snowfalls often melt within a few days but they can really throw a kink in your day until they do.

If you're walking to work (like many of us):

- **Spring/Fall:**
 - **Rainboots/waterproof footwear** are essential (but too cold in winter).
 - Have a **wind and water resistant coat** and a sturdy **umbrella**. Rainy days are often really windy too.
- **Winter** - Aside from a good toque, mitts and scarf:
 - Invest in a pair of **winter boots with rubber** on the bottom portion - the city salts the sidewalks and roads, this will ruin your shoes otherwise.
 - Get a **wind-resistant** winter coat, and consider **snow pants** or layers on really cold windy days.
 - **Winter tires** if you're driving are a must!

All this is balanced by beautiful summers with lots of good lake and beach weather. Honest.



Travel & Conference Tips

Travel

Kingston's airport is tiny - there are 5-6 flights daily via Air Canada to Toronto, but it is not always reliable given the weather.

Instead, many residents instead chose to fly out of either Ottawa or Toronto. In terms of getting there:

- **Via Rail** is comfortable and easy, and you can connect directly to the UP Express for Toronto Pearson.
 - **Via Rail OMA Discount Code** (15%): 709959
(KGH discount is ~10%: 709508)
- Driving? **Park'n fly** at both Ottawa and Toronto airports is easy & affordable.
 - **Park'n Fly OMA Discount Code:** 374832
- **MegaBus** drives directly to Pearson - <https://ca.megabus.com/>
- Or, check out the **Queens RideShare group on Facebook**

Conference Funding

We are encouraged to attend conferences to further our education and to present our research. If you are presenting a poster, abstract or paper, you can claim:

- Within Ontario or Montreal: up to \$1250/year
- Outside Ontario (excluding Montreal): up to \$2000/year
 - These amounts are **per year**. If no claims are made in PGY 1-2, you are entitled to **\$2500** in PGY3.
 - Eligible expenses include registration fees, travel (including mileage to drive to the airport!), food (no alcohol), accommodations. Save your receipts.
 - Funding is restricted to *one conference per original abstract*.
 - **Requests** must be submitted **6 weeks in advance** for approval, with expenses submitted within 30 days of the conference.

Find the detailed policy on the Program's Website:

<https://deptmed.queensu.ca/academics/core-internal-medicine-residency-program/policies-and-rules>

Travel Application & Reimbursement forms:

<https://deptmed.queensu.ca/academics/core-internal-medicine-residency-program/forms-important-links>

Poster Printing

There are two main providers we use for conference and Research Day posters. Both print glossy on poster weight paper.

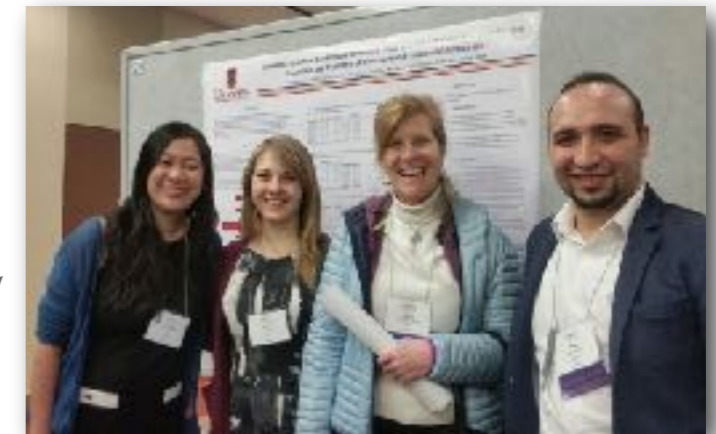
Note: usual poster size is 3' x 4', but check the allowable dimensions for your conference if you're not sure before printing!

- **DigiGraphics** - Great quality and quick (1-2 day turnover without rush). Submit high-quality pdf to service@digigraphics.ca. 3'x4' = \$59.99+tax. Open Mon-Fri 8:30am-5pm. 655 Princess St. 613-548-4546
- **Staples** - Similar price or slightly more than DigiGraphics, depending if on sale. Submit online - as "banner" (cheaper), or "poster" (\$5.99/sq ft = \$72 for 3'x4'). Same-day rush significantly more expensive. Downtown (105 Queen St) or uptown (616 Gardiners Road).

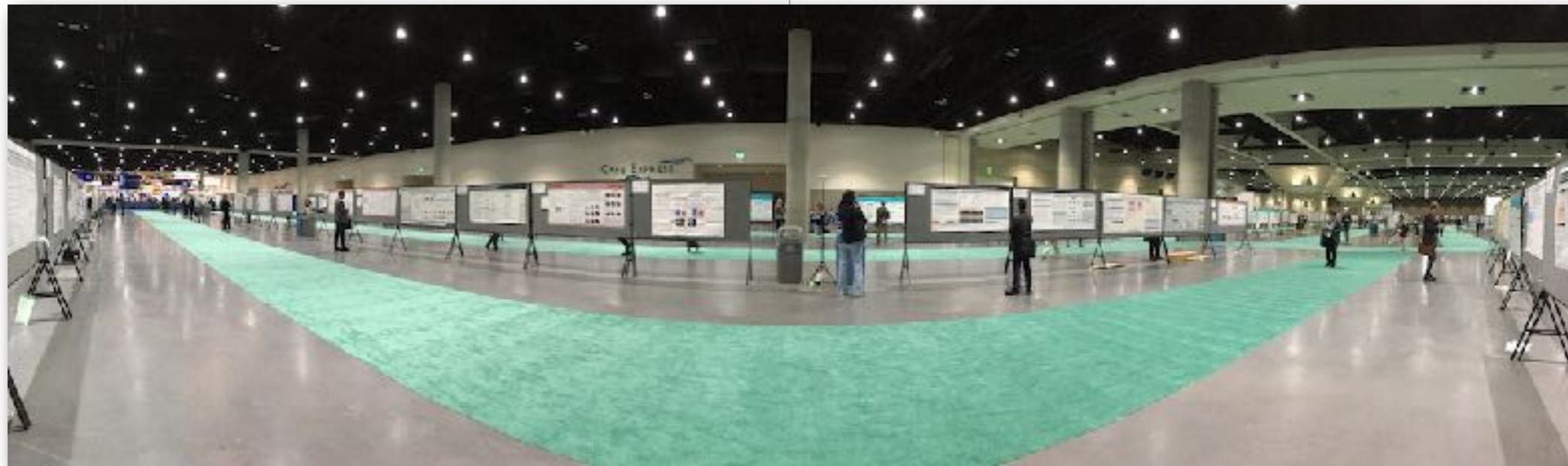
Poster tubes are available at Staples or online (eg. Amazon), or can sometimes be borrowed from generous prolific presenters or supervisors...



*Canadian Night at
ACP 2017 in San Diego*



*Queens Residents and
Dr. Clements-Baker
at CRA 2017*



A giant poster hall!

Useful Links, Apps and Discount Codes

Helpful Links to Bookmark

- **IM Resident Elantra Community:**
<https://elentra.healthsci.queensu.ca/>
 - for call schedules, recordings of academic half day and rounds, and other various learning resources
- **Department of Medicine Rounds Schedule:**
<https://calendar.google.com/calendar/embed?src=fdstt05u08fs6j1ukb4909v6qc%40group.calendar.google.com&ctz=America%2FToronto>
- **Resident Calendar** - for vacation requests!
<https://residentcalendar.com/login.php>
- **QIM Teaching Schedule:** <https://deptmed.queensu.ca/academics/core-internal-medicine-residency-program/teaching>
- **Website to access PCS from home:**
<https://remote.kgh.on.ca>
- **KGH Email:**
<https://webmail.kgh.on.ca/>
- **Queens Email:**
<https://outlook.office365.com/owa/#>
- **Health Sciences Library (off-site access):**
<http://library.queensu.ca.proxy.queensu.ca/search/subject/health-sciences/>
- **New Department Website:**
<http://meds.queensu.ca/academics/postgraduate>

Our Favourite Apps

Who doesn't love a good app?

