



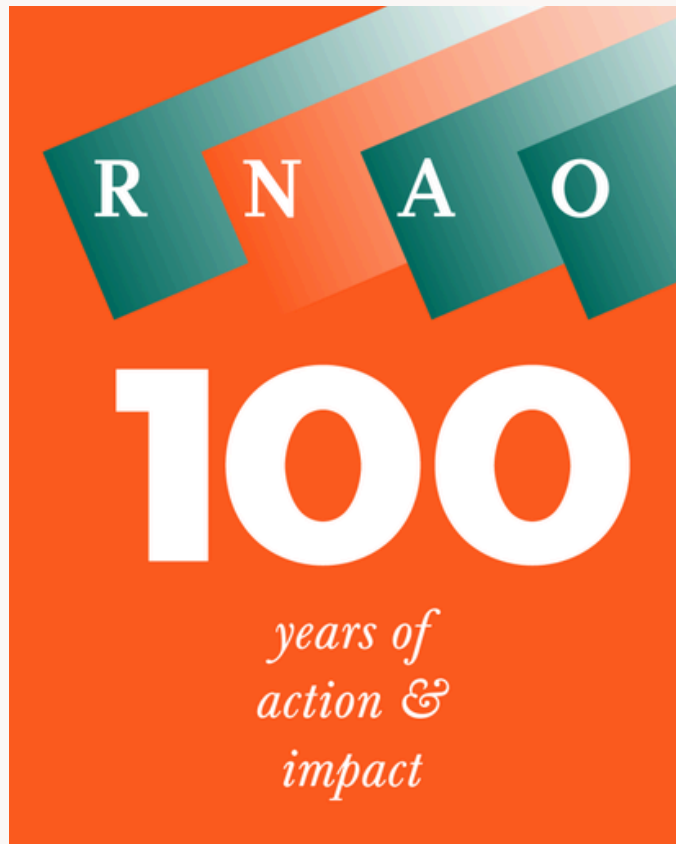
RNAO

HAMILTON CHAPTER

WELCOME TO OUR

★ Monthly Newsletter

Welcome to our chapter newsletter. As nurses, we understand more than anyone that not everyone has the time or energy to attend every event and keep track of everything going on. With this newsletter we hope to make it easy for our Hamilton members to stay up to date with everything RNAO and RNAO Hamilton!



Pride Month



Tie Dye with Pride

We had a wonderful group of nurses and nursing students come and tie dye RNAO shirts!

CHECK OUT THE AMAZING WORK DONE BY MCMASTER STUDENT EJ!

Toronto Pride Parade 2025



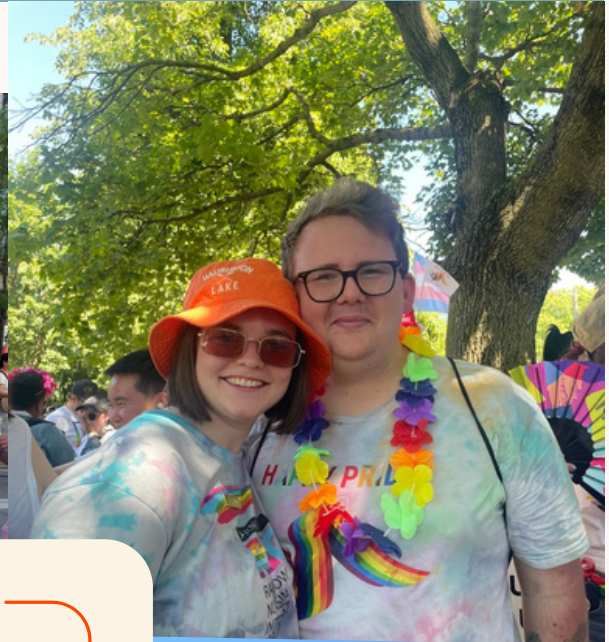
Our amazing Hamilton team marched in Toronto pride this year! Click the link to read more about RNAO's involvement in pride celebrations around Ontario

[RNAO PRIDE!!!](#)

“RNAO IS UNWAVERING IN ITS COMMITMENT TO EQUITY, DIVERSITY AND INCLUSION (EDI). WE ARE HONOURED TO WALK ALONGSIDE OUR 2SLGBTQI+ FAMILY AND FRIENDS AGAIN THIS YEAR. AT A TIME WHEN WE ARE WITNESSING A TROUBLING RISE IN ANTI-2SLGBTQI+ SENTIMENT AND A BROADER BACKLASH AGAINST DIVERSITY – INCLUDING THE RECENT DECISION BY COMPANIES LIKE GOOGLE, HOME DEPOT, NISSAN CANADA AND CLOROX TO WITHDRAW THEIR SUPPORT FOR PRIDE – IT IS MORE IMPORTANT THAN EVER TO SPEAK OUT”

- RNAO CEO DR. DORIS GRINSPUN.

