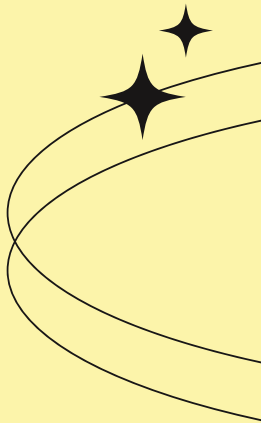


SPRING/SUMMER

2026



WISDOM AND RESILIENCE  
THE RETIRED RN



# Welcome!



## Note from the Chair: Una Ferguson

Spring and Summer Greetings!

Thank you for your patience with the missing winter newsletter. I had an unexpected five-week hospital stay due to a strep bacteremia. Experiencing nursing care from the other side of the bed was eye-opening. The nurses were exceptional, and it gave me an even deeper appreciation for the challenges they face, especially with staffing shortages and limited bed availability. I spent three weeks in an overflow unit on a stretcher, so I saw firsthand how stretched the system can be. I'm home now and hopeful the infection is behind me. I'm still using a walker and rebuilding my strength day by day — deconditioning certainly reminds us how aging changes recovery. Thank you for your understanding and support.

The RNAO AGM is on May 28-29 Hope to see many of you there. It is at the Crowne Plaza North York. We will be submitting our second resolution to show the importance of using the Retired Nurse in our Health Care setting.

Summer and hopefully this Spring brings out the sun so stay safe and remember your sunscreen! and, fluid intake!

Also! remember to keep your vaccinations up to date. Covid and other viruses are still rampant!

**“RISE ABOVE THE STORM AND YOU WILL FIND THE SUNSHINE”**

**MARIO FERNANDEZ**

# 2026

We will put out Newsletters 3x a year! Fall, Winter and Spring/Summer.

We use Teams now for our events. You do not need teams on your computer to take part in the events or webinars.

Also, we will have a new outlook address which will bring continuity to all interests groups/Chapters at RNAO eliminating the need for private email addresses.

**Nursing Week 2026:**

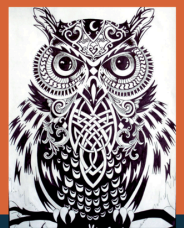
Watch Our Facebook page and Instagram to play Remember When? Remembering when things were very different for Nurses. (Smoking at the desk- Needles that had to be sharpened etc.) May 11-17. Also we will again offer a 500\$ bursary to a student of Nursing, RN or NP to further their education.

Our resolution having the title of RN(ret.) was accepted at last year's AGM. Watch for this year's Resolution.

Should you have any ideas that you want us to address. Please write us at [retnig21.rnao@gmail.com](mailto:retnig21.rnao@gmail.com)

**IF YOU WOULD BE INTERESTED IN JOINING OUR EXECUTIVE, PLEASE EMAIL US AT [RETNIG21.RNAO@GMAIL.COM](mailto:RETNIG21.RNAO@GMAIL.COM)**

**WE ARE LOOKING FOR A CHAIR, TREASURER AND COMMUNICATIONS ENO. IT IS FUN!!!**



**WISDOM  
AND  
RESILIENCE**

THE RETIRED RN

Retired Nurses' Interest Group  
(RetNIG)

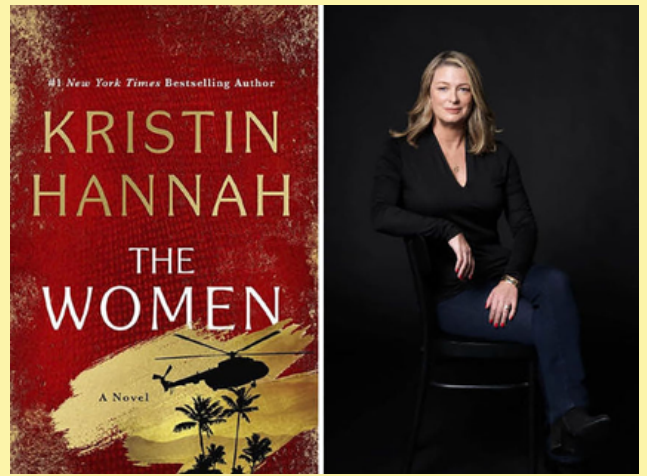


[retnig21.rnao@gmail.com](mailto:retnig21.rnao@gmail.com)

