

## “Wisdom and Resilience- The Retired RN”

March 2020 Issue 6

# Retired Nurses Interest Group

# newsletter )))

## President's Column

Welcome to 2020 - a new year and a new decade. It is an auspicious time as the decade ahead of us holds all sorts of possibilities. For me 2020 marks the end of my position as Chair of RetNIG. We have, as a collective, seen the Interest Group move from a small cluster of 22 nurses to over 100 (plus over 500 student members)! This is quite an accomplishment and we want to continue to be worthy of your engagement with us.

We have chosen to communicate through emails and instead of holding "face-to-face" meetings where only a geographic group could attend - to offer multiple Webinars on topics of interest. The only meeting we hold is on the Saturday of RNAOs AGM. We will be doing that again this year.

As for Webinars we have two (2) upcoming ones. In April we will be holding a Webinar repeating our presentation at last year's AGM. The CNO will be speaking about "Are you practicing Nursing?" Read Lori Jennings column to find out more details.

The other Webinar will be held in September 2020 (Sept 9th). We will have Alan Derenfeld (a lawyer) speak with us about Wills, POAs, and executors. I have heard him speak and learned tons. I thought I had all my bases covered - I didn't. Stay tuned for more specific details in our Spring/Summer Newsletter.

On Saturday June 13th (the Saturday during RNAOs AGM) we will be holding the RetNIG AGM. In addition to reports from key executives (including finance and membership) we are planning a panel discussion of nurses who do consultation or provide private professional services. We have reached out to the Nurses in Independent Practice IG to see if they might like to be on the panel. We hope to make that joint panel happen. I am glad to also inform you that this year a light breakfast will be served at our AGM. Hope to see there.

Finally, Queen's Park just happened. As usual it was amazing!! Read Beatriz Jackson's column below where she speaks in depth about that fantastic day.

Our spring/summer Newsletter edition will feature the new Board of Directors and the taking on of the helm by Irmajean Bajnok (elected last year as Chair-Elect).

Enjoy winter and take care.  
Rhonda Seidman-Carlson,  
Chair RetNIG

## Queen's Park on the Road 2019

Queen's Park on the Road (QPOR) is an exciting annual event that enables RNAO Members to meet their MPPs within their local constituency office to discuss key nursing, health, and health-care delivery issues. Starting on October to December 2019, RetNIG members from Waterloo, Peel and Durham participated on the event and engaged with their local MPPs discussing two critical nursing and health priorities: A better approach to long-term care in Ontario; and the accidental opioid overdose crisis. The same issues will be brought up at the Queen's Park Day on February 20, 2020.

Provided by Betsy Jackson, Policy and Political ENO, RetNIG



RetNIG PPAN Officer, Betsy Jackson with Durham chapter members during QPOR with MPP Peter Pethlenfalvy (left) MPP Rod Phillips (middle) & MPP Lindsey Park (right)

## Queen's Park Day 2020

On February 20, 2020, more than 130 RN, NP and nursing students met and engaged with the politicians at Queen's Park for breakfast. RNAO members from their chapters and interest groups sat with their local MPPs pressing for urgent action on the opioid crisis, an epidemic that shows no slowing down. Across Ontario, five people lose their lives each day on the streets and in the dormitories due to accidental overdose. Ontario has a slow response for consumption and treatment services. Every community in need should get a site to respond to this devastating crisis.

The Long-Term Care homes staffing levels were also discussed. Currently the staffing ratio in Ontario is 71% PSW, 18% RPN and 11% RN & NP. With the resident's current health complexity such as multiple chronic

conditions, cognitive impairment & behavioural symptoms, a new funding model is recommended in order to properly meet and address such complex needs. RNAO's recommendation for staffing ratio is 55% PSWs, 25% RPNs & 20% RNs & NPs.

Aside from the several MPPs, Premier Doug Ford and Health Minister & Deputy Minister Christine Elliott came to give greetings. After the breakfast meeting, several members were able to listen and observe the Question Period. The afternoon was a very informative and engaging time to listen and ask questions from the different parties-Minister of Health Christine Elliott; France Gelin, MPP, Nickle Belt, Ontario New Democratic Party Critic- Health Care; John Fraser, Ontario Liberal Party and Mike Schreiner, Leader, Ontario Green Party. The Ontario Chief Nursing Officer, Michelle Acorn was also in attendance and gave greetings.



