

Winter

2021

Issue #4

# newsletter )))

## Greetings from the President

Hello and Welcome to all new and returning members of Region 7. We have seen many changes and calls for action in the last 8 months and RNAO has been standing up for nurses across the province. I encourage you to join us for some of the upcoming events and actions to network, support and facilitate positive changes for the profession. No matter where you are on your career journey, we have a spot for you in Region 7.

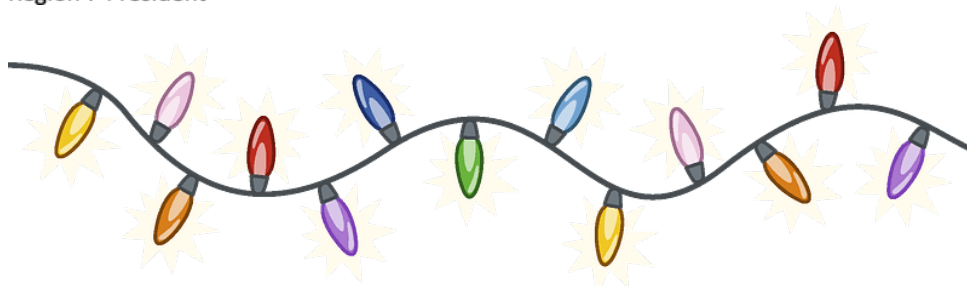
This month's edition of the newsletter is looking at balancing home and work life. Nursing can be stressful at the best of times. Throw in a pandemic, social distancing, small social bubbles, various levels of lockdowns, too many or too few people under the same roof and that can be a recipe for system overload. At times like this we need to remember to take that crucial time to refresh ourselves so that we can do what we do best—care and support our community and our families.

I've truly missed the ability to have our Region 7 in person events which brought so many of us together to learn something new, network and have fun. Our executive is currently planning for the upcoming year—so keep an eye out for what we have to offer.

I have really embraced the idea of Zoom parties as it allows me to see friends and share a few laughs after a busy day at work without the added headache of driving through traffic or coping with a long commute. Other days I steal away by myself to spend some time with a good book or Netflix. It truly makes you appreciate the simple pleasures.

In the upcoming months, our executive team will build on this theme to host some events online provide some elements of information, self-care, and FUN. We can make it together if we stand together. I look forward to virtually meeting you at some of future events in 2021. Wishing you and yours all the best for the holidays and the upcoming year.

Michelle Simpson  
Region 7 President



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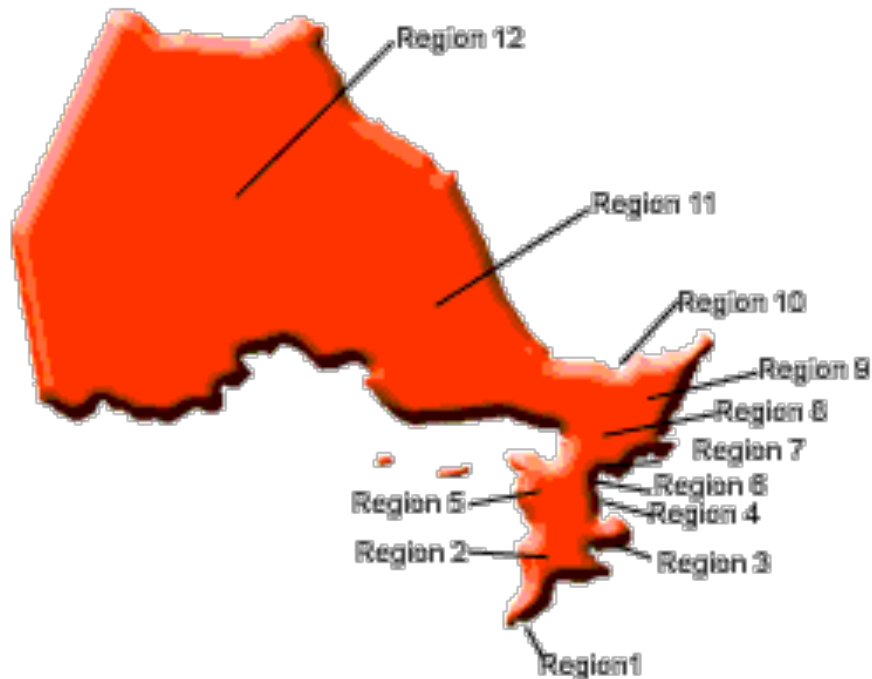
Holiday Greetings

