



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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Happy Summer GNAO colleagues!

I hope this newsletter finds you enjoying the sunshine. I was recently very fortunate to enjoy some sunshine on Prince Edward Island while representing GNAO at the CGNA Biennial Conference. Representing GNAO at the National level was an honour and a privilege. It was incredibly exciting to learn of innovative approaches to care,

new tools and processes under development, and engage in active discussions with our colleagues from across the country. As well, I was proud to support our own Tina Leung, GNAO Communications Director, as she shared GNAO's success in engaging future leaders to join our organization and our Board. (See below for some of the snapshots we took from the CGNA Biennial Conference.) In keeping with the CGNA conference, it is my pleasure to announce that Ottawa will be the next site for the Biennial conference in 2017. Given that this is Canada's 150th birthday, it's going to be a great time to gather in our Nation's capital! More on this event as details emerge. Having been exposed to innovations from across the country in PEI, I was inspired to take stock of some of the innovations that we have undertaken at GNAO.

Innovation #1- Encouraging Mentorship

In March, I shared our first pragmatic step in supporting mentorship for students and new graduates via financial sponsorship to attend our AGM in April. I am pleased to report that three students took advantage of this opportunity. These students were introduced to our Board and enjoyed an informative evening, as you will see in student Melissa Kim's piece below. We look forward to further refining and expanding this process to allow even more members to participate.

We are also encouraging mentorship at the board level through an inventory of board members' clinical interests and gerontological passions. This will enable us to further engage the vast experience and talents that board members bring to the GNAO table.

Innovation #2- Social Media Communications

We are beyond excited to announce that GNAO now has a social media presence on both Facebook (Gerontological Nursing Association Ontario- GNAO) and Twitter (@GNAOntario)! While using social media as a method to communicate with members may not seem innovative by today's standards, it represents a huge step forward for GNAO and is certain to allow more frequent and timely communication with members. We look forward to expanding our communications beyond notifications of education events and partnerships (though we will continue to provide this important service), to building the

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

image of gerontological nursing and nurses in the many areas of practice that we work in. We hope to highlight the many complexities and opportunities that exist in the specialty by utilizing these forums to spread the word amongst members and non-members alike. Be sure to follow GNAO for details of upcoming initiatives.

Innovation #3- Partnering in Education

Below, you will learn about an education event hosted by the Greater Hamilton Area chapter and the Alzheimer's Society which brought together healthcare professionals and caregivers of persons with dementia. This hugely successful event was unique in that it included members of the public allowing GNAO members to share their experience and expertise and further enhance the image of our profession.

At GNAO, we understand the importance of partnerships in providing educational opportunities to our members. This is why many chapters choose to partner with other nursing organizations and/ or local community agencies. These events tend to be our best attended and can help us to connect with new members. Through technologies such as OTN and webinars, we envision GNAO chapters partnering to share their local expertise with members from across the province. The success of such partnerships will allow GNAO to continue to provide topical and informative education sessions as well as allow members choice in how, and even when, they attend education events. We will have more to share about these innovations in late 2015/ early 2016.

We wish you a safe and enjoyable summer season. We look forward to connecting with you again this fall.

Yours in Gerontological Nursing,

Julie Rubel,
President GNAO
www.gnaontario.org

Photo (Top): GNAO Team at the CGNA Biennial Conference.

Photo (Bottom Left): Tina Leung, Communications Director presenting on GNAO's strategies of student and graduate engagement.

Photo (Bottom Middle): Sarah Gibbens sharing her expertise.

Photo (Bottom Right): Lori Schindel Martin presenting on gentle persuasive approach.



INTERESTING READ



This edition of Gerontological Nurses Read features a title recommended by a member of GNAO Niagara Chapter. The book, *Emily is Missing*, was written by Emma Healey. The main character, Maud, is an older adult living with dementia. She embarks on a desperate quest to find her best friend whom she believes has disappeared. She is unable to convince others around her of the importance of her mission, but this does not deter her. Our Niagara Chapter member notes the author Healey does such a great job building Maud's world, you may find yourself completely immersed. Happy Reading!

