



RNAO-CTNIG

Complementary Therapies
Nurses' Interest Group

Mind Body Spirit - The Whole News

RNAO-CTNIG Newsletter

Volume 23, Issue 3

Winter 2023



Inside this issue:

A Few Words from the President	2
Who to Contact	3
Introducing Our New Executive	4
Inspiration Corner	6
Meditation	10
Invitation to the AGM	11
Recipe	12
Website	14
On The Lighter Side	15

Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you will join us, and the world will live as one.

John Lennon

A Few Words from the President



Jessica Burford
CTNIG
President

It brings me much joy to update our complementary therapy community. In the past months, new faces have joined our executive team. Thank you to Andrea in the Membership role and Stephanie, our most recent member, as our Education officer, for taking on a new challenge and bringing your talents to our team. It is with deep gratitude that I thank the legacy members of our team who have continued to contribute their time and energy to the executive over many years to ensure that CTNIG remains vital—the wisdom and guidance you offer benefit us all.

Andrea, Membership ENO, and I attended the RNAO Assembly Meeting in November. Connecting with other Interest Groups and Chapters and sharing ideas and approaches is always energizing. Moreover, the opportunity to connect with many nurses who practice CT or are interested in CT is affirming. We have a couple of developing relationships with other groups that we hope to result in a combined event in the coming year. I'll share updates with you all as they develop. That being said, I want to remind you to please also reach out and share your talents with us, offer suggestions on education or contribute to the newsletter. Please know there is space here for you to shine in community.

I would like to invite all our members to consider contributing to our executive team. We recognize how busy everyone is, and there are opportunities for you to participate in ways that work for you. We have opened up our executive meetings and will continue to do so as much as possible, as we value having a collaborative approach to our group.

Another thank you goes out to the members who have attended the meetings. We hope to see you again and others at our next executive meeting in the new year—keep your eye out for an invitation in your email. At these meetings, we work through our agenda, which includes all of the typical aspects of minutes and planning. Still, we also make time to connect with one another and include a meditation or positive intention as a supportive community practice. We are currently planning our Annual General Meeting (AGM) on Saturday, January 29th, from 1030h-1200h via Zoom (Invitations to register will be sent out in early January). We are grateful to have Sherry Brouzes as our guest speaker to guide us on self-care practices, and we will also provide general CTNIG updates from the executive team.

As we move into a busy holiday season, I am reminding you (and myself) to prioritize self-care. Amid the hustle and bustle and joyful moments that fill the season, extra stress and other moments may be challenging for different reasons this year. Our celebrations may look and feel different, or for some, holiday interactions become a draining experience. All these experiences and feelings come with an energetic cost, and I encourage you to focus on and create experiences that renew your energy as much as you can. Sometimes, that's saying yes to something and no to another; organizing a celebration; or possibly scheduling time for yourself. All of these approaches are valid! Sometimes, we have less control over schedules, so prioritizing a self-care practice can feel challenging.

For me, I am committed to meditating every day. I spend 10 to 20 minutes before I get out of bed each morning meditating and setting a positive intention for my day. I say it's a great Canadian day as I get out of bed every day (and most of the time, it

(Continued on page 3)

really is a great day!) This practice also means I set the alarm earlier, but those extra positive moments in the morning help to carry me throughout the day. This past month, where I have experienced loss, this practice has been that much more important to me. My hope for all of us is that we continue to support each other in community and be kind to each other and ourselves.

Wishing you all a happy and healthy holiday season ahead! And my hope for you all is that 2024 is filled with great Canadian days!



Who to Contact

EXECUTIVE

President: Jessica Burford

chair@rnao-ctnig.org; president@rnao-ctnig.org

Past President: Jacquie Dover

Communication Officer: vacant

communication@rnao-ctnig.org

Education Officer: Stephanie Jones

education@rnao-ctnig.org

Research Officer: vacant

research@rnao-ctnig.org

Financial Officer: Crystal Hepburn financial@rnao-ctnig.org

Policy & Political Action Officer: Farnaz Michalski

policy@rnao-ctnig.org

Membership Officer: Andrea Atkinson

membership@rnao-ctnig.org

Social Media Officer: Sandra Milley

sandraemilley@gmail.com

RNAO Board of Directors Representative: vacant

NEWSLETTER EDITORIAL TEAM

Sandra Milley - Executive Editor sandraemilley@gmail.com

Darka Neill - Consulting Editor darka_neill@dalesfordrd.com

Elaine Pipher

SOCIAL MEDIA/WEBSITE MANAGEMENT TEAM

Sandra Milley - Lead editor@rnao-ctnig.org or

CTNIG LIAISONS Area, Workplace or Group

Essex, Kent & Lambton County: Kim M. Watson

kwats56@hotmail.com

Students: vacant

Introducing Our New Executive - Membership



My name is Andrea Atkinson. Thank you for welcoming me into the Complementary Therapies Nurses' Interest Group as I take on the role of Membership Executive Network Officer.

