

Newsletter

LETTER FROM THE PRESIDENT

JULIE'S KEY MESSAGES



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.

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After a long, cold winter, we hope to warm your hearts and stimulate your passion for all things gerontological nursing as we focus this issue on striving for excellence. We will celebrate our recent achievements as an organization as well as those of our GNAO members and highlight current initiatives that are moving us closer to excellence in our board work.

Celebration #1- We are RNAO's Interest Group of the Year!

Early in 2015, GNAO was nominated as RNAO's IG of the year. Based on that submission (which you can now view on our website <http://gnaontario.org/gnao2013/events/>) we were selected to receive this prestigious award. The submission highlights our achievements in enhanced member communication (streamlined newsletter & website), innovative approaches to education, including the use of Ontario Telemedicine Network (OTN) and continued dedication to advocacy both in terms of gerontological nursing education and practice issues. GNAO will receive its award on April 17, 2015 at RNAO's Recognition Awards event. For more details about the event and find out how you can join the celebration, please visit: www.rnao.ca/events.

Celebration #2- We will now have 2 opportunities to meet each year!

As a result of the new Federal Not For Profit Act, GNAO has split our AGM and our Provincial Conference thus allowing us 2 opportunities per year to meet as a collective and discuss the issues that matter to gerontological nurses and the people we care for. The countdown to our AGM is on! We hope you can join us on Tuesday, April 21 at 5:30 for dinner and our AGM at 6:00. The night will conclude with Judith Wahl (LL.B., Hons. B.A., Executive Director, Advocacy Centre for the Elderly), a renowned and dynamic speaker, discussing consent and capacity. Please see further registration details later in this newsletter. Our provincial conference, to be held in the fall, will resume fall 2016.

Celebration #3- Student and new graduate members are our future colleagues and gerontological nursing experts: we know it and are proud to say it!

GNAO has had a long standing belief that students and new graduates are the future of gerontological nursing and engaging with these individuals through education, mentorship and leadership opportunities, can and will act to brighten the future of

Excellence is the gradual result of always striving to do better.

Pat Riley

JULIE'S KEY MESSAGES (CONT'D FROM PAGE 1)

care. We are proud to acknowledge Tina Leung (GNAO Communications Director), who successfully submitted an abstract to the CGNA conference being held May 27-30, 2015 in PEI. Tina will deliver an oral paper highlighting GNAO's efforts with respect to students and leadership. At the Board level, we will be focusing conversations on two strategies; 1. The use of social media to communicate with student and new graduate members, and 2. Supporting mentorship. We believe that both strategies will have an important impact for students, new graduates, and all members. Our first pragmatic step towards that goal is to offer members an opportunity to provide support and mentorship through offering financial sponsorship for a student or new graduate member's attendance at the AGM. Members can offer this support in one of two ways; 1) Offer to provide financial support for a student or new graduate that is known to them or 2) Offer to provide financial support for a student or new graduate anonymously. Members must state their intent to sponsor by April 7, 2015 and can do so by contacting me at julie.rubel@gmail.com. Students and new graduates who register are asked to identify themselves as such. Anonymous sponsorship for students and new graduates will be given on a first come, first serve basis. Again, please contact me with any questions.

Celebration #4- Gerontological Nurses are positioned to speak to issues that matter right now!

During my visit to Queen's Park and RNAO's general assembly (see highlights below), I was struck by how many issues presently being discussed around the tables and in the news, relate to gerontological nurses and their practice. For example, the Supreme Court's decision with respect to physician assisted death and the recently released report from Dr. Gail Donner, et al. concerning Home and Community Care. Given the positions gerontological nurses hold at the point of care, in administration, in research and in academia, we collectively understand how these issues can and will impact health care practice. Furthermore, we have the knowledge and skill to develop and share evidence-informed recommendations. Know that GNAO's board will be talking about these issues and how we can play a role in furthering important conversations. We understand that education and advocacy will be integral to this work. We look forward to sharing outcomes with you in coming newsletters.

In closing, I hope these celebrations encourage you to acknowledge and celebrate your own successes. We are doing great work and will continue to be a vital part of the work yet to come.

