



THE GERONTOLOGICAL
NURSING ASSOCIATION
ONTARIO

NEWSLETTER

JULY 2017 - VOLUME 4 - ISSUE 2



LETTER FROM THE PRESIDENT - Julie's Key Messages



Greetings GNAO colleagues! As I am writing this column, it is a beautiful sunny day which always make me feel inspired. We have also just finished Seniors' Month, the perfect time to celebrate healthy aging in action and to reflect on our role in enabling older adults to live their best life. As you know, at GNAO our mission is to make a positive difference in the lives of older adults and the people who care for them; it's my pleasure to share how we are working to make a difference.

Action #1- Contributing to the National Conversation

Many of our GNAO colleagues and CGNA members from across Canada (nearly 300 in total!) joined together in Ottawa from May 4-6 as part of the CGNA Biennial Conference entitled "Shaping the Future of Healthcare for those Who Shaped Canada". The event, co-hosted by GNAO, featured more than 90 oral presentations and more than 50 posters as well as many vendors. It was an amazing opportunities to share our successes, our struggles and to envision our preferred future. Delegates were treated to two stellar keynote speakers, Dr. Karima Veiji Past-President of CNA, as well as Dr. Lynne Mitchell Pederson, founding CGNA President. Both speakers noted the power of our voices when we speak out in partnership with knowledge and passion. In the closing keynote, Dr. Mitchell Pederson confirmed CGNA was built on the desire to bring gerontological nurses together to create opportunities to do just that. It was affirming to hear her say that same spirit was alive and well at this conference! I would like to take a moment to thank the National Planning Committee for their dedication and support as well as the members of the GNAO Greater Ottawa Chapter for their incredible support during the conference. I am extremely proud of our contributions to the Biennial Conference. GNAO looks forward to hosting again in 2021. If like me you don't think you can wait that long to join the conversation, plan to join CGNA in Alberta in 2019!

Action #2 - Mentoring Gerontological Nurses of the Future

If you have read my column before, you'll know I feel strongly about mentorship. At GNAO, we recognize the importance of building mentoring relationships with nursing students and novice nurses who share our passion for gerontological nursing. With this in mind, GNAO set out to create an opportunity for nursing students to be a part of the CGNA Biennial Conference. Students were asked to submit a creative piece describing how gerontological nursing is more than you think. We were overwhelmed by the talent and creativity of our student members! The five selected students attended the conference, networking with nursing leaders and with other students as well as sharing their perspectives on issues like member engagement (continued on page 2).

IN THIS ISSUE

- Letter from the President**.....Page 1-2
- Membership Update**.....Page 2
- Highlights from CGNA Conference**.....Page 3
- CGNA Nominations**.....Page 3
- Events & GPA**.....Page 4
- New Board Members**.....Page 5
- Board Members 2017**.....Page 6

ABOUT US

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.

Website: <http://gnaontario.org/>

Social Media: Facebook & Twitter



LETTER FROM THE PRESIDENT - Continued from Page 1

The opportunity afforded to these students, thanks to the generosity of our GNAO chapters and an education grant from CGNA, are sure to be a career highlight and we look forward with tremendous interest to what these talented nurses will contribute! Congratulations Beidi, Iris, Jani, Kaireen and Leighanne! If you are interested in what the winners thought about the conference, go to page 3 of the newsletter to read about Beidi's experience! GNAO was also privileged to be joined by students during our AGM in April 2017. Again the kind contributions of GNAO members allowed students to take full advantage of the learning and networking opportunities this event had to offer. Stay tuned for further student engagement initiatives to come!

Action #3 - Shaping the Future

This section is less of a report and more of a call to action. GNAO encompasses more than 2700 nurses and nursing students from across Ontario making for a powerful, engaged and above all, knowledgeable voice which needs to be heard. The opportunities to do just that are substantial, here are just a few:

* In October 2016, Health Quality Ontario (HQP) introduced the Quality Standards program in Ontario. They are designed as a go-to resource for quality easy-to-understand evidence-based statements to facilitate high quality care. HQO will soon release the Quality Standard on Dementia Care for People Living in the Community. It will provide guidance for the assessment of people suspected to have dementia or mild cognitive impairment as well as support for their caregivers. HQO is interested in hearing from you about the barriers and facilitators to implementing these standards. To complete the survey, follow the [link here](#). The survey will be open until July 21/17.