PRIDE Candid



love wins

REMEMBER THAT WHILE JUNE MAY BE OVER, PRIDE SHOULD BE CELEBRATED YEAR ROUND!

love wins

love wins



Highlighting our Community

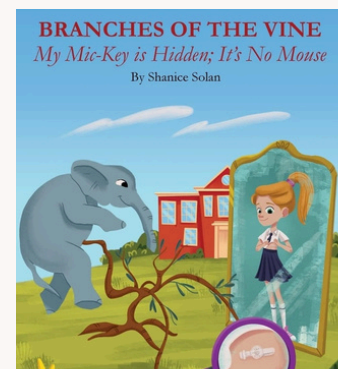
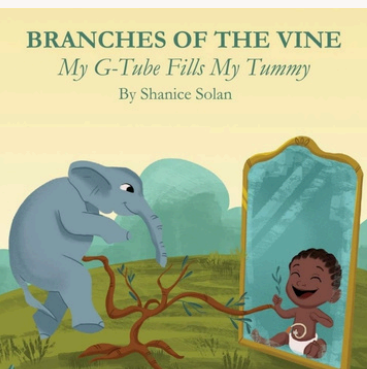
SHANICE SOLAN RPN, RPN-RN STUDENT



This month we want to highlight another amazing hamilton nurse. Shanice Solan is an RPN in Hamilton who is currently working on the RPN-RN bridging program at St. Lawrence college. As well as being an amazing nurse, Shanice is also a local children's book author.

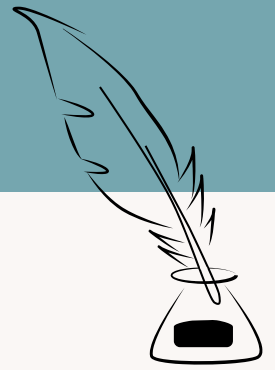
Shanice's first group of books is a series featuring children with different disabilities and medical devices. She was inspired to write these books for the children she worked with so that they could see themselves in the books that they read.

Shanice has also recently released a new book called *Growing Up Jamaican - Current Gone Again* which was inspired by her own childhood.



Check out the interview on the next page to learn more about Shanice and her writing!

Highlighting our Community



WHAT INSPIRED YOU TO START WRITING CHILDREN'S BOOKS?

THE CHILDREN I WORKED WITH IN THE COMMUNITY. THEY'D LIGHT UP DURING STORY TIME, AND I WANTED THEM TO SEE THEMSELVES IN THE BOOKS THEY READ—CHARACTERS WITH EXPERIENCES LIKE THEIRS.

WHAT WAS YOUR INSPIRATION FOR YOUR MOST RECENT BOOK?

GROWING UP JAMAICAN – CURRENT GONE AGAIN IS INSPIRED BY MY CHILDHOOD. IT REFLECTS MOMENTS I'D LIKE TO SHARE WITH THE WORLD—MEMORIES I WANT TO PRESERVE AND CELEBRATE.

HOW DOES NURSING IMPACT YOUR WRITING?

NURSING SHOWS ME REAL, RAW HUMAN MOMENTS—JOY, PAIN, STRENGTH. IT INSPIRES ME TO WRITE WITH MORE HEART AND PURPOSE. THAT'S HOW MY STAGE NAME AS A SINGER/SONGWRITER, SOL'S JURNY, COMES TO LIFE—I DON'T JUST WRITE CHILDREN'S BOOKS, I ALSO WRITE SONGS THAT REFLECT THE EMOTIONAL JOURNEY OF BEING ALIVE.

HOW DOES WRITING IMPACT YOUR NURSING?

WRITING HELPS ME PROCESS EMOTIONS AND STAY GROUNDED. IT REMINDS ME THAT EVERY PATIENT HAS A STORY—NOT JUST A CHART.

WHAT ADVICE DO YOU HAVE FOR NURSES WHO WANT TO START EXPLORING CREATIVE WRITING?

JUST START. WRITE THAT IDEA DOWN. LOOK THINGS UP—GOOGLE, YOUTUBE, WHATEVER HELPS YOU LEARN AND PLAN. CONNECT WITH OTHERS, ASK QUESTIONS, ATTEND EVENTS. IT'S NEVER TOO LATE TO TRY SOMETHING NEW. WHETHER YOU WRITE FOR YOURSELF OR FOR OTHERS, IT'S REWARDING.

WHAT WAS IT LIKE TO FIND AND WORK WITH AN ILLUSTRATOR?

IT WASN'T EASY AT ALL. I HAD THE IDEAS CLEARLY IN MY MIND, BUT IT WAS FRUSTRATING NOT BEING ABLE TO FIND SOMEONE WHO COULD MATCH THAT VISION. I WAS PARTICULAR ABOUT HOW THE CHARACTERS LOOKED, THE STYLE, AND THE COLORS. IT TOOK TIME AND PATIENCE TO FIND THE RIGHT FIT.

WHERE CAN PEOPLE PURCHASE YOUR BOOKS?

BOOKS ARE AVAILABLE ONLINE AT WWW.BOOKSBYSSOLAN.COM

Mark your Calendars



Other RNAO Events to Check Out (Click for Link)

August 10th: [Windsor-Essex Pride Parade](#)

August 19th: [Best Practice Spotlight Organization: RFP Information Session](#)

August 24th: [Ottawa Capital Pride](#)

August 26th: [Taking the Next Step: Leveraging RNAO Clinical Pathways to become a BPSO](#)

August 27th : [2025-Year for BPSO](#)

Lifelong Learners

ONLINE RAFFLE

**For a
chance to
win a \$75
gift card of
your
choice!**

2 Prizes:

- For general members
- For student members

Complete:

An RNAO e-learning module or other NURSING e-learning.

- People in summer school can show proof of enrolment.

For more information:

- See our post on Instagram
- Check our website!

**Questions?: Reach out through Email or
Socials**

Keep in Touch



Instagram: @rناo_hamilton

Website: <https://chapters-igs.rناo.ca/chapter/29/about>

Email: rناoham@gmail.com

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

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

