



RNAO PEEL CHAPTER

In November 2018, RNAO members from Peel Chapter were joined by Mississauga MPPs Nina Tangri, Deepak Anand and Sheref Sabawy for "Advocacy Hour" to discuss issues important to Registered Nurses, Nurse Practitioners and students.



Reflections from the President

Since beginning my presidency this September I have grown from the experiences and the knowledge that others have shared with me. My mandate as President is to increase the sense of community that we have as an organization and profession, while improving member engagement. I hope to do this through several approaches, both by continuing current projects, but also by creating new events and initiatives. We have had great events so far since September 2018, with our "Fall for Nursing" networking event in September and our "Advocacy Hour" in November. Our Chapter's mentorship program - started in 2015 - continues to flourish, and meeting new students and new graduates provides a refreshing view on current issues. I am

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Reflections from the President Continued

always reminded of my time as a new graduate, when I first started taking part in RNAO Peel Chapter events as a Member-at-Large and how the Chapter executive team welcomed my ideas for new initiatives. Our recent membership survey has also provided us with feedback from our members and we look forward to building events that meet these needs. I encourage all members to become involved, whether by attending events or perhaps venturing to become part of our team. I realize that everyone is at different stages in their life, but I would like you to know that your Chapter executive team welcomes all ideas. Ask yourself: "What is the change I want to make?" We can help support you to achieve it.

Ioana Gheorghiu, RN, BScN (Hons.), HBSsc.

Your Executive Team

President	Ioana Gheorghiu	Past-President	Christine Bintakies
Membership ENO	Selasie Ametorwo		
Communications ENO	Aya Tagami		
Communications ENO Secretary	Maria Tandoc		
Workplace Liaison	Rashmy Lobo		
Political Action ENO	Sandrina Ntamwemezi	Elizabeth Tkaczyszyn	
Finance ENO	Jo-Anne Wilson		
IT/Social Media ENO	Poonam Sharma		
Student ENOs	Upneet Lohcham	Dorine Agendia	Adesuwa Ndulue
Members-at-Large	Dorothy Wedel	Karen Hilliard	Chitra Balasaheb
	Ina Samson	Nawal Obaid	Dennis Yang
	Esther Xavier	Evee Lu	Sandra Varghese

February is the Month of Love

Elizabeth Tkaczyszyn RN, BScN, ENCC, GNCC
Political Actions ENO

A time to remember the importance of love. The people we love in our lives. What being loved has given us. Memories, experiences we so cherish. As nurses, caregivers we have core values that demonstrate our profession. Care, compassion in practice, courage and commitment. Life of a nurse has its challenges as we look after the health, welfare of someone else. My dear nursing colleagues make every years Valentine's Day a ritual to love yourselves. Care for yourselves so you can continue to care for others. Care for your health to face the challenges in your practice. Take the time for your Physical and Mental health appointments. Balance your lives. Take time for yourselves. Make every moment count. Care of oneself is crucial to sustain your health, happiness and wellbeing.

Dear Colleagues Happy Valentine's Day!

A Year in Review



(ABOVE) March 28, 2018- Consultation representatives, alternate representatives, and other members of Peel Chapter gathered for the Resolution Dinner to discuss the RAO resolutions of 2018.



(ABOVE AND BELOW) May 2, 2018- RAO Peel Chapter members were joined by local MPP candidates, including Dr. Parminder Singh and Mr. Gurratan Singh, to celebrate "Nursing Week with a Dinner Debate".





(ABOVE AND BELOW) September 27, 2018- Nursing students and RNs of Peel Chapter gathered for the “Fall for Nursing” event, where participants engaged in job interview workshops, networking and NCLEX discussions.



(BELOW) November 16, 2018- RNAO Peel Chapter members were joined by Ifrah Ali, PG Batten, and Sarah Pendlebury from Home RAO and Mississauga MPPs Nina Tangri, Deepak Anand, and Sheref Sabawy at “Advocacy Hour”. Members mingled with politicians and learned how to shape RAO’s agenda by writing resolutions to address pressing nursing, health, and social issues.



