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| **RetNIG “Wisdom and Resilience -the Retired RN”** | **Fall 2018**  **Issue** |
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| **Notes from the Chair**  Yes, we have a Newsletter name! Our winner is Liz Tkaczyszyn from Peel Chapter. The executive felt her title really captured what retired nurses bring to the profession and to health of Ontarians.  Congratulations to Liz who will receive Tim Horton’s gift certificate.  At our AGM (Saturday April 21, 2018) we reviewed our social media platform, our financial statement, our membership numbers and chose the three Webinars for 2018-2019 year.  We also discussed our first CRUISE- a dinner cruise around Toronto Island. We thought we should start small and work up from there. We need your input as to when.  Membership: 130 as of April 20, 2018  Finances: Balance $988.52 (after cost of AGM breakfast).  **Renewal Time is Here**  Please remember to renew your RetNIG membership for the 2018-2019 membership year. This is especially true if you received one of the FREE memberships as RetNIG will not automatically show up in your renewal form or in your automatic renewal process. RetNIG is only $15.00/year a modest but well worth it investment.  "Stay young at heart, kind in spirit, and enjoy retirement living." Danielle Duckery,  **Upcoming Elections for RetNIG Executive**  In **Spring 2019** we will be sending out the call for nominations for RetNIG board elections. As with all such elections at RNAO this will be a one member-one vote for our RetNIG members. We will be calling for nominations for the following positions:  **President/Chair**  **Communications ENO** (shared position)  **Finance ENO**  **Membership ENO**  **Please consider putting your name forward**! The election process will be from **JUNE 1-August 1, 2019**.  **Cruise with RetNIG**  A large ship in a body of water  Description generated with very high confidence  Our **first** cruise will be a **Toronto Island dinner cruise** in **May 2019**.  If we have a group of at least **20** people, the cost will be **$80.00**. This included a 2.5-hour cruise and a three course sit down dinner (alcohol and gratuities are extra).  If you are interested, please email me at: [seidmanr@rogers.com](mailto:seidmanr@rogers.com).  If you are interested in cruising but would need an overnight room, please let us know. We would investigate rates and options for you.  **Webinar Topics -October 2018-April 2019**  We will have our **first** Webinar at the end of **October/beginning of November**. We are looking to confirm our speaker who will be speaking about **“The New Ways to Retire”**. ***Watch for announcements shortly***!!  Our **second** Webinar will be in **February 2019** and will focus on **Mentorship.** Many of you will have already received an email asking you to share your experiences as a mentor or mentee. Announcements to follow in late November with the exact date.  Our **third** and final Webinar for the 2018-2019 membership year will be at the **end of March/early April 2019**. We will be having a speaker from **“Age Friendly Ontario”** talking about work being done in Ontario to create age-friendly communities. The talk will focus on engagement of older Ontarians, healthy policy which is age-friendly and finally, volunteer opportunities within age-friendly networks.  **Age Friendly Ontario**  To find out more about Age Friendly Ontario activities and policies please go to [www.agefriendlyontario.ca](http://www.agefriendlyontario.ca) and become well-versed with the work being done. Of special interest to our members in London, Ontario- they are looking for retired nurses to become part of their volunteer opportunities. If you are interested contact Michelle Dellamora at [mdellamo@london.ca](mailto:mdellamo@london.ca). Other volunteer opportunities can be found on the provincial website.  **Continuing to introduce our executive**  **Lori Jennings**- Social Media ENO  Lori Jennings is a Registered Nurse committed to improve health and well-being across the health care continuum. Lori holds a diploma of nursing from Lambton College, a BScN from the University of Western and a Master of Nursing degree from York University.  Her career has included critical care nursing, manager, Best Practice Spotlight Organization lead and Director Professional Practice and Student Relationships at Bluewater Health in Sarnia. In addition to her role on RetNIG, she is on the executive of Nursing Leadership Network (NLN) and a member of Lambton chapter, RNAO.  *Her social media report can be found below*  Currently RetNIG have three social media platforms: Facebook, Twitter and LinkedIn. As well there is the RNAO webpage.  Facebook was established in July 2017, with initial posts directed towards introducing this new interest group to members for the October launch, and this is still the primary focus as we grow followers and members.  As of this week we have 127 followers and we have made numerous posts including Halloween and Christmas greetings. Initial posts reached 5-29 people, but we are now seeing as high as 222 people! On Twitter we have 15 followers and are following  The LinkedIn is still in its initial phase.  Our goal for the next year is to establish guidelines for the social media content RetNIG will promote. For now, I hope **YOU** will follow RetNIG and help us establish a prominent and effective social media presence!!  **Beatriz Jackson**- Socio-Political Action ENO  In 2011, at the age of 56 and after working 33 years in different roles (in the Philippines, Newfoundland and 26 years at Sunnybrook), Beatriz took early retirement from the hospital setting and travelled for a year. Upon her return a teaching opportunity opened at Centennial College. She teaches part time as an instructor in the PN program. Working part time has enabled her to actively participate in her RNAO Chapter- Durham Northumberland and for the last three years serve as RNAO board member representing Region 8.  **Marianne Cochrane**- Finance ENO  Marianne is happy to be the Finance ENO for RetNIG. She is currently full-time faculty at Durham College in the Collaborative BScN program with UOIT in Oshawa. She has been in this role since 2003 and is looking ahead to retiring from full-time work sometime in 2019. Prior to joining the College she worked as a Clinical Nurse, Resource Nurse, Program Lead and Clinical Leader. Marianne has been very active in RNAO- in her local chapter, as Regional Representative on the RNAO board for Region 8 and then for 2-terms as Interest Group Representative. She is currently serving a two-year term on the Board of Governors for Master’s College and Seminar. Marianne enjoys sharing her nursing experiences with students as they develop into critical thinkers and caring nurses in their chosen profession.  **Una Ferguson**- Communication ENO (with Pat Sevean)  Una Ferguson is the co-communication ENO of the Retired Nurses Interest Group. She is also the chair of the Staff Nurse Interest group, is on the Board of Directors of RNAO as one of the two Interest Group Representatives. In addition to these roles Una has been very active in Region 10 (Ottawa) previously as a Board member for that region and now in Policy work for the region.  Una works at Royal Ottawa Place as a staff nurse. Royal Ottawa Place is the LTC facility of the Royal Ottawa Health Care Group. In her spare time Una is part of a Ladies Chorus and Granny to 4 delightful granddaughters. She looks forward to retirement in the next few years feels that RetNIG will thrive and grow as it becomes known among Ontario nurses.  **A Final Word**  **Remember**- “It is not true that people stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams” Gabriel Garcia Marquez  **Never stop dreaming!!** | **In this issue:**  **Cruise**  **Upcoming Webinars**  **Elections** |
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Please remember to follow us on Facebook and Twitter LinkedIn and our website. Our social media information/links can be found above.

“The joy of retirement comes in those everyday pursuits that embrace the joy of life; to experience daily the freedom to invest one's life-long knowledge for the betterment of others; and, to allocate time to pursuits that only received, in years of working, a fleeting moment.” Byron Pulsifer

A close up of a piece of paper

Description generated with high confidence