I live and work in Chatham-Kent and I am a mother of two beautiful young daughters. I became a Registered Nurse in 2007 and have worked in acute care, long-term care, home care, telemedicine and primary care. I have been working in a Family Health Team in various educational and clinical roles since 2012. Presently I provide prenatal and postpartum education to couples in my community and hope to continue expanding my role in providing postpartum support, particularly postpartum mental health support.

I am currently enrolled in the Master of Science in Nursing program (MScN) at Western University. My thesis work is focused on understanding the Canadian postpartum experience among parents and healthcare professionals.

My vision is to re-establish the concept of the “village” by providing support and education to mothers and families and to assist with healthcare system navigation throughout the postpartum period. I have always valued a holistic approach to care and I am hoping to be able to educate clients on how to incorporate more complementary therapies into their lives to enhance their healing and well-being. I am looking forward to learning more about this group, including the diverse experiences and talents that everyone has to offer.

welcome

Introducing Our New Executive - Research



Stephanie Jones - RN, BScN, MScN, PhD student

I have been working as a nurse for 6 years with a special interest in mental health and addictions. I worked inpatient Mental Health & Addictions for 2 years before transitioning into doing this work in primary care. I have a passion for research, in particular the experience of trauma in health care workers. Complementary Therapies are important to me in everyday life in terms of practicing mindfulness, yoga and meditation. I also bring this interest to work with clients.



Calling all CTNIG members...

Interested in getting more involved with the CTNIG?

Be part of the executive board!

CTNIG's vision is to have Complementary Therapies (CT) recognized, incorporated and integrated into nursing and health care in Ontario.

To support this vision and make the CTNIG a strong and viable interest group, we need our members to take on leadership roles. Currently there are a number of executive positions that need to be filled:

- **Research Executive Network Officer**
- **Communication Executive Network Officer**
- **Membership Executive Network Officer**
- **Education Executive Network Officer**
- **Student Executive Network Officer (undergraduate nursing student)**

No previous executive experience is necessary as you will be mentored by the members of the current executive and work as part of a team. It is not essential to practice a CT, nor to be an expert, only to have an interest in CT as part of holistic nursing practice. What a wonderful way to learn more about CT and serve the nursing community and public at the same time.

Candidates must be members in good standing with the RNAO and the CTNIG and agree to serve for a two year term.

If you are able to volunteer a couple of hours a month to make the CTNIG successful and relevant, please consider being part of the executive. Your service will be valued and much appreciated.

To view descriptions of the executive roles go to:

https://myrnao.ca/sites/default/files/attached_files/ENO%20Roles.pdf 

For more information or to nominate yourself or another CTNIG member contact:

Darka Neill *RNAO-CTNIG Consulting Editor*
416 239-9083 or darka_neill@dalesfordrd.com

Inspiration Corner

Dear CTNIG members,

Wishing you the best the season offers in way of celebrations and spiritual practices

You will find this newsletter is a little different in content as we wanted to bring you items to inspire you and lighten your spirit in some way personally and professionally.

Many of our members have stories that are inspirational. Here are a few of our members who have graced us in sharing their journey and insights.

RNAO-CTNIG Editorial Team

Kim Watson



Integrating Complementary Therapies into Health, Wellness & Self-Care is What Inspires Me!

I love Christmas and the whole holiday season! I love the way this time of year is celebrated and honoured in a variety of ways by persons, groups and communities. You cannot help yourself from getting caught up into the energy of this time of year. It is the energy of who we are as spiritual beings, having a human experience that drives this remembrance of who we are, and why we are here! It is about UNITY!

