

# THE PARAGONIAN

A u g u s t 2 0 2 5



Proudly Canadian



## Compassion In Action at Square One

One morning a few weeks ago, Square One witnessed an example of true professionalism. Members of the security team – Security Guards Gilbert Thomas, Manroop Hara, and Michael Truscello – were on duty when they observed a person acting erratically and approached to check in.

Offering help and speaking with kindness and concern, the members of our security team stayed with the individual who appeared to be displaying symptoms of a mental health crisis. They were able to quickly and calmly contact the appropriate resources and local authorities, ensuring the individual received the professional help needed.

It was an inspiring example of compassion, attentiveness, and effective response. It is also a reminder that these skills go beyond the typical call of duty – they reflect a genuine commitment to community well-being and human connection.

At Square One, security is more than presence; it's about people. S/G Thomas, S/G Hara, and S/G Truscello's thoughtful actions demonstrate that our team values the individuals who visit and work at the property.

We are proud to have these professionals keeping an eye on Square One.

Thank you, for all your excellent work!



## Kudos to Atrium on Bay staff who saved a life

We would like to extend our heartfelt congratulations to the dedicated staff at Atrium on Bay for their quick thinking and life-saving efforts. On April 11, 2025, an individual was found unresponsive on the concourse. The Atrium on Bay team responded to the situation without hesitation and began administering CPR.

When the first dose of Naloxone proved to be ineffective, the team did not give up. They started chest compressions while providing a second and third dose of Naloxone. Working with the help of a doctor and EMS, their composure ultimately paid off, and the person began to regain consciousness.

This incident highlights not only the importance of emergency preparedness but also the exceptional quality of the team at Atrium on Bay. Their coordinated response in a high-stress situation reflects the very best of our values.

Security Supervisor Andrew Hartley, and Security Guards Adedolapo Adeoye, Abbuddul Musoke, and Abubakar Ebrahim Somoebwana, thank you very much. You provide first-rate service daily. We are proud to have you on the team, and we are very grateful for what you do.





## Back to School

*As the back-to-school season approaches, many of our guards are preparing to return to their studies. Balancing school and work can be challenging, so early planning and professional communication are key.*

### **Communicate Early**

Inform your manager and scheduler as soon as possible if you're returning to school or adjusting your availability. Sharing your class schedule helps with planning and ensures smooth scheduling.

### **Coordinate with Your Team**

Work with your colleagues and get proper approvals if you need to drop or swap a shift. Documenting all changes helps avoid confusion and gaps in coverage.

### **Stay Committed**

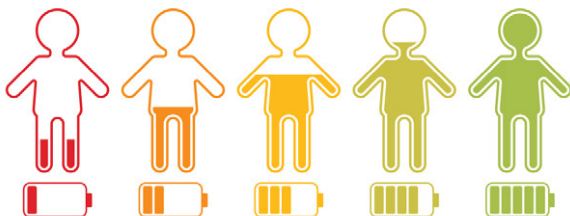
Continue meeting your responsibilities, attend required training, and uphold company policies. Your professionalism makes a difference, especially during busy transitions.

### **Seek Support When Needed**

If balancing school and work becomes difficult, reach out. Paragon is here to support you in your education and your career.

By planning ahead and showing courtesy, we can ensure a smooth and successful season for everyone. Thank you for your continued dedication.

## Mental Health Check-In



We are halfway through the year, so let's check in. Is there anyone out there experiencing burnout? You're not alone. Being a security guard is hard work, and burnout is one of the most common ways our mental health can be affected.

Shifts are long, and you may be dealing with bad situations. It can take a toll on you. Before burnout affects your work and personal life, take some time to recharge. Even small things can help prevent burnout, like getting enough sleep, taking a moment for yourself during your shifts, or spending time with your coworkers.

Burnout can be more than just feeling exhausted; it can present itself in ways such as anger or apathy, difficulty sleeping, loss of appetite, and even muscle and joint pain. If you are experiencing any of these symptoms, take some time to recharge before it starts to interfere with your work and personal life.

Paragon is always here for you, reach out if you feel you need assistance. Strong security teams need strong people, and that starts with you.

# Sudoku



The object is to fill all empty squares so that each colour appears exactly once in each row, column and 3x3 box

To enter this draw - please submit the colours that should be in the yellow squares (reading left to right, top to bottom).

Send your answer, name and employee number by August 18th for your chance to win the \$100 prize draw.

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

Congratulations to last month's winner  
**Osmyn Walcott**

[www.paragonsecurity.ca](http://www.paragonsecurity.ca)