

WINTER

2025

WISDOM AND RESILIENCE  
THE RETIRED RN



# Welcome!

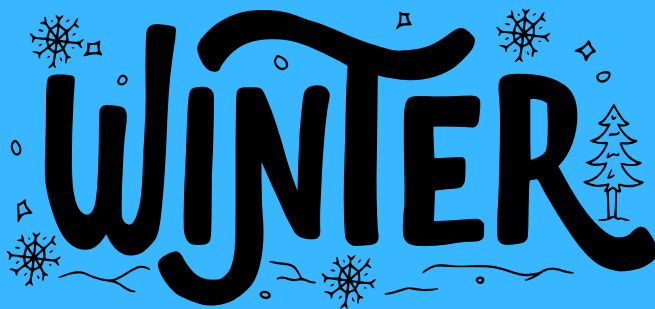


## Note from the Chair: Una Ferguson

Welcome and Happy New Year to all our members .We hope you had a lovely Festive season supported by family and friends and have been able to give yourself some self care. It is so important in our retirement years to stay healthy and as active as our bodies allow. For sure most of our muscle groups definitely fall into the category of “ if you don’t use it or abuse it you lose it.”

RetNIG was lucky at our Assembly in November to get a student to join our executive . Aveen Abdoli is keen and anxious to learn and help the executive by taking on the Social Media ENO role.

**We are also working on a resolution re: Why when RN’s retire we can’t retire with a title ie RN(ret). As to date you lose the right to call yourself a Nurse (protected Title) and can only use RN non practicing if you pay the 84 \$ to CNO. What do you think? If you have opinions please send them to [retnig21.rnao@gmail.com](mailto:retnig21.rnao@gmail.com). We would love to hear your thoughts.**





# 2025

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

We have some exciting 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>**

**Thursday Jan 30th at 7pm via Zoom**

**Laughter is the Best Medicine with Neil Stephen  
CD,RN,CNP(Q)**

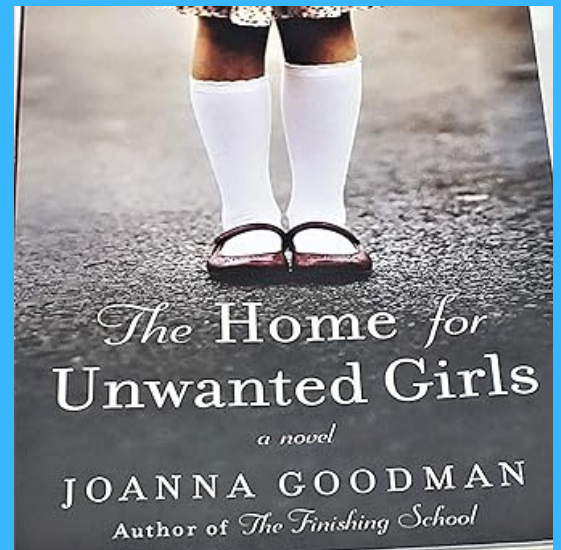
**All webinars can be found on the RNAO and RetNIG website/events or on our social media sites and all are sent out via email to our members. Please Join us! if you have ideas for webinars let us know through our email.**

**retnig21.rnao@gmail.com**



# RetNIG Reads!

suggested by one of our members



**IN 1950S QUEBEC, FRENCH AND ENGLISH TOLERATE EACH OTHER WITH PRECARIOUS CIVILITY – MUCH LIKE MAGGIE HUGHES' PARENTS. MAGGIE'S ENGLISH-SPEAKING FATHER HAS AMBITIONS FOR HIS DAUGHTER THAT DON'T INCLUDE MARRIAGE TO THE POOR FRENCH BOY ON THE NEXT FARM OVER. BUT MAGGIE'S HEART IS CAPTURED BY GABRIEL PHÉNIX. WHEN SHE BECOMES PREGNANT AT FIFTEEN, HER PARENTS FORCE HER TO GIVE BABY ELODIE UP FOR ADOPTION AND GET HER LIFE 'BACK ON TRACK'.**

**ELODIE IS RAISED IN QUEBEC'S IMPOVERISHED ORPHANAGE SYSTEM. IT'S A PRECARIOUS ENOUGH EXISTENCE THAT TAKES A TRAGIC TURN WHEN ELODIE, ALONG WITH THOUSANDS OF OTHER ORPHANS IN QUEBEC, IS DECLARED MENTALLY ILL AS THE RESULT OF A NEW LAW THAT PROVIDES MORE FUNDING TO PSYCHIATRIC HOSPITALS THAN TO ORPHANAGES. BRIGHT AND DETERMINED, ELODIE WITHSTANDS ABYSMAL TREATMENT AT THE NUNS' HANDS, FINALLY EARNING HER FREEDOM AT SEVENTEEN, WHEN SHE IS THRUST INTO AN ALIEN, OFTEN UNNERVING WORLD.**

**MAGGIE, MARRIED TO A BUSINESSMAN EAGER TO START A FAMILY, CANNOT FORGET THE DAUGHTER SHE WAS FORCED TO ABANDON, AND A CHANCE RECONNECTION WITH GABRIEL SPURS A WRENCHING CHOICE. AS TIME PASSES, THE STORIES OF MAGGIE AND ELODIE INTERTWINE BUT NEVER TOUCH, UNTIL MAGGIE REALIZES SHE MUST TAKE WHAT SHE WANTS FROM LIFE AND GO IN SEARCH OF HER LONG-LOST DAUGHTER, FINALLY RECLAIMING THE TRUTH THAT HAS BEEN DENIED THEM BOTH.**

# RetNIG Recipes



## AIR-FRIED CARROTS WITH BALSAMIC GLAZE

HONEY-ROASTED CARROTS STILL WARM FROM THE AIR FRYER ARE TOSSED WITH A BUTTERY BALSAMIC GLAZE AND SPRINKLED WITH CHIVES IN THIS SIMPLE AND QUICK WEEKNIGHT SIDE

**4 SERVINGS**

### INGREDIENTS

OLIVE OIL FOR BRUSHING

1 TABLESPOON OLIVE OIL

1 TEASPOON HONEY

¼ TEASPOON KOSHER SALT

¼ TEASPOON GROUND BLACK PEPPER

1 POUND TRI-COLORED BABY CARROTS

1 TABLESPOON BALSAMIC GLAZE

1 TABLESPOON BUTTER

2 TEASPOONS CHOPPED FRESH CHIVES



### DIRECTIONS

BRUSH AN AIR FRYER BASKET WITH OLIVE OIL.

WHISK TOGETHER 1 TABLESPOON OLIVE OIL, HONEY, SALT, AND PEPPER IN A LARGE BOWL. ADD CARROTS AND TOSS TO COAT. PLACE CARROTS IN THE AIR FRYER BASKET IN A SINGLE LAYER, IN BATCHES, IF NEEDED. COOK IN THE AIR FRYER AT 390 DEGREES F (200 DEGREES C), STIRRING ONCE, UNTIL TENDER, ABOUT 10 MINUTES. TRANSFER WARM COOKED CARROTS TO A LARGE BOWL, ADD BALSAMIC GLAZE AND BUTTER, AND TOSS TO COAT. SPRINKLE WITH CHIVES AND SERVE.





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](mailto: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.



Stay Safe  
AND  
Healthy