Do you have a favourite book that we could feature in this column? If so, we'd love for you to connect with us via Facebook, Twitter or on our Discussion Forum.



GNAO 41ST ANNUAL GENERAL MEETING

RECAP BY MEGAN HILTZ, PRESIDENT-ELECT

On the evening of April 21, 2015, 46 members came together at the Villa Colombo for the spring AGM hosted by the Greater Toronto Area (GTA) Chapter. This evening was not just about coming together for the usual business of an AGM, it was a night of firsts as well. Three new journeys have begun for us as a provincial organization!

The first journey involves the mentorship of a student or new graduate and involves sponsoring a student or new graduate to attend a GNAO conference/AGM. Our inaugural event saw three students sponsored to attend this AGM. If you or your chapter would like to sponsor a student, or learn more please contact Julie at julie.rubel@gmail.com.

The second journey is the implementation of a spring AGM and a fall conference as a result of the new Not-For-Profit by-laws. The GTA Chapter will be our ongoing host in the spring and our local chapters will continue to host a conference in the fall on a rotating basis, so stay tuned for more information!

The third exciting journey we have ventured into is the social media world! Our AGM saw Amanda Dodge, student representative from the London and Area Chapter live tweet using the #GNAO. As a result of feedback from student members, we have also explored the options for other social media platforms and I am excited to tell you we will soon be making our debut!

After a lovely meal with wine and networking, our AGM occurred with Julie providing a summary of the board activities, (a detailed copy can be found on our website, <http://www.gnaontario.org/>) and thanking Ryan Miller, Kathy King, Maureen Shantz, and Heather Woodbeck for their contributions to the board. Ladies, your contributions have been appreciated and we wish you well in your future endeavours. She also welcomed Jan Mitchell to the role of Professional Advocacy Director!

We were then fortunate to have the honour and privilege to listen to Judith Wahl, BA, LLB, the Executive Director of the Advocacy Centre for the Elderly, speak to us about Healthcare Consent and Advance Care Planning. Her presentation was stimulating and a great reminder that 1) advance care planning is more than just putting words on paper and hoping your identified SDM will act on them, 2) your SDM is not always your next of kin, and most importantly 3) consent is not a written form- it is a conversation!

In conclusion, a great time was had by all. To the GTA chapter, thank you for hosting an incredible event and to our members, continue to be the inspiration that you are to so many! conversations forward.

JULY 7, 2015

Providence Care
Research & Innovation in Aging Forum:
Age Friendly Communities Project
Kingston, Ontario
Also broadcast live via OTN

SEPTEMBER 14-18, 2015

The Regional Geriatric Program of Eastern Ontario
Geriatric Education Series
Ottawa, Ontario

OCTOBER 29-30, 2015

Registered Practical Nurses Association of Ontario (RPAO)
Advancing Excellence in Nursing: Role Clarity-Quality Practice-Leadership
London, Ontario



GNAO 41ST ANNUAL GENERAL MEETING (CONT'D FROM PAGE 3)

RECAP BY MELISSA KIM, SPONSORED STUDENT



This year I attended my first GNAO AGM, care of the GNAO's student sponsorship initiative. I've only recently joined the GNAO, but as a new face at the meeting I was welcomed with warmth and enthusiasm. I connected with like-minded colleagues, took note of AGM business, and had the pleasure of hearing Judith Wahl from the Advocacy Centre for the Elderly speak on healthcare law.

During Ms. Wahl's question-and-answer session, it became clear that the audience did not consider geriatrics nursing as solely an occupation, but as a passion that came from a personal place. Questions drew from experiences with dubious hospital practices, the need for clarification with consent, and even nurses' own families. When I become a nurse, I aspire to advocate for my patients, my fellow nurses, and the law to the same degree as the men and women in that room, whether I'm at work or not.

I'm grateful to have attended this meeting through the student sponsorship initiative. This initiative makes the GNAO accessible to students interested in geriatric nursing, and in doing so encourages that interest to blossom into something more substantial. This meeting was a charming experience for me, and I'm now committed to being an active GNAO member in the future.

