



The RNAO Chapter of the Year Award is conferred on the RNAO Chapter or Region without Chapters that best demonstrates commitment to RNAO through active participation in RNAO initiatives.

We are thrilled to inform you that our very own Halton Chapter has been selected to receive the RNAO Chapter of the Year Award. Hurray!

Halton Chapter successfully demonstrated it's ability to communicate effectively through a variety of media and methods; influence decision makers and mobilize RN's into action. This Chapter has also exhibited exemplary teamwork and strong leadership within the nursing and health care communities.

The Halton Chapter executive team would like to thank all of you for your participation, continued engagement and commitment to the activities of our Chapter.

Please join us in receiving the Chapter of the Year Award at the RNAO Annual General Meeting on April 17, 2015. We look forward to celebrating this achievement together and hope to see you there.

Our chapter wants to hear from you, connect with us and share you thoughts, wishes and ideas on Facebook

[www.facebook.comRegistered Nurses' Association of Ontario - Halton Chapter](https://www.facebook.com/RegisteredNursesAssociationofOntario-HaltonChapter) or send us an email at **rnao.haltonchapter@gmail.com**

RNAO Halton Chapter Newsletter

**Looking back,
looking forward**



HALTON WINS CHAPTER



**Suicide
Prevention**



**Thriving
Forward in 2015**

RNAO HALTON CHAPTER



Halton RNAO AGM

**A Successful Evening with our
Members**

Update from the Chair

Karimah Alidina

Celebrating the past, defining the future

This week, our Chapter Executive team learned that the Halton Chapter has been selected to receive the prestigious award, **“RNAO Chapter of the Year 2015”**. This news surfaced several emotions within us. While some had tears filled with happiness, most of us were truly honored to be a part of this small, yet mighty Chapter.

Our executive team would like to take this opportunity to thank each and every RNAO Halton Chapter member, ranging across Oakville, Burlington, Milton and Georgetown, for their endless support, dedication and commitment. Together our chapter is making a difference. This award is a celebration for all of us.

At this time, I would like to take this opportunity to reflect back on our strengths and successes that have contributed to receiving of this award. First of all, the RNAO Halton Chapter executive team is well represented by visionary, dedicated, motivated and creative nursing leaders that have taken action to make Halton Chapter a dynamic, proactive and innovative resource for all our local members and our community.

In addition, several events were organized to engage our members and to ensure that their knowledge, voice, and experience was heard at the decision making table. Some of these events included:

- Event on “A Dialogue on Suicide Awareness” that allowed Haltonians to continue the conversation on suicide prevention with a roundtable discussion with several community partners. We were honoured to have Dr. Elaine Santa Mina, RN and team leader of the RNAO best practice guideline *Assessment and Care of Adults at Risk for Suicidal Ideation and Behaviour* as our keynote speaker.
- Funded Pauline Roach Bursary and RNFOO scholarship to its local members.
- Hosted “Healthy Beginning Event” for nurses with a sensational Zumba class and delicious and nutritious food

Celebrating Nursing in Halton



- Celebrated nursing week by recognizing local nurses; for the first time the Chapter called for nominations for Halton's nurse for the year and recognized two of our local nurses from community and acute care. We had an evening to celebrate nursing at Oakville Trafalgar Hospital with laughter yoga and a motivational session on thriving and living a good life.
- Invited school children across Halton to creatively express what Nursing meant to them. School children submitted their creative artwork to our very first ever art competition. The idea to allow future nurses and healthcare leaders to express nursing was truly refreshing.
- Collaborated with local politicians: our chapter members had an opportunity to meet several meet politicians (including MPP Sylvia Jones, MPP Jane McKenna, MPP Eleanor McMahon, MPP Kevin Flynn and MPP Indira Naidoo Harris) during Queens Park on the Road and Take Your MPP to Work Day, and
- We had excellent coverage in the media this year-we: we were in the Milton Canadian Champion, Burlington Post, Oakville Beaver and on Cogeco TV.

Though the size of Halton Chapter membership is relatively small, the motivation and accountability within the chapter members has allowed us to recognize and celebrate the uniqueness of our region.

Where do we go from here? If you think last year was remarkable, wait until you see what we have planned for in 2015 . Our Executive team have already met to renew our commitment and our promise to the Chapter members, our community and to RNAO and to nursing as a whole. We have taken your input and feedback and will be offering several new events that will engage, educate and connect our members and our community. Stay tuned!

Want to get involved? We'd love it! Here's how: It is very simple. Reach out and stay connected with our Chapter. Your presence at events and online is essential and has revitalized our chapter and our commitment to making great things happen for Halton and for nursing. There are many ways to get involved including joining our team. Connect with us at rnao.haltonchapter@gmail.com and be part of a fabulous 2015.

Once again, congratulations to every RNAO Halton Chapter member.

