

**FALL**

Newsletter

**2025**

**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, and Chair Elect** . If you are interested please contact us at [retnig@chapters-igs.rnao.ca](mailto:retnig@chapters-igs.rnao.ca)



## Memories from the 100<sup>th</sup> RNAO AGM

**EXPANDING TITLE PROTECTION TO RETIRED RNS**

**RETIRED REGISTERED NURSES IN GOOD STANDING BE ABLE TO MAINTAIN THEIR REGISTERED NURSE DESIGNATION AS RET'D. FOLLOWING THEIR NAME**

**AUTHOR:**

**RETIRED NURSES' INTEREST GROUP (UNA FERGUSON, BRENDA HUTTON, ADRIENNE KAPPES AND BETTY OLDERSHAW)**

**CONFLICT OF INTEREST:**

**NO KNOWN CONFLICT OF INTEREST**

**YEAR CARRIED:**

**2025**

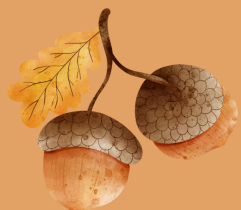
**LAST UPDATED:**


**JUNE 18, 2025**

**RESOLUTION CARRIED WITH A STANDING OVATION!**



**THE VOICE OF THE RETIRED RN IS BEGINNING TO BE HEARD!**





# 2025-2026

The Executive will continue to **put out Newsletters 3x a year!**  
**Our Resolution of 2025 passed with a standing ovation!**

## Expanding title protection to Retired RNs

Retired registered nurses in good standing be able to maintain their Registered Nurse designation as Ret'd. following their name

THEREFORE BE IT RESOLVED that the Registered Nurses' Association of Ontario (RNAO) discuss with the College of Nurses of Ontario (CNO) to allow retired registered nurses to call themselves Registered Nurses (Ret'd).

**Lets keep it going from this years Resolution. Expanding title protection to retired RNs by acknowledging the Retired Nurse as a productive person whose knowledge can be used in today's healthcare.**

**If you are interested in helping with the 2026 resolution Please contact us at [retnig@chapters-igs.rnao.ca](mailto:retnig@chapters-igs.rnao.ca)**

Events via teams have been planned. Please check RNAO events, or , our Facebook, Instagram sites . Next is in **October27th Understanding Parkinsons: A Guide to the Road Ahead with Gigi Van den Hoef.**

**Meet our winner of a 500\$ from Nursing Week  
Social Media award  
Sarah Slack RN MScN PHD student  
Congratulations Sarah!**



**RNAO**  
SNIG

**RNAO**  
RetNIG

**WE HAVE OUR WINNERS!**

**MEET SARAH SLACK RN, MScN AND PHD STUDENT**

As a Registered Nurse and current PHD student in Rural and Northern Health at Laurentian University, my research explores the professional development needs of nurse practitioners in Northern Ontario in providing inclusive, gender-affirming care for transgender individuals. This topic is of critical importance, particularly in underserved regions where access to culturally competent care remains limited. These bursary funds would directly support my upcoming international presentations, where I will be sharing preliminary findings at the International Council of Nurses (ICN) Congress in Helsinki, Finland in June 2025. Additionally, I have submitted an abstract to the RCN International Nursing Research Conference in Exeter, England. Both events offer invaluable opportunities to engage with global nursing leaders, gather feedback on my research, and build collaborations to inform equitable nursing education and policy reform in Ontario and beyond. The financial support would help offset travel costs, accommodation, and registration fees, making this level of professional development attainable. These experiences will not only enrich my doctoral work but will also allow me to bring new insights back to my teaching role and clinical practice in Northern Ontario. Ultimately, this bursary will help me advocate more effectively for marginalized communities, expand my professional capacity, and promote excellence in nursing care through evidence-based, inclusive approaches. I would be honoured to share how this opportunity has impacted my growth during a future executive meeting, as I continue to champion access and equity in nursing.

*Congrats!*

**FROM SNIG & RETNIG**



# RetNIG Reads!



suggested by our chair

## The Women by Kristin Hannah

**WOMEN CAN BE HEROES. WHEN TWENTY-YEAR-OLD NURSING STUDENT FRANCES “FRANKIE” MCGRATH HEARS THESE WORDS, IT IS A REVELATION. RAISED IN THE SUN-DRENCHED, IDYLIC WORLD OF SOUTHERN CALIFORNIA AND SHELTERED BY HER CONSERVATIVE PARENTS, SHE HAS ALWAYS PRIDED HERSELF ON DOING THE RIGHT THING. BUT IN 1965, THE WORLD IS CHANGING, AND SHE SUDDENLY DARES TO IMAGINE A DIFFERENT FUTURE FOR HERSELF. WHEN HER BROTHER SHIPS OUT TO SERVE IN VIETNAM, SHE JOINS THE ARMY NURSE CORPS AND FOLLOWS HIS PATH.**

**AS GREEN AND INEXPERIENCED AS THE MEN SENT TO VIETNAM TO FIGHT, FRANKIE IS OVERWHELMED BY THE CHAOS AND DESTRUCTION OF WAR. EACH DAY IS A GAMBLE OF LIFE AND DEATH, HOPE AND BETRAYAL; FRIENDSHIPS RUN DEEP AND CAN BE SHATTERED IN AN INSTANT. IN WAR, SHE MEETS — AND BECOMES ONE OF — THE LUCKY, THE BRAVE, THE BROKEN, AND THE LOST.**

