

FALL

Newsletter

2024

**RETIRED NURSES'
INTEREST GROUP**

**WISDOM AND RESILIENCE
THE RETIRED RN**



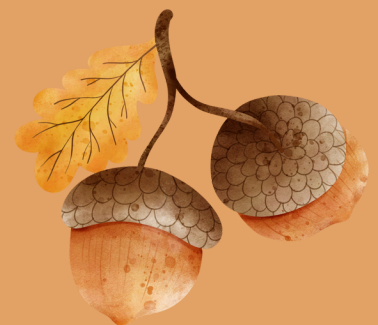
Welcome!


Note from the Chair: Una Ferguson

Welcome to all new and returning members .We hope you have had safe and healthy summer. Although we have had a rather hot beginning to September fall as we know it is on its way.

RetNIG elections have been held and we have started with the same executive in slightly different positions but now have need for a **Communications ENO, a Chair Elect and a Student** . If you are interested please contact us at retnig21.rnao@gmail.com

We had a very successful AGM in June and all who attended I think, had a great time with the Zumba session. Thanks to all members who joined with us.





2024-2025

The Executive will continue to **put out Newsletters 3x a year!**
Fall, Winter and Spring/Summer.

After a very successful planning session we have some exciting fall 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 Oct. 23rd 7-8pm Thriving Not Surviving with
Paula Manuel**

November TBD



RetNIG Reads!

suggested by our chair Una Ferguson



THE SPOON STEALER BY LESLEY CREWE

THIS IS A STORY ABOUT FAMILY SECRETS, FRIENDSHIP AND BELONGING. THE NOVEL FOLLOWS EMMELINE, A COMPULSIVE SPOON STEALER THAT STRUGGLES TO FIT INTO LIFE ON HER FAMILY'S RURAL NOVA SCOTIAN FARM. STRUCK BY A FAMILY CRISIS DURING WORLD WAR I, EMMELINE FLEES TO ENGLAND TO START A NEW LIFE WITH HER BEST FRIEND, A SMALL WHITE DOG NAMED VERA. WHEN SHE DECIDES TO WRITE HER MEMOIRS, SECRETS ARE UNCOVERED AND FRIENDSHIPS ARE FORMED AS EMMELINE LEARNS MORE ABOUT HERSELF AND THE WORLD SHE LIVES IN.



RetNIG Recipes

BREAKFAST APPLES



INGREDIENTS

- 8 BAKING APPLES (ABOUT 3-1/2 POUNDS), PEELED AND SLICED
- 1/2 TO 1 CUP CHOPPED PECANS
- 3/4 CUP RAISINS
- 1/2 CUP BUTTER, MELTED
- 1/3 CUP SUGAR
- 1/4 CUP OLD-FASHIONED OATS
- 2 TABLESPOONS LEMON JUICE
- 1/4 TEASPOON GROUND CINNAMON

COMBINE ALL INGREDIENTS IN A 1-1/2-QT. SLOW COOKER. COOK ON HIGH HEAT FOR 3 HOURS, STIRRING OCCASIONALLY. SERVE WARM WITH WAFFLES, PANCAKES OR YOGURT.



Marianne Cochrane
Past Chair



Brenda Hutton
Finance



Betty Oldershaw
Policy and Political Action

Executive



2024-2025



Una Ferguson
Chair and Communication



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.