Member Emeritus Honoured

**Marilyn Parsons,
RN, BNSc, MHSc**



Looking Back on a Wonderful Career

What a nice surprise it was to receive a letter from Daniel Lau, RNAO's Director of Membership and Services, telling me that I was Member Emeritus (40 years paid membership) and, in November 2014, to have dinner with colleagues at the Halton Chapter AGM when the pin and certificate were presented.

In *The Person as a Nurse*, my first year text for professional issues, noted that in order to be considered professional one must be a member of one's professional association. I have been an RNAO member for all but seven years of my career. My first experience with RNAO was in my second year (1966) at Hamilton Civic Hospitals School of Nursing (HCH) when I was one of two students chosen to attend the RNAO Annual General Meeting at the Royal York Hotel in Toronto. This experience hooked me on the importance of RNAO.

I strongly believe it is important to give back to the profession and the association. I served as a member of the Halton Chapter executive, voting delegate, scrutineer and elected member and later as chair of the Provincial Resolutions Committee.

I always wanted to be a registered nurse. My mum told me that she overheard me playing nurse at four years of age saying "put it in a testifying bottle and testify it." The three year diploma program at Hamilton Civic was wonderful. A mediocre student in high school I excelled in nursing school and graduated in 1967 with the Board of Governor's Gold Medal. This was followed by a post-diploma BNSc (Teaching and Supervision) at Queen's University. Twelve years later, in 1981, I earned a MHSc (Health Care Practice) at McMaster University.

The last 20 years of my career as a professor of nursing at McMaster University were the best. Every group of students presented new opportunities to teach, learn and grow. I believe that students taught me more than I taught them. I also valued the wonderful relationships with the registered nurses and registered practical nurses who shared their knowledge and skills with my clinical students. Every School, Faculty and University committee presented opportunities to learn and contribute to the institution. Again I believe I got as much out of the work as I contributed.

Eric Erikson theorized that the developmental challenge at my age is Ego Integrity versus Despair. In my retirement, as I look back on my life and accomplishments, I am content to be a non-practicing member of the College of Nurses, to not want to go to work in the morning and to contribute to the community in new ways. I wish such a life for everyone.

Marilyn Parsons, RN (non-practicing), BNSc, MHSc,
Member Emeritus

Thriving Forward in 2015: Taking Care of What Matters Most

Amy Hunter, RN, ACC, MScN



What do you care about?

While this sounds like a simple question, we're often too busy to think about it. This is a question for designing a good life, for shifting out of living by habit and to-do lists. When we get clear on what really matters to us, we gain clarity for deciding where we want to put our energy and attention and living through intention.

Creating actions to take care of what we care about engages us in living fully, vibrantly

When we are planning out our day, month and year, how often do we set targets and goals that consider our deepest cares? We live in a culture that values doing more, being more, having more and yet, what is enough? This is a question to really think about. Having more does not equal living a good and joyful life.

Too often we ignore our own well-being to take care of one more thing, forcing ourselves to push through when we are exhausted. While there are important times in our life when this may be necessary, it easily becomes a habit, a way of being that we see as normal. Living from this perspective of striving and stress comes at the expense of our vitality, our relationships and our life.

Overwhelm triggers our stress response and living in a constant state of fight or flight is no way to live a good life. It results when we have more to do than we think we can get done. Often we have made bigger commitments or more promises than we actually have the time or ability to fulfil. Usually, it happens when we have said yes to too many people. This causes enormous stress, it creeps up on us and often we are unaware of how we landed in this place of over-commitment. Our to-do list becomes endless and we never seem to be able to get it all done.

Taking action to shift out of over commitment requires that we get clear on what really matters to us. Reflect on the questions what do I care about? What is enough for me? Simply by considering these questions you become aware that there are new ways for living out your future.

Begin to look for opportunities where can you say **Yes** to your biggest cares. Often where we want to say yes are for the things that are for us, to take care of ourselves. We can get stuck in a cycle of self deprivation. Pay attention to things you want to say yes to but don't. Notice how often you deny yourself an opportunity to do something just for you. Recharging and taking care of ourselves gives us the energy to stake care of others.

To make space for saying Yes to what lights us up, we need to take a good look at where we can say No. Where are the opportunities to say **No** so you can make more space for what really matters?

Becoming aware and noticing when overwhelm shows up and what it feels like also is a powerful way to begin to make new choices. Notice when overwhelm is triggered, pay attention to your body and emotions. Taking a moment to pause, to breathe deeply also creates space to reflect and choose our next step.

Start with these small steps:

- Be in the question "What do I care about"?
- Notice when you are overcommitted and experiencing a sense of overwhelm.
- Notice your body, emotions when you feel stretched beyond your capacity.
- Breathe deeply and just allow yourself to reset, to pause and put yourself in a place of choice.