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# RetNIG Reads!

suggested by Una Ferguson



THE TITLE OF KRISTIN HANNAH'S LATEST HISTORICAL FICTION NOVEL, THE WOMEN, REFERS TO THE ROUGHLY 7,000 U.S. MILITARY NURSES WHO SERVED ON ACTIVE DUTY DURING THE VIETNAM WAR. THE STORY FOLLOWS THE CAREER OF FRANKIE MCGRATH, A YOUNG SOCIALITE FROM CALIFORNIA WHO DECIDES TO JOIN THE ARMY NURSE CORPS AFTER THE DEATH OF HER OLDER BROTHER, A YOUNG ARMY OFFICER.

WHILE THE PROTAGONIST'S CHOICE IS A RADICAL ONE FOR A YOUNG WOMAN OF HER TIME — HER PARENTS DISAPPROVE SO STRONGLY THAT THEY TRY TO HIDE FRANKIE'S SERVICE FROM THEIR FRIENDS — IT WAS NOT COMPLETELY UNCOMMON. PATRIOTIC YOUNG WOMEN WHO WANTED TO SERVE THEIR COUNTRY SOMETIMES FOLLOWED THE MODEL OF THEIR FATHERS, BROTHERS, OR BOYFRIENDS, EVEN ENLISTING RIGHT OUT OF NURSING SCHOOL

ARRIVING IN COUNTRY

THE WOMEN FOCUSES ON FRANKIE'S WARTIME EXPERIENCE, BEGINNING WITH HER ARRIVAL IN A HOT, HUMID WAR ZONE WEARING STOCKINGS, A HEAVY UNIFORM, AND A BATTLE HELMET. INEXPERIENCED AND INADEQUATELY TRAINED, SHE MUST LEARN TO TREAT HORRIFIC WOUNDS AND PROVIDE EMOTIONAL SUPPORT FOR YOUNG SOLDIERS DYING FAR FROM THEIR FAMILIES AND LOVED ONES.

HANNAH VIVIDLY DEPICTS THE HORRORS OF WAR AND THE PROTAGONIST'S LONELINESS AND GRIEF. WE WATCH FRANKIE GROW UP THE HARD WAY, GAINING CONFIDENCE IN HER NEW ROLE THROUGH GRUESOME EXPERIENCE. WE BEGIN TO REALIZE HOW THE CONSEQUENCES OF THESE BRIEF YEARS WILL REVERBERATE THROUGH THE REST OF THE CHARACTER'S LIFE.

## A HARSH HOMECOMING

RETURNING TO THE U.S. WAS NOT EASY FOR NURSE VETERANS. COMBAT NURSES LIKE FRANKIE RETURNED TO WORK WITH A NEW SET OF ADVANCED SKILLS THAT THE CIVILIAN NURSING SCOPE OF PRACTICE DID NOT ALLOW THEM TO UTILIZE.

MANY WERE CONSEQUENTLY BORED, OR FELT ISOLATED FROM THEIR NURSING COLLEAGUES AT STATESIDE HOSPITALS WHO HAD NO CONCEPT OF WHAT THEY HAD BEEN THROUGH.

MUCH LIKE SOLDIERS RETURNING FROM THE VIETNAM WAR, MILITARY NURSES OFTEN FOUND THEMSELVES COMING BACK TO A COUNTRY THAT HAD CHANGED RADICALLY. VIETNAM WAS AN UNPOPULAR WAR AT HOME, SPARKING WIDESPREAD PROTESTS AND SOURING THE NATION'S REGARD FOR THE MILITARY.

