

FALL

Newsletter

2023

**RETIRED NURSES'
INTEREST GROUP**

**WISDOM AND RESILIENCE
THE RETIRED RN**



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

Speaking out for nursing. Speaking out for health.

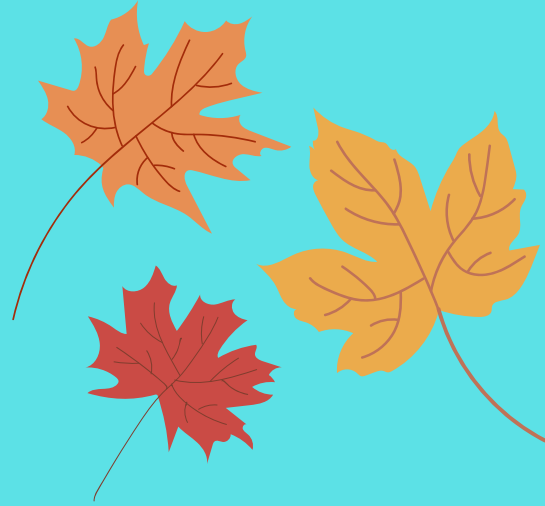
Welcome!


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 is on its way.

RetNIG elections have been had and we have started with the same executive in slightly different positions but now have need for a **Communications ENO**. If you are interested please contact us at retnig21.rnao@gmail.com

We had a very successful AGM in June and all who attended I think, had a great time with the Zumba session. Thanks to SNIG who joined with us. **We introduced our new banner which was well received.**





2023-2024

The Executive have decided to do things a little differently this year. **We will put out Newsletters 3x a year! Fall, Winter and Spring.**

After a very successful planning session we have some exciting fall webinars for you.(All on Zoom) They will be **recorded** and on our website if you should not be able to attend.

<https://chapters-igs.rnao.ca/node/2627>

Monday Sept. 25 7-8pm

Moving! How to Deal with Downsizing with Sharon Crann

Monday Oct. 30th 7-8pm Lonliness! Are You Lonely? with David Larmour

Monday Nov. 27th 7-8pm Wrapping for Christmas/Special Occasions with Sonya Heath



RetNIG Reads!



suggested by our Treasurer Brenda Hutton

AMERICAN DIRT BY JEANINE CUMMINS.

THIS IS A VERY POPULAR BOOK , RECOMMENDED BY OPRAH'S BOOKCLUB. IT IS THE STORY OF A MIDDLE CLASS MEXICAN WOMAN WHOSE FAMILY IS MURDERED AT A FAMILY PARTY BECAUSE OF A STORY HER REPORTER HUSBAND WROTE ABOUT A CARTEL LEADER. SHE AND HER 8 YEAR OLD SON ESCAPE AND MUST BECOME MIGRANTS TO USA. IT IS A HARROWING AND SUSPENSEFUL STORY. THE READER GETS AN UNDERSTANDING OF THE MIGRANT EXPERIENCE AND THE DANGERS THEY FACE. IT IS ONE OF MOST GRIPPING BOOKS I HAVE READ.

THERE HAS BEEN CONTROVERSY WITH THIS BOOK. SOME LATIN AUTHORS ACCUSE CUMMINS OF CULTURAL APPROPRIATION BECAUSE SHE IS NOT MEXICAN OR CENTRAL AMERICAN.



RetNIG Recipes



PUMPKIN SPICE CUPCAKES

INGREDIENTS

FOR THE CUPCAKES

2 C. ALL-PURPOSE FLOUR
2 TSP. PUMPKIN PIE SPICE
1 TSP. KOSHER SALT
1 TSP. BAKING POWDER
1/2 TSP. BAKING SODA
1/2 C. (1 STICK) BUTTER, SOFTENED
1 C. PACKED BROWN SUGAR
1/2 C. GRANULATED SUGAR
4 LARGE EGGS
1 TSP. PURE VANILLA EXTRACT
1 (15-OZ.) CAN PUMPKIN PUREE

FOR THE FROSTING

1 (8-OZ.) BLOCK CREAM CHEESE, SOFTENED
4 TBSP. BUTTER, SOFTENED
3 C. POWDERED SUGAR
1/2 TSP. PUMPKIN PIE SPICE
1 TSP. PURE VANILLA EXTRACT
PINCH KOSHER SALT

DIRECTIONS

STEP 1

PREHEAT OVEN TO 350° AND LINE TWO MUFFIN TINS WITH LINERS. IN A MEDIUM BOWL, WHISK TOGETHER FLOUR, PUMPKIN PIE SPICE, SALT, BAKING POWDER, AND BAKING SODA.

STEP 2

IN A LARGE BOWL USING A HAND MIXER (OR IN THE BOWL OF A STAND MIXER), BEAT BUTTER AND SUGARS TOGETHER UNTIL LIGHT AND FLUFFY. ADD EGGS ONE AT A TIME, BEATING WELL AFTER EACH ADDITION. ADD VANILLA AND PUMPKIN PUREE AND BEAT UNTIL INCORPORATED. ADD DRY INGREDIENTS AND MIX UNTIL JUST COMBINED.

STEP 3

FILL CUPCAKE LINERS $\frac{3}{4}$ FULL AND BAKE UNTIL A TOOTHPICK INSERTED IN MIDDLE OF A CUPCAKE COMES OUT CLEAN, 23 MINUTES. LET COOL COMPLETELY.

STEP 4

MEANWHILE, MAKE FROSTING: IN A LARGE BOWL USING A HAND MIXER (OR IN THE BOWL OF A STAND MIXER), BEAT CREAM CHEESE AND BUTTER UNTIL SMOOTH. ADD POWDERED SUGAR AND PUMPKIN PIE SPICE AND BEAT UNTIL NO LUMPS REMAIN, THEN ADD VANILLA AND A PINCH OF SALT.

STEP 5

TRANSFER TO A PIPING BAG FITTED WITH A LARGE ROUND TIP AND SWIRL FROSTING ONTO COOLED CUPCAKES.



Marianne Cochrane
Past Chair



Brenda Hutton
Finance



Betty Oldershaw
Policy and Political Action

Executive



2023-2024



Una Ferguson
Chair and Communication



Sarah Elkhalfi
Student



Adrienne Kappes
Membership

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**, **Twitter(now X)** and **Instagram!**

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

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

WHY 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.