UNITY = Unconditional Nurturance Integrating
Total Yielding = LOVE & JOY
Unconditional Nurturance = LOVE = Living One
Vibrant Energy
Total Yielding = JOY = Journeying Onward, Yielding
UNITY = LOVE Integrating JOY

The UNITY I feel with practitioners of complementary therapies is what inspires me, and my practice as a person, holistic practitioner, and nurse. My involvement with the CTNIG; as a member, a committee member, a liaison, and especially my years as President, only helped to

advance my knowledge, network and advocacy of who I am. Each CTNIG role has brought me inspiration and motivation for my knowledge and beliefs in complementary therapies role in health (care), wellness, and self-care. Sometimes it was just reading the newsletter. As a member now I continue to be inspired with each newsletter I receive! The stories, the people, the poems, the research, recipes, and so much more! They give us the tip of the iceberg of possibilities. There is not an issue that has not inspired me in some way. I cannot help smiling when I see it in my email. The continued advocacy helps to support my current practice as the healer I am, and the voice I give to a holistic, integrative approach in our healthcare system, and possibly in our daily lives. Many of us give voice to what we believe, though, especially during troubled times we should fall back on our practice and integration into our way of being. The CTNIG has been one way I know it is at the forefront for me!

My true inspiration for complementary therapies started with my Mother and Grandmother (Baba). At the time it was their way of approaching health and wellness (herbs, energy work, breath, etc.); many felt as western medicine came into being, it was woo-woo. They both just did what came naturally to them. For my Baba her garden was her medicine cabinet. I watched my mother integrate various approaches on her own health journey of 7 back surgeries in 11 years, mental health issues, and other problems, which stuck in my head as I became a nurse. My fellow nurses, would often tell me not to share some of the ideas or approaches that I felt may be helpful (breath, herbs, nutrition, chiropractic, acupuncture, etc.) as they were not yet inclusive in the medical model though thankfully over the decades have been recognized. I was considered a bit woo-woo! After a major car accident in 1989 when London Rehab doctors told me I would never be able to work in hospital again due to my injuries and pain, I responded with "Watch me!" It was then I truly began a Mind-Body-Soul approach to my health and wellness.

(Continued on page 7)

Inspiration Corner

(Continued from page 6)

It isn't one event, or experience that started my path to promoting complementary therapies. It is who I am. I am an energy worker (Reiki, Therapeutic Touch, and a Healing Touch). I have had the opportunity to study many other complementary therapies. My healing practice is called Dragonfly Way Healing; a dragonfly lives in two worlds in its life. One of air, and one of water. Like the dragonfly I stand in two worlds – spiritual and human (energy and gaia). My journey is my purpose, and with each breath comes my inspiration.

So CTNIG members, be inspired to inspire others. Thank-you CTNIG Executive Officers (present and past) and all our members; you truly are inspiring as well!

Blessings, in love & in light, Namaste – Kim Watson

Margarita Weaver



Self-care and patient care

I am a Registered Nurse for over 25 years, a mother, wife, caregiver, daughter, sister, aunt, neighbour, and friend. I have always helped others, am an expert in holding space for

people, and promoting well-being. Several years ago, I no longer could juggle all my responsibilities, I was broken, stuck, and depressed. Although at the time, it was very stressful, it was the best thing that ever happened to me. This is when I had my awakening. I began to meditate, practice self-care, receive energy work as a complementary therapy, and discover my true self.

Now I have my own independent practice as certified Holistic Nurse Coach. I incorporate a wide variety of modalities according to what the client would want, such as Health / Wellness / Life / Spiritual Coaching, Hands on Energy Chakra Balancing, Reiki, Tapping Emotional Freedom Techniques (EFT), Meditation, Mindfulness, Self-

Care, Intention Setting, Behavioural / Habit Change. I focus on mind-body-spirit by facilitating behaviour change, creating a warm safe environment, encouraging self-care, and preventing dis-ease.

Margarita Weaver (She/Her) RN BScN MPH
CCHNC

Certified Holistic Nurse & Coach



Elaine Pipher - Therapeutic Touch®



Therapeutic Touch was first brought to our attention in 1972 as a modern healing method, by Dolores Krieger, PhD, RN, and her colleague, Dora Kunz. Together, they standardized a technique that has been referred to as a contemporary

interpretation of several ancient healing practices.

Therapeutic Touch is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. It is a consciously-directed process during which the practitioner uses the hands as a focus to facilitate the healing process. The intent is to re-pattern the client's energy field toward wholeness and health thereby enhancing their own ability to heal. Therapeutic Touch assists the body to maximize whatever potential it possesses and to move towards whatever the next step is required. Sometimes what the body needs to do next is to die and healing into death becomes equally valuable as healing into life.

