

Summer

2021

Issue # 4

newsletter)))

Greetings from President- Elect Dr. Claudette Holloway

Greetings to Dr. So-Yan Seto (Region 7 BODs), Michelle Simpson (President of Region 7 Executive), Region 7 Executive, and all Region 7 Members, friends, and family.

I want to thank you for your support and votes that contributed to my election as President-Elect of RNAO. I take this honor and privilege reverently and with great respect for each member. I have prepared myself over the years for this role by observing RNAO leaders, being a part of Region 7's Executive, studying leadership concepts, learning from diverse health professionals who took time to mentor me, asking God for guidance, and believing in the value nursing brings to the health care system. I look forward to serving you in this capacity because I believe that nursing knowledge will be called on more to help restructure the health care system and we need to be increasingly prepared to respond.

I am a proud member of Region 7 and I encourage you to support the Region's activities. Being a part of Region 7 Executive and activities have certainly helped me over the years to strengthen my leadership skills, find my voice and gain a stronger sense of the importance of healthy public policy and advocacy to speak out for nursing and speak out for health. I encourage you to be more involved in activities that Region 7 organizes; you will not only enjoy the benefit of working with like-minded colleagues for advocacy, but you will also gain and strengthen your leadership skills that will benefit you in personal and workspaces.

The past 18 months or so has brought challenges that we never imagined; together we can overcome these. Nurses are needed now more than ever! The pandemic has certainly brought nursing in a highly visible place and through RNAO we can do so much to advance the image of nursing.

Tiredness, fatigue, and burnout are the experience of many; please take time to refresh yourselves, we need you! You may have lost a colleague, a family member or witnessed the devastation the COVID-19 brought to those in your care or perhaps in your family. Please accept my condolences. May happy memories of the past bring joy as you take time to remember.

Last week Region 7 hosted a Yoga session for self-care; we must take care of self so we can take care of others. The RNAO website has links to surveys that are global and

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President-Elect**
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Canadian so you can have your say to improve working conditions for nurses and all healthcare workers.

Our current President Morgan Hoffarth, our CEO Dr. Grinspun and the Board of Directors need the support of every one of our 46,000 + members to speak out for nursing and speak out for health. Together we can speak for those who have little or no voice, together we can generate ideas for a better tomorrow for nursing and healthcare. Each one of us is needed in the place where you practice and the places where your goals will take you.

I look forward to seeing you at virtually various activities and learning sessions that RNAO offers. Join me in standing firm on fighting racism and all forms of discrimination that exists for Blacks, Asians, and Indigenous and all racialized populations. Let us reflect on the recent and troubling findings that are heartbreaking for the Indigenous community and for all of us. Let us advocate for truth and action towards meaningful reconciliation.

Finally, visit the RNAO Website to view the recording of post-pandemic dialogue with Dr. Doris Grinspun. Help those whom you meet to observe public health directives including getting vaccinated, wearing your mask and maintaining social distance. RNAO has so many resources to offer, invite your colleagues to join today; the stronger our numbers the stronger our voice to speak out for nursing and speak out for health.

Wishing you peace and health

Claudette Holloway



**Nursing- Balancing the
ropes**
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Nursing – Balancing the Ropes

Hello Everyone,

Hope everyone is doing well in current times. As we move away from the 3rd wave and with decreasing COVID numbers, things are looking positive. However the year has not been easy for any of us. This is especially true for children and their parents amongst the many others who are marginalized or vulnerable. With schools turning to online mode, working and managing school going children at home has been hard. Being a nurse and working shift jobs in the earlier part of the pandemic with lockdown was hard for our mental health. Changing guidelines and increasing numbers had us all confused.

As nurses, your family and people around you expect you to know more than them. And this may hold true in healthcare issues, however, this is not realistic.

Nurses are always providing and hence face the real potential of burnout. Shortage of staff, increasing workload, fear of contracting COVID and bringing it home and balancing work with responsibilities at home with children had become a reality.

Nurses are expected to multitask, and they are... but at the expense of their own selves.

We need to be kind to each other, we need to express when it is not possible for us to fulfill all tasks. It's okay not to be abreast of all the changing guidelines, it's okay if your house is messy, it's okay if your children have not completed their online assignments. IT'S OKAY NOT TO BE OKAY.

Nursing is a respected profession however, it is also a stressful profession. Nurses are able to provide the best quality care whether it is in hospitals, immunization clinics or community, only if their pot of energy is full. Hence, I would like to take this opportunity to encourage everyone to relax, engage in some self-care and be kind starting from self. Taking dedicated times to go for walks and engage in stress relieving activities may be a good start. This can help us rejuvenate for what's to come. The pandemic is not yet over, but life has to go on. As we are trying to wage this pandemic together, we can only do this if we are self-sufficient and we are energized enough to tackle it with a fresh mind and a positive soul.