Organizational Apps

- **Evernote** (free or \$) - web-based note keeper; easy to store and search notes, pdfs or pictures, and syncs automatically with your web-based account
 - **Microsoft OneNote** - similar to Evernote
 - **Notability** (\$13.99) - allows note taking & pdf mark-ups
- **WhatsApp** - multi-platform messenger used a lot on our teams to coordinate rounds and daily work
- **Google Drive, Docs, Sheets and Slides** - easily create, edit in real-time and share documents for presentations, research, etc.; syncs automatically and also available web-based
 - **Dropbox** - store & share pdfs and documents for easy access (app and web-based)
- **Genius Scan** - scans high quality pdf and jpeg scans with your phone camera
- **Citrix Receiver** - you need this downloaded to be able to access PCS on your ipad or iphone

Medical Apps

- **MD on Call** (\$9.99) - easy to read approaches and management for common on-call issues. VERY useful for R1!
- **UpToDate** - excellent summaries on various diseases and management, plus a great resource for drug dosing (imbedded from Lexicomp) and medical calculator
 - **BMJ Best Practice** - similar to UpToDate, easy to navigate
- **Journal Club** (\$9.99) - worth it! Quick accurate summaries of new and landmark trials
- **MKSAP18** and **NEJM Knowledge+** - Keep up by doing practice questions (in small doses) on the bus, train or airport
- **MDCalc** - a great medical calculator, also web-based (www.mdcalc.com)
- **MicroMedex** - for drug information; use KGH code “**v3trEK**”

Common Guidelines:

- **CHEP Hypertension Guidelines** - quick reference in an app
- **iCCS** - easy to search the various Canadian Cardiovascular Society guidelines (afib, MI, driving recommendations, etc)
- **Diabetes Canada Clinical Practice Guidelines (DC GPG)** - quick reference and includes a tool on how to choose medications for T2DM

Food Apps

OpenTable - to book restaurant reservations at many places in town

Vicinity Rewards - (app or wallet card) used by many shops and restaurants in Kingston. Earn points and redeem for free things!

Skip the Dishes, Just Eat, Uber Eats - some of the meal delivery apps available for restaurants through town. Useful particularly on call, as there are no options for food open overnight at KGH.

TIP!

Student Discounts on Groceries - Metro, Food Basics and Loblaws offer 10% off on Tuesdays (Metro: Tues & Thurs) with a valid Queens student ID

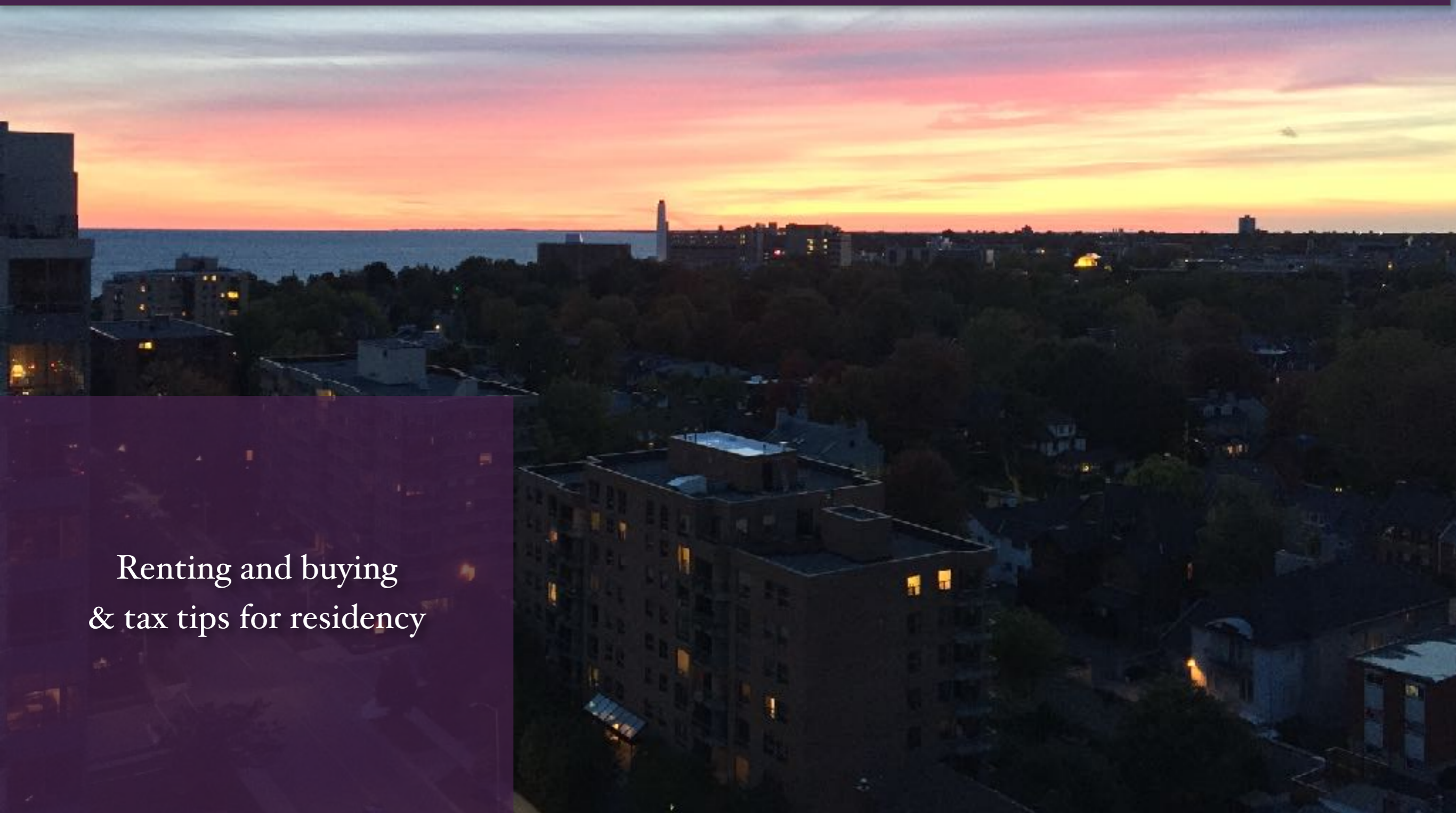
- pick up your card and annual validation from **Gordon Hall***, Room 125, 74 Union Street (Mon-Fri 8:30am-4:30pm - go post-call!)
- *Due to Covid-19 student ID's have been mailed to the QIM office this year so visit the office to pick them up

Travel Apps

- **Airbnb** - useful to find short-term rentals for CaRMS, electives and conferences (if you haven't tried it yet!). App & web-based (<https://www.airbnb.ca/>)
- **Via Rail, West Jet** and **Air Canada** all have apps that provide up-to-date information on your booking, your boarding pass and allow you to book trips (though they can be cumbersome compared to online)

Housing & Finances

Renting and buying
& tax tips for residency

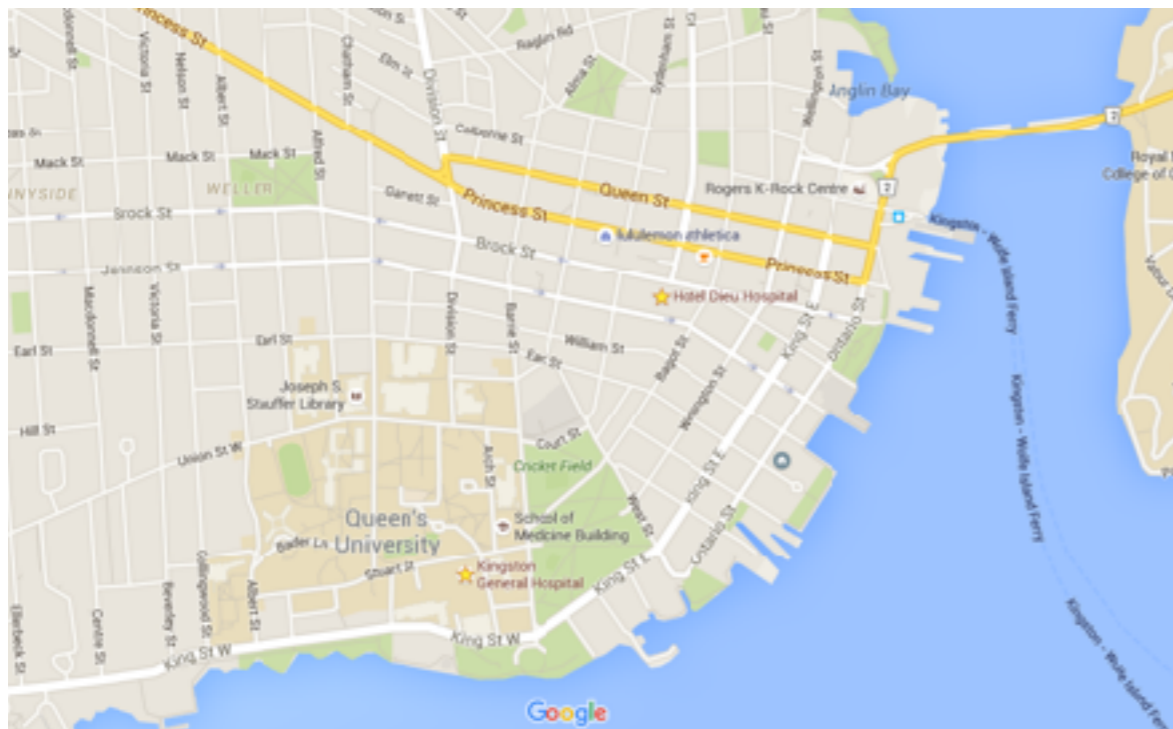


Finding a Home

Renting

The majority of residents in Kingston rent their homes. Most of us live in and around the hospital/downtown area and walk or bike to work. Hospital/campus parking is available in limited amounts (approx. \$130/month).