* At this year's RNAO AGM, a resolution was brought forward to advocate for seniors transportation funding. GNAO looks forward with interest to support the advocacy efforts RNAO proposes to meet this commitment. Consider taking part in events like Queens Park on the Road this fall to engage with politicians about this and other issues related to care of older adults.

* Every year in June we celebrate Seniors' Month. This year's theme is "Living your best life". Follow the the Ontario Ministry of Seniors Affairs on Twitter @SeniorsON to celebrate with #VibrantSeniors images from across the province. Let's share our positive stories and images to dispel some of the myths of aging and demonstrate our important role in ensuring older adults live their best lives.

Again, this list is only a sample of the opportunities that exist. Please consider sharing your expertise, doing so is just one way we make a positive difference in the lives of older adults and the people who care for them.

As always, it's a pleasure to connect with you via this newsletter. I do hope we have a chance to connect in other ways over the coming year including at local events and at the return of our Provincial Conference coming April 2018 in Niagara Falls. Thanks for your ongoing commitment to GNAO. Wishing you a safe and enjoyable summer!

Yours in gerontological nursing,

Julie Rubel

ONE FINAL NOTE FOR MEMBERS...



As you will have read in our winter/spring edition, we have changed the way we communicate with GNAO members who join us through RNAO. We feel we are improving this process with each new mailing and we thank you for your patience. Members who have been with GNAO over the years may have wondered why membership letters were not mailed out this year and new members might have wondered why no official welcome was extended. Be assured, your continued and new memberships are valued and appreciated. For GNAO, this represents a year of adjustment and refinement. Come fall, as we ready ourselves for a new membership year, GNAO will be ready to welcome all members new and returning as we always have.

Let us take this opportunity to thank you for your membership, we welcome your support for our mission to make a difference in the lives of older adults and the people who care for them.

"I have come to realize that nursing skills do not just stop at the bedside"

Highlight from the Canadian Gerontological Nursing Association (CGNA) Conference

It was wonderful to see so many GNAO members at the CGNA conference this year! GNAO was able to provide support for five nursing students to attend the conference. Beidi Zong was one of our winners. Beidi is a 3rd year undergraduate nursing student from Ryerson University. She was kind enough to share her experience at the conference with us. To see Beidi's beautiful creative piece, please [click here](#). To the left, you will see winner Kaireen MacKinnon's poem. Kaireen is at Nipissing University in the Scholar Practitioner Program. Congratulations again to all our winners and to all those who entered the contest!

By Beidi Zong

"My 2017 spring started with a two-day gerontological nursing conference in Ottawa. I was honoured to be selected as one of the nursing student delegates to attend this biennial conference. This year's theme "Shaping Healthcare for those who Shaped Canada" has perfectly portrayed the current situation in our present society. Throughout the two-day conference, I was overwhelmed by the passion and enthusiasm from the nurses working in the gerontological field. I was amazed by the amount of research and funding that has been devoted into this field to continue to expand the knowledge and understanding in geriatric care. I was surprised to see much of the research was done on nursing students to gain their perspectives in geriatric care. As a nursing student myself, I know that the most prominent concern that may discourage nursing students from practicing in the gerontological field is the assumption that working at a non-acute settings would blunt "those nursing skills" over time. This myth has definitely hindered many new grads from working at long-term care facilities. However, my perspective has widened after this conference. It has exposed me to many opportunities that are currently in the gerontological nursing field such as leadership, management, policy and advocacy and so on. I have come to realize that nursing skills do not just stop at the bedside; it goes above and beyond the skills we have learned in the textbooks. In addition to the research exhibit, I particularly enjoyed the speech given by the keynote speakers: Dr. Karima Velji and Dr. Lynne Mitchell Pederson. Both amazing ladies have drawn from their own experiences in geriatric care in combination with their life stories to inspire us. What I find particularly memorable that they shared is how they gave so much into their career and consequently was rewarded with so many fulfillments in life. Last but not least, I would like to thank Julie Rubel for offering bursaries to nursing students to allow us to witness this proud moment of clinical success, innovations, and achievements with the Canadian Gerontological Nursing Association. Looking forward to Alberta 2019!"



