

WINTER

2024

WISDOM AND RESILIENCE
THE RETIRED RN



Welcome!



Note from the Chair: Una Ferguson

Happy New Year to all!

We at RetNIG hope you were able to celebrate the holidays with family and friends and are starting the New Year in good health.

We had a successful fall, and our events were well attended. Unfortunately, our September event had to be cancelled due to the speaker falling ill, however, we were able to rebook her for Jan 22nd. I for one am looking forward to her ideas on Downsizing. I know I could have used it when I went from a 5-bedroom house to a 2-bedroom apartment.

If you would be interested in joining our executive, please email us at retnig21.rnao@gmail.com.

Winter affects everyone differently! Some hate it and others relish the cold days and the winter activities available.

I read this the other day and for me it sums everything up nicely.

“If you choose not to find joy in the snow, you will have less joy in your life but, still the same amount of snow.”

Stay safe, warm, and healthy!



2024

We will put out Newsletters 3x a year! Fall, Winter and Spring.

After a very successful planning session we have some exciting winter webinars for you.(All on Zoom) They will be **recorded** and on our website if you should not be able to attend.

<https://chapters-igs.rnao.ca/node/2627>

Monday Jan 22 : 7-8pm

Moving! How to Deal with Downsizing with Sharon Crann

Thursday Feb.22: 7-8pm with SNIG

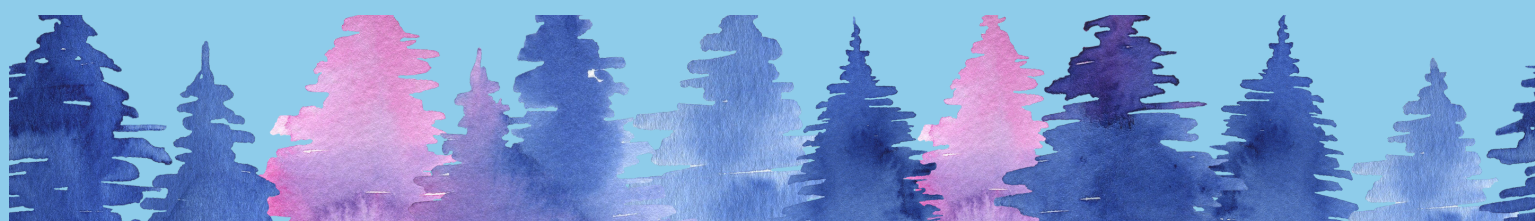
You !Me! We can Change Nursing with Our Political Voices! with Irmajean Bajnok from Policy RNAO

March 6: 12-1 pm with SNIG

Lunch and Learn with Rob Samulack who attended COP28. (the United Nations Climate Change Conference which took place in Dubai, United Arab Emirates, from 30 November until 12 December 2023).

What can one person do to change the environment?

April will be a Financial Planning webinar. Date and time to be determined . We will end the year with our AGM and a Zumba session.



RetNIG Reads!



suggested by our Past Chair Marianne Cochrane

Death Interrupted - Blair Bigham MD

Doctors today can call on previously unimaginable technologies to keep our bodies alive almost indefinitely. But this unprecedented shift in intensive care has created a major crisis. In the widening grey zone between life and death, doctors fight with doctors, families feel pressure to make tough decisions about their loved ones, and lawyers are left to argue life-and-death cases in the courts. Meanwhile, intensive care patients are caught in purgatory, attached to machines and unable to speak for themselves. Through conversations with critical care and end-of-life professionals-including, ethicists, social workers, nurses, and doctors-and observations from his own time working in ambulances, emergency rooms, and the ICU. Dr. Blair Bigham exposes the tensions inherent in this new era of dying by addressing the tough questions facing us all.

ROASTED GARLIC CHEDDAR CAULIFLOWER SOUP

INGREDIENTS

- 1 LARGE HEAD CAULIFLOWER, CUT INTO FLORETS (ABOUT 4-5 CUPS CAULIFLOWER FLORETS)
 - 3 TABLESPOONS OLIVE OIL, DIVIDED
 - FRESHLY GROUND SALT AND PEPPER
 - 1 HEAD GARLIC
 - 1 MEDIUM YELLOW ONION, DICED
- 4 CUPS VEGETABLE BROTH (OR SUB CHICKEN BROTH IF NOT VEGETARIAN)*
 - ½ TEASPOON SALT, PLUS MORE TO TASTE
 - FRESHLY GROUND BLACK PEPPER
- 1 HEAPING CUP SHREDDED SHARP CHEDDAR CHEESE
 - TO GARNISH:
 - SLICED GREEN ONION & EXTRA CHEDDAR ON TOP
- CROUTONS OR TOASTED SOURDOUGH BREAD/BREAD OF CHOICE FOR DIPPING/SERVING



