

Spring

2020

Issue # 3

newsletter)))

Region 7's RN's Perspective was featured in the Toronto Star

Hello Colleagues,

On behalf of Region 7, we would like to reach out to all members. We are constantly thinking of each one of you in these difficult times. The year 2020 has been designated as the International Year of Nurses and Midwives. This is also the 200th birth anniversary of our nursing pioneer Florence Nightingale. It could not be emphasized enough that the nursing profession has been called upon to bring out their best in the present adversity brought on by COVID 19 in this year as well. As the virus spreads its pathogenicity and virulence, healthcare has been challenged to the utmost with consequent fatalities worldwide. In times like these, nurses have stood the test of time and continue to do so. As healthcare professionals, we fear for our own and our family's safety, however the strong sense of duty is what makes us leave our safe havens to take care of others. It's easy to get distracted with the numerous noises around us including political, social and health issues. However, it is pertinent that we stay focused on ourselves and remain positive. This difficult phase is going to be over soon, however nothing can replace the casualties and the mental trauma that we as a joint community has undergone. All we can do is put in our best, stay positive and hope for the best. Lastly, I would like to conclude with the saying, "The world does not belong to the leaders, it belongs to humanity" (Dalai Lama, nd). And that is what we as part of the nursing profession needs to strive for together - believing in humanity.

Lhamo Dolkar
Past President and Finance Executive Network Officer,
Region 7 President

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Lhamo Dolkar featured
in Toronto Star
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Queen's Park Day - February 20,2020

Queen's Park Day

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Every year Registered Nurse's(RN's), Nurse Practitioner's(NP's) and Student Nurses(SN's) have an opportunity to visit Queen's Park to tour the building and attend Question Period of Parliament.

The day starts out at breakfast meetings with MPP's, who are available to RN's, NP's and SN's to listen about current Health Issues. This year the Registered Nursing Association's focus was to advocate for efforts to address the OPIOID crisis, such as improving access to Injection sites and to increase the number of RN's and NP's in Long Term Care settings. This year Ontario's Premier attended the breakfast period and gave a speech thanking Health care workers for their on-going work.

Question period followed and those present, were able to listen to discussion in the legislature.

Lunch was provided by RNAO at the Hart House.

After Lunch, the afternoon was organized for the Minister of Health, Opposition leaders and the Opposition Health Critic to address the audience of RN's, NP's and SN's. Each speaker allowed for questions and answers.

The speakers, thanked RNAO and Health Care Workers for their efforts to improve Health Care;

Attention to COVID19 crisis; Encouraged RN's, NP's and SN'S to continue to speak up for health care and to continue to advocate for the Social Determinants of Health to be addressed.

There is a need to acknowledge Indigenous laws and the fact that society is measured by how we care for the children and our elderly.

The Minister of Health acknowledged the need for improvements to Home Care; shared that Ontario Health Teams(OHT's) continue to be a work in progress and will rely on RN's, NP's an SN'S for feedback on how the OHT'S are working out.

One Speaker shared a personal story that his mother is a Nurse who provides cares for her family.

The Queen's Park Day is a yearly event and is organized by RNAO. RN's, NP's and SN's can register to attend when this information is available.

This year's successful event was moderated by RNAO's President and CEO.

Sonia Chin RN, BAS, BScN, MEd.

Communications Executive Network Officer,
Public Health Nurse



COVID 19 updates











- See RNAO's website for a wealth of updates
- Nurses as Heroines
RNAO placed a call of action for RN'S, NP's and Student Nurses to assist with the COVID crisis. Thousands of existing and retired professionals answered that call from RNAO.



upcoming events:

Annual General Meeting
June 11-13, 2020

Get to Know Region 7 Executives:

	<p>So-Yan Seto President and Region 7 Board of Directors Representative, Public Health Administrator</p>		<p>Lhamo Dolkar Past President and Finance Executive Network Officer,</p>
	<p>Selvi Krishnadasan, RN, BScN, MN Assembly Representative, Long Term Care Nurse</p>		<p>Priscilla Packiam Finance Executive Network Officer, LTC/CCC Nurse Clinician</p>
	<p>Violet Rawlins, RN. BScN. MN. DHA/Ph.D. GNC (C) Policy & Political Action Officer, Professor & Clinical Educator of Colleges & Universities, Ontario</p>		<p>Janson Chan, RN, MHSc. (Candidate) ATP Lead Public Health</p>
	<p>Sonia Chin, RN, BAS, BScN, MEd. Communications Executive Network Officer, Public Health Nurse</p>		<p>Marjan Kasirlou, RN, BScN, MBA Communications Executive Network Officer, Home Dialysis Coordinator</p>
	<p>Amanda Mayock, RN, BScN Membership executive network officer, Flight Nurse</p>		<p>Erin McPherson, RN, BSN, MSN Membership executive network officer, 17 years of nursing practice, including women's health, critical care and nursing education</p>



Felicia Lau, BScN, RN
 Social Media Executive
 Network Officer,
 Paediatric Nursing -
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 Orthopaedic and
 Developmental Rehab,
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**Michelle Simpson,
 BScN, RN, MSN,
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 Workplace Liaison
 Executive Network
 Officer,
 Public Health Nurse



**Thea Tan Durago, RN,
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 Student Liaison
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 Cardiology Nurse



Tom Brener, RN
 Masters in Nursing
 (Health Systems
 Leadership and
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 Student
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 Executive Network Officer,
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For more information visit:

<https://chapters-igs.rnao.ca/chapter/2/email-archive>

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