



Our Mission: To make a positive difference in the lives of older people and the nurses who care for them.

Our Vision: All older people in the province of Ontario are cared for by nurses whose practice is evidence-informed, relationship-centered and meets gerontological nursing standards.



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The Fall

A time for new learning and new beginnings

From the President: Lori's Key Messages

On November 7, 2014, I will pass the torch for gerontological nursing leadership to Julie Rubel, who will guide us forward into the next phase of our development. I have enjoyed my term of service as GNAO President. In keeping with the spirit of change and opportunity, our GNAO Fall 2014 Newsletter is devoted to new learning and new beginnings.

Key Message #1:

Gerontological Health Care in Nursing is INSPIRING!

To all GNAO members, **COME JOIN US AT OUR** 39th Annual Provincial Conference and Annual General Meeting being held in Sarnia, and hosted by the Lambton Chapter:

"Partnering for Healthy Aging", November 6 and 7, 2014! The keynote speaker is Ms. Susan Brown, MSc, Schlegel-UW Research Institute for Aging (RIA). Susan will address conference delegates on the topic of transforming the culture of health care for older adults in Canada. Don't miss this important keynote talk. You will learn that knowledge transfer

about issues in ageing and health care is enhanced with the added flare and honesty of artistic revelation. Susan will provide us with a unique experience that includes a range of perspectives. Her message will challenge your assumptions, and resonate with you both emotionally and intellectually. In addition, you will take away practical clinical craft knowledge that will assist you to understand bacteriuria, front-temporal lobe dementia, ethical considerations for care, and interdisciplinary contexts of person-centred care. For more information about the conference or to register, please contact Lambton Chapter Conference Coordinator, Gwen Harris at 519-845-0312.

Key Message #2:

GNAO is CURRENT!

For the past year a committee led by Gwen Harris has been working hard on revisions to our By-Laws. They are now completed and ready for voting. A resolution outlining By-Law changes was circulated in early September for your consideration prior to the Annual General Meeting to be held



Lori Schindel Martin,
President, GNAO

November 7th. We believe the By-Laws are excellent, and now bring GNAO into alignment with the new federal Not-for-Profit Act.

Key Message #3:

GNAO Needs You!

Our organization is looking for members who are interested in serving on the GNAO Board. At this time we are engaging in succession planning. We wish to have a full slate of board directors for voting at the Annual General Meeting to be held November 7th. At this time, three individuals have been nominated for available positions: Ms. Megan Hiltz, Kingston Chapter President, for President-elect; Ms. Sarah Gibbens, CNS-GEM Nurse, Cobourg, Ontario for Membership Co-Chair; and Ms. Tina Leung, RN, Kingston, Ontario for Communications Chair.

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Lori's Key Messages

Key Message # 3 (cont'd from Page 1)

If you would like to discuss the possibility of serving at the Board level, please contact Lori at lori.schindelmartin@ryerson.ca, Julie at Julie.rubel@gmail.com, or Susan Ward Moser at susanwm6@gmail.com.

In closing, it has been a true honour to work with the GNAO Board over the past three years. I thank you all for your support, advice, encouragement, and hard work serving our provincial members.

Yours in Gerontological Nursing,

Lori Schindel Martin,
President, GNAO

North West Chapter Hosts Successful Webinar

On September 22, 2014 the North West GNAO Chapter was pleased to sponsor a province-wide video conference entitled, **"Strategies for Addressing Aggressive Behaviour in Healthcare: Beyond the Basics of Responsive Behaviours."** The two presenters, **Sargent John Keating**, Durham Regional Police Services, Senior Support Coordinator and **Tammy Rankin**, RSW, Region of Durham, Elder Abuse Advisor, discussed strategies that health care providers could use to deal with residents/clients who are violent towards other residents/clients or staff. Through their diverse, frank and genu-

ine experiences, the presenters brought this increasingly common problem in health care settings to life. They provided very helpful tips for managing an aging resident/client with a criminal history, noting this is very different than managing responsive behaviours where social or environmental factors can be addressed and changed. To view the archived presentation [click here](#) or visit our website at www.gnaontario.org ("news and updates" page).



Communicating with Our Members Canada's Anti-Spam Law (CASL)

Effective July 1, 2014 Canada's Anti-Spam Law came into effect. The law is intended to protect Canadians from unsolicited emails by prohibiting the sending of emails without consent. However, the GNAO does not need to comply with all aspects of the new legislation. Given that the GNAO is a not-for-profit association with membership, it is deemed that our members have already given implied consent to receive emails from us.