Your rotations in town will be either at Kingston General Hospital or Hotel Dieu Hospital - a 15 minute walk from each other and 10-15 minutes from the downtown area. Many residents live around Ontario Street (the most expensive area!) or the surrounding residential area.



Note: the area just north of campus is mostly home to undergrad students - it can be a bit rowdy! (lovingly known as the “student ghetto”)

There are some less expensive options when you venture north and east of campus (see the map at the end of this section). Since Kingston is a small city, your commute can still stay fairly reasonable living in communities a short drive from downtown. Keep in mind you will need to find parking, however.

The main **landlords/rental agencies** are:

- **Homestead Land Holdings** - An extensive list of building on the waterfront and throughout Kingston. Prices and amenities in buildings vary. <http://www.homestead.ca/apartments-for-rent/kingston>
- **PatryInc** - A variety of buildings and locations through Kingston <http://patryinc.com/>
- **Keystone** - Apartments in cool old buildings in and around downtown Kingston. <http://www.keyprop.com/listings/>
- **Panadew** - Apartments, residential homes and even parking spaces for rent in and around downtown. <http://www.panadew.ca/>
- **John Counter Place** (82 Ontario Street) - an independent apartment home to several residents in the program.

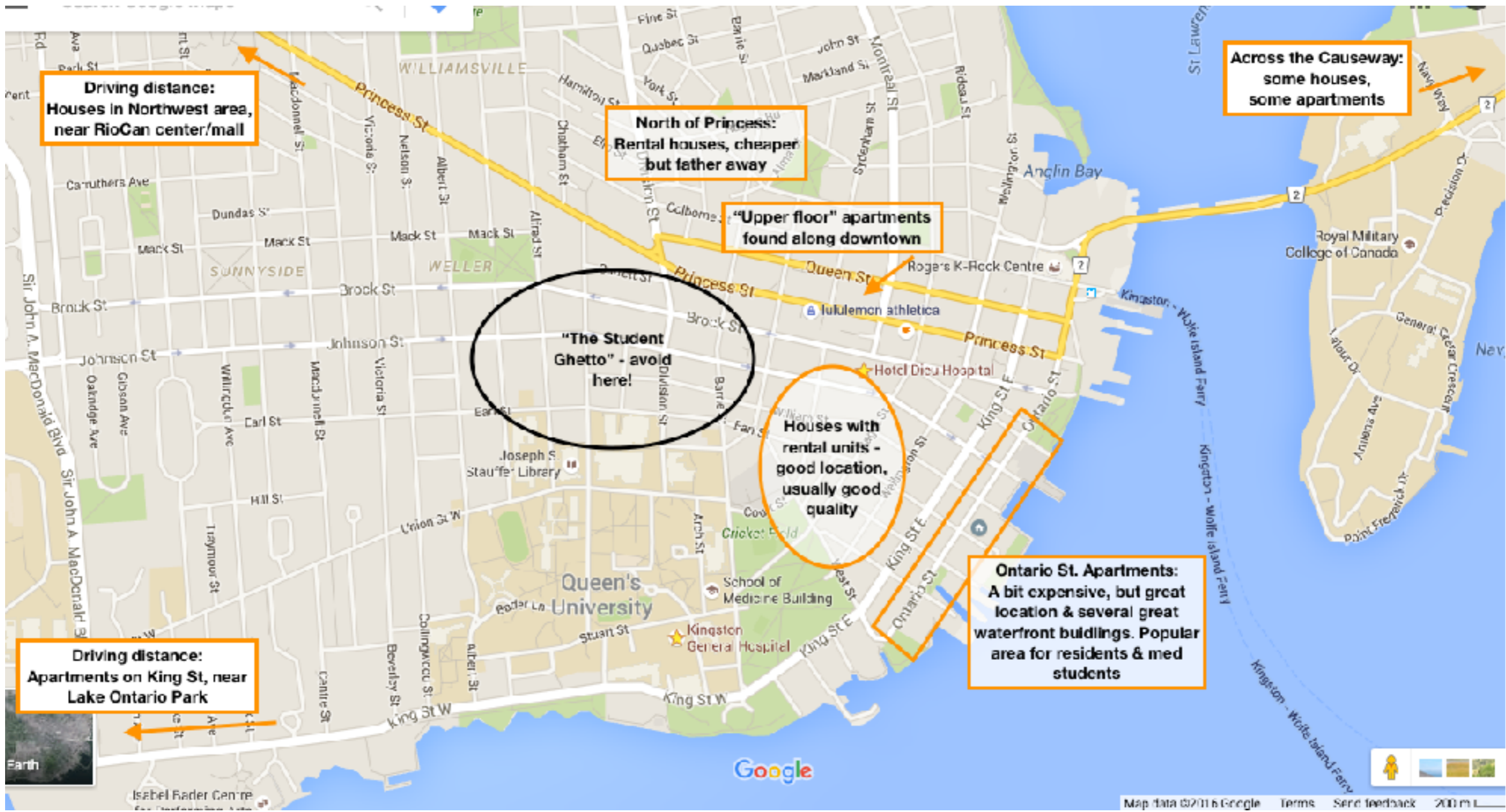
Buying

Kingston has a relatively affordable housing market if you're thinking of buying a home. There are a variety of realtors available. Some we've worked with include:

- **Ron Darling (Royal LePage)**
www.rondarling.ca, email rondarling@royallepage.ca.
Phone 613-384-1200
- **Jim Hinton (ReMax)**
<http://www.youronlineagents.com/jimandjohn/>,
email jimandjohn@youronlineagents.com. Phone 613-389-7777
- **Randy Beck (ReMax)**
<http://www.youronlineagents.com/randybeck/>
email randy@randybeck.ca. Phone 613-541-9221
- **Marty Gordon (Gordon's Estate Services)**
<http://gogordons.com/>
email marty@gogordons.com. Phone 613-542-0963

Some **tips** from our residents:

- Find a real estate agent who is patient and willing to help you find the best place for you, not just push for a quick sale
- Consider that older homes will have frequent maintenance and upgrades compared to newer builds, which can take significant time from your already busy schedule
- Budget your costs, including closing costs, maintenance/upgrades (get quote estimates from trades people), parking, utilities, condo fees, insurance. Remember there are costs
- Talk to a few banks or financial institutions about mortgage options
- Hire an independent home inspector not associated with the realtor
- Remember your “must haves” and “wish list” items while browsing
- Overall, make sure you strongly consider your long-term plan before deciding between renting and buying.
 - If you are certain you may move after 3-5 years, you may be better renting. Alternatively, you could purchase a property that is “easier” to sell (near downtown, newer, etc)
 - If you buy and then have to move away for work, the resale costs (realtor commission, legal fees, etc) can be claimed on taxes. However, moving to a larger home for size won't be and the costs can be several thousand dollars, with additional time required to sell a house.
 - The current market is a “buyer's market”, so buying a home you can grow into may be more efficient if you're staying or have a family.



