

**RNAO ALGOMA CHAPTER AGM VIRTUAL MEETING  
MINUTES**

Thursday, November 25, 2021, 1200-1300 via Zoom Meeting

**9 Minutes of Planning, 1 Minute of Action**

*A Lunchtime Conversation About RNAO & Retirement*

Present: Liliana Bressan (President), Karen Belanger (Membership ENO), Lyndsay Suurna (BPSO Liaison), Jessica Dugas (BScN Liaison), Lorena Bressan (Financial ENO), and 5 registered members-at-large

Absent: Adrienne Kappes (Policy and Political Action ENO), Sarah Devoe (Communication ENO), Olivia Babic (Social Media), Irene Amadu-Azomani (Sault College Nursing student Liaison)

Speakers: Jennifer Reid, World Financial Group

Item
<p><b>1. Welcome</b></p> <ul style="list-style-type: none"><li>Liliana called the meeting to order at 1205. AGM virtual meeting via Zoom. Welcome to all.</li><li>9 Minutes of Planning, 1 Minute of Action - A Lunchtime Conversation About RNAO &amp; Retirement</li></ul>
<p><b>2. Review of Agenda</b></p> <ul style="list-style-type: none"><li>Reviewed by Liliana. No changes. Approved by Lorena Bressan. Seconded by Karen Belanger.</li></ul>
<p><b>3. Chapter President - Algoma Chapter Overview</b></p> <p>Liliana Bressan provided a 2020-2021 chapter update:</p> <ul style="list-style-type: none"><li>Region 11 includes Algoma, Sudbury, Nipissing, Kirkland Lake Temiskaming, and Porcupine chapters.</li><li>The Algoma Chapter executive team that consists of:<ul style="list-style-type: none"><li>President: Liliana Bressan</li><li>Membership ENO: Karen Belanger</li><li>Political Action ENO: Adrienne Kappes</li><li>Social Media ENO: Olivia Babic</li><li>Communications ENO: Sarah Devoe</li><li>BScN Liaison ENO: Jessica Dugas</li><li>BPSO Liaison ENO: Lyndsay Suurna</li><li>Financial ENO: Lorena Bressan</li><li>Sault College Nursing Student Liaison: Irene Amadu-Azomani, Workplace Liaison ENO: vacant</li></ul></li></ul> <p><b>Membership Update</b> - The Algoma Chapter membership has grown consistently over the years. Thank you to all who continue to support RNAO. The Algoma Chapter currently has 400 members (339 Nurses/NPs and 61 students).</p> <p><b>Financial Update</b> - Costs have been at a low for the chapter due to the postponement of all events due to COVID restrictions, as well as all meetings and AGM events taking place virtually. The chapter continues to receive \$2 per member from Home Office. The largest financial contribution comes from membership fees, and the major expense for this year includes the Marion Marks Award of \$500 that goes to a Sault College BScN student. The 2021 recipient of this award was Nicole Boyer-Roberts, Sault College BScN program. As of year-end October 31, 2021, the Algoma Chapter balance is \$1, 534.06 for the upcoming year.</p> <p><b>Chapter Highlights</b></p> <ul style="list-style-type: none"><li>The Algoma Chapter was Chapter of the Year 2021! A testament of teamwork and Speaking Out for Nursing, Speaking Out for Health. We are proud of all RNAO members in the Algoma region. <a href="https://rnao.ca/about/awards/recognition-awards/2021/chapter-of-the-year-algoma-chapter">https://rnao.ca/about/awards/recognition-awards/2021/chapter-of-the-year-algoma-chapter</a></li><li>We have significant representation on Facebook and social media to keep all members up to date. We had over 70 posts and over 300 followers in 2021. Themes of posts included: Virtual nursing week prize pack draw, feature Fridays, Tip Tuesdays, public health messaging, my vaccine story, self-care tips, virtual fitness classes from YMCA, etc.</li><li>We pivoted to continue to provide meetings, AGMs, and education sessions via zoom through the COVID pandemic.</li><li>FJ Davey Home received their BPSO designation. BPSO Implemented: Intra-Professional Collaborative Practice Among Nurses. Congratulations to the staff and nursing leaders at the FJ Davey Home!</li><li>Opioids: The Forgotten Crisis Webinar, was held via zoom in May 2020.</li><li>Region 11 Virtual Tour &amp; Student Success Series: Speaking Up, Self-Care, and Strategies for Online Learning Webinar, was held November 2020.</li></ul>

