

# Retired Nurse Interest Group

## newsletter )))

March 2023

### “Wisdom and Resilience- The Retired RN”



#### Notes from the Chair: Marianne Cochrane

**Hello and welcome to all our members, new and returning.**

We hope you are well and safe. Springtime brings excitement as we see the flowers and birds return. (I'm waiting to see my first robin.) The RetNIG Executive has been working hard to bring issues that seniors are having today in our events! I hope you were able to attend and if not, they can be accessed at <https://chapters-igs.rnao.ca/interestgroup/60/about>  
What did you think??

We had our first in person session at Queen's Park this year and RetNIG was well represented. Much thanks to Una and Betty who were able to attend.

We are looking forward to our AGM in June which will be held in conjunction with the RNAO AGM, as in past years when we can meet in-person. The date is **Saturday June 24<sup>th</sup>, 0830 - 1030 hr.** (prior to the Closing Speaker event). **We are collaborating with the Staff Nurse Interest Group to have a Zumba gold session.** (Come dressed to have fun!) We hope that



many of you will be able to attend and we will try and video it through zoom so those at home can enjoy the fun as well. More details to follow! As a reminder, the RNAO AGM will be held starting Thursday June 22<sup>nd</sup> with Opening Ceremonies at 1800hr, all day Friday June 23<sup>rd</sup> and completing Saturday June 24<sup>th</sup>, 1130 – 1300hr with a Closing Speaker. Watch for Registration details for the main RNAO AGM as well as RetNIG's AGM.

This year RetNIG welcomed our first student, and we are so proud to have **Sarah Elkhalfa** join us. (See her bio below.)

We will soon be putting out our call for Executive positions. This year we need a **Chair Elect and Social Media ENOs**. Please consider being on our executive. You will be well mentored into the role.

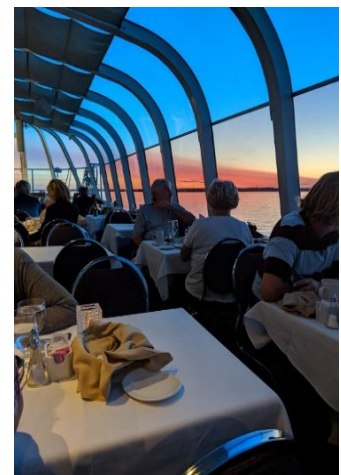
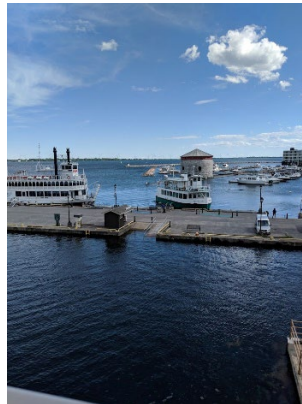
And finally, very soon, we will be having our planning meeting for the year ahead. If you have any ideas for speakers or events, please send them to [retnig21.rnao@gmail.com](mailto:retnig21.rnao@gmail.com) and, if you as a member would like to share an idea on how we can make RetNIG better for you, please let us know.

### **Possible June Cruise!!!!**

**When: tentatively the June 16<sup>th</sup> weekend**

**Where: Kingston Ontario for a**

**Saturday 3 hr. Evening Dinner and Sunset Cruise up the St Lawrence!**



Kingston has a pass that includes the cruise and several Kingston attractions such as the Kingston Penitentiary and Fort Henry as well as Trolley tours for approx. 99\$. Deal available after April. **If enough interest is shown, we will try and get a good price with one of the nearby hotels.** Let's network and have fun in our retirement! Make it a weekend and bring a friend or two!! If interested let us know as soon as possible at [retnig21.rnao@gmail.com](mailto:retnig21.rnao@gmail.com)

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For more information: <https://www.1000islandscruises.ca/>



## **Membership: RetNIG continues to be a great investment at only \$15/year**



**Betty Oldershaw**

I've only recently retired after working for 48 years yikes! Pretty new at this experience!!! But it is a pretty good gig. Thank you to RetNIG I've been able to keep in touch with colleagues and it's so nice to see everyone in person. Queen's Park was an awesome "reunion" of sorts, great to hear and see all the great things that are happening with RNAO.