## What is Region 7?

Region 7 is a region of RNAO and represents a total of **3,698 nurses and nursing students!**

RNs and NPs: 3,016

Students: 682



Such parts of the municipality of Metropolitan Toronto and the Regional Municipality of York as fall within the following boundaries; north from Lake Ontario along the Pickering Townline to Steeles Avenue; west on Steeles Avenue to Highway 48 (Markham Road); north on Markham Road to Regional Road 32; east on Regional Road 32 to Regional Road 23; north on Regional Road 23 to Lake Simcoe; west along shores of Lake Simcoe to Holland River; south on Holland River to boundaries of York-Durham and York; south on Bathurst Street to Steeles Avenue; east on Steeles Avenue to Highway 11 (Yonge Street); south on Highway 11 (Yonge Street) to Lake Ontario.

**Regions and Chapters aim to function by focusing on RNAO's 4 Ends (strategic directions):**

1. Engaging with registered nurses, nurse practitioners and nursing students to stimulate membership
2. Influencing public policy that strengthens Medicare (Canada's universal publicly funded and administered healthcare system) and impacts on the determinants of health
3. Advancing the role and image of nurses as members of a vital, knowledge-driven, caring profession, and as significant contributors to health
4. Speaking out on emerging issues that impact nurses and the nursing profession, health, and health services (RNAO, n.d.-a)

RNAO has a number of chapters/regions without chapters that act as the voice and forum for the nursing locality. We all offer a network of professional resources and support, and maintain the unity of the association while serving the interests of RNAO members.

to be **heard**  
to be **informed**  
to be **inspired**  
to be **involved**  
to be **guided**

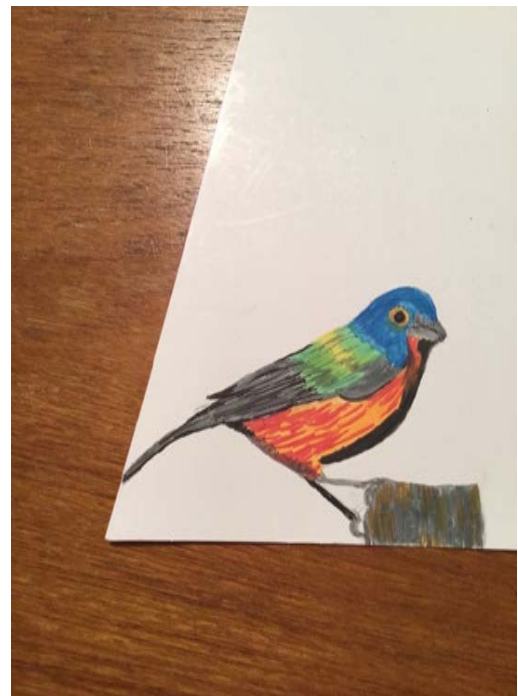
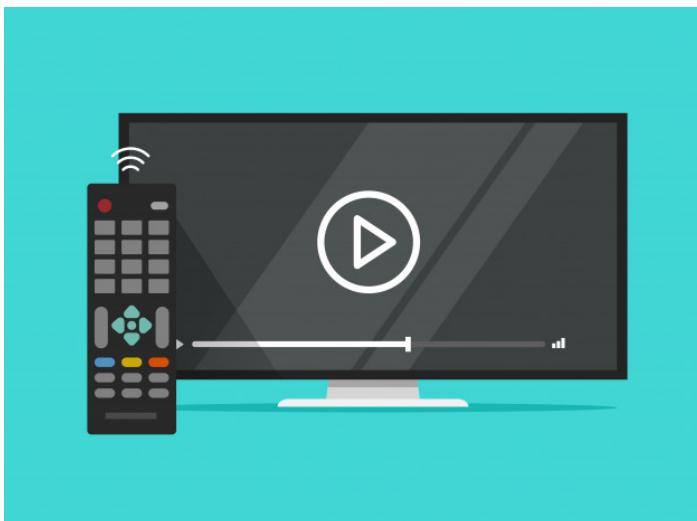


## Our Members share their Self-Care Strategies during the COVID-19 Pandemic

What have you been doing for self-care during the COVID19 Pandemic for stress reduction and relaxation?