Item
<ul style="list-style-type: none"> <li>• First ever Virtual Chapter AGM: Active Algoma Nurses, was held November 2020.</li> <li>• Algoma, in conjunction with Region 11, submitted the Resolution on Mental Health Support for nurses in all workplaces during provincial crises.</li> <li>• Bimonthly Executive Meetings were held.</li> <li>• Algoma Vaccine Champions – Amplifying vaccine messaging.</li> </ul>
<p><b>4. Special Guest – Jennifer Reid, Marketing Director, World Financial Group</b></p> <p>Jennifer Reid gave an insightful, birds-eye view on Preparing on Retirement. What is your financial independence number to prepare for retirement? Do you have a plan to make your retirement dreams a reality? Are you ready for some tips for financial planning? Financial planning and planning for retirement start the first day of your nursing career, and never truly end!</p> <p>Key tips included: 1) Time can be your greatest ally or your worst enemy. If you haven't started saving for your future, start now. 2) When saving, be sure to consider the effects that taxes can have on your income.</p> <ul style="list-style-type: none"> <li>• For additional information: <a href="#">World Financial Group</a> (<i>Disclaimer 1: WFG is a multi-level marketing company, and World Financial Group associates are compensated by selling financial services products and receiving commission overrides from people that agents sponsor into the company. Disclaimer 2: RNAO does not endorse World Financial Group (WFG). WFG does not represent the views/opinions of RNAO. RNAO takes no responsibility for how attendees act on the advice provided. The guest speaker presentation was provided for information/awareness.</i>)</li> <li>• In lieu of speaker gift, a \$20 donation was made to the Children's Aid Society on Jennifer's behalf. Thank you, Jennifer, for an excellent presentation. Definitely many ways to get the ball rolling for us on thinking retirement goals.</li> <li>• Thank you to Karen Belanger for securing the prizes donated by the following: <ul style="list-style-type: none"> <li>○ WFG Spa Basket – winner was Joan Denley</li> <li>○ Starbucks (\$85 value) – winner was Matthew Bruni</li> <li>○ OC Beauty Frosted Vanilla Gift Basket (\$129 value) – winner was Kayleigh Affleck</li> </ul> </li> </ul>
<p><b>5. Upcoming Priorities and Actions</b></p> <ul style="list-style-type: none"> <li>• Opportunities exist to get involved in the Algoma Chapter. Please reach out to us.</li> <li>• RNAO Algoma Chapter is working on better connecting our nurses and providing support and resources.</li> <li>• Winter Self-Care Event for Members (Yoga) – virtual event planned for early 2022</li> <li>• Amplification of RNAO Action Alerts</li> <li>• Recruitment of a Workplace ENO.</li> <li>• Advocacy on: <ul style="list-style-type: none"> <li>○ Mental Health and Addictions Services and Supports</li> <li>○ Homelessness and housing crisis in the north</li> <li>○ Health human resources in northern Ontario</li> <li>○ Health human resource burnout and self-care needs (work-life balance)</li> <li>○ Climate change and environmental health</li> </ul> </li> </ul>
<p><b>6. For Additional Information</b></p> <ul style="list-style-type: none"> <li>• Algoma Chapter - RNAO <ul style="list-style-type: none"> <li>○ Website: <a href="#">Algoma Chapter Page</a></li> <li>○ Facebook: <a href="#">RNAO Algoma Chapter Page</a> – Like it!</li> <li>○ Contact the Chapter President: Lil Bressan, <a href="mailto:lil.Bressan@gmail.com">lil.Bressan@gmail.com</a></li> </ul> </li> </ul>
<p><b>7. Adjournment</b></p> <ul style="list-style-type: none"> <li>• Meeting adjourned at 1245. Minutes captured and documented by Lorena, Financial ENO.</li> </ul>