Have a good summer.

Lhamo Dolkar

Nurse Practitioner (c) , Mother, Healthcare Advocate, Treasurer Region 7



Advocacy for paid sick days

Ontario MPPs have been given the opportunity to fix a critical blunder. On March 1st, they faced a turning point: vote to continue the workplace conditions that are driving the pandemic and costing lives or vote to support our patients, essential workers and public health by legislating paid sick days for all. Shockingly, the government voted against paid sick days in the middle of a pandemic. Though Bill 239 was voted down, another has passed first reading: Bill 247, Paid Personal Emergency Leave Now Act, 2021 would legislate 10 paid sick days.

Read the full article on Healthy Debate:
<https://healthydebate.ca/2021/03/topic/denying-paid-sick-days/>

Authors:

Stephanie Sarmiento is a public health nurse and member of the Decent Work & Health Network based in Toronto.

Jesse McLaren is an emergency physician and member of the Decent Work & Health Network based in Toronto.

Pandemic Word Cloud



Advocacy for Paid sick days

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Pandemic – Word Cloud

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Achieving Potential – Past and Present Executive Members

Dr. Claudette Holloway

President- Elect 2021

see Greetings in page 1

Dr. So-Yan Seto

We do have an amazing team. For my part, I was just lucky to be acclaimed as the BOD for Region 7 for another term. It's truly my honour and privilege to serve our members. Thank you.

Marjan Kasirlou

Provincial Candidate for Ontario Liberal Party for Aurora-Oak Ridges- Richmond Hill

Elected to RNAO Provincial Resolution Committee for 2021-2023

See Marjan biography in page 6

Janson Chan

Obtained a Masters in Health Administration from UFT

Priscilla Packiam

I successfully graduated from MSc Nursing Program and got a new position as a Guideline Development Methodologist at RNAO. As someone with a great interest in nursing research, I look forward to learning more and contributing my knowledge and expertise to the profession.

I took part in the assessment process and was placed in a qualified pool at the executive (EX-01) group at DND Government of Canada >

Sonia Chin

Appointed to Bylaws Committee RNAO (2021-2023). I consider this appointment an honour and a privilege to serve.

Biography – Marjan Kasirlou

Provincial Candidate, a Nurse in Politics

Achieving Potential

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Marjan Kasirlou (born June 3, 1977) is Iranian-Canadian. She moved to Canada as an International Educated Nurse with her family and created her nest in Oak Ridges. She is an activist, a public health advocate and provincial candidate for Ontario Liberal Party for Aurora-Oak Ridges-Richmond Hill.

Marjan commitment to continuous learning reflected in her professional journey. She possesses two degrees in Nursing and an MBA. Marjan is the June Awrey Award winner in leadership and the Member of the Dean's Honour Roll at York University.

Marjan is a registered nurse with education and leadership background. She works as Home Dialysis Coordinator for Ontario Renal Network in Humber River Hospital. She helped dialysis programs to create the environment for the provision of patient-centered, evidence-based, and improved quality home dialysis. She has always been an advocate for older adults specially elders in who resides in Long Term facilities. Marjan coordinated and lead the provision of dialysis for older adults in Nursing Homes and Long Term Care facilities, especially centres where have been hit hard during the COVID-19 pandemic to provide dialysis services for their residence in the convenience of LTC. She also helped couples in long-term care who separated during COVID to being reunited. She featured in CTV News for this initiatives.

Marjan Kasirlou has been elected and served RAO Region 7 as Communication Executive Network Officer for 2019-2021. She also elected as Provincial Resolution Committee for 2021-2023. She advocated for public health with focus on social determinants of health. She believes in equitable access to healthcare, and social services for everyone, particularly the most vulnerable population. She engaged in meeting with MPPs during RAO QPOR as a healthcare professional and advocated for transforming long-term care homes, Pharmacare, dental care, tax fairness, harm reduction services, reducing homelessness and violence, income security, and protecting the environment with a focus on global warming. She featured in the professional magazine and social media for her advocacies.

Marjan is a go-to professional with over two-decade experience in nursing, pharmaceutical, education, and leadership. She started her journey by working in the first response team then nephrology and collaborated with Baxter AG to launch peritoneal dialysis in the Middle East. She negotiated with the Ministry of Health and key opinion leaders in Iran to make Peritoneal Dialysis accessible for people and lead the home dialysis program throughout Iran.

Marjan conducted research studies on the comparison of quality of life between Peritoneal Dialysis and Hemodialysis patients as well as a comparison of the cost of different dialysis modalities. She presented articles in national and international dialysis symposiums and the latest was the article on the new initiate in the provision of dialysis in long-term care homes in Toronto that have been presented in CANNT in fall 2020. Marjan conducted two research study in 2021 on Quality improvement and cost-efficacy of the LTC outreach HD program in Humber River Hospital. She published educational materials for patients and nurses. She wrote articles in papers and published a dialysis newsletter. She also collaborated in publishing RAO Region 7 seasonal newspaper.