## Communications and Policy & Political Network Officer Assembly

On February 21, 2020, was another full day meeting which included reports from the RNAO President, CEO report, QPD, the day after and what's next, Proposed Bylaw Changes discussion, Members' Voices sharing, update from the Government on Ontario Health Teams by Phil Graham, Executive Lead, Ontario Health teams Division and lastly, Matthew Kellway, Director Policy presented the plans for modernising the Policy & Political Action on website RNAO.ca. The new Policy and Political Action page will launch in June AGM.

Assembly members were informed the ECCO 3.0 will be released May 12th. Watch for the update, coming during celebration of Florence Nightingale's 200th Anniversary of her birth.

The electronic RNJ which was launched last fall received the Canadian Online Publishing Award!

The update from the Ontario Health Teams regarding Transition to Population Health Management identified the first 4 cohorts of focus: elderly care, chronic conditions, mental health and additions and Palliative Care / End of Life. The path to becoming an Ontario Health Team was reviewed (application process). There is an assembled central program of supports for an OHT to access as resources providing quality and a client focused approach.

Three members of RetNIG were present at Queen's Park Day, Marianne Cochrane, Una Ferguson and Betsy Jackson.

## Engage with RetNIG

The Executive team is looking for you to become a part of the RetNIG executive team in two roles: **Policy & Political Action Executive Network Officer (ENO)** and **Social Media and Information Technology ENO**.

The Policy and Political Action executive member (PPAN) is the leader responsible for the group's advocacy efforts and is the point person for political action activities. Their role includes:

- meetings with politicians as part of Queen's Park Day, Queen's Park on the Road (QPoR) and Take Your MPP To Work
- acting on and disseminating action alerts to members and engaging them on issues of concern to nurses and nursing students
- providing a strong voice for nursing during elections, by connecting with candidates and organizing health-care all-candidates debates

Social Media and Information Technology ENO position is the point person for the group's social media profile. As part of the executive team, their responsibilities can include:

- managing the group's social media presence
- updating the group's page <http://RNAO.ca/connect/interest-groups>
- working closely with the communications ENO, the social media person reaches out to members and engages them in the goals and the work of your group online

## RetNIG Financial Report

It is a pleasure to report as of Jan.31/20, RetNIG account balance was \$1,915.12. With the new membership year beginning Nov.1/19, we received in February membership fees totaling \$1,725.00. Less \$5.00

for our monthly bank plan expense, this results in a healthy balance of \$3,635.12 as of March 1/2020. This will significantly help the executive make planning activities for our members. A sincere thanks for continuing your membership or having joined our Interest Group this year.

Provided by Marianne Cochrane ENO Finance RetNIG

## 2020 Events Planning

### Am I Practicing Nursing? A RetNIG and CNO Webinar! April 21, 2020

Are you semi-retired, thinking of retiring, or have taken an extended leave from nursing, this webinar may be very helpful for you? The College of Nurses of Ontario (CNO) Practice Consultants will share their expertise through a presentation, followed by a question and answer session.

On Tuesday, April 21, 2020 at 530 pm join the RetNIG members to attend the CNO webinar to answer your question - "Am I Practicing Nursing? Learning objectives:

- To discuss the reflective questions which support decision-making when answering the question "Am I Practicing Nursing"
- To understand the requirements of the Non-Practicing Class at CNO.
- To explore title-use and declaration of practice when working or volunteering in a position where you are not required to be a nurse
- To understand the requirements to return to practice after three or more years of not practicing nursing

This webinar is open to all RNAO members, registration will open in March.

## RetNIG is now on INSTAGRAM!

**Please remember to follow us on Facebook and Twitter. Our social media information can be found below:**



[https://chapters-igs.rnao.ca/contact/contact\\_group?gid=60](https://chapters-igs.rnao.ca/contact/contact_group?gid=60)