INSTRUCTIONS

1. PREHEAT THE OVEN TO 400 DEGREES F. LINE A BAKING SHEET WITH PARCHMENT PAPER.
2. COOK THE VEGGIES: ADD CAULIFLOWER FLORETS TO THE PAN, DRIZZLE WITH 1-2 TABLESPOONS OF OLIVE OIL AND SEASON GENEROUSLY WITH SALT AND PEPPER; TOSS TO COMBINE. FOR THE GARLIC: PEEL AND DISCARD THE OUTER PAPERY LAYERS OF THE WHOLE GARLIC HEAD. LEAVE THE SKINS INTACT OF THE INDIVIDUAL CLOVES. USING A SHARP KNIFE, CUT ¼ INCH OFF FROM THE TOP OF THE CLOVES SO THAT THE INDIVIDUAL CLOVES OF GARLIC ARE EXPOSED. PLACE GARLIC IN A MEDIUM PIECE OF FOIL AND DRIZZLE THE TOP OF THE GARLIC WITH OLIVE OIL THEN LOOSELY WRAP IN THE FOIL AND PLACE ON THE PAN WITH THE CAULIFLOWER. ROAST CAULIFLOWER AND GARLIC FOR 30-35 MINUTES, FLIPPING HALFWAY THROUGH, UNTIL CAULIFLOWER IS NICE AND GOLDEN AND CARAMELIZED.
3. COOK THE ONION: WHILE THE CAULIFLOWER IS COOKING, ADD 1 TABLESPOON OLIVE OIL TO A POT AND PLACE OVER MEDIUM HEAT. ONCE OIL IS HOT, ADD IN DICED ONION AND SAUTE FOR 5-8 MINUTES UNTIL ONION IS TRANSLUCENT.
4. BLEND THE SOUP: IN A LARGE BLENDER ADD THE ONION, ROASTED CAULIFLOWER, ROASTED GARLIC, BROTH, SALT AND PEPPER. BLEND UNTIL SMOOTH, ABOUT 1 MINUTE, THEN ADD BACK TO THE POT AND PLACE OVER MEDIUM HEAT. TIP FOR THE GARLIC: ALLOW IT TO COOL ENOUGH TO TOUCH THEN SIMPLY SQUEEZE OUT THE ROASTED GARLIC FROM THE SKIN.
5. FINISH IT OFF: BRING SOUP TO A LIGHT SIMMER, THEN STIR IN THE CHEDDAR CHEESE. SIMMER FOR 10-15 MINUTES, TASTE AND ADJUST SEASONINGS AS NECESSARY. GARNISH WITH GREEN ONION AND EXTRA GRATED SHARP CHEDDAR CHEESE. SERVE WITH CRUSTY TOASTED SOURDOUGH OR YOUR FAVORITE BREAD OF CHOICE. SERVES 4.



Marianne Cochrane
Past Chair



Brenda Hutton
Finance



Betty Oldershaw
Policy and Political Action

Executive

RNAO
RetNIG

2023-2024



Una Ferguson
Chair and Communication



Sarah Elkhalfi
Student



Adrienne Kappes
Membership

MEMBERSHIP: RETNIG CONTINUES TO BE A GREAT INVESTMENT AT ONLY \$15/YEAR

We can be reached at retnig21.rnao@gmail.com

We are on **Facebook** , **Twitter(now X)** and **Instagram!**

All events will be advertised on all the platforms and on our website.

<https://chapters-igs.rnao.ca/interestgroup/60/about>

WHY JOIN?



THERE ARE A FEW REASONS TO JOIN RETNIG:

- **TO STAY IN TOUCH WITH THE ISSUES OF THE NURSING PROFESSION TODAY AND FOR THOSE WHO ARE RETIRED TO GIVE BACK THE WEALTH OF KNOWLEDGE THAT WE KNOW YOU ALL HAVE.**
- **TO INFLUENCE POLICY CHANGES FOR THE HEALTHCARE SYSTEM**
- **TO PROVIDE HELPFUL RETIREMENT HINTS TO THOSE WHO ARE PLANNING RETIREMENT.**
- **TO PROVIDE MENTORSHIP IF NEEDED TO BOTH NEW AND EXPERIENCED NURSES.**
- **TO HAVE FUN BY STAYING IN TUNE WITH OUR NURSING FAMILY**
- **AND FOR THE STUDENTS WE HAVE A WEALTH OF KNOWLEDGE IN THIS GROUP IF YOU HAVE A QUESTION- IF WE DO NOT KNOW THE ANSWER, I AM SURE ONE OF US KNOWS SOMEONE WHO DOES.**



Winter