Yours in Gerontological Nursing,

Julie Rubel,
President GNAO
www.gnaontario.org

INTERESTING READ

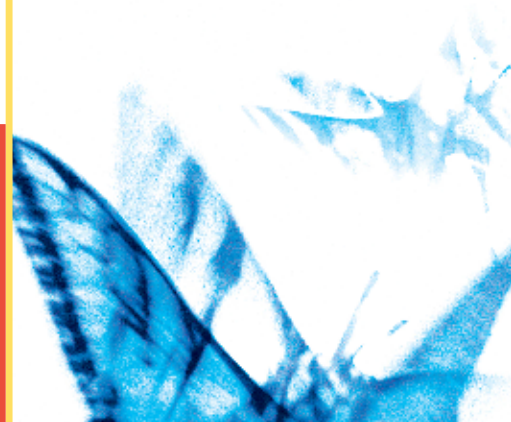


Still Alice, a must read for all gerontological nurses, was recently adapted for the Big Screen. Its leading actress, Julianne Moore, was nominated for an Academy Award, thus the movie has received much attention. It is presently in theaters. The book, written by Lisa Genova, tells the story of Alice a woman in her fifties who is diagnosed with early-onset Alzheimer's Disease. This powerful story intimately describes life with Alzheimer's and the impact it can have on relationships. Should you have a chance to read the book and/ or see the movie, please write to us, we'd love to hear you review.

"Lovingly read... So real, in fact, that it kept me from sleeping for several nights. I couldn't put it down... It's a story that must be told!"
—Bruce F. Barnes, MD, Geriatrics, University of Michigan The New Yorker

STILL
ALICE

LISA GENOVA



REGISTRATION NOW OPEN!
CANADIAN GERONTOLOGICAL NURSING ASSOCIATION
18TH BIENNIAL CONFERENCE ON MAY 27-30TH, 2015
PLEASE VISIT [HTTP://CGNACONFERENCE.CA/](http://CGNACONFERENCE.CA/) & LIKE THEM ON FACEBOOK!



THE GERONTOLOGICAL
NURSING ASSOCIATION
ONTARIO

PROVINCIAL ANNUAL GENERAL MEETING HOSTED BY THE GREATER TORONTO AREA CHAPTER

Tuesday, April 21, 2015

Speaker: *Judith Wahl, LL.B., Hons. B.A.,*
Executive Director, Advocacy Centre for the Elderly

Location: Villa Colombo, 40 Playfair Avenue, Toronto

Schedule of Events: Dinner 5:30 pm; AGM 6:00 pm;
Speaker Presentation 7:00 pm

Contact: Donna Locke at dlocke@belmonthouse.com

Cost: \$35 – GNAO Members | \$40 – Non-Members | \$25 – Students

Cheques can be made payable to GNAO Toronto Chapter and mailed by **April 10**
Attention: Donna Locke, Belmont House, 55 Belmont St., Toronto, On M5R 1R1

SUPPORTING STUDENTS and NEW GRADS

We are offering members an opportunity to provide support and mentorship through offering financial sponsorship for a student or new grad member's attendance at the AGM. Members can offer this support in 1 of 2 ways; 1. Offer to support a student or new grad that is known to them, or 2. offer to support a student or new grad anonymously. Members must state their intent to sponsor by April 7, 2015 and can do so by contacting Julie Rubel at julie.rubel@gmail.com. Students and new grads who register are asked to identify themselves as such. Anonymous sponsorship for students and new grads will be given on a first come, first serve basis.



Hotel Accommodations (close to Villa Colombo):

Holiday Inn Toronto-Yorkdale

3450 Dufferin Street, Toronto

A block of rooms has been set aside until March 30, 2015

Standard room – \$129.95

Please reserve directly with the hotel by calling 1 866-568-0046 or 416-789-5161 and advise that you are with the Gerontological Nursing Association Ontario.

RNAO 15TH ANNUAL QUEEN'S PARK & GENERAL ASSEMBLY



Julie's Recap

It was my pleasure to represent GNAO on February 26 and 27 at RNAO's 15th Annual Queen's Park Day & General Assembly Meeting. Having not attended either event before, I was

inspired by the power of nurses and touched by the support I received from fellow nurses who believe strongly in the work we do as gerontological experts. Queen's Park Day began with breakfast with our local MPPs followed by Legislative Question Period. In the afternoon, it was an honour to join 130 nurses and nursing students as Premiere Wynne & Health Minister Hoskins announced plans to move ahead with RN prescribing. As an organization of nurses who work across sectors, the impact this will have on our practice will be profound. We were also joined by both opposing parties as they shared their vision for issues impacting health and nursing. The overwhelming feeling I was left with was that of respect for the work of nurses and the impact and influence our voices can have when joined together.

The RNAO general assembly was informative and provided an important venue to share the work of GNAO as well as seek out potential partners to move our work forward. I was pleased to share GNAO's cross-sector appeal for enhanced gerontological education, beginning with nursing students (indeed all health students) curriculum. This thought was well received by fellow attendees. Potential future partnerships with the organizations representing nursing research and palliative care, NRIG and PCNIG respectively, were explored. Please continue to stay tuned as we move these conversations forward.

