

Bi-Annual Newsletter

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Executive Team:

President:
Irene Molenaar

Vice President:
Lisa De Panfilis

Communications
ENO: Lisa De Panfilis

Membership & Services
ENO: Kimberly Jones

Policy & Political Action
ENO: Elizabeth Stec

Policy & Political Action Associate: Ari Randall

Social Media ENO:
Susan Cooke

Workplace Liaison ENO:
vacant

Finance ENO:
Irene Molenaar

Student ENO: vacant

Secretary:
Lisebeth Gatkowski

Region 3 Board Representative:
Nathan Kelly

Hamilton Chapter Executive Team

It's always nice to put a face to a name, particularly if it's your executive team who are actively involved in your community. In this issue of our newsletter, we will highlight a few members. In the summer, the Hamilton Chapter held elections for four positions. The victors were:

Political Action: Ari Randall and Elizabeth Stec

Social Media: Susan Cooke
Student Liaison: Remains vacant

Workplace Liaison: Hoodo Ibrahim



Lisebeth Gatkowski, Lisa DePanfilis, Irene Molenaar, Kim Jones, Elizabeth Stec, Bahar Ighani and Trish Haycock

Meet Your President and Vice-President



Irene Molenaar – President and Treasurer: Irene has been with the RNAO for nearly two decades. As an RN, she works full-time at Hamilton Health Sciences on a medicine ward. When not volunteering her time to RNAO functions, Irene enjoys

“Hot spicy food, sauerkraut with bratwurst, or herring and raw onions”

Lisa DePanfilis – Vice President: Lisa is a graduate of the MoMac BScN program and is completing her thesis-based MScN at McMaster University. She works as a research assistant and school nurse. Her favourite song to sing and dance to is “I want you to want me” by Cheap Trick.



A quote from our President:

"When the email revealed that we indeed won the "Chapter of the Year" award, we were all elated, and a feeling of pride came over us. All our dedication to the chapter, to our profession and to the patients we care for was formally recognized!"

(Irene M.)

Hamilton Chapter of the Year Award

The RNAO chapter of the year award is presented to the RNAO chapter or region without chapters (RWC) that best illustrates their commitment to the RNAO. This is done through outstanding contributions to the nursing profession such as active campaigning and involvement in and commencement of RNAO

initiatives and projects that stimulate vital public policies and enhance the role of the registered nurse and nurse practitioner in their region. The chapter with the "mostest" influences decision makers and aggregates nurses for action. They exhibit teamwork and leadership in their communities.



AND THE WINNER GOES TO....

Our chapter was selected to receive this very prominent and esteemed award from the Registered Nurses' Association of Ontario. The RNAO was proud to recognize the Hamilton Chapter's many recent contributions. The award was presented to our chapter President Irene Molenaar during the RNAO Annual General

Meeting in Toronto last April.



RNAO Recognition Awards

Nurses are making changes on many levels for Ontarians. The annual RNAO Recognition Awards acknowledges individuals and groups that make momentous contributions to RNAO's mandate: Speaking Out for Nursing, Speaking Out for Health.

Watch for the outstanding nurses and winners who will be announced at RNAO's 2019 AGM.



Past Events in 2018

Cakes and Convos

sponsored by Halton Chapter remains a big hit each June.

Pride Hamilton is a volunteer-led, nonprofit alliance of local LGBTQ+ community members who conduct annual events. Aim is to inspire individuals to celebrate their identities, enjoy Pride festivities and

reduce stigma. Kim Jones, Lisa DePanfilis and Claudia Yousif were there on June 16th with flag in hand!

Wellness Event by VP

Lisa. Several guests spoke on mindfulness meditation, nutrition and Zumba at our April event.

Nurses' Week Annual Dinner was well-received with about 70 nurses

present. Bahar Karimi, guest speaker talked about the "*Love of Nursing*".



Kim, Lisa and Claudia at Pride Hamilton



More Fun Around Town

Take Back the Night

is a rally by SACHA for survivors and supporters affected by violence. On September 20th, Irene, Nathan, Hoodo, Bahar and Chelsey attended and held our flag high.

The Hearing Voices Workshop was provided during Mental Health Awareness Week in October. It is radical training for those wanting to better

understand auditory hallucinations.

Winter Clothes Drive was completed in December. Lisa and Kim collected new and gently used coats, hats, mittens and scarves for the Salvation Army.



Giving Hope Today

The Trauma-Informed Approaches to Care event had a panel of individuals who work in addiction, mental health, LGBTTQ and indigenous communities. trauma-informed care was discussed.



Irene Molenaar listens to sounds that a 'voice hearer' experiences at the Hearing Voices Workshop held on October 20th, facilitated by Lisebeth Gatkowski and Fran Szygula



Upcoming Events

Your Hamilton RNAO is finalizing dates for the next events:

- Hearing voices workshops
- Wellness event
- Resume writing (March)
- NCLEX Exam Prep (March-April)
- Annual AGM (April)
- Nurses Annual Dinner (May)

We value each of our chapter's members' contributions and

insight. We welcome you all to participate on an Ad Hoc committee for any of these events and others. If you have any suggestions, please do not hesitate to contact us. Contact Lisebeth at lisebeth.gatkowski@gmail.com for further details.

