

Retired Nurse Interest Group

newsletter))

April 2018
Issue 1

Hello from the Chair:

Hello to all our members (all 106 of them as of March 30th). We are so pleased to have so many RNAO members who see the importance of this Interest Group. We have been a bit slow on getting ourselves in gear, but we are now all organized.

The purpose of this Interest Group is to provide a venue for soon to be retired, early retired and well established retired nurses to share their experiences, expertise and have some fun!

Being called RetNIG Newsletter may be succinct but it sure isn't exciting. Think of a name for the newsletter and submit your name and contact information, along with your suggestion to: our website contact us section: <http://chapters-igs.rnao.ca/interestgroup/60/about>

Prizes will be awarded in May (during Nursing Week) and a brief profile of the winner will be featured in our next Newsletter. In addition, **ballots to name our Newsletter will be available starting on Friday, April 20th - at the RNAO AGM.**

On April 21, 2018, please join us for our first AGM and Panel Discussion (held on the Saturday of the RNAO AGM). We will start at **0830 with breakfast** and review of our first year. Our panel will then speak, and we will end with planning for future events- including the possibility of a RetNIG cruise!!

**Register for the breakfast meeting if you have not done so!
See you all on April 21st**

“Don't simply retire from something; have something to retire to.” ~Harry Emerson Fosdick

Meet our Executive!

Over the next few issues we will introduce our inaugural executive.

Chair:

Rhonda Seidman-Carlson is our Chair. Rhonda has been a member of RNAO for 25 years- having joined when she moved to Ontario from Quebec. Rhonda has been active in RNAO- from the Gerontological Nurses Interest group to the Clinical Nurse Specialist one and most recently a member of NLN. She has been a member of the Durham-Northumberland chapter since she joined RNAO. Rhonda was a past President of RNAO and currently sits on the Board of Directors as the MAL Socio-Political Affairs. Rhonda has the idea of a group for retired nurses and was thrilled to work with RNAO to make it happen.

Communications ENO (shared position):

One of our communication ENOs is **Pat Sevean** – the other being **Una Ferguson**.

Pat is fully retired as a Professor Emeritus from the School of Nursing at Lakehead University in Thunder Bay. Pat states, “ I am convinced that each person makes their own unique transition into becoming a retiree and everyone needs to be psychologically prepared. ...” Pat spent 45 years in health care as a registered nurse, nurse educator and researcher. She has served on several boards, including RNAO (2013-2016). Both Pat and her husband have survived kidney cancer. Since that time Pat has joined the board of Kidney Cancer Canada and has volunteered as a Patient and Family Advisory for Cancer Care Ontario. Find out a bit about Una Ferguson in our next Newsletter.

Membership ENO:

Elaine Hines is our Membership ENO. Elaine’s career spanned 39 years when she retired. Elaine is a graduate of Toronto General Hospital/George Brown College nursing program. She has held positions as a staff nurse, nursing supervisor, Assistant Head Nurse, nursing instructor and Head Nurse. She has worked in Ontario, Alberta, Saudi Arabia, Jamaica and as a travel nurses in 7 US states. Since she retired Elaine has been actively involved in her church health ministry department and in her local community. She saw a need in her community and so with a team of volunteers organized a blood pressure clinic at the local library. She has also be active in numerous health fairs- providing education, resources and support around such issues as nutrition, stroke prevention, diabetes education and hand hygiene- to name just a few. Elaine is a strong collaborator – with her community, with other health professionals, with students and now with RetNIG.

Upcoming events:

AGM: April 21st: 0830am

Breakfast included! Please

Join us!



Stay tuned for Issue (2) and meet our other Communication ENO, our Financial ENO and our Social Media ENO.

Events Upcoming and Planned:

In December 2017 the executive finalized the calendar of events that will be available to members in 2018. This new interest group will have its inaugural Annual Breakfast meeting on Saturday, April 21, 2018. First and foremost, the executive is committed to developing a program that included FUN along with meaningful information and support for nurses about retiring.

There will be a short business meeting followed by a panel presentation on ***“What Retiring Minds Want to Know- Personal Perspectives”***. The panel members will speak to their own experiences transitioning into retirement and engage others into exploring some of the strategies to prepare for a successful retirement. If you are retired, contemplating retirement, or wondering if you will ever retire- PLEASE join us.

At the breakfast meeting we will outline possible webinar topics for the year. We plan to have one/quarter and need ALL our members to vote on possible topics. The voting will begin with this newsletter- see information below.

Possible Webinar Topics for 2018-2019:

In a review of the literature, in speaking with those who are retired and hearing from others around concerns related to retirement the following possible topics were identified. We want you to choose three (3) and send an email to the interest group with your choices. We will decide by early May and send out a calendar of these webinars to ALL members

Possible topics:

1. Political Advocacy for retirees
2. Work related issues for retired nurses
3. Post-retirement job opportunities for nurses
4. Benefits and drawbacks of part-time vs full-time post retirement employment
5. Volunteerism opportunities- how do I know what would interest me?
6. Pre-retirement psychological planning
7. Knowledge about services and resources for seniors
8. Working towards well-being
9. Travel opportunities for nurses
10. Becoming a mentor

Send your three (3) top choices to:

Mentoring:

Item #10 above brings us to another purpose of this Interest Group- sharing our passion, expertise and experience. Starting on **Friday, April 20th** – you will be able to sign up if you are interested in becoming a Mentor or if you wish to be mentored. Visit our booth at the RNAO AGM to find out more. **Share what you know!!**

Watch for our Next Newsletter!



if you are already an RNAO member and wish to add RetNIG to your membership, please contact RNAO or call 1-800-268-7199 or 416-599-1925. The annual fee is \$15.

<http://rnao.ca/connect/interest-groups/retired-nurses-interest-group-retnig>