- *Walking as much as possible*
- *Drawing and painting*
- *I have been watching shows on Netflix*



*At work, we are often covered up with a cap, mask, face shield. We are also wearing uniform now – scrubs. So all of us are look alike. In order to support our patients with some personal touch during this difficult time, we made a big button with our face on it.*



- Hosted a Zoom party with friends, some food, wine and smiles.
- Find ways to connect socially and safely using technology

- Fuel your body with healthy food and balanced/active lifestyle
- Prioritize sleep and find time to get fresh air



*I set aside a “mindful minute” (or more), to meditate, especially when I’m feeling anxious and overwhelmed.*



I like to bake one of my favourite recipes:

### **Yum Yum Bars**



## Recipe for Yum Yum Bars

**Prep:** 20 minutes **Bake:** 35 minutes

*Makes 18 to 24 bars*

### Base

1 + (1/4) cups of all-purpose flour  
1/4 cup of packed brown sugar  
1/2 cup unsalted butter, at room temperature

### Topping

2 tbsp AP flour  
1/2 tsp salt  
1/4 tsp baking powder  
2 eggs  
1 + (1/2) cups packed brown sugar  
1.5 tsp vanilla  
1/2 cup each of chopped walnuts, maraschino cherries, and unsweetened desiccated coconut

1. Preheat oven 350F.
2. For base, lightly butter an 8 inch square baking dish.
3. In a bowl, using a fork, stir flour with sugar. Work in butter until coarse crumbs form. Press over bottom of buttered dish.
4. Bake in centre rack of oven, 15 to 20 minutes until light golden brown. Remove, leave oven on.
5. While base is baking, in a small bowl, using a fork, stir flour with salt and baking powder.
6. In a large bowl, whisk eggs. Using a wooden spoon, stir in sugar and vanilla until evenly mixed. Then stir in walnuts, cherries, coconut, and flour mixture. Spread over warm base. Bake in centre of oven until topping is golden and slightly jiggly, 20 to 30 minutes.
7. Remove to a rack to cool at least 1 hour before cutting into bars. Bars cut best after refrigerating overnight. Store in an airtight container. Refrigerate up to 1 week or freeze up to 1 month.

Nutrients per bar: 1.8g protein, 7.1g fat, 24.6g carbohydrates, 0.8mg iron, 25mg calcium, 63mg sodium, 0.9g fibre, 165 calories

# Black Bean Soup

*Recipe by Our Best Bites*

- 1 T olive oil
- 4 large cloves garlic, roughly chopped
- 3/4 C diced carrots (about 2 med carrots)
- 3/4 C diced celery (about 2 ribs)
- 1 C diced onion (about 1 sm-med onion)
- 2 cans black beans, rinsed and drained
- 1 3.5oz can green chilies
- 2 cans low-sodium beef broth
- 1 t kosher salt
- 1/8 tsp black pepper
- 1/2 t chili powder
- 1/4 t cumin
- 1/2 t dry oregano leaves
- 1 bay leaf

Optional Toppings: sour cream, tortilla chips, grated cheese, chopped cilantro, etc.

Place a large stock pot on the stove-top and set to medium-high heat. When pan is warm, add olive oil. Add carrots, celery, onion, and garlic and saute 4-5 minutes.

Add in the black beans, chilies, and beef broth. Stir to combine and then add the salt, pepper, chili powder, cumin, oregano, and bay leaf.

Simmer uncovered for about 20-25 minutes or until carrots are tender.