My Experience at the AGM as a Nursing Student

Evangeline Lu, RN, BScN
MAL

In April of 2018, I had the opportunity to attend RNAO's Annual General Meeting (AGM) as a nursing student sponsored by the Peel Chapter. It was an eye-opening experience to see nurses from across Ontario come together on a united front to advocate for the nursing profession and for nursing issues impacting the health of our community.

I enjoyed making friends with Aya and Katherine, two other students sponsored by the Peel Chapter who I met at the conference. We had a fun girl's night together as roommates at the Sheraton Hotel. During the student luncheon the next day, we were excited to mingle with nurses like Doris Grisfun, Cathy Crowe, and our very own team from the Peel Chapter!

The AGM provided me with the opportunity to see the advocacy work that RNAO does, network with other students and experienced nurses, develop awareness to broader issues in our society that influence the practice of nursing, and participate in lively discussions of nursing policy and political actions.

It was an invaluable experience for me as a nursing student because it allowed me to see the broader horizons of nursing, which encompassed more than just the skills needed to care for individuals, but also the leadership and networking skills required to advocate for our profession, our health system, and our community as a whole. Not only did this experience allow me to grow personally and professionally in knowledge, it also allowed me an opportunity to socialize into the role of nursing.



RNAO Peel Chapter's sponsored nursing students, Katherine Janda, Aya Tagami, and Evangeline Lu (left to right), attend the 2018 RNAO Annual General Meeting.

Sponsorship Opportunity for the 2018 RNAO AGM

Aya Tagami, RN, BScN
Communications ENO

I was one of the nursing students who were sponsored by Peel Chapter for the 2018 RNAO Annual General Meeting. By attending the AGM, I gained a better understanding of RNAO, developed new friendships and learned about some of the current issues nurses must face in order to build a healthier and more just world.

My favourite part of attending the AGM was the Leadership Lunch for nursing students, hosted by the Nursing Students of Ontario executive. Not only did I meet other nursing students from Ontario, I had the opportunity to speak with some of the Board of Directors, including the CEO of RNAO, Dr. Doris Grinspun, with whom my friends and I got a “selfie”. I also had the opportunity to converse with the guest speaker, Leigh Chapman, who spoke passionately about her work with safe injection sites.

Attending the AGM allowed me to reconfirm the powerfulness of nurses and the nursing profession. As a nursing student, the experience allowed me to realize the many possible career paths I can pursue in the nursing profession.

My time at the 2018 RNAO Annual General Meeting was amazing, and I highly recommend nursing students consider applying to Peel Chapter to become sponsored for the event.



(from left to right): Evangeline Lu, Dr. Doris Grinspun, Katherine Janda, and Aya Tagami, Evangeline Lu, attend the 2018 RNAO Annual General Meeting.



Mental Health Convention

Elizabeth Tkaczyszyn RN, BScN, ENCC, GNCC
Political Action ENO

On Saturday, January 27th 2018 I had the pleasure of attending "Paramedic Nat's 2nd Annual Evening for Mental Health." Host Natalie Harris, master of ceremony, local paramedic, author, mental health advocate shared her own story about mental illness, the care she received at RVH and encouraged people to speak up about their experiences, empowering them to seek help. This event raised funds for the Royal Victoria Hospital Foundation, Youth Mental Health and "I've GotYourBack911" campaign.

A sold-out crowd of close to 300 people, dignitaries, Barrie Mayor Jeff Lehman, MP's, RVH CEO Janice Shot, Service Chief's, guests from out of province, GTA and local community, enjoyed the evening featuring keynote speakers Sean McCann, singer musician and founder of "The Shanty Man and Great Sea Band". Speakers shared personal, heartfelt, experiences with sexual abuse, anxiety, depression, alcoholism, PTSD, suicide and mental illness.