Kim, Chelsey and Lisa volunteer at the nurse's week dinner



Did you know the Hamilton RNAO Chapter has 1400 members?

Special Interest Story



Region 3 Board Representative Nathan Kelly, Hamilton Chapter President Irene Molenaar and Executive Board Member Kimberly Jones met with MPP Monique Taylor On November 5th. Monique was elected as the Member of Provincial Parliament for Hamilton Mountain in 2011 and re-elected in 2014. At present, she serves as the NDP Critic for Children and Youth Services and as Vice-Chair of the Standing Committee on Estimates. Monique has always targeted the government to improve the lives of people from Hamilton and Ontario, an emphasis she still brings to Queen's Park. Nate talked about the homelessness- Irene talked about "hallway nursing" and Kimberly talked about the issues around suicide in Canada!

Remembrance Day Service and RNAO Members

Written by: Irene Molenaar

For the last decade, the RNAO Hamilton Chapter has attended the Remembrance Day ceremony at the Warplane Heritage Museum on November 11th. Long-standing members Janet Rush and Trish Haycock started this tradition and still participate yearly. We have a lovely wreath with our very own RNAO ribbon. During the ceremonies, two members lay this wreath and participate in the one minute of silence to remember the wartime. Nathan, Chelsey and Irene attended this year.



Meet Your Members

Political Action: Ariadna Randall is an RN whose career began 10 years ago at Sick Children's NICU. Ari is currently in graduate school for a Nurse Practitioner degree. Her favorite ice cream is "any flavor, it just has to include a funnel cake!"



Secretary: Lisebeth Gatkowski

Lisebeth's mom turned 99 this month. She taught Lisebeth how to make perogies and cinnamon buns, to sew, to knit, to crochet, family traditions, commitment and loyalty. Lisebeth is an "all in" person personally and thanks her mom

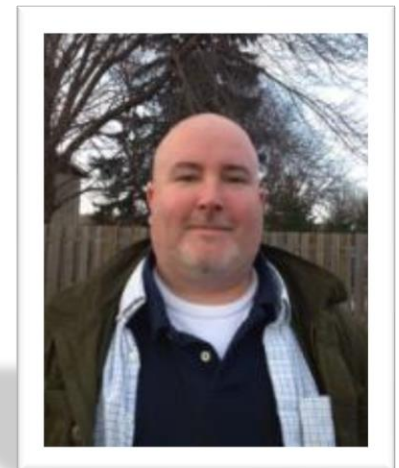


Meet Your Board of Director Member

Nathan Kelly, RN HBSn MSc
Region 3 Representative
Board of Directors RNAO



Nathan Kelly is a graduate of the Brock Nursing program. He is past President of the Nursing Students of Ontario Interest Group and Niagara Chapter of RNAO. Nathan has been a strong voice on the New Graduate Guarantee Steering Committee, the Provincial Nurse Educator, Policy and Practice Committees and a student member of the Nursing Leadership Network Board of Directors. He demonstrates continual commitment to RNAO's principles and vision through continued membership and active participation in advocacy events (Queen's Park Day and Take Your MPP to Work. He has been an RNAO member since university and has held a previous board position as MAL Socio-Political Affairs from 2014-2016. He now holds the position of Region 3 representative to the board of directors since 2017. He works for the Niagara Region Mental Health Program on the Assertive Community Treatment Team. He completed his Master of Science IN 2015 in Disaster Healthcare from the University of South Wales. His next endeavour is a PHD in International Development. We are proud he is one of us.



Spreading the News



Every Nurses Week in May, we compile local stories of amazing nurses and their care to be published in the Hamilton Spectator. Keep your eyes peeled for this year's issue coming soon. If you are interested in finding out more about the Spectator insert please email depanl@mcmaster.ca



Chelsey Henderson volunteers her time to speak to students at McMaster University about the nursing role.

Speaking out for nursing. Speaking out for health.

We're on the Web!



[Registered Nurses' Association of Ontario](#)

[l'Association des infirmières et infirmiers autorisés de l'Ontario](#)

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Call for Volunteers

Written by Lisebeth Gatkowski

At the Annual RNAO General Meeting, your Hamilton Chapter was named "Chapter of the Year". This was quite an honor and reflects the outstanding work of previous executives and a thoughtful and co-operative transition of authority. All RNAO executives past and present are acknowledged in this award with heartfelt thanks.

This year, your chapter is building on these previous achievements. As you have read in this newsletter, there are several activities of political action and social conscience planned.

As busy nurses with full professional and personal lives, we find the time to advance our practice and our profile in the community. For this reason, we are calling for volunteers. If you can help at even one activity, this would be greatly appreciated. As the saying goes, 'many hands make small work'. To volunteer, please contact Lisebeth via email lisebeth.gatkowski@gmail.com and she will connect you to the right person(s).

BECOME A VOLUNTEER - MAKE A DIFFERENCE



We are everywhere! Check us out on Social Media



<http://communities.rnao.ca/>



<https://www.instagram.com/registerednurses/>



<https://www.facebook.com/RNAOHomeOffice/>



<https://twitter.com/rnao>



<https://www.youtube.com/user/RNAOVideo>