

Middlesex-Elgin

Chapter

newsletter)))

May
2025
Issue

Celebrating Nursing Week: Care for the Caregiver Event

In anticipation of Nursing Week, the Middlesex-Elgin Chapter in collaboration with the Complimentary Therapies Nurses' Interest Group (CTNIG) held a self-care event as a gift for the incredible dedication, compassion, and hard work that members of RNAO provide every day in their nursing role.



Janet Hunt, Middlesex-Elgin Chapter president, provides opening remarks for the caregiver event. Right: Keynote speaker and RN, Pauline Daughtery from Your Health Space shares the importance of positive relationships in the workplace.

The joyous event, held at the Sunningdale Golf Club, opened with a delicious breakfast spread followed by an opportunity to mingle and network among nursing colleagues. Our keynote speaker and RN Pauline Daughtery, member of Your Health Space opened the morning with a refreshing talk on navigating the workplace and discussing the importance of positive relationships at work. Following the keynote speaker, attendants broke off into two breakout sessions to learn about practical methods to implement selfcare in the workplace, with discussions on topics such as tapping, reiki, and other

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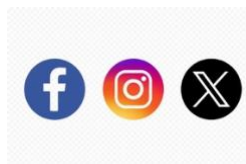
BPSO Celebration

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meditative practices. The session concluded with our Long Member Service Awards, celebrating RNAO members who have dedicated themselves to our organization. Recipients included: Corry Lebedew, Danielle Heibein, and Marja Pehkonen.



Left: CTNIG gave our self-care packages (pictured) to event attendees.



Right: Janet Hunt (far right) stands with recipients of the Long Member Service Awards.

Nurses Advocate at Annual Queen's Park Day

February 27, 2025 marked RNAO's 25th annual Queen's Park Day held at Hart House at the University of Toronto. RNAO representatives and members from various chapters and interest groups joined to discuss health and health-care issues in Ontario. This year's Queen's Park Day looked a little different as it was held the same day as the provincial elections meaning there was no legislature in session. Nonetheless, good conversation was had among members of the organization about RNAO's dedication to political action and engagement with political leaders on priority health issues. This year's Queen's Park was focused on discussing RNAO's provincial health platform, federal health platform, and recommendations in the most up-to-date version of ECCO 4.0: Enhancing Community Care for Ontarians report. The energy at this event was lively, as always, leaving members feeling inspired to continue their work on improving health for Ontarians.



Upcoming events:

RNAO Turns 100!

It is an exciting time for our organization as it celebrates its 100-year anniversary. Since 1925, RNAO has solidified its mission to advancing healthy public policy and improving health and health care for Ontarians. Read more about RNAO's history [here](#).

ECCO 4.0 Release Date

ECCO 4.0 is now available online. RNAO CEO Dr. Doris Grinspun and RNAO President NP Lhamo Dolkar released ECCO 4.0 on May 12 at Queen's Park to the media and public. To learn more, please join RNAO for its [follow-up presentation](#) on May 15 to discuss ECCO 4.0 and the urgent call for action for health system transformation.

Join an Interest Group!

Did you know RNAO has more than 20 interest groups from various streams of nursing and health care. Find one you like and join for events, networking opportunities and engagement [here](#).



Various images from Queen's Park Day. This year, the Middlesex-Elgin Chapter was fortunate enough to send a group of interested nursing students completing their studies in London to their very first Queen's Park Day. It was a pleasure to show these students the advocacy and political action work RNAO strives to achieve.

All Candidates Debate

Just prior to the provincial election, the Middlesex-Elgin Chapter held a local all-candidates debate for the London North Centre riding on February 18, 2025 at the Goodwill Industries event space. Chapter members were encouraged to attend to hear about the MPP's platforms and have the opportunity during question period to discuss health, health care, and nursing issues as priorities for the upcoming election campaign.



Left: Hunt welcomes the candidates for the London North Centre Riding to the all-candidates debate. Right: Hunt (far left); Mackenzie Thiessen, political action executive network officer (second from left); and Huda Mohamed, communications executive network officer (fourth from left) pictured with Kernaghan, NDP candidate (second from right) and Khan, Liberal candidate.

Terence Kernaghan, NDP candidate; Tariq Khan, Liberal candidate and Carol Dyke, Green Party candidate were in attendance at the event. Jerry Pribil, PC candidate, was not able to attend. Topics of discussion at the debate included affordable housing, homelessness, combatting the nursing crisis, emergency room wait times, public vs. privatized health care, and the cost of living crisis. The chapter and event attendees made a point of highlighting the importance of retaining nurses in Ontario and asking MPPs to dedicate a portion of their

platforms to addressing the nursing crisis and protecting publicly funded health care in Ontario. The chapter looks forward to future Queen's Park Day on the Road events and discussions with our political leaders.

BPSO Celebration

The Middlesex-Elgin Chapter membership executive network officer (ENO) Lallu Sara John was proud to join St. Joseph's Hospital in celebrating their 15-year milestone as an RNAO Best Practice Spotlight Organization. First designated in 2009, this recognition reflects St. Joseph's ongoing commitment to nursing excellence and the integration of best practice guidelines in patient care. During the celebration, Sara John had the opportunity to connect with many valued chapter members, offering a chance to meet, engage, and encourage participation in chapter activities. The ENO emphasized the importance of active involvement in the chapter to continue fostering professional growth and supporting the nursing community.



Left: Membership ENO Sara John representing RNAO and The Middlesex-Elgin Chapter at the BPSO celebration at St. Joseph's Hospital. Top Right: Lallu Sara John pictured with RNAO CEO Dr. Doris Grinspun. Top Bottom: Grinspun speaks to event attendees.

Contact us at:

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Or via our social media pages listed on page 1