In other words, we will continue to use email communication as a primary tool for reaching out to our members. For example: with important announcements and events; relevant educational opportunities; our quarterly newsletter etc. If you wish to unsubscribe at anytime from receiving GNAO emails, there is a simple "unsubscribe" process located at the bottom of all our emails or email admin.gna@gmail.com

"Gerontological Nurses Read"

GNAO recommends the following good read specific to issues around ageing and gerontological nursing:

The Little Old Lady Who Broke all the Rules
by Catharina Ingelman-Sundberg



This is a delightful story about five older people, residents of the Diamond Retirement Home in Stockholm, Sweden. New management has taken over the Diamond, and they are concerned about several changes that have led to boring food and boring activities. Together they decide to form the League of Pensioners, and led by their ringleader Martha, they decide to commit a crime that will ensure they are admitted to prison. After having seen a television documentary they are fairly certain they will enjoy better meals, will be able to use the exercise room, and have more fun overall than the Diamond can afford. Clever writing, wry humor, and laugh out loud situations ensue. You will enjoy reading this charming tale of resilience, determination, and good friends.

HAVE A VIBRANT FALL SEASON, AND READ SOMETHING INTERESTING THAT RELATES TO GERONTOLOGICAL ISSUES. LET US KNOW WHAT YOU WOULD RECOMMEND!

Register Now!

GNAO 39th Annual Provincial AGM & Conference November 6 and 7, 2014

Hosted by the Lambton Chapter, Sarnia, Ontario.

[Click here for further information and to register on-line](#)

Registration Deadline: October 30, 2014



Location: Holiday Inn, 1498 Venetian Blvd., Point Edward/Sarnia, Ontario

When making room reservations ask for the **GNAO block of rooms**, available until October 13th only. Call 519-336-4130 to reserve.

PLEASE BOOK EARLY. There may not be rooms available in the city after October 13th due to a world hockey tournament in Sarnia the week of the conference.

Conference Registration Deadline: October 30, 2014

Thursday, November 6, 2014: 1800-2030 Registration. 1900-2030 Cocktail Reception (cash bar) with Sandra White, Music Therapist.

Friday, November 7, 2014: 0700-0845 Registration & Continental Breakfast, 0715-0830 AGM, 0845-1545 Conference.

Conference Coordinator: Gwen Harris, 519.845.0312.
[Visit www.gnaontario.org](http://www.gnaontario.org) "GNAO News & Updates"

Contact us: admin.gna@gmail.com

Chapter Name Changes

Several chapters have updated their name to better reflect the geographical area that they represent. Below is the new listing. Visit our website at www.gnaontario.org to find email contact information.

Current Chapter Name	New Chapter Name
Toronto	Greater Toronto Area
Hamilton	Greater Hamilton Area
London	London and Area
Kingston	South East
Ottawa	Greater Ottawa Area
Durham	Central East
Lambton	Lambton
Niagara	Niagara
Bluewater	Bluewater
Northwest	North West
North East	North East

FAST FACTS

Did you know that every chapter has their own page with local events and news posted?

[Map & Chapter Link](#)

Did you know that conferences and other educational events of interest to our members can be found on our website calendar located under the Education Tab?

[Education Calendar Link](#)

GNAO Membership Update

Total Membership: 2003

Total Regular Members (RN & RPN): 1258

Students: 724 - Free (722), Paying (2)

Associates: 6

Others: Retired (7), Honorary (8)

Student Members

The GNAO is an affiliate group with RNAO and a Special Interest Group with RPNAO. All nursing students who are members of their professional association have their GNAO membership fees waived.

GNAO Board Position Nominations

There are four GNAO Board positions available, each for a two year term beginning November 7, 2014. These positions are:

- 1. President-elect**
- 2. Communications Director**
- 3. Membership Co-Chair (RN)**
- 4. Student/New Graduate Liaison Officer**

Thus far there are three individuals who have accepted nominations:

Megan Hiltz: President-elect; currently Kingston Chapter President

Tina Leung: Communications Director; currently GNAO Board Student/New Graduate Liaison Officer

Sarah Gibbens: Membership Co-Chair - RN; currently Membership Chair, Durham Chapter

Their names will be brought forward to the AGM on November 7th during which time the members present at the meeting will vote for the slate of nominees. Three consecutive calls for nominations from the floor will take place prior to the vote.

If you are interested in discussing opportunities for contributing to GNAO activities through board leadership, please contact Susan Ward-Moser (Past-President), Lori Schindel Martin (President) or Julie Rubel (President-elect).

The criteria for nomination include current membership for the two consecutive years, active participation at the local chapter level, including contributions to the planning of meetings. Please note that the Student/New Graduate Liaison Officer position will be vacant as of November 7th. Circulate this opportunity to student nurses or recent graduates for their consideration.

We would be happy to mentor our active members for such board positions as are currently available or for upcoming opportunities.