Remove from heat. Remove bay leaf from soup.

Place soup in a blender. (You could use an immersion blender in place of this step) Place lid on blender, but remove the stopper in the lid to let heat escape. Place a paper towel over the hole to avoid splatters.

Puree soup until completely smooth. Optionally you could pulse until a semi-chunky soup is achieved. Squeeze in the juice from one lime and pulse to combine.

Ladle into bowls and top with desired toppings. Serve with extra lime wedges. Makes about 8 C soup.





## Region 7 meets with MPPs for the Annual Queen's Park on the Road Event (QPOR)

Annually for the last seven years, RNAO members have visited their MPP for Queen's Park on the Road (QPOR) to discuss issues and opportunities to enhance nursing, health, and health-care delivery. RNAO is committed to political engagement and values the positive working relationships we have with MPPs across the province. This year, Region 7 RNAO members met over virtual meetings to discuss RNAO's priority issues and share our experiences in the health system, in the hopes of positively influencing public policy.

This year, RNAO continues to focus on two critical and urgent issues, protecting the health and well-being of our long-term care residents and addressing the opioid overdose crisis in Ontario. For our residents living in nursing homes, RNAO is calling for the adoption of the "Nursing Home Basic Care Guarantee" which supports the basic care that residents need, improves staffing levels for regulated and personal support staff, and adjusts the staff mix, so residents in nursing homes can count on consistent, safe and quality care. For Ontarians struggling with addiction and substance abuse, the RNAO supports an evidence-based, person-centred harm reduction approach in order to prevent or lessen the harms associated with substance use and addiction. This includes a series of programs, services and practices that provide people who use substances with choices on how they can minimize harms through non-judgemental and non-coercive strategies.



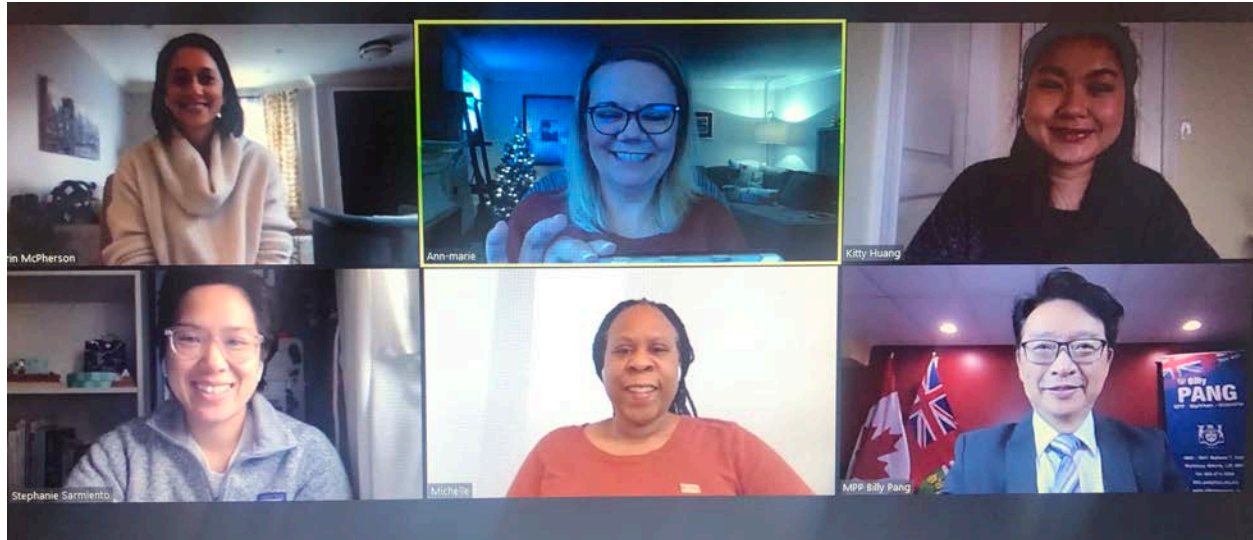
**Thank you  
Christina  
Mitas  
(Scarborough  
Centre MPP)  
for meeting  
with our  
members for a  
virtual QPOR  
visit!**

Thank you  
Peter Tabuns  
(Toronto-  
Danforth MPP)  
for meeting  
with our  
members  
virtually for  
QPOR!