Therapeutic Touch can be used by itself, or as a

(Continued on page 8)

Inspiration Corner

(Continued from page 7)

complement to other interventions. Research and clinical experience have shown that Therapeutic Touch is effective in promoting a relaxation response, reducing anxiety & stress, managing pain, improving sleep, facilitating the body's natural healing process, and fostering a sense of well-being.

When I first heard about Therapeutic Touch (TT), it really interested me and made me curious. Over time, I attended all three levels of TT training, and I was extremely fortunate to be working in a hospital that had a TT clinic. It not only had support from a physician but also staff who were certified to teach and support its use in practice. I had the opportunity to share TT with many patients but would like to share these two really different experiences where I was able to use this modality in my nursing practice to help patients.

In the first experience, I was working in the surgical intensive care unit and was assigned a patient who was scheduled to be removed from the ventilator. I offered to do TT while this patient was being removed from the ventilator and I received informed consent from his sister. I explained that it can be difficult when a patient is removed from life-support because the body is always trying its hardest to stay in balance. Therapeutic Touch may help with balancing the body's energy so that energetically it knows which way to go for the next step. When she gave consent, I felt it was a real privilege for her to agree for me to do this for her brother at the end of his life. I also explained to the respiratory therapist who was doing the extubation and I was surprised that the patient quickly transitioned. It was a very peaceful passing, and the relative, although in grief, was extremely grateful.

In the second experience, I was called in to transport a patient for a cardiac procedure at another hospital. This patient had an orthopaedic procedure that they were recovering from. The patient received pain medication before the transport. When we arrived at the other hospital, the cardiologist was busy performing another procedure and we had no access

to prescriptions or medications. Whilst the patient was waiting, the pain medication they had previously received was wearing off. I mentioned to the patient and family that I did TT and I explained what it was. I said that I was not sure if it would help the pain, but that TT may have a calming effect and may alter the perception of pain for a short time. The family were amazed that during the TT treatment, the patient actually let out a big sigh and seemed to be more relaxed. Soon after we managed to get an order for some pain medication. The patient had her procedure and afterward I transported her back again.

These two examples show the positive effect that TT can have in different situations. I experienced that TT is very versatile, as can be used anywhere, and it not only positively affects the relationship between the nurse, patient and family, but also anybody around who is witness to it.

Elaine Pipher



Inspiration Corner

ALWAYS RIGHT THERE TO GIVE

Comfort and Care

STEADY AND WISE

WHEN TEMPERATURES RISE

Compassionate, Kind,

WITH A *Medical Mind.*

SKILLED AND ALERT WHEN

PEOPLE ARE HURT

HELPFUL AND NICE

WHEN GIVING ADVISE

Raised and at Ease **AROUND**

folks hard to Please

DEPENDABLE, SENSIBLE

AND, YES INDISPENSABLE



"Most of all, you need moral courage because nursing is about the pursuit of justice. It requires you to stand up to bullies, to do things that are right but difficult, and to speak your mind even when you are afraid. I wasn't strong like this when I started out. Nursing made me strong."

Tilda Shalof

"May we hope that, when we are all dead and gone, leaders will arise who have been personally experienced in the hard, practical work, the difficulties, and the joys of organizing nursing reforms and who will lead far beyond anything we have done!"

Florence Nightingale

"We can't always change the outcome, but the possibility always exists to change the journey."

Lorna McFadden



Meditation

A 12-Minute Meditation for Moving On With Holly Rogers ~ From Mindful

To subscribe to *Mindful* for newsletters, resources and other wonderful 12-minute meditations go to mindful.org

Acceptance is not about liking something or agreeing with something—it's simply about acknowledging what is happening, what is true in this moment. The more we can accept each moment as it is, the less we suffer.

Sometimes there are things in our life that we're not crazy about, that are quite unpleasant, very distressing even—and yet there's nothing we can do about it. And in those moments acceptance, acknowledging what is true without adding on layers of "I don't want this to be true," "It's not fair," "I don't like this," "Why did this happen to me," can help us get through these difficult times with more ease. Importantly, when we settle into acceptance and see the truth of our circumstance in the moment—if there is an opportunity for change, if there is an opportunity to do something different—we have a better chance of seeing it. We have a better chance of developing wisdom about the possibilities in this moment when we see each moment with clarity.