By getting clear on what we care about, becoming aware of the sensation of overwhelm, pausing to breathe we are taking action to shift away from stress and overcommitting. We put ourselves in a place of choice, to decide our next step rather than moving blindly out of habit.

Queens Park on the Road: Meeting with MPP Kevin Flynn

Sarah Telfer and Leanne Siracusa, who share the Political ENO role, visited MPP Kevin Flynn on November 12, 2014. He is the Minister of Labour who also represents 1 of the 4 Halton Chapter ridings.

Issues discussed were raising the minimum wage to \$14.00 per hour, banning medical tourism and supporting RN prescribing. Although there was a good discussion about poverty, the Minister does not see his government supporting this raise in the minimum wage. He added that the indexing of current minimum wage of \$11.00 per hour is very positive.

Regarding banning medical tourism and RN prescribing, the Minister supports the RNAO position on these issues. The Minister respects RNAO and its members. He has visited with local nurses in “Take Your MPP to Work” events in the past. Below is the picture of Sarah and Leanne with MPP Kevin Flynn.



SUICIDE PREVENTION: One brush stroke at a time

MICHELLE FARAH, RN, MEMBER AT LARGE

On September 10, 2014 in support of Suicide Prevention day, the Halton Chapter Organized a community event “Suicide Awareness and Prevention”.

Not only did we want to build capacity and community with this event, we also aimed to involve people in engaging in the event. As people arrived at the event held at the Milton Sports Centre each person was given a paint brush and paint to add to the communal paint canvas.

The Theme: Creating a Dialogue for Suicide Prevention and Awareness

The canvas shapes below symbolize the various roads and communities with in the Halton Region. Some of the roads intersect one another. The different blocks within the painting depict diversity of the community by using different colours. The main road leads to the Pinwheel. Each circular area would depict the core the person, the family and the broader community who are impacted by suicide. The outer shell symbolizes local, regional, provincial and federal governments who are all part of promoting mental wellness in the community by creating a dialogue around suicide prevention and awareness. Each triangle some facing



inwards and others outward reflects the community agencies and resources available. This painting is an expression of feelings and emotions from the participants on September 10th 2014. It captures the important messages of promoting health and wellbeing, and collaboration. Some of the words captured on the painting are important to promoting healthy communities.

If we are choosing to promote suicide awareness and prevention we need to start at the core.

- 1. Advocacy**
- 2. Capacity Building**
- 3. Connection**
- 4. Empowerment**
- 5. Shared Responsibility**

These are the core elements that are essential for healing and recovery.

Incoming and Outgoing Members

Alisha Aggarwal, RN, MScN



Thank you for the opportunity to have me on board as your Workplace Liaison. My past experiences as a RNAO representative at McMaster University and my current active membership with RNAO have provided me with the knowledge base and experience required to thrive in such a challenging position. I strongly believe that I will be able to perform best under the guidance and supervision of current self-driven Halton team members. Since most of my time is spent at the bedside, I will serve extremely well in bringing nurses' issue forward and suggesting improvements in ongoing barriers faced by the staff which can be explored and presented at chapter's yearly events. My vision in the role is to assist nurses by providing knowledge, skills and that spark of aptitude for RNAO to existing and future generations of nurses. Thanks so much!

Amy Hunter, RN, ACC
MScN



Deciding to join the Halton Chapter Executive Team as their Communications ENO was an easy decision. This is a very active chapter engaged in really reaching out to our nursing colleagues and our broader community with a sense of purpose and direction. I'm excited to be a part of this years direction for the chapter, taking care of what really matters to our membership. I am passionate about creating space to develop our capacity to thrive in our careers and our lives. Being a part of this team allows me to fulfill my desire to create momentum for taking care of ourselves so we have the energy to be innovative in creating new ways to take care of others. I look forward to sharing this year ahead with all our members!

Amy Hunter, RN, ACC, MScN Coach/Principal Encore Coaching



Sue Bookey Bassett, RN, MScN, PhD cand

We wish you well Sue!

A huge thank you and best wishes to Sue Bookey-Bassett as she moves out of the Communications ENO position. Sue was an excellent contribution to our team, thank you Sue!

**RNAO**

HALTON CHAPTER

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

The Halton RNAO Chapter presents

Vibrant Living Program

Featuring:

Belly Dancing with Jeanne Lyons and**Taking Care and Shifting Out
of Overwhelm with Amy Hunter****Date: March 25th, 2015****Time: 1730 hours to 2000****Location: Activity Room, Georgetown Hospital,
1 Princess Anne Drive, Georgetown, L7G 2B8*****Refreshments will be provided*****Registration:** Online registration begins on March 15th, 2015. To register, please visit:<http://chapters.rnao.ca/halton>**Fee:** RNAO Members and students: \$5;

Non RNAO members and friends of RNAO: \$10

For any questions, please contact rnao.haltonchapter@gmail.com

MAXIMUM CAPACITY: 25 participants

