

# THE PARAGONIAN

February 2023



Proudly Canadian



## Mental Health

People that are mentally healthy are self-aware, able to cope with everyday challenges, work efficiently, and contribute to their communities. Mental health is essential to our ability to think, interact, earn a living, and enjoy life.

Mental health promotion, protection, and restoration are of significant concern to individuals, communities, and societies worldwide.

### What to do in a Mental Health Crisis

When you suspect that you, someone you know, or someone around you is having a mental health crisis, seek professional help as soon as you can. If possible, ensure that the person in crisis is not alone. Time and company are crucial when someone is going through a mental health crisis, this can make a big difference.

### Some signs include:

- Irritability
- Isolating from friends and family
- Excessive talking
- Irrational thinking
- Severe agitation
- Hopelessness
- Neglect of Hygiene

### Get Help. Talk to Someone

- Emergencies: Call 911
- Connex Ontario Helpline: 1-866-531-2600
- Good2Talk for Young people: 1-866-925-5454
- Kids Help Phone: 1-800-668-6868



# 3 Riddles

What has 13 hearts  
but no other organs?

What has 9 faces  
and no head?

I am sometimes white  
but am not snow. I am  
sometimes dark but am not  
night. I am sweet but am  
not sugar. I am rich but am  
not Elon Musk.

Please submit your answer along with  
your name and employee number

[newsletter@pplguard.com](mailto:newsletter@pplguard.com)

Due: February 8th

Congratulations to  
last month's winner:

**Caleb Berezowski**

Do you have a story to share? Maybe you know  
someone who has made a difference. Perhaps  
you're part of a great team worth acknowledging.  
Take a minute and let us know what you want to  
see in the next issue of The Paragonian.

Write today!

[newsletter@pplguard.com](mailto:newsletter@pplguard.com)

# BCC

BRAMALEA CITY CENTRE

## Security Office



### Overdose prevented

On December 10th, 2022, security responded to a report of a male sleeping in a tenant washroom.

The male was found to be unresponsive and after examination he appeared to be showing signs of an opioid overdose. The team administered nasal Narcan, placed the victim in the recovery position and continued to monitor vital signs until the arrival of EMS and Peel Regional Police.

The male was transported to local hospital in stable condition thanks to the lifesaving efforts of Security Supervisor Nicholas Baker and Security Guard Ashlyn Proeller. Great work!



# Happy

VALENTINES  
DAY!





## Teamwork during an emergency

On January 10th, security at Oshawa Centre received a phone call requesting medical assistance for a female employee, who had stated that she felt like she was going to pass out. Security Supervisor Michael Broughton, and Security Guards Michael Donoghue, Salma Peerzada, Jesse Page and Christian Vieira headed to her location with the AED to offer assistance.

When they arrived on scene, the employee was sitting in the back of the unit and appeared very disoriented. Little information could be obtained due to her state of confusion. S/S Broughton asked if she had any chest pain, and she responded in the affirmative. We immediately asked the office to contact EMS while continuing to assess her condition.

S/G Peerzada and S/G Vieira left the area to meet EMS.

The employee was short of breath and unable to respond to simple questions, exhibiting very slurred speech. S/G Donoghue determined that her oxygen saturation level was at 89%, that her heart rate was elevated, and that her left eye was not dilating. She was placed in the recovery position as her condition appeared to be worsening.

Shortly thereafter, she began exhibiting signs of a seizure and then stopped breathing. Security placed the AED pads which stated, "shock not advised", so S/G Donoghue began administering CPR. EMS took over upon their arrival.

We would like to recognize the outstanding job by all staff. In particular, S/G Donoghue who did an excellent job handling the situation using his training with confidence.



### Performance under pressure

On Thursday January 5, 2023, while on exterior patrol at approximately 0220 hours, Security Guard Rowan Steele observed a shirtless male slumped against a wall in the North parking lot of Bramalea City Centre.

Upon checking, S/G Steele found that the male was absent vital signs, and had multiple cuts on his legs, face, and chin. The male also had drug paraphernalia close to his person.

After contacting Security Guard Sarabjit Sahota in the Dispatch Centre and advising of the situation, S/G Steele proceeded to administer a dose of Naloxone. The male remained nonresponsive. After a second dose of Naloxone the male convulsed, and a low pulse rate was detected.

S/G Rowan began to provide several rounds of CPR while S/G Sahota was directing the Police and EMS to the victim.

The victim was transported to hospital where he is expected to make a full recovery thanks to the lifesaving efforts of S/G Rowan and S/G Sahota. Great work!