Driving distance:
Houses in Northwest area,
near RioCan center/mail

North of Princess:
Rental houses, cheaper
but farther away

"Upper floor" apartments
found along downtown

**"The Student
Ghetto" - avoid
here!**

**Houses with
rental units -
good location,
usually good
quality**

Ontario St. Apartments:
A bit expensive, but great
location & several great
waterfront buildings. Popular
area for residents & med
students

Driving distance:
Apartments on King St, near
Lake Ontario Park

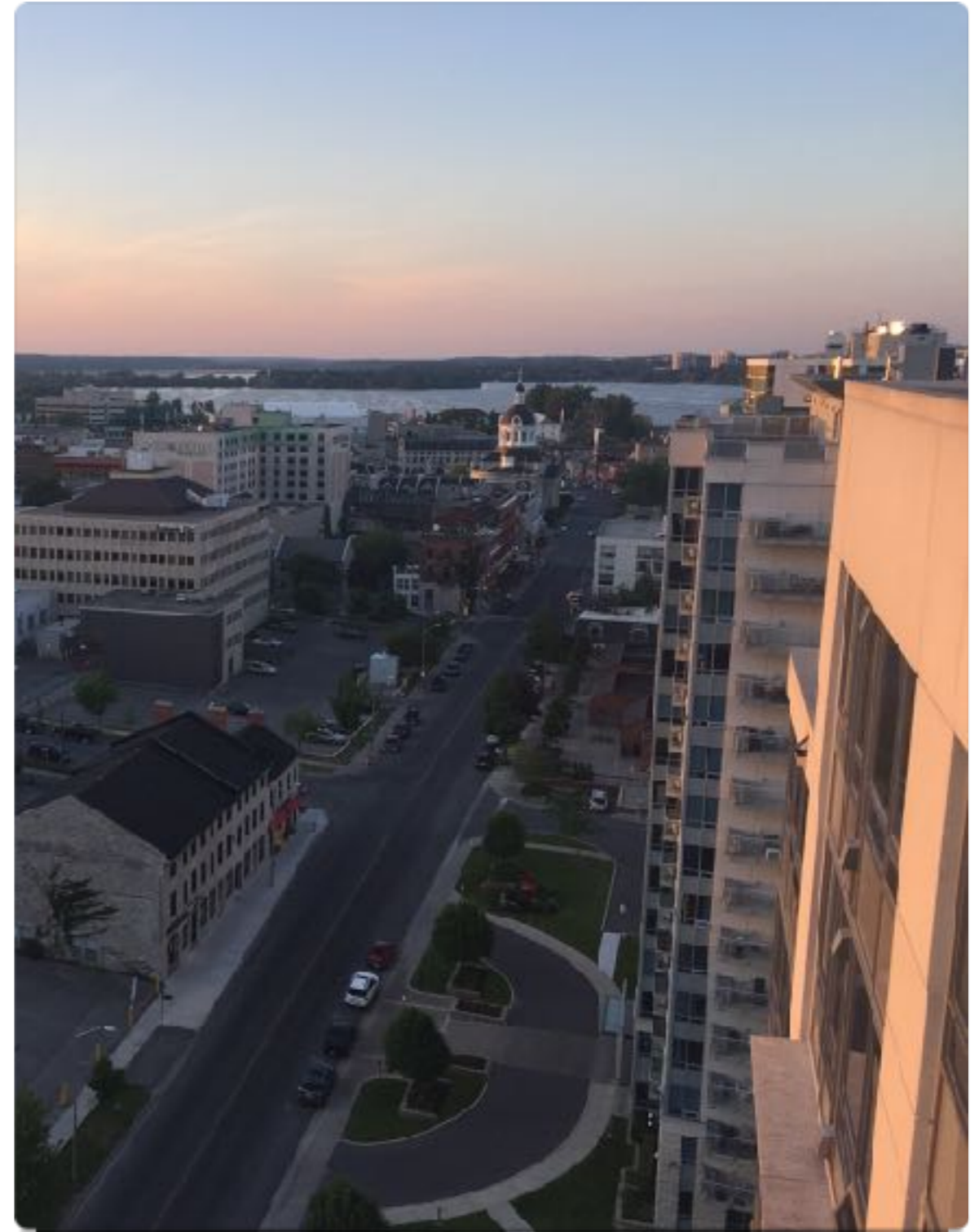
Across the Causeway:
some houses,
some apartments

Hospital Parking

For those that don't live within walking distance, parking options are a bit slim compared to other cities. Unfortunately, there is no "resident parking pass" option.

- **Queens Union Street Underground Garage** (\$136/month) - <http://www.queensu.ca/parking/full-time-permit-application-request>
 - The underground off Stuart Street is \$20/day
 - There may be surface lots available through Queens (see above link)
- **Privately rented parking spots** are sometimes available in nearby residential areas - check Kijiji, Facebook or with friends
- **Street parking** around KGH and HDH is generally city-operated and a **3 hour maximum Monday through Saturday 8am-5:30pm**
 - This is an ok option overnight (ER shifts, Night float) and Sundays
 - Watch the signs for areas with **NO OVERNIGHT PARKING December through March** (for snow removal). You will get a ticket/towed.
 - Other street parking near campus lists "no parking 10-11am and 2-3pm" - you will definitely get a ticket!
- **Bus** via many routes and a reduced fee (<http://www.queensu.ca/parking/transpass-program>)
- **Biking** is a great option, depending where you live.

Title



Ontario Street looking to downtown from an apartment rooftop patio

Student Loans & Finances

Residency is a good time to start looking into financial planning and making steps towards paying off debt. Speak with a financial advisor if you are unsure where to start or have any questions.

MD Financial Management is available through the CMA and offers financial advisors well-versed in the needs of medical professionals. Check out their services here: <https://mdm.ca/physician-life-stages/residents>).

The Kingston office is located at #300, 353 King Street East.
ph. (613) 548-8770, email: ontarioregion1@cma.ca

Student Loans - Some Tips

Most people have a certain amount of student loans and/or a line of credit. Check your interest rates on your loans and compare them with your line of credit. Consider consolidating your loans to your line of credit if that will provide you with a better interest rate.

- For example, if you are from Alberta, the interest rate of your National Student Loans becomes greater than some line of credit interest rates in December of your first year of residency.
- Paying off your loans in a lump sum via your line of credit may save you a lot in interest (and simplifies how many bills you need to remember to pay)

Certain provincial student loans allow you to maintain “interest-free” status while you continue to study in post-secondary.

- For Alberta Student Loans, this is via a “Form B” - needs to be submitted **annually**.
<http://studentaid.alberta.ca/resources/applications-and-forms/>
- Fill out the appropriate form and deliver in person to the Queen’s Registrar (hint: you can do this at the same time you pick up your student ID card)
 - Gordon Hall, Room 225, 74 Union Street
<http://www.queensu.ca/campusmap/main?mapquery=gordon>
 - You cannot do this until your registration is confirmed (ie. after July 1st or your official start date)
 - The Registrar will send the completed form to Student Aid Alberta (or appropriate province) and should send you a copy of the completed form for your records.

PARO has put together a “**Financial Primer**” with more info here:

<http://www.myparo.ca/financial-primer/>

Tax Tips

The tax year is Jan 1-Dec 31. Your income tax must be filed with the CRA **before April 30th** and paid if you owe the government money.

Any taxes owing to the Canadian Government are subject to interest. However, if the government owes YOU money, they do not give you interest back.

With experience and organization, you can do your own taxes in about 30 minutes. It is a worthwhile exercise to attempt (even if you get it checked by a professional later on) to see how the system works.

The “How-To”

Free **online tax software packages** such as TurboTax are good if your tax return is uncomplicated, or you can buy versions like TurboTax Standard Edition for \$20. These walk you through the process one step at a time, prompting you to input the numbers from your T-slips and receipts.

Collins Barrow does simple resident taxes for free (extra charges can apply). (613-545-2012)

Collins, Blay & Co. (<http://www.collinsblay.com>) charge a flat \$100 and are great for more complicated returns. (613-546-3111)

Using a **financial tracking software** like Mint.com becomes very helpful during tax time. A strength of Mint.com is it is searchable, for example, you can search for a payee and find all your rent payments, or by category, i.e. “Professional Dues”, to see all the dues you've paid.

Throughout the year, **collect receipts** (electronic or paper) for the following list of deductible items and keep them in one place for income tax season. It is very much worth the effort!