In attendance was Zach Hofer, a 13 year old teenager from Barrie, founder of the "Zach Makes Tracks" campaign. In 2017, Zach Hofer had trekked 410 kilometers between Barrie and Ottawa raising money for Royal Victoria Regional Health Center Child and Youth Mental Health Services, via social media that campaign had collected more than \$100.00. Natalie Harris this evening had the honor of presenting Zach Harris with the "Community Hero Award."

This event raised equal amount for #IVEGOT YOUR BACK911, a campaign which brings awareness to Emergency First Responder's mental health.

As a result of the event, Royal Victoria Regional Health Center has received a \$6,615 donation. "It takes a village to care for those suffering from mental illness. Part of that village includes RVH. Having the ability to care for young people battling with mental health here in Barrie is so essential for their recovery," says Natalie Harris

Thank you, Natalie Harris for your dedication, hard work, vision in guiding the "Light that shines on the Shadow of Mental Health".

Looking forward to next year's event!



1 / 7 Host Natalie Harris with Liz Tkaczyszyn of the Peel Chapter of the Registered Nurses Association of Ontario during Paramedic Nat's 2nd Annual Evening for Mental Health at Tangle Creek Golf and Country Club on Saturday, Jan. 27, 2018. Kevin Lamb for BarrieToday.

(Above taken from BarrieToday.ca.)

My Experience with RNAO Peel and the Mentorship Program

Aya Tagami, RN, BScN
Communications ENO

My involvement with RNAO Peel Chapter began when I was selected to become one of the mentees in the *Inspiring the Next Generation, Creating Change Mentorship Program 2017-2018*. I am the first in my family to enter the medical field in Canada, and I was actively seeking guidance in navigating and learning about the broad possibilities in the nursing profession.

In my fourth year of nursing school, I applied to the mentorship program with the hopes of connecting with a mentor, as well as other RNAO executives and members, in order to facilitate my journey of becoming an independent healthcare professional who provides excellent care to patients and the community.

One of the many things I enjoyed about the mentorship program was that I was given the opportunity to choose my mentor from a detailed biography of nurses of many different career backgrounds. There were nurses actively involved in acute hospital settings, rural settings, management, public health, infectious diseases, correctional settings, and the list goes on.

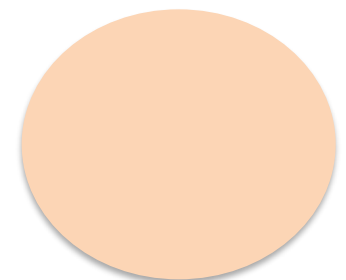
My mentor and I developed a strong mentorship relationship through monthly dinner meetings, as well as our time at the RNAO Peel Chapter meetings. Although my mentor and I chose to meet in person every month, the program allows the mentor and mentee the flexibility to choose the medium in which to develop that relationship. Through my mentor, I learned how RNAO works, how to become involved with the organization, and how to navigate through my last year of nursing school.

Some of the things I had the opportunity to experience during my time as a mentee include volunteering at numerous RNAO Peel Chapter events, writing for NIGH- Nightingale Initiative for Global Health- about a collaborative event between RNAO Peel Chapter and NIGH, which was published on their website, attending the 2018 RNAO AGM as a sponsored student, and speaking on the NCLEX panel at Peel Chapter's "Fall for Nursing" event.

My mentor also guided and encouraged me while I applied and landed my first nursing job. We developed a strong mentor-mentee relationship, which ended up turning into a friendship I cherish greatly.

After my experience as a mentee in the program, I did not want to part from my new RNAO family, and I joined the RNAO Peel Chapter Executive team as the Communications Executive Network Officer.

I have been given numerous opportunities to connect with and learn from other nurses and nursing students, and I cannot be happier with my decision to join the RNAO Peel Chapter family. I attribute all of the knowledge, experiences and friendships I have gained through RNAO to the *Inspiring the Next Generation, Creating Change Mentorship Program*, and I am so grateful.



Future Events



Meet & Greet
Feb 27th

**Resolution
Dinner**
March 13th



**Nursing Week
Dinner**
May 8th

**"Spring into
Nursing" Career
Exploration**
May TBD