Thank you  
Mitzie Hunter  
(Scarborough—  
Guildwood  
MPP) for  
meeting with  
our members  
for a virtual  
QPOR visit!



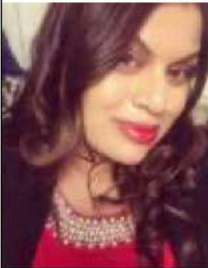
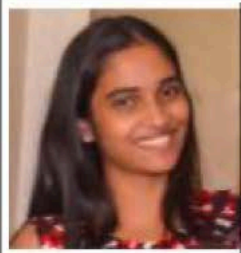


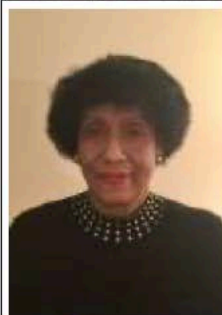
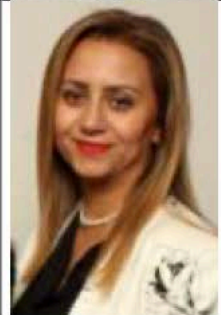

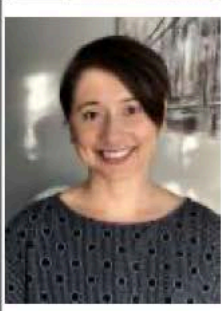
Thank you Billy Pang (Markham—Unionville MPP) for meeting with our members for a virtual QPOR visit!









Thank you Rima Berns-McGown (Beaches—East York) for meeting with our members for a QPOR visit virtually!



## Get to know your Region 7 Executives

	<p><b>So-Yan Seto</b> Region 7 Board of Directors Representative, Public Health Administrator</p>		<p><b>Michelle Simpson, BScN, RN, MSN, CCHN(c)</b> Region 7 President, Public Health Nurse</p>
	<p><b>Selvi Krishnadasan, RN, BScN, MN</b> Assembly Representative, Long Term Care Manager</p>		<p><b>Priscilla Packiam</b> Finance Executive Network Officer, LTC/CCC Nurse Clinician</p>
	<p><b>Lhamo Dolkar,</b> Finance Executive Network Officer</p>		<p><b>Janson Chan, RN, MHSc. (Candidate)</b> ATP Lead Public Health</p>
	<p><b>Sonia Chin, RN, BAS, BScN, MEd.</b> Communications Executive Network Officer, Public Health Nurse</p>		<p><b>Marjan Kasirlou, RN, BScN, MBA</b> Communications Executive Network Officer, Home Dialysis Coordinator</p>
	<p><b>Emily Soares, MScN, RN</b> Policy and Political Action ENO, Public Health Nurse, Nurse Researcher</p>		<p><b>Erin McPherson, RN, BSN, MSN</b> Policy and Political Executive Network Officer</p>

	<p><b>Felicia Lau, RN, BScN</b>  Social Media Executive Network Officer  Paediatric Nurse, Oral &amp; Maxillofacial Surgery Nurse</p>		<p><b>Stephanie Sarmiento, BScN, RN</b>  Social Media Executive Network Officer</p>
	<p><b>Thea Tan Durago, RN, BScN</b>  Student Liaison Executive Network Officer,  Cardiology Nurse</p>		<p><b>Nma Jerry, RN</b>  Membership Executive Network Officer</p>
	<p><b>Jess Pisarek, BScN,</b>  Workplace Liaison, Primary Care, Harm Reduction and SA/DV Nurse</p>		<p><b>Leeping Tao, RN(EC), MN</b>  Workplace Liaison, Nurse Practitioner, Autologous Stem Cell Transplant/ Immunocellular Therapy Program</p>

**The holiday season has arrived and RNAO extends a heartfelt thanks to our members for their commitment, expertise, hard work and support.**