GREATER HAMILTON CHAPTER EVENT RECAP

SUCCESSFUL EDUCATION EVENT PARTNERSHIP—GERONTOLOGICAL NURSES LEARNING AND SHARING WITH CAREGIVERS OF PERSONS WITH DEMENTIA

RECAP BY MELISSA NORTHWOOD

On April 16, 2015, our chapter provided our first joint education event with the Alzheimer's Society, "Emergency Room Preparedness". This was an extraordinary event on many levels. We had a full house and attendees were comprised half of GNAO members and half caregivers of persons with dementia. Gerontological nurses had a chance to showcase our skills to the public and at the same time learn from caregivers the very real challenges they face interacting with the health care system. The speakers were Anne Swift, First Link Coordinator with the Alzheimer's Society, and Trish Corbett, Clinical Nurse Specialist at Joseph Brant Hospital.

The event provided learning for both GNAO members in attendance as well as caregivers. Anne provided valuable information regarding dementia that was relevant to the caregivers and encouraged us to make the referral and connection to the Alzheimer's Society at point of dementia diagnosis. Nurses and caregivers both learned about the Alzheimer's Society breadth of services including phone, email, in-office, and home visiting for counselling and information services for all types of memory loss.

Trish's presentation covered comprehensive information on how to prepare for and participate in a visit to the ER with a person with dementia. For nurses working outside of emergency services and the caregivers, we all learned practical tips to prepare in advance for an emergency situation.

The education event taught us that sharing our expertise in a formal way with these caregivers benefits not only the public but provided rich education for us while raising the profile of the gerontological nurse as a key partner in healthy aging. If any other chapters are interested in planning a joint education event such as this and would like more information, please do not hesitate to be in touch with our Chapter.



TAKE YOUR MPP TO WORK DAY™

As part of Nursing Week celebrations Northumberland Quinte-West MPP Lou Rinaldi visited Northumberland Hills Hospital in conjunction with the Registered Nurses Association of Ontario annual "Take Your MPP to Work" initiative. The visit provided him with an excellent opportunity to meet directly with front-line nursing staff and Helen Brenner, NHH's Chief Nursing Executive, to see first-hand how NHH nurses are advancing exceptional patient care here in west Northumberland. The tour involved visits to most areas of the hospital spanning the full range of care offered at NHH. Sarah Gibbens, Geriatric Emergency Management Nurse, represented the discussion about gerontological care provision during the NHH tour.

MEET OUR PROFESSIONAL ADVOCACY DIRECTOR – JANET MITCHELL



I am a life long nurse, educator and student. I started my nursing career in a community hospital working in Recovery Room, Intensive Care and Emergency, moved onto camp nursing, then Intensive Care at St Joseph's Hospital in Toronto. After short stints as a Northern Nurse and Hospital Supervisor in Shippigan New Brunswick, I settled into acute care in University of Toronto academic teaching hospitals. I was a Clinical Research Nurse Coordinator for over 10 years and obtained my Bachelor of Health Administration in 2010. In recent years, I have moved to working directly with seniors

and their families in several care settings including complex continuing long term care, long-term care homes, and retirement homes, providing assisted living support using a wellness model of care. My professional practice is above standard and I consider myself a strong advocate of social justice.

FUNDING OPPORTUNITIES

Graduate students and postdoctoral fellows from the social, health and applied sciences across Canada now have access to research support from the AGE-WELL NCE through new Graduate Student and Postdoctoral Awards in Technology and Aging

DEADLINE: JULY 10TH, 2015

PLEASE VISIT [HTTP://WWW.AGEWELL-NCE.CA/TRAINING!](http://www.agewell-nce.ca/training/)

CONNECTING WITH YOU!

FACEBOOK

Search for Gerontological Nursing Association Ontario - GNAO on Facebook!

And LIKE us on Facebook!

TWITTER

TWEET to us @GNAOntario!

<https://twitter.com/GNAOntario>

Have something interesting to share with GNAO?

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

Looking for Opportunities to be Involved in Your Local Chapter of GNAO?

Want to contribute to the gerontological nursing field?

FIND OUT MORE AT:

<http://gnaontario.org>

OR BY CONTACTING YOUR LOCAL CHAPTER PRESIDENTS!