



WELCOME TO OUR

## ◆ Monthly Newsletter

Thank you for reading our first ever Hamilton chapter newsletter! We have created this newsletter to help our chapter stay in touch with all things RNAO! Every month you will receive a new addition with updates from the local chapter and head office! You can expect...

- Event advertisements
- RNAO sponsors/discount informations
- Hamilton member highlights
- Research highlights/opportunities
- and more!!!!



Spring into RNAO April 2025

# AGM 2025

## Hamilton Celebrations



THANK YOU SO MUCH TO OUR AMAZING CONSULTATION REP TEAM!

For the first time in many years Hamilton chapter had a large group of nurses volunteer to be consultation representatives. We want to thank the following members for their time and energy!

- Emily Presswood
- Ashley Fry-O'Rourke
- Trish Haycock
- Aric Rankin
- Erin Burrell
- Tamara Monaghan
- Trinity Schenk

Congratulations to our Hamilton Chapter President Emily Presswood who has won the Presidents Award for Clinic Practice. Congratulations for this amazing achievement!



Congratulations to Thrive Group and Idlewyld Manor for their Designation as an RNAO Best Practice Spotlight Organization this year at the 2025 AGM!



## Resolution Passed!

The resolution created by chapter executives Ashley Fry-O'Rourke and Trinity Schenk which focuses on Nurse-to-Patient Ratios was passed during the AGM! Thank you to all RNAO members who voted in support of it! We look forward to continuing this work.

# Highlighting our Community

BAHAR KARIMI RN, BSCN, MN, MHSC

We are thrilled to share some exciting news about one of our own: Bahar Karimi.

Many of you may already know Bahar as the Hamilton Chapter's immediate past president, a salsa enthusiast, and a respected leader in nursing, clinical practice, research, and health system innovation.

Bahar currently serves as the Executive Director of Clinical Practice and the Centre of Excellence at Thrive Group in Hamilton. In this role, she provides strategic leadership for clinical practice across all Thrive Group organizations, which include both long-term care homes and community support service programs.

Through the Centre of Excellence, Bahar is leading a bold and transformative effort that uses a social movement framework to break down silos, amplify grassroots innovation, and foster collaborative leadership across sectors. This work empowers frontline staff, patients/clients, caregivers, and community partners to co-create meaningful, sustainable change that improves care and strengthens health systems.

In addition to her work at Thrive, Bahar is currently completing her PhD in Nursing at Western University, where she has also contributed to the development and teaching of the RPN stream within the Compressed Time Frame BScN Program.

We are absolutely delighted to announce that Bahar has been selected as one of Mohawk College's 2025 Alumni of Distinction Award recipients and is also Mohawk's nominee for the prestigious Premier's Awards.

It is truly inspiring to see such a dynamic and visionary nursing leader recognized for her contributions to Hamilton and the broader health care system.

On behalf of all of us at RNAO Hamilton Chapter, congratulations, Bahar!



Thrive Group  
Centre of Excellence

# Mark your Calendars



You are invited to celebrate Pride with RNAO Hamilton

- June 12<sup>th</sup> : Tye Die with Pride
- June 29<sup>th</sup> March in Toronto Pride Parade



## Other RNAO Events to Check Out (Click Event Name for Link)

June 5<sup>th</sup>, 2025: [RNAO Media Awards](#)

June 10<sup>th</sup> & 24<sup>th</sup> [Long-Term Care Best Practices Program Pressure Injury and Pain Community of Practice](#)

June 10<sup>th</sup>: [Black Men In Nursing: Mental Health amongst Black Health Care Professionals](#)

- Hosted by the Black Nurses Leading Change Interest Group

June 11<sup>th</sup>: [Greening Nursing School Community of Practice](#)

- Hosted by the Ontario Nurses for the Environment Interest Group

June 12<sup>th</sup> & July 10<sup>th</sup>: [RNAO Clinical Pathways Information Sessions](#)

June 18<sup>th</sup>: [Campus Health Nursing IG Meet and Greet](#)

- Hosted by the Campus Health Nursing Interest Group

June 26<sup>th</sup>: [What is Moisture Associated Skin Damage and How to Measure it?](#)

June 27<sup>th</sup>: [Engaging Clients Who Use Substances In Long-Term Care, Utilizing BPG Recommendations](#)

# Keep in Touch



Instagram: @rناo\_hamilton

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## GET INVOLVED!

- **Students!** Join our student working group that meets with the executive team to help plan events work on other projects!
- Do you know a nurse that has inspired you or made an impact in Hamilton? Let us know so we can feature them in this newsletter!
- Email or message us on instagram to help volunteer with events or with other chapter projects.
- Have something to celebrate? Career milestone, graduation, research paper and others. Let us know so we can feature you in this newsletter and celebrate!

## EVENTS IN THE WORKS

Keep an eye out for an announcement for some of the following events and projects

- Social media contest for RNAO online learning
- Avenues of Nursing Panel at McMaster
  - Opportunity for students to hear from nurses in unique nursing positions.
- Queens Park on the Road Event