Yessica's Recap

Inspirational, motivational, and empowering are words I would describe my experience at the 15th Annual Queen's Park Day as a Nursing Student. I traveled from Kingston to Toronto to take part in this wonderful event. It started with a breakfast with my local MPP. It was a delightful and thought provoking conversation complimented with a lovely breakfast. Following the breakfast with my local MPP, I was taken aback with the in-depth tour fellow RNAO members and I had of the Ontario Legislative Building. I was captured by the detailed carvings in the sandstone, the art work hung on the walls, the beautiful stained glass window panels, the mosaic floors, the history of the building and the historical events that have taken place within the walls. What moved me most was when the members of the Parliament of Ontario stood, acknowledged, and applauded the balcony full of Registered Nurses. Sitting beside me was the President of GNAO, Julie Rubel, and sitting around me were many fellow RNAO members. At that moment, and many others, I felt proud to be a Nursing Student and looking forward to one day being a Registered Nurse myself. The most inspiring moment was arriving to the Ontario Room in the Macdonald Block when I was surrounded by hundreds of Nurses, the Premier of Ontario, the Minister of Health and Long-Term Care, and party leaders discussing their priorities. I was inspired by the questions the Nurses asked them with great passion and determination for change. It was also very moving to be a part of the moment and celebration when the government announced plans to advance RN prescribing. These experiences as well as networking with and learning from hundreds of Nurses across Ontario brings great assurance that my Nursing is the path I definitely want to pursue and I greatly value all the opportunities RNAO and GNAO has provided me thus far.

APRIL 9-10, 2015

Options for Diabetes

16th Annual Diabetes Education Conference for Health Care Professionals: Building Your Diabetes Knowledge
Kingston, Ontario

APRIL 16, 2015

Grey Bruce Geriatric Education Cooperative (GEC)

Balancing Wellness and Work
Owen Sound, Ontario

APRIL 21, 2015

Gerontological Nursing Association Ontario (GNAO)

Annual General Meeting (AGM)
Toronto, Ontario

MAY 27-30, 2015

CGNA 2015 Biennial Conference

Crossing Bridges: Fostering Potential in Gerontological Nursing
Charlottetown, PEI

**HELP WITH THE STRATEGIC PLANNING OF GERIATRIC CERTIFICATE PROGRAM (GCP)
BY COMPLETING THIS SURVEY:**

fluidsurveys.com/surveys/gregg-5CK/the-geriatric-certificate-program-gcp-survey/

SURVEY DEADLINE: MONDAY, MARCH 30, 2015

CONGRATULATIONS!!

NURSING IN THE NEWS

Congratulations, **Sarah Gibbens** (Membership Co-Chair) and **Yessica Belsham** (Student/New Graduate Liaison Co-Representative)! Our Board Members have recently been featured in the January/February 2015 Registered Nurse Journal's Nursing in the News section.

Please visit <http://rnao.ca/resources> to review these articles.

RNAO AWARD RECIPIENT

Congratulations, **Melaine Kelly** for your RNAO Leadership in Nursing Administration award! Watch for more on Melanie in the next issue!

MEET OUR BOARD MEMBERS IN THEIR NEW ROLES



LORI SCHINDEL MARTIN, RN, PHD

Previous Role: President

Current Role: Past President

JULIE RUBEL, RN, GNC(C)

Previous Role: President Elect

Current Role: President



MEGAN HILTZ, RN, MHS, GNC(C)

Previous Role: President South East Chapter

Current Role: President Elect

TINA LEUNG, RN, MPH

Previous Role: Student/New Graduate Liaison Officer

Current Role: Communications Director



LOOKING FOR OPPORTUNITIES TO BE INVOLVED IN THE SOUTHEAST CHAPTER?

FIND OUT MORE AT:

<http://gnaontario.org/gnao2013/kingston-chapter/>

CONNECTING WITH YOU!

Facebook

and/or Twitter for GNAO?

Email tina.leung218@gmail.com to let us know your thoughts on how we can best connect with you!

Have

something interesting to share with GNAO?

Email tina.leung218@gmail.com! We want to hear from you!

BOARD POSITION AVAILABLE!

Do you have....

- Strong communication skills,
- Ability to form and cultivate partnerships,
- Passion in advocating better care for seniors,
- Desire to speak out against inequity and inequality,
- Commitment in mobilizing evidence to influence policy and practice?

APPLY NOW! BECOME OUR NEXT PROFESSIONAL ADVOCACY DIRECTOR!

Interested candidates must email a cover letter and resume to: julie.rubel@gmail.com