The list of receipts/slips you will need:

- **T-Slips** - statements of the year's taxable activities from employers and investment groups. They are legally due to be completed and sent out from institutions by March 1st of each year.
 - **T4** from KGH - should arrive to your hospital email
 - * Include your T4 from any previous institutions you were a part of during that calendar year
- **T2202A** - to claim Queen's tuition that we pay (\$700); login to Queens Solus to find this. Also include your T2202A from previous institutions that year.
- **Student loan interest** - For national and provincial student loans; you should receive income tax receipts in the mail.
- **CMPA Dues** - You can claim what was *not reimbursed* already; approximately 20% of \$2200. Find your annual receipt on the CMPA website. It is your responsibility to calculate the reimbursements you have collected throughout the year. The quarterly (as well as annual) summaries are snail-mailed to the address you have registered with the CMPA.
- **OMA/CMA Dues** = \$205.00. Find the annual receipt from the OMA & CMA websites

- **CPSO Dues** = \$314.00. Find the annual receipt from the CPSO website. If you are a new member, don't forget to claim your application fees as well if they are not reflected in that receipt!
- **MCCQE Fees** - Medical Council of Canada Examination Fees. If you paid for an exam (ex. LMCC 1 or 2) in the given tax year, you can claim this as a deduction. Find your receipt on PhysiciansApply.ca under the Documents tab.
- Other **professional societies** you may be a member of that charge membership dues, for example:
 - Sub-specialist group membership dues (ex. American Society of Hematology)
 - American College of Physicians (ACP) dues
- **Moving expenses** - If you moved for work or school a distance of at least 40km during the tax year; can be claimed via exact numbers (keep your receipts!) or as "daily allowances" (which are generous).



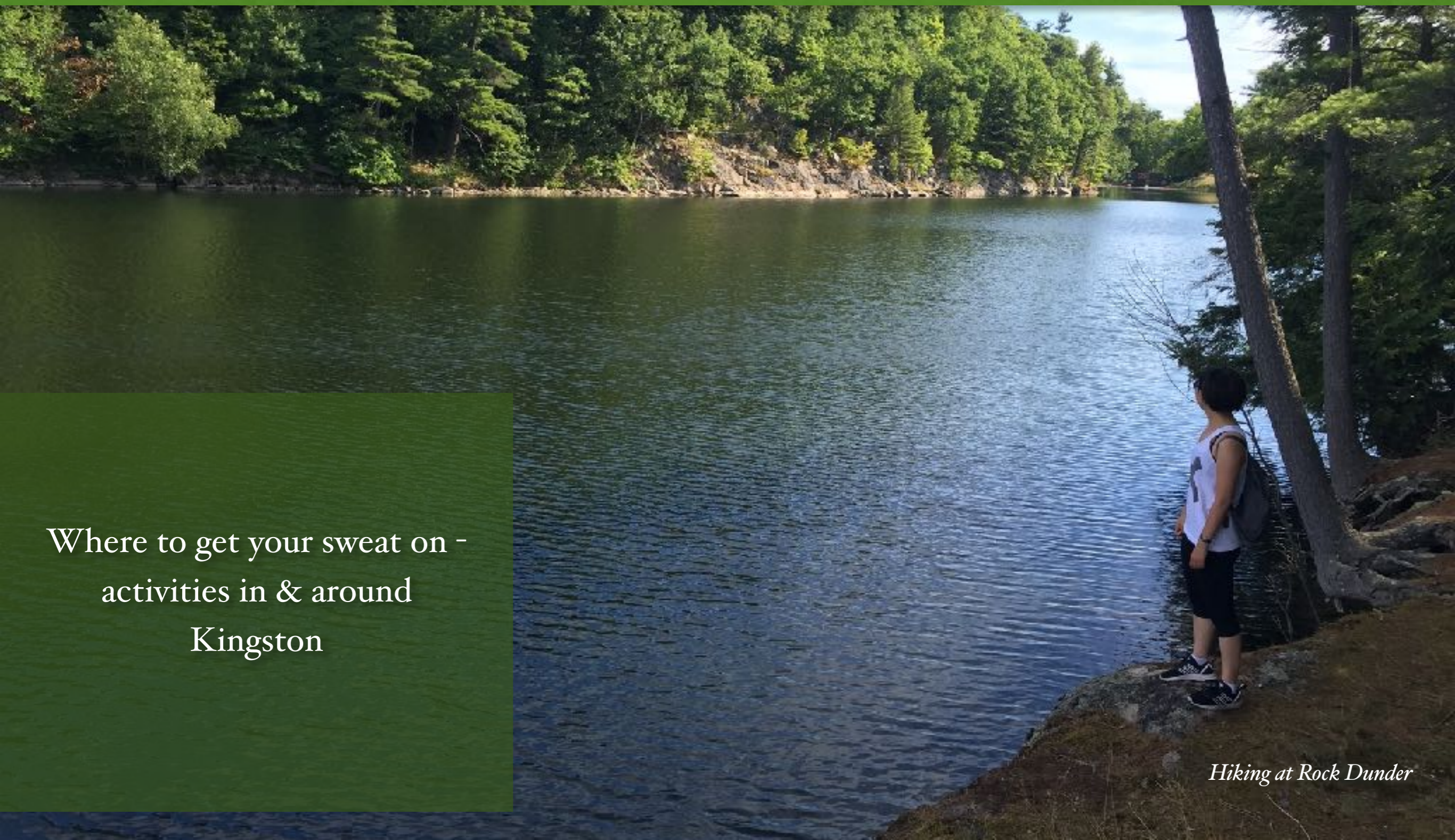
Optional:

- If you have been dry cleaning clothing for work and have kept receipts, you can claim that as a work expense.
- If you have logs of phone calls / data usage that clearly show part of your cell phone expenses are due to expenses incurred for WORK, you can claim some of your cell phone bill as a work expense.
- **T2200 Form - Parking and Gas Fees.** If you have supporting documentation showing your job required you to drive somewhere (ex. Oshawa) you can attempt to claim those fees as expenses for work. You should have received a T2200 form in your KGH email that you will need for this. Be wary that if you have already been reimbursed by the Department, you shouldn't claim these travel expenses again on taxes.
- **T3 and T5 Documents** - If you have investments that generate dividends or capital gains you will need the supporting T3 and T5 documents from the financial institution you are using for those investments (i.e. MD Financial or BMO Financial, etc.).
- If you pay to rent an apartment: Rent is claimable as PROVINCIAL tax credit.
- Public transportation (i.e. monthly bus passes) can be claimed.

Fitness

Where to get your sweat on -
activities in & around
Kingston

Hiking at Rock Dunder



Gyms & Sweaty Places

Gyms

- **Connell 6 Gym** - Free for all residents, open 24/7. Has a treadmill, stationary bike, elliptical and free weights. Email connell6gym@kingstonhsc.ca to submit your waiver and get the key code
- **The ARC** (Queen's Athletic and Recreation Center) - An alternative to off-campus gyms; Fitness room, squash courts, swimming pool, dance studios and two gymnasiums. 283 Earl St. <http://rec.gogaelsgo.com/index.aspx>
- **GoodLife Fitness** - Popular pen gym, spin, yoga and group fitness classes. Memberships available at a discount through CMA, OMA and KGH. Downtown (64 Barrack St), North (824 Norwest Rd)
- **YMCA** - several locations (near downtown: 100 Wright Crescent). Family friendly with classes, fitness equipment and a swimming pool. <http://www.kingston.ymca.ca/schedules/>
- **Planet Fitness** - Newly opened alternative to Goodlife. 955 Futures Gate. <https://www.planetfitness.ca/gyms/kingston>
- **Artillery Park Rec Center** and **INVISTA Center** - Swimming pool, classes, bootcamps and more. <https://www.cityofkingston.ca/residents/recreation/facilities/aquatic-facilities/artillery-park>

Yoga

- **Moksha Yoga Kingston** - Hot yoga, yin yoga and meditation. Offer both drop in and regular memberships. 27 Princess Street. <http://kingston.mokshayoga.ca/>



Sunday Morning Yoga

- **Studio 330** - Power yoga, yin yoga and restorative. Offer both drop in and regular memberships. 330 Princess Street
<http://studio330.ca/>
- **Samatva Yoga** - Multiple class types. Downtown (397 Princess St), West End (836 Gardiners Rd). <http://yogasamatva.com/>
- **Free Sunday Morning Yoga** hosted by Lululemon and featuring various local instructors. Outdoors in Battery Park (behind 135 Ontario Street) in summer, and indoors in store in bad weather. Check for weather updates: <https://www.facebook.com/lululemonKingston/events>

Other Places to Sweat

- **The Boiler Room** - Indoor rock climbing gym - drop in rates or memberships available. 4 Cataraqui St. 613-549-0520
<http://www.climbinggym.ca/>
- **Queen Street Fitness** - Well equipped gym with group classes and CrossFit type equipment 226 Queen St. <https://queenstreetfitness.com/>
- **Kingston Circus Arts** - Sign up for aerial classes or book one-time events! 785 Sir John A MacDonald Blvd #7f. 343-333-3446.
<http://www.kingstonsircusarts.com/>
- **City of Kingston Recreation Facilities** - From splash parks to open skates, check them out at: <https://www.cityofkingston.ca/residents/recreation/facilities>
- **Public Skating in Market Square** - a huge rink is made in Market Square as soon as it is cold enough and stays open to the public till it melts! (8am - 10pm). Bring your own skates!
 - Skate rentals available onsite during Feb Fest, and all winter from Trailhead (262 Princess St. - \$10 for 3 hours, \$12 for 24 hours).