Our RetNIG Membership is strong with 526 members: RN's and NP's: 158 and 368 Students. But I feel we can improve on this number... think about asking your friends and colleagues to join and bring along someone new. This would increase our numbers. If we all did this, we could double our membership in one year. The more members, the more diverse our messaging can be and the more topics we can present.

During this Covid time (we know it's not over yet), everyone has had difficulties be it financial, caregiving, grandparenting and/or working. Hats off to all the health care workers that have worked throughout the pandemic. – thank you. Many of our members have also come out of retirement to aid our healthcare system and for that we thank you very much!

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
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us knows someone who does.

We are always interested to hear what you would like to see RetNIG do for you to keep you interested and engaged in our group. This year we have already had some great and interesting webinars from Gift Wrapping for Special Occasions to Strengthening our Bodies and Navigating the Healthcare System. In May it will be Packing Travel tips! You can access past webinars from our website <https://chapters-igs.rnao.ca/interestgroup/60/about>. Stay tuned for a few more in the upcoming months!

### **Student: Sarah Elkhalfa (RetNIG's first student)**



Sarah graduated last year from the University of Waterloo with a BSc in Health Studies. She is now pursuing her BScN at University of Toronto. In her spare time, she likes knitting, beading, reading, and watching Netflix. In her words:

"I joined RetNIG because I have been looking to become involved in the RNAO, and I would love to learn more from experienced nurses."

### **Finance: Brenda Hutton**



I am the Financial ENO for RetNIG. I retired from a mental health facility in 2021 and am pleased to continue volunteering as an executive member for RNAO. I also enjoy volunteering for Arts organizations and participating in dance, choir, and book club groups.

In the past year RetNIG funds were spent on ZOOM fees and honorariums for webinar speakers. In the coming year we will continue to pay ZOOM fees and give honorariums for speakers. We plan to purchase CANVA, a software to produce videos, posters, and multimedia presentations.

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## Communications: Una Ferguson



RetNIG has been busy as we learn the art of Communication in the Digital age.

We are now active on Facebook, Twitter, and Instagram and have been busy using our own Zoom Account for many webinars that have been well attended. Our website is active now and kept up to date. You can find all past webinars under archived events.

**New this year at our Communications Assembly** we will be able to post all Interest Group /Chapter events on the **RNAO event board!!**

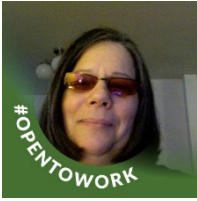
Communication with our members is especially important. Please let us know how you would like us to communicate with you or if you have any ideas for future events.

You can contact us through our website <https://chapters-jgs.rnao.ca/interestgroup/60/about> or at [Retnig21.rnao@gmail.com](mailto:Retnig21.rnao@gmail.com)

This year has been an unusual one for sure! Hopefully, we will see brighter times ahead.



## **Political Action: Adrienne Kappes**



On March 2, 2023, RNAO’s Board of Directors, Assembly of Leaders, Communications and Policy and Political Action Executive Network Officers, and RNAO staff headed to the Ontario Legislature for its annual Queen’s Park Day (QPD). Nurses met with MPPs over a series of breakfast meetings for the first time since 2020 and discussed priority issues, including RN understaffing and the opioid overdose crisis. RNAO also released its *Nursing Career Pathways* report during a media conference the morning of QPD. The report was also discussed during the afternoon session at the University of Toronto’s Hart House, where leaders of the four political parties in the legislature and health critics formally addressed RNAO members and answered questions. For more information: <https://rnao.ca/events/queens-park-day>



**RetNIG represented at QPD!**



**Social Media Vacant at present**

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Please remember to follow us on Facebook, Twitter, and Instagram. Our social media information can be found below:



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

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

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