"The Jail That Binds Us"

By Kaireen MacKinnon

I see you there, trapped, lost, frustrated you will never escape.

I see you, I see you, the person.

The warm caring, tidy and orderly women, with two beautiful children.

You have a daughter who's smile could melt the coldest hearts, not unlike your radiating glow.

I see you trapped by the words that wont escape your mouth.

Words that with a bit of help can be understood and flow freely in conversation.

I see you choosing me.

You choose me, when other faltered to understand, rushing you.

You choose me in our warm conversation, with your smile, and with your patience.

You choose me to connect with, for that I am grateful.

I see you there, trapped, stuck and frustrated you will never escape.

I see you, the man with your kind embrace of a furry creature.

I see you, decisively independent, looking for a way home, a way out.

I see you trapped behind the walls begging to be let free, praying to me.

I wish I could, with all my desires, I wish I could answer your prayers.

Rules and laws and bars bind us.

They bind us through unspoken, word stopping pain.

Your images are burned in my brain, binding us even in my freedom.

Other Pictures from the CGNA Conference



CULTURAL DIVERSITY: DEMENTIA & INDIGENOUS OLDER ADULTS

Greater Hamilton Area Chapter Event



By Melissa Northwood & Annie Lam

On May 31st, the Greater Hamilton Area Chapter held a very well-attended educational event. Susanne Mt. Pleasant, the Director of Care and Administrator of Iroquois Lodge long-term care home in Ohsweken presented on Cultural Diversity among indigenous older adults with a focus on dementia. Susanne shared what makes her

home unique. She tells us that *"we have friends looking after friends, nieces looking after aunties."* She explains that all staff at Iroquois Lodge share the same goal: **"We want to inspire people to be well; we want to care and support our community in their wellness journey. We support people in the direction they choose to go in their wellness."**

Those in attendance were profoundly affected by the strong sense of respect that staff feel when caring for their elders. Susanne also talked about the importance of education in meeting unique and diverse cultural needs, including gerontological nursing approaches to care such as PIECES, Montessori and GPA.

Gentle Persuasive Approaches now offered in FRENCH!

GENTLE PERSUASIVE APPROACHES (GPA®) IS NOW AVAILABLE IN FRENCH !

APPROCHES DOUCES ET PERSUASIVES (ADPMD)



A practical evidence-based dementia education curriculum for care providers who work with older adults across healthcare disciplines. See the [video here](#). Advanced Gerontological Education (AGE) Inc., a Canada-wide not-for-profit social enterprise committed to enhancing the care of older adults, is thrilled to announce that their Gentle Persuasive Approaches® (GPA®) in Dementia Care education curriculum is now available to francophone healthcare providers across Canada: Approches Douces et Persuasives (ADPMD) dans les soins aux personnes atteintes de démence.

More than 288,000 care providers in more than 1,700 organizations across Canada have taken GPA education and training. For more information, visit www.ageinc.ca or email info@ageinc.ca.

SAVE THE DATE

THE NEXT GNAO PROVINCIAL CONFERENCE WILL BE HELD NEXT YEAR!

APRIL 2018

The event will take place in beautiful Niagara Falls.

More information to come!

CNA Certification Window is now OPEN!

Application window:
June 1 - Sept 1

Exam window
Nov 1-15

Visit [NurseOne](#) for more details

Join Us in Welcoming our New Executive Board Members!



AMANDA COUTCH

I like to refer to myself as a professional student. Over the last 8 years I have completed 3 post-secondary programs; Child & Youth Worker, Pre-health and Bachelors of Science in Nursing. As a recent graduate of York University, I am excited to step out of nursing college and into the Student New Grad Liaison position with the GNAO. Within this position I hope to bring a multidisciplinary approach with a focus on the developmental continuum, and how it related to again. While working to connect nursing students and new grads with the field of gerontological nursing.