QIM rock climbing social at the Boiler Room and skating in Market Square



Outdoor Activities

Wolfe Island

A 20-minute free ferry ride from Kingston. Check out Big Sandy Bay beach, bike along the island, grab a bite at the Wolfe Island Grill or the "WIPP" (Wolfe Island Pub & Pizzeria). You can even catch a ferry to the States for the day! Bike rentals available on the island.

<http://www.wolfeisland.com/>

Lemoine Pointe Conservation Area

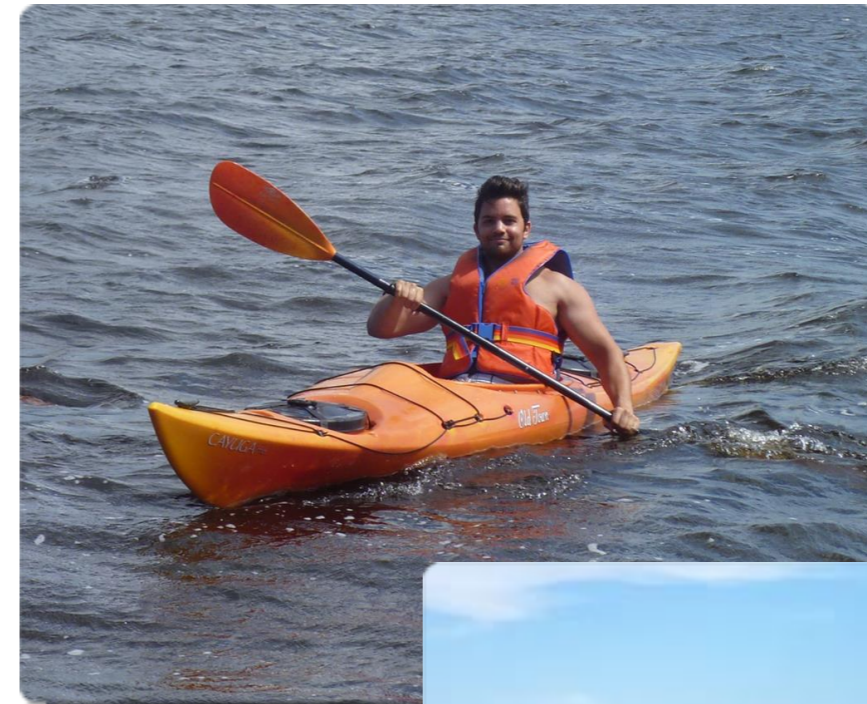
Bordered by Lake Ontario and Collins Bay, with 11k of trails through woodland, marsh and fields with scenic lookouts on the waterfront. <http://crca.ca/conservation-lands/conservation-areas/lemoine-pointe-conservation-area/>

Ahoy Boating Rentals

Kayak, sailboat, stand-up paddleboard, canoe and bike rentals available on the waterfront just off downtown Kingston. 23 Ontario Street. <http://www.ahoyrentals.com>

Gord Edgar Downie Pier ('Kingston Pier')

Boardwalk with a nice small sandy beach area, a short walk from KGH, perfect for lounging, jumping off and swimming!



Kingston Pier

Sandbanks Provincial Park

About 1.5 hours from Kingston. Beaches, sand dunes, birdwatching, canoeing/kayaking and a great view of Lake Ontario. Go for a picnic with your friends and family, or check out nearby Prince Edward County for nearby wineries, local restaurants or antique hunting! <https://www.ontarioparks.com/park/sandbanks>

Frontenac Provincial Park

About 45 minutes from Kingston. Open year round, with 22 lakes and hiking trails spanning 100 km of trails. <https://www.ontarioparks.com/park/frontenac/activities>

Rock Dunder Wilderness Area

Beautiful hikes about 30 minutes drive away from Kingston. The Cabin Trail takes you through a beautiful hike of Whitefish Lake and area (pictured). Pet-friendly and a fairly easy hike. Try going during the early fall right as the leaves turn!

<https://www.frontenacarchbiosphere.ca/explore/hiking/rock-dunder>

SkyDive Gananoque

For those craving adrenaline, check out the fine folks at SkyDiveGan near Gananoque, a 30 min drive from Kingston. Tandem and lessons available. <http://www.skydivegan.com>

Charleston Lake Provincial Park

In the Leeds and Thousand Islands area, enjoy swimming, boating, fishing, hiking, and wildlife viewing.

<https://www.ontarioparks.com/park/charlestonlake>

Murphys Point Provincial Park

Located in Perth on Big Rideau Lake, great spot for hiking and camping <https://www.ontarioparks.com/park/murphyspoint>



Sandbanks



Rock Dunder



SkyDive Gan

The Social Scene

An outdoor dining area at sunset. The scene is illuminated by warm, glowing string lights hanging from a wooden pergola on the left and a building on the right. In the background, a body of water is visible with several boats docked at a pier. The sky is a mix of orange, yellow, and blue, suggesting the time is dusk. People are seated at tables, and the overall atmosphere is relaxed and social.

Dining, entertainment
and nightlife

Coffee Shops, Bakeries and Brunch

Arguably, one of the best parts about Kingston (though don't expect many open tables at exam time). Here are our favorites:

Coffee Shops

- **Sipps** - A resident staple with a sunny patio, right next to City Hall. Nice stop for hot chocolate after a skate! 33 Brock St.
- **Crave Coffee House and Bakery** - Huge compared to most Kingston cafes, with baking and lunch options, as well as study space. Try their hot cinnamon buns! 166 Princess St. (Near Hotel Dieu Hospital)
- **Small Batch Cafe & Eatery** - Quiet coffee shop a little way up Princess Street with small-batch roasted coffee, pastries and lunch options. 282 Princess St.
- **Coffee & Company** - Bright cafe with moderate seating and local ice cream and chocolates. 53 Princess St.
- **Kingston Coffee House** - A small, organic fairtrade spot (with limited wifi, but tasty coffee) on the square. 322 King St.
- **Balzac's Coffee Roasters** - Delicious, beautiful and authentic, with some seating and wifi. 251 Princess St.
- **Juniper Cafe** - lakeside cafe with a small variable breakfast/lunch menu, tucked into the Tett Center. 370 King St. 613-344-1736

Bakeries

- **Card's Bakery** - a Kingston classic on Princess Street with tasty treats and a good selection of fun kitchen decor and gadgets.
- **Pan Chanco Bakery & Cafe** - A bakery, deli and store featuring many local and organic foods, bread, catering and a popular restaurant in the back. 44 Princess St.
- **COBS Bakery** - Daily fresh baked breads, scones, buns - both sweet and savory. Worth the shoutout for a chain, and the drive uptown. 770 Gardiners Road.
- **Bread & Butter** - Amazing pastries, breads and cakes (if you're lucky, you'll be fed these on your ICU rotation!) 1530 Bath Road.

Brunch

- **Pan Chanco Bakery & Cafe** - Daily breakfast and lunch, and brunch on weekends 7am-3pm (weekend reservations recommended!). 44 Princess St. 613-544-7790
- **Chez Piggy** - Sunday brunch from 10am. Reservations recommended. 68R Princess St. 613-549-7673
- **AquaTerra** - Gourmet Sunday brunch on the waterfront. Reservations recommended. 1 Johnson St. 613-549-6243
- **Toast & Jam** - Gourmet breakfast/lunch extension to Bread & Butter Bakery. Open daily. 1530 Bath Road. 613-766-3423



Restaurants in Kingston

Kingston is well known for its high caliber dining options, from home-grown family run joints, to modern farm-to-table fare, to upscale white linen evenings. Many of these restaurants are located within the walkable downtown core, and most add busy patios in summertime.