A 12-Minute Meditation for Moving On With Holly Rogers

1. First, find a comfortable seat in a chair or on a cushion. Let your back be tall but not stiff. Hold your head so your ears are above your shoulders with your chin slightly tucked. Drop your shoulders, rest your hands in your lap.
2. Then, notice the feeling of breathing. Become aware of your body breathing, settling your attention on the place in your body where you most easily experience the sensation of the breath flowing in and out. Let your breathing be normal and natural—no need to try and change it or shift it. See if you can let your awareness be open and relaxed. As you watch your breath, you create a sense of spaciousness, not a tight or clamped-down feeling. Spacious awareness: Allowing your breath to come and go.
3. If you've noticed your mind has wandered, come back to the breath. When you notice your attention has wandered, bring your attention back to your breath without criticizing yourself or your wandering mind. Accept in the moment that that's what our minds do: they wander and we can work with that by being willing, without judgment, to simply begin again. As you sit in meditation, you will likely have some moments where you feel focused, or relaxed, or at ease. It's easy to accept those moments without trying to struggle with or change them. Other moments may seem unpleasant: you may feel restless, have some discomfort, an itch. See if you can hold those moments with some unpleasantness with the exact same quality of open curiosity as those moments that are more naturally easy. Just allowing each moment to be as it is, developing curiosity about it, watching the changing nature of your experience.
4. Now, shift your attention to any thoughts you are having in this moment. Notice what your thoughts are doing if you're having thoughts about not liking something, wanting it to be different. Maybe there's a conversation in your head where you're trying to convince somebody to think or do something different. See if you can just notice your tendency to try to judge and change these situations.



5. Then, explore if you can let go of those thoughts. See if you can summon the willingness to let it be as it is. Perhaps even saying to yourself: "It is what it is," and coming back to your breath, noticing that some of our discomfort is related to the way we struggle, the way we fight, and then maybe it's possible to let at least some small part of that be. Come back to your breath, relaxing into the spaciousness of your present moment experience without judgment, with curiosity, with acceptance.

6. Once you feel ready, allow your eyes to open.

Invitation to the 2023 RNAO-CTNIG AGM

Please join us for our 2023 AGM on Saturday, January 27, 2024 from 1030 - 1200 via ZOOM

(YES, we're doing it in 2024)

Mark the date on your calendar.

Registration is necessary through the RNAO. Details will be sent out in early January.

We are hoping for a full house!!!

The agenda includes

- short business meeting,
- opening meditation by Farnaz Michalski
- presentation on Enhancing Healing and Mental Health in Nursing with Feng Shui and Colour by Sherry Brouzes



In Sherry's presentation, she will discuss:

- The Role of Environment in Promoting Healing and Mental Health
- Understanding Feng Shui as a Healing Practice
- Applying Feng Shui Principles to Promote Healing and Positive Energy in Nursing Spaces
- The Power of Colours: Choosing the Right Colours for Healing Environments
- Creative Ways to Implement Feng Shui and Colour in Nursing Practices
- Promoting Self-care among Nurses through Mindful Design Choices

Sherry (now retired) practiced nursing in Canada and the U.S.A. for over 25 years. During that time, she observed the intense impact the environment where we live, and work can have on an individual's health and well-being. Having the desire to learn holistic modalities to help reduce environmental stress, she studied and qualified as a Feng Shui Consultant, Feng Shui Interior Designer and Biophilic Design Consultant.

Sherry is a Red Ribbon Consultant with the International Feng Shui Guild. She offers comprehensive, unique, and soulful Feng Shui Consultations for clients by integrating the Colour Mirrors system using her knowledge as a Colour Mirrors Consultant and Teacher. Feng Shui and Colour wisdom are two ancient modalities that blend well together for assisting her clients to achieve balance and by identifying the energy in their spaces and inner self to reach their full potential to live a happy life.

Recipes

Cauliflower Rice Stuffed Peppers ~ By EatingWell

Active Time: 40 mins Total Time: 1 hr Servings: 4 Yield: 4 stuffed peppers

How to Make Stuffed Peppers Healthy

- 1) Traditional stuffed pepper recipes call for rice in the filling, but you use cauliflower rice instead. It bulks up the filling, adding fiber while keeping carbs and calories in check.
- 2) Use lean ground beef and part-skim mozzarella cheese to keep saturated fat to a minimum. 90% lean or leaner ground beef works well here without taking away from the texture of the filling.
- 3) No-salt added tomato sauce keeps the peppers moist while they cook without adding extra sodium.

