

RNAO Ottawa Chapter – 2020 Update

Upcoming Membership Meetings

- February 24th
- March (T.B.D)
- April 20th
- May 25th

All membership meetings are held from 18:30-20:00 at 100 Constellation Drive, Nepean, K2G 5J9



Region 10 Special Events

Symposium – March 26th

Nurse's Week – May 11-17th

Breakfast with the Politicians – May 15th

Student Workshops - Ongoing

Home Office Events

Queen's Park Day – February 19th
- 21st

Annual General Meeting – June 11th -
13th

Please see website for more details:

<https://rnao.ca/>

**RNAO
A G M
2020**

COME TOGETHER
TO CELEBRATE
NURSES!



FALL 2019 MEMBERSHIP MEETINGS

September

Region 10 had the privilege of welcoming RNAO president-elect Morgan Hoffarth during her visit to our lovely city. In addition, members were celebrated for their ongoing commitment to RNAO. Award recipients included Patricia, Wendy and Elaine celebrating 25 years, and Chapter President Ellen for an impressive 40 years!

October

Members were privy to a fantastic speech from Tara Leach regarding Voicefound and the H.E.A.L.T.H clinic located right here in Ottawa. The 2018-2019 (included) and the 2019-2020 forecasted budget were revealed and passed unanimously.

Voicefound: <http://voicefound.ca/our-work/h-e-a-l-t-h/>

H.E.A.L.T.H: <https://www.healthclinicottawa.ca/>

November

Dania Versailles provided members with an exceptional presentation surrounding BounceBack and Big White Wall, a skill building program and resource to assist those in cultivating mental wellness. These resources are influential in assisting nurses to address the mental health needs of their clients

Bounce Back: <https://bouncebackontario.ca/>

Big White Wall: <https://www.bigwhitewall.ca>



SPECIAL EVENTS

RNAO Election Campaign

During the past federal election our Policy and Political Action, and Social Media Executives teamed up to reach out to local politicians to gather their response to a variety of questions surrounding health care in Canada. We received a total of three Party responses inclusive of six MPs from the region.

Membership Drive Contest

To promote membership and our social media account, a drive was held throughout October and November with a prize of a free year-long membership to RNAO. Congratulations to Emily Reynolds on being this year's winner!

Queens Park on the Road

As a continuing annual event with home office, our local executive and members met with several MPPs to discuss two important issues: Long Term Care in Ontario and the Opioid Crisis. Together, a total of three MPPs were visited including Merrilee Fullerton (Kanata – Carleton), John Fraser (Ottawa South), and Joel Harden (Ottawa Centre).

How to stay up to date on? Give us a follow:

Facebook – RNAO Region 10 Ottawa

Instagram - rnao_region_10_ottawa



Region 10 Year End Financial Statement Nov.1, 2018 to Oct 31, 2019

	Budget (2018- 2019)	Actual to Date	Balance
<i>Opening Balance: Nov. 1, 2018</i>			<i>\$ 13,754.13</i>
<u>Revenue:</u>			
Membership	\$ 5,624.00	\$ 4,352.00	
Development Funds	\$ 11,248.00	\$6,320.00	
Picnic on the Patio	\$ 150.00	\$100.00	
Annual Dinner (September 23, 2019)	--	\$ 40.00	
	<i>\$ 17,022.00</i>	<i>\$ 10,812.00</i>	<i>\$ 24,566.13</i>
<u>Expenses:</u>			
Student Events	\$ 1,000.00	\$ 57.98	
Meetings (Membership & Executive)	\$ 2,000.00	\$ 623.61	
Students Attendance AGM	\$ 1,200.00	\$ 1,309.46	
President & Consult. Rep AGM (second night April 12,2019)	\$ 1,200.00	\$ 600.00	
Symposium (Cannabis)	\$ 11,248.00	\$5,551.46	
Breakfast with Politicians (May 2019)	\$ 1,500.00	\$ 1,235.45	
Annual Dinner (September 23, 2019)	\$ 1,300.00	\$ 1,095.40	
Picnic on the Patio	\$ 200.00	\$129.11	
Communication (i.e., communique, teleconference)	\$ 250.00	--	
Office Supplies (i.e., stamps, ink cartridges, printing)	\$ 250.00	\$ 61.37	
Mileage/Parking	\$ 100.00	--	
Bank Charges*	\$ 62.00	\$ 48.00	
	<i>\$ 20,310.00</i>	<i>\$ 10,711.84</i>	
<i>Balance: October 31, 2019</i>			<i>\$ 13,854.29</i>