THE NOVEL SHOWS HOW FRANKIE TAKES CHARGE OF HER LIFE AT HOME AFTER TWO YEARS OF EXPERIENCES MOST OF HER FRIENDS CAN'T EVEN IMAGINE. ULTIMATELY, IT'S THE COMMITMENT OF HER FELLOW ARMY NURSES TO ONE ANOTHER AFTER THEIR RETURN TO CIVILIAN LIFE THAT HELPS SOFTEN THE BLOWS OF DISAPPOINTMENT, LOST LOVES, AND MENTAL HEALTH ISSUES THAT WAR HAS LEFT THEM WITH.

ALTHOUGH I'M OLD ENOUGH TO REMEMBER THE VIETNAM WAR, THE PEACE MARCHES, AND THE FALL OF SAIGON FROM WATCHING THEM IN REAL TIME ON THE NIGHTLY NEWS, THE WOMEN PUTS AN EDGY, MODERN SPIN ON ALL OF IT THAT ONLY A GIFTED AUTHOR CAN MANAGE.

IT'S WELL WORTH A READ — IF ONLY TO PAT YOURSELF ON THE BACK ONCE AGAIN FOR BEING PART OF THE PROUD COMMUNITY OF NURSES.



# RetNIG Recipes

## Honey BBQ Chicken Bowl



### FOR THE CHICKEN:

**1 LB (450 G) BONELESS, SKINLESS CHICKEN  
BREASTS OR THIGHS (THIGHS FOR EXTRA  
JUICINESS)  
1 TBSP OLIVE OIL (FOR SEARING)  
SALT AND BLACK PEPPER, TO TASTE**

### FOR THE HONEY BBQ SAUCE:

**1/3 CUP (80 ML) BBQ SAUCE (I LOVE SWEET BABY RAY'S FOR A CLASSIC FLAVOR)  
2 TBSP HONEY (ADDS SWEETNESS AND HELPS CARAMELIZE)  
1 TSP SMOKED PAPRIKA (FOR A LITTLE SMOKY KICK)  
1 TBSP APPLE CIDER VINEGAR (OPTIONAL, ADDS TANGINESS)  
1/2 TSP GARLIC POWDER  
1/2 TSP ONION POWDER**

### FOR THE RICE BOWL:

**2 CUPS (320 G) COOKED WHITE OR BROWN RICE (USE JASMINE OR BASMATI FOR EXTRA  
FRAGRANCE)  
1/2 CUP (75 G) CORN KERNELS (FRESH, FROZEN, OR CANNED – TOTALLY UP TO YOU)  
1/2 CUP (75 G) DICED RED BELL PEPPER (ADDS CRUNCH AND COLOR)  
1/4 CUP (30 G) CHOPPED GREEN ONIONS (FOR A FRESH FINISH)  
FRESH CILANTRO OR PARSLEY, FOR GARNISH (OPTIONAL BUT HIGHLY RECOMMENDED)**

### OPTIONAL ADD-INS:

**1 AVOCADO, SLICED (CREAMY TEXTURE)  
SHREDDED CHEESE (CHEDDAR OR MONTEREY JACK WORKS WELL)  
PICKLED JALAPEÑOS (FOR HEAT)  
LIME WEDGES (FOR A ZESTY SQUEEZE)**

# Bon Appetit!



Una Ferguson  
Chair & Communication



Brenda Hutton Treasurer



Betty Oldershaw Policy

**Executive**



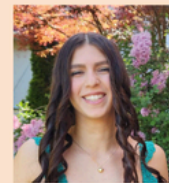
**2025-26**



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 **retnig21.rnao@gmail.com**

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>**

RNAO

RetNIG

# WHY JOIN?



WISDOM  
AND  
RESILIENCE

THE RETIRED RN

Retired Nurses' Interest Group  
(RetNIG)



retnig21.RNAO@gmail.com

▶RNAO



## 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.