How to Prep Stuffed Peppers

- 1) Find peppers that are all roughly the same size so they cook evenly together. You can vary the color if you want to mix things up. Bell peppers are perfect for stuffing, but poblano peppers and smaller peppers like lunchbox peppers and even hot peppers like jalapeños can all be used for stuffing.
- 2) You can halve peppers lengthwise and stuff each half or you can cut the stem ends off the peppers as we do here and stuff them as they sit vertically in the pan. If you choose to do it this way, cutting a small portion off the bottom of the pepper so they sit flat may be helpful. For either method, you will want to remove the seeds before stuffing.
- 3) You can pre-cook the peppers in a steamer basket before stuffing them to soften them up. This helps jumpstart the cooking process and helps ensure the peppers and the filling are all done cooking at once.

Can I Make Stuffed Peppers Ahead?

Yes! Prepare the stuffed peppers through Step 5 and refrigerate for up to 1 day. Bake as directed when you're ready to enjoy them.

Ingredients

- 4 large bell peppers (about 2 pounds)
- 2 cups small cauliflower florets
- 2 tablespoons extra-virgin olive oil, divided
- Pinch of salt plus 1/2 teaspoon, divided
- Pinch of ground pepper plus 1/4 teaspoon, divided
- 1/2 cup chopped onion
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1 (8 ounce) can no-salt-added tomato sauce
- 1/2 cup shredded part-skim mozzarella

Recipes

Cauliflower Rice Stuffed Peppers ~ By EatingWell

Directions

Preheat oven to 350 degrees F.

Slice off stem ends of bell peppers. Cut the flesh from the stem and chop. You should have about 1 cup. Scoop out seeds from the pepper cavities.

Bring about an inch of water to a boil in a large pot fitted with a steamer basket. Steam the peppers until starting to soften, about 3 minutes. Remove the peppers from the pot and set aside.

Pulse cauliflower in a food processor until broken down into rice-size pieces.

Heat 1 tablespoon oil in a large skillet over medium heat. Add the cauliflower rice and a pinch each of salt and pepper. Cook, stirring, until softened and starting to brown, about 3 minutes. Transfer to a small bowl.

Wipe out the pan. Add the remaining 1 tablespoon oil, the chopped bell pepper and onion. Cook, stirring, until starting to soften, about 3 minutes.

Add beef, garlic, oregano and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring and breaking up the beef with a wooden spoon just until no longer pink, about 5 minutes.

Add tomato sauce and the cauliflower rice; stir to coat.

Place the peppers upright in an 8-inch square baking dish. Fill each pepper with a generous 1 cup of the cauliflower rice mixture. Top each pepper with 2 tablespoons cheese.

Bake until the filling is heated through and the cheese is melted, 20 to 25 minutes.



Website



See Medscape's suggestions for gifts for the nurses in your life

<https://tinyurl.com/4m5548xd>

- Soothing Sore Muscles
- TLC For Tired Legs
- Break Out the Markers
- Massage on the Go
- Spick and Span
- A Little Pampering
- Warm Hearts, Warm Hands
- Jot It Down
- All Locked Up
- The Perfect Cup
- Pure Comfort
- Light up the Night
- Travel in Style
- Name Tags
- Put a Lid on It
- Gift Box Sampler
- A Little Bling
- Bring on the Sparkle
- Dressed for Success
- Game On

About a Nurse



"I like traveling, but the North Pole may be a little too far to go for a nursing job. But, how can I turn down Santa?"



Come join us on FaceBook at www.facebook.com/CTNIG/



Follow us on Twitter @RNAO_CTNIG

On the Lighter Side

About a Nursing Student



"Sorry, Santa, but pulling your sleigh isn't exactly the most fulfilling job in the world. So, I decided to enroll in nursing school."



About a Nursing Student



"I don't know which is harder and more frustrating, nursing school or unraveling Christmas lights."



Disclaimer Publication of views, opinions, or advertising does not necessarily reflect the views of or constitute endorsement by the RNAO-CTNIG or RNAO nor can the RNAO-CTNIG or RNAO be held responsible for errors or consequences arising from the use of information contained in this newsletter.

Call for Submissions: We welcome your submissions for this newsletter. You can write your thoughts for Perspectives, explain your favourite CT and how you integrate it into practice, let us know how CT is being integrated into your workplace or community or anything else you would like. If you don't think you're a great writer, we can help. Email your ideas to darka_neill@dalesfordrd.com or SandraEMilley@gmail.com