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| **“Wisdom and Resilience- The Retired RN”**October 2019 Issue 5 |
| Retired Nurses Interest Group |

 | newsletter.pngNotes from the Chair and Chair Elect:Welcome to the crisp and invigorating season of Autumn- my favorite season of the year!It is also the time for Membership renewal- deadline October 31st. Membership in RNAO yields countless benefits: a professional community; support for current socio-political issues; evidence-informed guidelines; Personal Professional Liability coverage and a strong voice for nursing and health. Remember when you re-new your membership to include RetNIG as one of your interest groups- only $15.00/year!! Currently we have over 600 members (RN, NP and nursing students).We are in the midst of a Federal election in Canada and as usual, RNAO has created numerous documents, on key issues, to assist you in deciding your vote. Please go to [www.rnao.ca](http://www.rnao.ca) and look under election to find information on the position of each main political party regarding specific issues of importance to nurses and Canadians as a whole. Regardless of your political leanings - the most important thing is to get out and VOTE. Election day is Monday, October 21st with polls open from 0900-2100.The RetNIG executive (some returning executive and some new faces) is planning for the 2019-2020 year of events. We are looking into a student/young professional mentoring workshop; a webinar on Resume Writing for retired nurses who are interested in work, volunteering and/or board work and a session on Cannabis in the Workplace. We are always looking for other ideas - please send them to me through [RNAO.ca](http://RNAO.ca) or on Facebook or Twitter (RetNIG sites) and we will follow up on common themes.Please enjoy this lovely weather and get out and VOTE!!Rhonda Seidman-CarlsonChair RetNIGMeet our new and returning Executives! The following executive members are serving a second term as follows:Rhonda Seidman-Carlson as Chair, Marianne Cochrane as Financial ENO, Lori Jennings as Social Media ENO, and Beatriz “Betsy” Jackson as the Socio-Political ENO.Chair Elect: Irmajean BajnokIrmajean started as chair elect to transition to chair in 2020. As you may know she served as staff at RNAO for almost 20 years, in roles as Director of the RNAO Centre for Professional Nursing Excellence and most latterly as Director of the International Affairs and Best Practice Guidelines (BPG) Program. She had the unique opportunity to partner with Dr. Doris Grinspun to co-edit the book about the 2 decades of the Best Practice Guidelines Program - *Transforming Nursing Through Knowledge*. It was published in 2018 and is now a best seller. ... I firmly believe that the period of life that many still call retirement, which may easily include working, has the potential to be the most treasured time in your life. Julia ValentineShe recently "retired" from RNAO and is now enjoying a career shift to focus on international consulting in health care and contributing to quality health as a member of the Board of Directors of the Canadian Patient Safety Institute, and the Wounds Canada Foundation. She also volunteers at the Toronto International Film Festival (TIFF) and have a year-round volunteer role at TIFF. She is excited to have been a founding member of RetNIG and to now be a member of the executive.  She believes this IG can help shape what retirement means to nurses and contribute to and communicate about what "healthy" retirement looks like. Communications ENO: Suman IqbalSuman is a registered nurse with a combined Masters of Science in Nursing and Masters of Health Administration and has over 30 years of experience in delivering person-centered care in acute care oncology and long-term care settings in various roles including senior leadership. In 2016, Suman successfully achieved specialty Gerontological Nursing Certification. In the past, Suman served as the Director of Care at the largest LTC Home in Ontario and Senior Manager of the LTC Best Practices Program at RNAO, her expertise has benefited all the LTC sector. She also participated in the LTC Public Inquiry. Suman took early retirement this year and is now leading her own business MyCare Consulting supporting LTC and retirement homes with services to excel in the care of the elderly. In addition, she is actively involved in other volunteer positions with GNAO as the Communications ENO, Advent Health Care Corporation board committees, Castleview Wychwood Towers Home Advisory Committee and Concerned Friends of Ontario Citizens in Care Facilities board member.Membership ENO: Una FergusonUna served as the co-Communication ENO of the RetNIG and has now transitioned to the Membership ENO. 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 picture containing LEGO  Description automatically generated Source: <https://www.umc.edu/Office%20of%20Academic%20Affairs/For-Faculty/Faculty-Affairs/Development/Mentorship-Resources/Overview.html>  |

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| Please remember to follow us on Facebook and Twitter. Our social media information can be found below:A picture containing clipart  Description automatically generatedA picture containing ax, animal  Description automatically generatedA picture containing clipart  Description automatically generated |

 | Membership:As of the end of September 2019 we had 701 members. Of this; 104 are RN/NP and 597 are students. We hope to keep increasing this number. Given the number of students who are members we realize there is a rich opportunity to provide mentorship. Renewal Time is HerePlease remember to renew your RetNIG membership for the 2019-2020 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.Events Planning:Upcoming Plans for 2019-2020Student mentorship workshop: school to practice transition; resume writing workshop (could be for students and retired members who want to beef up their resumes) Cannabis in the workplace (collaboration with SNIG and Mental Health Interest Group) Boat trip for Members: Investigate Kingston which has reasonable lunch/dinner cruises - for 2020.Electing a new federal government:The next federal election will take place on Oct. 21, 2019. Elections matter, especially when it comes to the health of Canadians. Health isn’t just about health care. Our economic and social circumstances affect our health. The environment also affects our health. These are important issues at stake in the election. The Registered Nurses’ Association of Ontario (RNAO) is asking you to vote for your health.Please stay informed and see the platform for a healthy Canada here <https://rnao.ca/federal-election-2019>

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