



Hello Colleagues and Happy August!

Did you know that nurses take about 60,000 steps in a week – the equivalent of a marathon?! Like you, our Kingston Executive continues to work hard to elevate the voice of nursing so that we are heard and recognized for our work in health care. We are faced with many challenges but together we can get things done. Since our last newsletter, your executive has organized and attended various events to bring your voice forward.

Nursing Week, which occurred on May 6-12th, was so much fun! From the amazing giveaways (with thanks to the many local businesses that contributed) to booths and speaking events nurses were celebrated for all the work we do.



On May 29th members of the RNAO participated in a rally at Queen's Park in support of funding for safe consumption sites in the province. It was a very inspiring and impactful event.





In June, members of the Kingston Chapter attended the Annual General Meeting (AGM), held in Toronto. More than one thousand RNs, NPs and friends of RNAO from across Ontario, elsewhere in Canada and abroad gathered to celebrate nurses and our accomplishments. It was during the AGM that our local Chapter President, Andrea Keller, received the Distinguished Leadership Award in Political Action. This award is presented to the RN or NP who acts as a change agent, resource and mentor through political action. Congratulations Andrea!



Our local chapter continues to engage with other nurses and nursing students. Our Kingston Executive attended St. Lawrence College for the annual Synapse Nursing Symposium event held on June 12th. This event celebrates the research that nurses are involved in. This year's theme was, "Standing Up for Our Values: Community, Social Justice, Professionalism & Innovation." We had a booth at the event and gained valuable insight into the innovative and creative work that nurses are involved in, to improve healthcare in various sectors. Nurses are everywhere!





We invite you to join us on August 30th from 1100-1500, for International Overdose Awareness Day, at the Integrated Care Hub at 661 Montreal Street to raise awareness about this critical need in our area. We will have a display table to demonstrate the work that RNAO is doing in the area of harm reduction and support. There is a BBQ, too! Anyone is welcome to join and assist with the RNAO table. Please contact rnaokingstonchapter@gmail.com if you can attend and help set up and be at the table.

We are bringing the voice of nursing to local politicians, too. Our local chapter will be meeting with MPP Ted Hsu every quarter so he can hear the stories of nursing. We would love for you to join us. Nothing makes it more real than hearing directly from a nurse, to put a face to the challenges we deal with. We are looking for two or three frontline nurses to join us (date to be determined in the fall), to have a chat about specific topics relating to nursing challenges. Please reach out to rnaokingstonchapter@gmail.com if you are interested in participating.

Each year, we participate in RNAO's Take Your MPP to Work Day. This year, we are partnering with Providence Manor, 275 Sydenham St., in Kingston on this important initiative. MPP Ted Hsu and MP Mark Gerretson will join us on September 13th, 2024, from 1300-1430 hrs. As you know, long-term care is a real concern in healthcare so we are highlighting this need and will give MPP Hsu a firsthand look at the realities of nursing and resident care in this sector. Other local politicians are also invited, including Mayor Paterson and City Councillors.

We are excited to let you know that Dr. Claudette Holloway will be joining us on Sept. 23, 2024, from 1400-1600 hrs at KHSC (KGH Site) for the Fall Tour. The focus this year is to celebrate Best Practice Service Organizations (BPSO) organizations and hear the work that is being done. Dr. Holloway will be visiting the region's other BPSO organizations before her visit to KHSC; Fairmont Long Term Care Home joins KHSC Kingston Health Sciences Centre as a Best Practice Spotlight Organization (BPSO) in our region. Congratulations to the staff and leadership who recognize the value that this brings to resident care and health. To learn more about RNAO best practice guidelines and what it means to be an RNAO BPSO, visit: <https://rnao.ca/bpg/bpso>.

Please mark your calendars and join us October 23rd, 2024, from 1900-2100 hrs at the Royal Canadian Legion 560, 734 Montreal St. in Kingston for your Chapter's AGM, followed by a night of Magic and Mystical fun. Come dressed in a magical, mystical costume, and be prepared for some laughter and relaxation. Details for registration will be sent out to you and will be available on the RNAO website. <https://rnao.ca/>.

We hope you will mark your calendars for RNAO's 100th AGM on May 29-31st, 2025, in Toronto. Please reach out because we can support you in joining as a consultation representative. Your executive would love to have you there with us!



The Kingston Executive would like to introduce two new members. The Executive Nursing Officer (ENO) is Carrie Bailey, and Alaina McLaughlin is our New Social Media ENO. We are currently still in need of a Workplace Liaison ENO. If you would like to represent the membership and be the voice of nursing, please join us and email. rnaokingstonchapter@gmail.com

We would also like to introduce Tiffany Campbell who is the President of the Canadian Nursing Student Association. Students are the future of nursing, and we welcome and support nursing students. They are faced with many challenges so be kind to them when you see them at your workplace. Mentoring and support are important and something nurses can provide. We will be joining the orientation of nursing new students at Queen's University and St. Lawrence College this fall.

Lastly, since our last newsletter, 34 nurses joined the RNAO local chapter! Woo Hoo! The membership benefits are incredible, including liability protection. Unlike other insurance coverage, RNAO has a "duty to protect". Join us for all the perks, the networking, and the connections that RNAO membership brings: <https://rnao.ca/membership/benefits>. There is mighty strength in numbers.

We hope you find time to enjoy the precious time left of summer. There is so much to do in our beautiful city to bring you joy and to help you thrive. Take care until next time.

Best regards,

The Kingston Chapter Executive.