

# Middlesex- Elgin Chapter

## newsletter )))

April  
2022  
Issue

### Candid Conversations Summary

On March 23<sup>rd</sup>, Chapter members and executives joined together via Zoom for our event Come as You Are: Candid Conversations to Carry You Through! This no pressure, no judgement evening encouraged members to get comfy, grab their favourite drink, let their guard down, and talk openly about nursing through a pandemic. With guidance from Cathy Parsons (positive psychology expert), members were able to vent and also recognize positive aspects of the past 2 years. In addition to conversations, laughs were shared playing nursing themed Never Have I Ever and Bingo! Members enjoyed delicious charcuterie boards courtesy of Cravings Creatives delivered to their homes including 5 varieties of cheeses, nuts, meats, and veggies.

Thank you to all who attended! Feel like you missed out? The Chapter will be repeating the event, charcuterie boards and all, in Nursing week 2022! Looking forward to connecting with you all again in May!

### In this issue:

**Candid Conversations  
Summary**

**Queen's Park  
Summary**

**Nursing Week 2022:  
What to Look Forward  
to!**

**Follow us on  
our social  
media pages!**

**Facebook: RNAO -  
Middlesex Elgin  
Chapter**

**Twitter:  
RNAOREGION2ME**

**Instagram:  
middlesexelginrnao**



## Queen's Park Summary

It was wonderful to participate in RNAO's 22nd annual Queens Park Day (QPD) on February 24th, 2022. QPD has always been my favourite RNAO activity, where I feel the most connection to what we are there to accomplish. The virtual format did decrease the feelings of camaraderie but the RNAO team did their best to engage the almost 100 members present this year. The event featured a video presentation of the RNAO's provincial election platform, followed by presentations from all political party leaders and health critics, with an opportunity for those present to engage in Q&A. Later in the day a panel of experts, led by president-elect Claudette Holloway, reviewed the platform and the party responses to it. It was good to hear their expert opinions on how critical it is for nurses today to be politically active and to advocate for our patients, their health, and the health care system.

The following day at the general Assembly of Leaders meeting, we received an update from RNAO home office about how to prepare for the June 2022 election, including instruction on writing to media outlets and how to host an All-Candidates meeting. It was a very engaging meeting for everyone present, however I look forward to when we can move to a face-to-face format again.

Janet Hunt – Middlesex-Elgin President

## Nursing Week 2022: What to Look Forward to!

Nursing week this year is May 9-15, and the Chapter executive are working hard to bring you some fun, educational, and feel good events!

- **Springbank Park Walk and Talk – Monday, May 9 time TBA**

Join your fellow members at Springbank Park for an outdoor in person meet up! Take a stroll and give back by keeping the park beautiful by picking up trash. Gloves and bags will be supplied.

- **Breaking the Silence: Let's Talk About Violence in Health Care – Wednesday, May 11 at 7:30 p.m via ZOOM**

In collaboration with the Mental Health Nursing Interest Group (MHNIG), we bring you a discussion with John Brophy and Margaret Keith authors of *Code White: Sounding the Alarm on Violence Against Health Care Workers*. The authors will present findings briefly and then open the floor for discussion with attendees.

- **Carry On the Conversation! – Friday, May 13 at 7:30 p.m**

Just like our event in March, join us for a virtual evening of good snacks, company, and conversation! Charcuterie boards from Cravings Creative will again be available to order and delivered to your home!

More information and registration details for all Nursing Week events to follow! Keep an eye on our social media pages and your email!

Contact us at:

Middlesex-Elgin Chapter website:

<https://chapters-igs.rnao.ca/chapter/43/about>

Chapter email: [middlessexelgin.rnao@gmail.com](mailto:middlessexelgin.rnao@gmail.com)

Or via our social media pages listed on page 1

## Don't Forget!

### RNAO's 97<sup>th</sup> Annual General Meeting! June 9-11, 2022

Registration is now open for this year's AGM! This year's AGM will take place virtually. See the links below for registration and schedule information.

Registration link:

<https://myrnao.ca/civcrm/event/info?reset=1&id=1237>

AGM Schedule:

<https://myrnao.ca/sites/default/files/civcrm/persist/contribute/files/2022%20Schedule%20of%20Events%281%29.pdf>

RNAO 2022 Provincial Election Platform:

<https://rnao.ca/policy/platform-provincial>

## Returning President!

Due to unforeseen circumstances, our Chapter Finance ENO Janet Hunt, will be stepping back into the familiar role of Chapter President! We are happy to have her step back into leading our Chapter and know we are in good hands!