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| **Retired Nurse Interest Group** | **Feb 2019**  **Issue 3** |
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| **“Wisdom and Resilience- The Retired RN”**  **Notes from the Chair- A Year in Review**  Well it has been a great year and one where we learned a lot from our members.  This is our 3rd Newsletter (we are hoping to produce 4/year) and we have a great deal to report.  Our membership has dropped a bit – some people chose not to renew after the free membership year. We would love to hear from past and current members as to what would make you rejoin or stay as a RetNIG member. Please connect through our Facebook or Twitter sites or email me directly: [seidmanr@rogers.com](mailto:seidmanr@rogers.com)  We had a very successful Webinar in December. The topic was “*The new retirement*” presented by David Cravit of Zoomer magazine. We had 35 registrants but about 80 listeners. **The webinar is archived on RetNIG website for your viewing pleasure.**  We will be holding a **second webcast in February (currently slated for February 23rd) and it is on *Mentoring: In clinical and academic settings*.** Our very own Una Ferguson will be one of the panel members. Look for announcements soon.  We are preparing for our **AGM on April 13th at 0930** (the Saturday of RNAOs AGM) and we are hoping to have a member of the **College of Nurses of Ontario speak about registration, regulation and retirement.** Hope to see you there.  Finally, we will be sending out announcements about **upcoming elections** for executive members on RetNIG (look for our booth at the April RNAO AGM for the launch). We will be looking for nominations for **Chair, Finance, Membership and Communications ENOs.** **Please consider putting your name forward!**  **Cruise with RetNIG- Update**  As mentioned in a previous email our first cruise will be a Toronto Island dinner cruise in May 2019. We need to have a group of at least 20 people to keep the cost at $80.00. This will include a 2.5-hour cruise and a three course sit down dinner (alcohol and gratuities are extra).  I have heard from 2 people who are already interested. As soon as the cruise office opens in **March 2019**, I will be booking a date in May and send you all final information then. We will have a blast as only nurses know how to do! PARTY!!  **Membership:** **128** as of November 1, 2018. RetNIG is a great investment at only $15/year  **Finances:** Bank Balance as of Jan 31st/19 is $963.52.   Expecting membership fees to be received sometime in February. As we are a small interest group with a limited budget, we will not be serving breakfast at our April 13th AGM but will have coffee.  **Important Information for our members**  A paper was released on January 21, 2019 from the Ontario Health Coalition **“Situation Critical: Planning, Access, Levels of Care and Violence in Ontario’s Long- Term Care” pg. 1-39 (**[www.ontariohealthcoalition.ca/wp-content/uploads/FINAL-LTC-REPORT.pdf](http://www.ontariohealthcoalition.ca/wp-content/uploads/FINAL-LTC-REPORT.pdf)**)**. The paper summarizes the escalating violence and the inadequate care levels that exist in Ontario’s Long-Term Care (LTC) Homes.  **What are the long-term impacts of under-funding LTC In Ontario?**   1. Long-term care homes are under pressure to accept residents with higher and higher levels of acuity 2. Shifting complex continuing care patients into long-term care to cut costs is compromising their health due to less access to professional care and fewer hours of care 3. Recent cuts to Psychogeriatric beds and additional cuts to mental health results in more of these patients being placed into long-term care beds where staff shortages already exist   “*As of February 2018, there are 627 long-term care homes in Ontario housing 77,574 long-term care beds and 33,080 on the wait list. The median wait time is currently 160 days: over 5 months.” (pg. 14)*  **What are the everyday impacts on quality-of-care in LTC with chronic under-staffing and the lowest patient to provider levels of any province or developed country?**   1. Wait lists in long-term care 2. Violence in long-term care 3. Staff shortages every day in long-term care   Despite a growth in private for-profit long-term care homes (58% of available homes) the situation has worsened. Historically for-profit homes have underperformed non-profit homes in terms of safety, health and happiness of residents and they provide less culturally diverse services.  Submitted by: Pat Sevean Communication ENO RetNIG  **A Final Word**  Please remember to follow us on Facebook and Twitter. Our social media information can be found below:  [A picture containing clipart  Description automatically generated](https://www.facebook.com/Retired-Nurses-Interest-Group-1342348815819211/) [A picture containing ax, animal  Description automatically generated](https://twitter.com/RNAO_RetNIG) [A picture containing clipart  Description automatically generated](https://www.linkedin.com/company/rnao-retnig/about/) | **“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** |
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| [http:/ /rnao.ca/connect/interest-groups/retired-nurses-interest-group-retnig](http://rnao.ca/connect/interest-groups/retired-nurses-interest-group-retnig) |