Here is a quick run down of popular restaurants among Kingston residents. Many can be booked via Open Table, or deliver via Skip the Dishes/Just Eat.

***Most of the chain restaurants aren't included in this list - that was on purpose! Kingston doesn't have that many anyways.*

Casual

- **Harper's Burger Bar** - Gourmet burger joint with customizable burgers, a plethora of options and craft beer selections available. 93 Princess St.
- **Score Pizza** - A build-your-own pizza bar chain that gets wood-fired before your eyes. 91 Princess St.
- **Copper Penny** - A Kingston institution for casual lunch & dinner. 240 Princess St.
- **The Rustic Spud** - Cozy restaurant/pub with casual lunch and dinner options, tucked in just off downtown near HDH. 175 Bagot St.
- **Golden Rooster Deli** - Perfect place to grab sandwiches for your beach picnic. 111 Princess St.

Semi-Formal Lunch and Dinner

- **Atomica Kitchen & Cocktails** - Wood-fired pizzas, pastas and cocktails (slightly) less busy than Wooden Heads. Reservations recommended on weekends. 71 Brock St. 613-530-2118
- **Wooden Heads Pizza** - Wood-fired pizzas with tons of gourmet ingredients to choose from and two patios during the summer. Pizzas range \$18-\$30. Reservation recommended. 192 Ontario St. 613-549-1812
- **Olivea** - A "family-style" Italian restaurant. Excellent food, slightly more casual sibling to Casa. Entrées \$16-\$28. Reservations recommended during summertime/weekends. 39 Brock St. 613-547-5483
- **Tango Nuevo** - Tapas restaurant with small plates ranging \$7-12, an excellent wine & drink list and lovely atmosphere. Reservations recommended. 331 King St. 613-548-3778
- **Diane's Fish Shack & Smokehouse** - Busy seafood restaurant & smokehouse near the waterfront. Great appetizers and tacos. Entrées \$20-35. 195 Ontario St. 613-507-3474
- **The Grizzly Grill (aka "The Grizz")** - Steaks and Canadian fare including seafood and wood fire pizzas. Entrees \$25-35. After 10pm, the back becomes a popular dance floor & bar. 395 Princess St. 613-544-7566



Upscale / Special Night Out

- **Chez Piggy** - A Kingston institution, tucked in a courtyard patio serving local and international cuisine. Entrées \$30-35. Reservations recommended. 68R Princess St. 613-549-7673
- **AquaTerra** - Elegant dining on the lake in the Delta Waterfront Hotel. Entrées \$30-\$40+, wine pairings available on certain holidays. Reservations recommended. 1 Johnson St. 613-549-6243
- **Casa Domenico** - A gourmet Italian restaurant with excellent pasta, appetizers and wine selection (and neat glass-encased wine cellar). Entrées \$18-\$38. Reservations recommended. 35 Brock St. 613-542-0870
- **The River Mill** - Beautiful waterside venue located a few minutes north of downtown, the River Mill is a hidden gem that boast some of the best gourmet food in the city. Entrées \$25-43. Reservations recommended. 2 Cataraqui St. 613-549-5759
- **Days on Front** - Contemporary Canadian cuisine featuring locally sourced ingredients in a cozy dining experience. Opened by Matt Day, son of AquaTerra's Clark Day. Entrées \$25-35. Reservations recommended. 730 Front Road. 613-766-9000
- **Bayview Farm** - A unique dining experience in Clark Day's family homestead, prepared and served by the legend himself. Entrées \$30-45+. Reservations recommended. 4085 Bath Road. 613-389-4419
- **Black Dog Tavern** - Formerly known as 'Le Chien Noir', a casual, cozy bar like dining experience. Entrées \$15-30. Reservations recommended. 69 Brock St. 613-549-5635

Pubs & Beer

- **Kingston Brewing Company (aka "KBC" or "Brew Pub")** - A resident favourite and frequent Journal Club spot. Casual pub-style food, reasonable prices, a great craft beer selection and large patios during the summer months. 34 Clarence St.
- **Red House** - The favourite resident pub, home to our Red House Wednesdays. Excellent choices of local craft brew beers on tap and great appetizers & pub-style food. Two locations - Downtown (369 King St) and West (629 Fortune Crescent).
- **Stone City Ales** - Local craft beer brewery with tasty small plate fare. Not to be missed beer choices made in-house and growlers available to take home. 275 Princess St.
- **The Pilot House** - Great "English-style" pub with a good beer selection that specializes in fish & chips. Originally started by five Queen's professors who sought the English "Fish and Chips" taste but were dissatisfied with Kingston's options, so they opened their own place!
- **Grad Club** - Student run pub on campus, features an assortment of craft beer, trivia nights, and live events year round.
- **Jack Astor's** - Only mentioned as it is the largest Jack Astor's (three stories), with a fantastic rooftop patio to enjoy in summer.
- **The Union** - Offers an array of small plates for brunch, lunch and dinner and hand-crafted cocktails.
- **The Everly** - Stylish mid-century inspired lounge with a rotating local sourced menu and classic cocktails.

Sushi

- **Sima Sushi** - A resident favourite. Excellent sushi at a reasonable price. Small and always packed. Reservations recommended, or take out. 66 Princess St. 613-542-8040
- **Sushibar Da** - Reasonably priced sushi and ramen, with a karaoke bar on the top floor. Dine in or take out. 354 King St. 613-544-6278
- **Kame Sushi** - Good sushi at a reasonable price. Cash discount of 10%. 156 Division Street. 613-546-6399

Thai, Vietnamese and Cambodian*

**Many deliver or offer take out.*

- **Thai House** - A staple. 183-185 Sydenham St. 613-546-3888
- **Royal Ankor** - Family run and delicious! 523 Princess St. 613-544-9268
- **Cambodiana** - across the street from HDH. 161 Brock St. 613-531-0888
- **Saigon Delights** - 272 Bagot Street. 613-546-3690
- **Mango** - 161 Princess St. 613-549-3815
- **Aspara Angkor** - 189 Ontario St. 613-545-1234
- **Golden Viet Thai** - 304 Bagot St. 613-542-4258

Indian*

- **Flavours of India** - 461 Princess St. 613-536-3939
- **Saber's Taste of India** - 2786A Princess St. 613-384-5542
- **Curry Original** - 253 Ontario St. A. 613-531-9376

Greek and Kebabs*

- **Mino's Takeout** - 340 Barrie St., others. 613-545-7770
- **Greco's Wine Bar & Grill** - 167 Princess St. 613-542-2229
- **Ali Baba Kebab** - 320 Princess St. 613-531-9999



Back patio at Le Cbien Noir

Events & Entertainment

Residency Events

- Keep an eye out for **PARO emails** about special dinners, parties, yoga and other events
- Stay tuned for events from your **Resident Wellness Team** over the year! Join us for a July Welcome BBQ and various social and exercise-based events throughout the year.

Theaters & Shows

- **The Screening Room** - An independent 2-screen movie theater on Princess Street. They also sell cute “date night” passes; check out their lineup: <http://screeningroomkingston.com/>
- **Leon’s Centre** - Hosts the Kingston Frontenac hockey games and many concerts, check out their schedule here: <http://www.leonscentre.com>
- **The Grand Theater** on Princess Street hosts everything from ballet to live theater - check out their schedule online: <http://kingstongrand.ca/>
- **Isabel Bader Centre** - A recent addition to the city by Queen’s University, the Bader Centre hosts local and travelling performances for all forms of performance art. <https://www.queensu.ca/theisabel/>

Live Music Venues & Open Mic Nights

Days and times may vary, confirm on their websites ahead of time!

- **Musiikki Cafe** - various performers most days of the week, Open Mic on Tuesdays. 73 Brock St.
- **Tir Nan Og** and **Monte’s** - various shows, Open Mic and karaoke on different nights of the week. 200 Ontario St.
- **Blu Martini** - Blues and Rock on Fridays and Saturdays, with various performers on other nights. 178 Ontario St.
- **Olivea** - Live Jazz on Tuesday nights. 39 Brock St.
- **The Toucan & Kirkpatrick’s** - Pub with various live music Friday and Saturday nights. 76 Princess St.
- **The Merchant Tap House** - Pub with live music every Thursday, Friday and Saturday night. 6A Princess St.
- **The Mansion** - Bar/Restaurant with daily live music. 506 Princess St.
- **The Ale House & Canteen**- various concerts, check their website for details. 393 Princess St.
- **The Grad Club** - Open Mic nights, various shows and events. 162 Barrie St.