**BUT WAR IS JUST THE BEGINNING FOR FRANKIE AND HER VETERAN FRIENDS. THE REAL BATTLE LIES IN COMING HOME TO A CHANGED AND DIVIDED AMERICA, TO ANGRY PROTESTERS, AND TO A COUNTRY THAT WANTS TO FORGET VIETNAM.**

**THE WOMEN IS THE STORY OF ONE WOMAN GONE TO WAR, BUT IT SHINES A LIGHT ON ALL WOMEN WHO PUT THEMSELVES IN HARM’S WAY AND WHOSE SACRIFICE AND COMMITMENT TO THEIR COUNTRY HAS TOO OFTEN BEEN FORGOTTEN. A NOVEL ABOUT DEEP FRIENDSHIPS AND BOLD PATRIOTISM, THE WOMEN IS A RICHLY DRAWN STORY WITH A MEMORABLE HEROINE WHOSE IDEALISM AND COURAGE UNDER FIRE WILL COME TO DEFINE AN ERA.**



# RetNIG

## Recipes

### ONE PAN AUTUMN CHICKEN DINNER

**SERVINGS: 5 SERVINGS**

**PREP 20 MINUTES**

**COOK 30 MINUTES**

**READY IN: 50 MINUTES**

#### INGREDIENTS

**5 (6 - 7 OZ) BONE-IN, SKIN ON CHICKEN THIGHS**

**4 TBSP OLIVE OIL, DIVIDED**

**1 1/2 TBSP RED WINE VINEGAR**

**3 CLOVES GARLIC, MINCED (1 TBSP)**

**1 TBSP EACH MINCED FRESH THYME, SAGE AND ROSEMARY**

**SALT AND FRESHLY GROUND BLACK PEPPER**

**1 LARGE SWEET POTATO (ABOUT 16 OZ) (I LEAVE UNPEELED), CHOPPED INTO 3/4-INCH CUBES**

**1 LB BRUSSELS SPROUTS, SLICED INTO HALVES**

**2 MEDIUM FUJI APPLES, CORED AND SLICED INTO HALF MOONS ABOUT 3/4-INCH THICK**

**2 SHALLOT BULBS, PEELED AND SLICED ABOUT 1/4-INCH THICK**

**4 SLICES HICKORY SMOKED BACON, CHOPPED INTO 1-INCH PIECES**

**2 TBSP CHOPPED PARSLEY, FOR GARNISH (OPTIONAL)**



#### INSTRUCTIONS

**1. PREHEAT OVEN TO 450 DEGREES.**

**2. POUR 2 TBSP OLIVE OIL, RED WINE VINEGAR, GARLIC AND HERBS INTO A GALLON SIZE RESEALABLE BAG.**

**3. ADD CHICKEN, SEASON WITH SALT AND PEPPER THEN SEAL BAG AND MASSAGE MIXTURE OVER CHICKEN WHILE WORKING TO EVENLY DISTRIBUTE HERBS. SET ASIDE AND LET REST WHILE CHOPPING VEGGIES.**

**4. PLACE SWEET POTATO, BRUSSELS SPROUTS, APPLES AND SHALLOT ON AN 18 BY 13-INCH RIMMED BAKING SHEET.**

**5. DRIZZLE WITH REMAINING 2 TBSP OLIVE OIL THEN TOSS TO EVENLY COAT, SEASON WITH SALT AND PEPPER TO TASTE. SPREAD INTO AN EVEN LAYER.**

**6. SET CHICKEN THIGHS OVER VEGGIE/APPLE LAYER.**

**7. SEPARATE ANY PIECES OF BACON THAT MAY BE STUCK TOGETHER THEN SPRINKLE BACON OVER VEGGIE APPLE MIXTURE.**

**8. ROAST IN PREHEATED OVEN UNTIL CHICKEN AND VEGGIES ARE GOLDEN BROWN, ABOUT 30 - 35 MINUTES (CHICKEN SHOULD REGISTER 165 IN CENTER). BROIL DURING LAST FEW MINUTES FOR A MORE GOLDEN BROWN CRISPY SKIN ON CHICKEN IF DESIRED.**

**9. GARNISH WITH PARSLEY IF DESIRED AND SERVE WARM.**



Una Ferguson  
Chair & Communication



Brenda Hutton Treasurer



Betty Oldershaw Policy

**Executive**



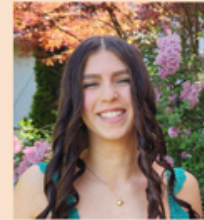
**2025-26**



Marianne Cochrane past Chair



Adrienne Kappes Membership



Aveen Abdoli Social media

**MEMBERSHIP: RETNIG CONTINUES TO BE A GREAT INVESTMENT AT ONLY \$15/YEAR**

We can be reached at **retnig@chapter-igs.rnao.ca**

We are on **Facebook** , and **Instagram!**

All events will be advertised on all the platforms and on our website.

**<https://chapters-igs.rnao.ca/interestgroup/60/about>**

PLEASE ENCOURAGE YOUR FRIENDS  
WHO ARE RETIRED RN'S OR RETIRING TO  
**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.