Marjan is dedicated to making a human connection, partnering with the community, and negotiating public health and social service improvements. She developed a resolution on building healthy public policy to battle loneliness in older adults carried in RNAO 2019 AGM. Through this resolution and parallel advocacies by RNAO, Ontario's Ministry for Seniors and Accessibility announced a commitment to an investment of \$14.1 million to support more than 300 Seniors Active Living Centre Programs in communities across the province.

RNAO on the MOVE

LOOKS AMAZING



RNAO on the MOVE

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Address

500-4211 Yonge Street,
Toronto, ON
M2P 2A9

Enjoy the Summer

Limeade

Servings: 6

Ingredients

Ingredient Checklist

5 to 7 medium limes, plus slices for garnish

1/2 cup sugar or honey, plus more if needed

Directions

Instructions Checklist



Enjoy the Summer

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- **Step 1**

Roll the limes back and forth over the counter with the palm of your hand. Cut limes in half, and juice them by hand or with a juicer; reserve rinds. (You should have about 1/2 cup juice.) Transfer juice and rinds to a large pitcher.

- **Step 2**

Bring 1 cup water to a boil in a small saucepan. Add sugar or honey, and stir until dissolved. Pour syrup into the pitcher, and add 4 cups water. Stir until well blended. Add more sugar or honey, if desired. Refrigerate 1 hour. Discard rinds. Serve limeade garnished with lime slices.

Walk in the Garden









upcoming events:

Ontario's 21st Annual Take
your MPP to Work
The Focus is:
Nurse Wellness



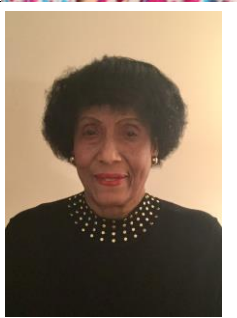



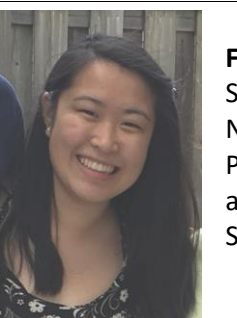

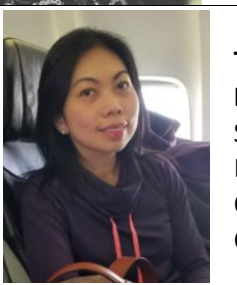







Get to Know Region 7 Executives:

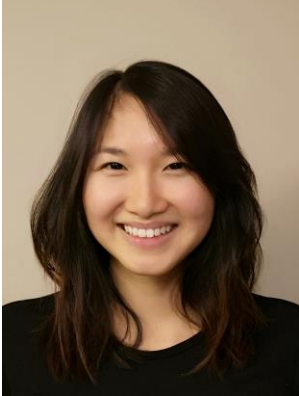
	<p>So-Yan Seto Region 7 Board of Directors Representative, Public Health Administrator</p>		<p>Michelle Simpson, BScN, RN, MSN, CCHN(c) Region 7 President, Public Health Nurse</p>
	<p>Selvi Krishnadasan, RN, BScN, MN Assembly Representative, Long Term Care Manager</p>		<p>Priscilla Packiam Finance Executive Network Officer, LTC/CCC Nurse Clinician</p>

Region 7 Executives
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	<p>Lhamo Dolkar Finance Executive Network Officer</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, Dialysis Coordinator, Provincial Liberal Candidate</p>
	<p>Emily Soares, MScN, RN Policy and Political Action Executive Network Officer, Public Health Nurse, Nurse Researcher</p>	 <p>Erin McPherson, RN, BSN, MSN Policy and Political Executive Network Officer</p>
	<p>Felicia Lau, BScN, RN Social Media Executive Network Officer, Paediatric Nurse, Oral and Maxillofacial Surgery Nurse</p>	 <p>Stephanie Sarmiento, BScN, RN Social Media Executive Network Officer</p>
	<p>Thea Tan Durago, RN, BScN Student Liaison Executive Network Officer, Cardiology Nurse</p>	 <p>Nma Jerry, RN Membership Executive Network Officer</p>
	<p>Jess Pisarek, BScN Workplace Liaison, Primary Care, Harm Reduction and SA/DV Nurse</p>	 <p>Leeping Tao, RN (EC), MN Workplace Liaison, Nurse Practitioner, Autologous Stem Cell Transplant/ Immunocellular Therapy Program</p>

Please join us in welcoming our newest Region 7 Executive Network Officer:

Farra Kurniawan, Student Nurse – Acting Liaison



For more information visit:

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

Registered Nurses Association of Ontario

500-4211 Yonge Street,
Toronto, ON
M2P 2A9

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