Seasonal Events & Festivals

Check out the city's website for details about these events and more: <http://www.downtownkingston.ca/enjoy>

Summer

- **Skeleton Park Arts Festival** - June - Known as 'SPAF' for short, this loveable arts and community festival features weeklong events including local theatre, puppet shows, performance art, concerts. Family friendly.
- **Movies in the Square** - July through August in Springer Market Square. Free family-friendly movies after sunset, bring a chair!
- **ArtFest** in City Park - Canada Day long weekend. This event takes over City Park with over 150 artisans and vendors showcasing live music, art, poetry, food, and craft brews!



Canada Day celebrations at City hall

- **Kingston Buskers** - The Kingston streets bustle with buskers: jugglers, flame eaters, hula hoopers, tight rope walkers, and the list goes on...
- **Limestone City Blues Festival** - Go bar hopping and blues hopping - catch some great live music from local and international artists alike.
- **Wolfe Island Music Festival** - August - An intimate music festival featuring indie musical talents, with past guests such as the Weakerthans, Constantines, Elliot Brood, Operators, Stars, Plants and Animals.
- The **Kingston Color Run** - Annual event, date TBC
- **K-Town Triathlon** - Annual event, date TBC
- Don't miss the **Market Square Farmer's Market** for fresh veggies, fruit and hand made treats! Open Tuesday, Thursday & Saturday April through November. <http://www.kingstonpublicmarket.ca>

Fall

- **Sandbanks Music Festival** - Sept - One day music event nestled in beautiful Sandbanks Beach. Features on site camping, arts programming, delicious PEC eats (and of course... music!)
- **Ribfest and Craft Beer Show** - Sept - date TBC
- **Kingston Writers Fest** - Sept - Annual literary festival. Features renowned contemporary writers including Robertson Davies, Margaret Atwood, Joseph Boyden and Annie Proulx.
- **Wolfe Island Corn Maze** - a local classic! Open August to mid-November
- **Fort Fright** - a spooky haunted house in Fort Henry in October

Winter

- **Santa Clause Parade & Santa in the Square** - The last weekend of November always features the Santa Clause parade, followed by sightings of Santa every weekend till Christmas at Springer Market Square.
- **Public Skating at Springer Market Square** - a huge rink is made in Market Square as soon as it is cold enough and stays open to the public till it melts! Open 8am - 10pm. Bring your own skates.
 - Skate rentals available onsite during Feb Fest, and all winter from Trailhead (262 Princess St. - \$10 for 3 hours, \$12 for 24 hours).
- **Feb Fest** - A month of skating, hockey nights, ice sculptures, maple candy, Beaver Tails and special events... check out the schedule for different events through downtown every week of February. Fun for the entire family!
- **Christmas Craft Fair** - Annual event; dates TBC.



Market Square Winter Skating


Spring

- **Kingston Canadian Film Fest** - March - Local film festival with all Canadian content. Features award winning filmmakers including David Cronenberg and Sarah Polley as well as emerging talents.
- **Kingston Craft Beer Fest** - April - Annual event; dates TBC.



*City Hall and Market
Square from the Jack
Astor's patio*

Professional Organizations



OMA & CMA
memberships,
your PARO contract
and call stipends

Professional Organizations

As you are aware already, it is **mandatory** to be a member of:

- the **College of Physicians and Surgeons of Ontario (CPSO)** - This is your medical license. You need to know your number and include it on all outpatient prescriptions!
- the **Canadian Medical Protective Association (CMPA)** - for practice insurance. Your CMPA dues qualify for partial reimbursement (~87%!) - fill out the **application forms** to get your CMPA membership reimbursed.
 - **#3889** is the application form, **#7698** is for Direct Deposit Authorization. As residents we do not have an OHIP billing number, so leave this blank.
 - Email your application to: MLPReimbursement@ontario.ca

Note: For out-of-province electives, you will need to apply for temporary coverage from the CMPA and a temporary license from that province's College.

The following memberships are not mandatory but are recommended:

Ontario Medical Association (OMA)

Membership benefits include:

- affordable life & disability insurance plans
- discounts on hotels, travel, car rentals, movers, park'n fly, Via Rail, Porter, and others
- <https://www.oma.org/About/Pages/default.aspx>

Canadian Medical Association (CMA)

Membership benefits include:

- access to clinical tools including the drug app RxTx, DynaMed Plus, Clinical Key, Clinical Practice Guidelines database and others
- discounts on travel, hotels, fitness, mobile phone services, ViaRail, Porter and others
 - *tip:* the GoodLife discount via KGH is the best of the deals we qualify for (between KGH, PARO and CMA)!
- financial services via MD Financial Management
- <https://www.cma.ca/En/Pages/member-discounts.aspx>

A combined rate for an annual OMA/CMA membership is available around **\$200/year**.

American College of Physicians (ACP)

Cost: Around **\$119**, \$59 for renewal.

Membership benefits include:

- discount on **MKSAP 18 Study Guide** and other prep material
 - MKSAP Complete: resident member \$499 vs non-member \$949
- access to DynaMed Plus, Annals of Internal Medicine, conferences
- <https://www.acponline.org/membership/residents>

Professional Association of Residents of Ontario (PARO)

PARO is your resident voice - they are comprised of representatives from each university in Ontario and act to advocate for us through our residency.

Check out their **website** for full details on your contract, benefits and any updates: <http://www.myparo.ca/>

Over the year, look for **emails** from PARO about events, mixers, tax tips, elections and more!

You can get also involved by running for **PARO General Council** representative in August.

Contract

See http://www.myparo.ca/Contract/PARO-CAHO_Agreement for full details. The highlights that follow are for quick reference.



Vacation

You are entitled to:

- **4 weeks vacation** per year
- **5 consecutive days** off for **Christmas/New Years**
 - the 5 days account for the stat holidays Dec. 25, 26 and Jan 1 & two weekend days - you do NOT earn additional lieu days for these stats
- **7 days** of “education/**conference** leave”
- **1 floating lieu day**
- an **additional lieu day** earned when you are scheduled to work **on a recognized holiday**, which includes the following:
 - Family day, Easter Friday, Victoria Day, Canada Day, August Civic Holiday, Labour Day, Thanksgiving Day*
- **Pregnancy & Parental leave:** up to 17 consecutive weeks, may be extended

Be kind to yourself - book vacation early and take the time off.

Maximum duty hours

- 24 consecutive hours with up to +2 hours handover time
- in-hospital call: maximum *7 shifts in 28 days* with no more than 2 weekend in-hospital shifts (Saturday or Sunday) in 8 Sat/Sun
- home call call: maximum *10 shifts in 30 days*

Call Stipend

The Chief Residents will send out a blank call stipend spreadsheet at the beginning of the year. Fill this out, save a copy and submit your completed sheet within 1 week of each block's completion to queensimcr@gmail.com for approval.

If you are at a different site, elective or off-service, please attach a copy of your call schedule.

	R1	R2/R3
In-Hospital \$127	<ul style="list-style-type: none"> • primary/secondary take • non-take • subspecialty call 	<ul style="list-style-type: none"> • CSU call • Night Float • D4ICU
Home Call \$63	<ul style="list-style-type: none"> • palliative care home call • weekend* rounding on CTU-E or any team without overnight call the same day 	<ul style="list-style-type: none"> • Senior in ER (<i>some primary, all secondary shifts</i>) • <i>not activated</i> Jeopardy call • weekend rounding on CTU-E or any team without overnight call the same day
Qualifying Shift \$63	ER shift where at least one hour is worked after midnight (the "DB4" and "Nk" shifts)	--
Home Call Converted to In-Hospital \$127	weekend rounding without overnight call the same day BUT you are in hospital over 12 hours	<ul style="list-style-type: none"> • Senior in ER <i>if you stay past 11pm</i> (ie. many primary shifts) • <i>activated</i> Jeopardy call • weekend rounding without overnight call the same day BUT you are in hospital over 12 hours

* weekend = Saturday or Sunday

For more details, see the PARO contract online

www.myparo.ca