



GERONTOLOGICAL  
NURSING ASSOCIATION  
ONTARIO

## GNAO CE Chapter Fall 2019 Newsletter

### President's Message

#### Co-Chairs - Melanie Kelly and Kim Ritchie

#### ***Congratulations CNA graduates!***

Congratulations to all the nurses in the Central East Chapter who wrote the Canadian Nurses Association (CNA) Speciality Certification exam in Gerontology this fall. We also extend special congratulations to the Registered Practical Nurses (RPNs) who were the first to write the new LPN/RPN Speciality Certification exam in Gerontology. Your expertise and commitment to learning will help to improve the lives of older adults and their families.

As part of maintaining your certification, we invite you to attend one of our education sessions for continuous learning hours. Held semi-annually, our education sessions are designed to reflect current issues and trends within geriatric nursing. If there is a particular topic of interest to you, please feel free to reach out to one of our executive members with your ideas. We would love to hear from you!



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## GNAO AGM and Conference April 23 & 24, 2020 Ajax Convention Centre

2020 marks a special year for our chapter as we host the biennial AGM and Conference. The conference “**Inspiring & Informing Healthy Aging**” is being held *Thursday, April 23rd Evening Reception and Friday, April 24th, AGM and Conference.*

Please continue to visit the GNAO website at [gnaontario.org](http://gnaontario.org) for up-to-date information.

We look forward to seeing you there. Together we will make this a meaningful and memorable conference!

Call for abstracts now open - [click here for details](#)

### Professional Advocacy Message

Greetings Fellow GNAO Members,

As we dedicate our knowledge, skills, and time to provide comprehensive and high-quality nursing care for older adults, it is important we remember to engage in self-care activities. I hope you all have an opportunity to take some time out to enjoy the beauty of season and reflect upon the positive difference you have made in the lives of others. Gerontological nurses play such an important role in the overall health of older adults across many health care sectors throughout the province.

Our chapter would like to extend words of congratulations to the liberal government on their re-election and their promise to make life (and health care) more affordable for

seniors. The government has announced their continued commitment to improve access to home care and palliative care services, and implement new strategies to prevent elder abuse and better protect victims. Gerontological nurses are ready as health care leaders, educators, and at the point-of-care to provide comprehensive nursing care and support for older adults and the people who care for them.

More information about the federal governments platform and progress can be found on their website: <https://2019.liberal.ca>

If you would like to share your professional experience, practice concerns, or have any questions you can contact me at [jcalver@outlook.com](mailto:jcalver@outlook.com).

All the best,

**Jennifer Calver**

*GNAO CE Chapter Professional Advocacy Chair*

## GNAO CE Chapter News and Announcements

### GNAO CE Chapter AGM

**Thursday, November 28th**

Silver Meridian.1621 McEwen Drive, Suite 28, Whitby. Meeting begins at 6:30.

Refreshments served.

### **Special Guest Speaker**

**Steve Mathew B.Sc., EMCA, CHE, OTN Provincial Lead for Mental Health and Addictions**

### ***Stress - Let's Talk About It!***

Nurses may consider caring for themselves as a luxury or something to do occasionally.

This culture needs to shift. After all, how can one effectively care for others when their own mental health is suffering? Join Steve Mathew as he discusses the impact of stress and shares coping strategies.

**All GNAO members, as well as nurses, student nurses and allied health care professionals are welcome.**

*Complimentary - no charge.*

*Please contact [melkelly@sympatico.ca](mailto:melkelly@sympatico.ca) if you plan on attending.*

## NEW RESOURCE

### Strategies: Providing Care and Support for a Senior Living with Frailty

Improve your skills, knowledge, and confidence as a family member or friend caregiver.

- FREE online course
- Handbook
- Tools, tips and links to great resources

Resources available at [www.rgps.on.ca/caregiving-strategies](http://www.rgps.on.ca/caregiving-strategies)

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Have you visited the CGNA website lately?

[Click Here](#) to view information on webinars and for access to *Perspectives* (CGNA peer-reviewed journal)

[Click here](#) for the Fall 2019 Newsletter

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*GNAO Central East Chapter*

**Darlene Legree Communication Chair - [dlegree@silvermeridian.com](mailto:dlegree@silvermeridian.com)**

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