DR. KRISTINE NEWMAN

Dr. Kristine Newman is an Associate Member with the Gilbrea Centre for Studies in Aging at McMaster University. Her nursing background is in Geriatric Rehabilitation and Complex Continuing Care, Nursing Education and Nursing Professional Practice. Dr. Newman's program of research relates to Informatics – individual and collaborative information-seeking, Problem-Solving, Knowledge Translation and Gernotechnology. She is a founding member of the World Young Leaders of Dementia (WYLD) and is an advisor to the WYLD Steering Group Committee.



KATHERINE GILBERT

Katherine Gilbert currently works in a leadership capacity with the retirement industry. She has been involved with RNAO membership recruitment and an advocate for nursing education across the province at the undergraduate level and as an educator in the community. Katherine is passionate to have impact as professional advocate for geriatric nurses in this role. We look forward to working with her this year on the board.

We are also happy to announce that Therese Lim has transitioned into the President-Elect role. We also want to announce that Annie Lam has transitioned into the Communications Director role. We are thrilled to have both Therese and Annie continue to be part of our executive board!

Thank You

Last but certainly not least, we have to extend a heartfelt thanks to our incredible outgoing board members. Tina Leung, Charlotte Bumstead, Carol Miller, Lorna Rick, Janet Mitchell, Sarah Gibbens, and Lori Schindel-Martin. These women have enriched our board over the years and will be missed dearly. We wish them all the best! Of special note, Lori Schindel Martin (GNAO Past President) was elected as CGNA President Elect at the CGNA AGM in May.

We would also like to announce that Lydia Saleh, our administrative assistant (our hidden superwoman) has retired as of May 31st, 2017. Lydia has been invaluable to the success of GNAO. She has shown extraordinary dedication and keen attention to detail over the years that have nourished and supported us over the years. We wish you all the best in your retirement!

Our Current Members for 2017

We would like to take this opportunity to highlight our current executive board members. Each and every member is so valuable, skilled and passionate about gerontological nursing. If you are interested in any of our vacant positions, please email **Julie Rubel**.

Executive Board Members

President - Julie Rubel

President Elect - Therese Lim

Treasurer - Gwen Harris

Membership Co-Chair - Karen Bakker-Stephens

Membership Co-Chair - Kristine Newman

Professional Advocacy Director - Katherine Gilbert

Student/New Graduate Liaison Co-Rep - Patricia Julian

Student/New Graduate Liaison Co-Rep - Amanda Couth

Communications Director - Annie Lam

Chapter Presidents

Bluewater President - Vacant

Buewater Past President - Charlotte Bumstead

Central East Co-President - Melanie Kelly

Central East Co-President - Kimberly Ritchie

Greater Hamilton Area President - Karen Bakker-Stephens

Greater Hamilton Area President Elect - Annie Lam

Niagara President - Michele Bliss

South East Acting President - Denise Owsianicki

Lambton President - Darlene Hakker

North East President - Jacquelyn Macknight

North West President - Catherine Schoales

London and Area President - Vacant

London and Area Past President - Carol Miller

London and Area President Elect - Amanda Dodge

Greater Ottawa Area President - Linda Haley

Greater Toronto Area President - Leila Carnegie

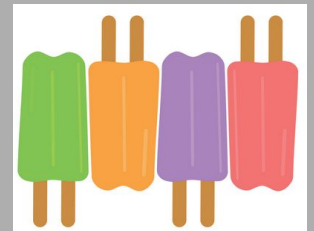
In our previous newsletter, we mentioned that our website was undergoing "renovations."

We are pleased to announce that the renovations have been completed and that we are excited to share our new and updated website with you!

We will be working to update newer sections of the website in the upcoming months, including a comprehensive repertoire of training and certification opportunities.

Please check out our new website below:

gnaontario.org



We hope that everyone has a safe and wonderful summer!