

A decorative banner with a white background and orange curved borders on the left and right sides. The text "KINGSTON CHAPTER" is centered in a black, handwritten-style font.

## KINGSTON CHAPTER

## newsletter

Hello Fellow Members. Happy Spring! Happy Nursing Week!

This is our first newsletter in some time as we continue to catch our breath following the Pandemic crisis. We hope you are managing well.

Needless to say, nurses are faced with great challenges from the lack of adequate and safe staffing levels, to rising violence in the workplace. Your RNAO Kingston Chapter Executive, along with your RNAO Head Office team, continue to work hard to advocate and lobby government officials to improve work life and working conditions. To that end, we would like to let you know what your Kingston Chapter Executive has been up to and what we are looking forward to.

We continue to engage with nurses and nursing students at Queen's University, St. Lawrence College and in all workplace sectors. We attended Orientation and Frosh weeks and shared the advocacy platforms at RNAO which are informed by YOU. We held our Annual General Meeting last December and hosted a delightful and fun dance activity (it was a great way to relieve some of our stress!), and we hosted RNAO President-Elect, Lhamo Dolkar, during the Fall Tour.

YOUR voice has been brought forward to our local and provincial leaders, including leaders in academia, on issues that matter to you. For instance, we continue to engage in discussions regarding the decriminalization of drug use, substance poisoning crisis, housing and homelessness long-term care issues, for-profit healthcare, Indigenous health, and poverty. You may have seen (and signed) some of our Action Alerts.

Last month, members of YOUR Kingston Chapter Executive were at Queen's Park and

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met with Ted Hsu, MPP. We shared the challenges that nurses face, as well as healthcare issues that matter to us and our patients. We agreed to meet with MPP Hsu every few months. We would like to invite YOU, as well, so he can hear stories directly from YOU. Please join us. Let us know at [rnaokingstonchapter@gmail.com](mailto:rnaokingstonchapter@gmail.com) and we will provide more meeting details to you. We are excited to continue this conversation outside of key political events.



Above Picture: Queen's Park Day with Ted Hsu, MPP

We are excited to announce that Kingston Health Sciences Centre is now a Best Practice Spotlight Organization (BPSO). Best practice guidelines (BPG) are in action at KHSC, and we are very proud of the leadership shown at our local healthcare facility. Best practice guidelines (BPG) are systematically developed, evidence-based documents that include recommendations for nurses, interprofessional health teams, educators, leaders, and policymakers on how to improve health outcomes for people and their support networks. RNAO's BPGs are leading change around the world, highlighting the excellence we strive for at RNAO. Do you have an idea or see a need for a BPG in your work setting? Let us know. For more information on BPGs, please see <https://rnao.ca/bpg>.



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As if that wasn't enough, we are busy planning Nursing Week 2024 activities. We will have booths set up at Kingston Health Sciences Centre and Hotel Dieu, May 6<sup>th</sup> to 10<sup>th</sup>. We have lovely give aways and stand ready to hear from you and answer your questions. Come meet your Kingston Chapter Executive. We look forward to seeing you.

### **KGH Atrium Café**

May 7 0800-1200 1600-2000      May 10 0800-1200 1600-2000

### **HDH Main Entrance**

May 8 0800-1600

This is a quick snapshot of what your Kingston Chapter Executive has been up to. We have an exciting and informative event planned for the Fall with an awesome guest speaker (more details to follow).

Finally, we need help to help push the nurse agenda forward. Do you want to bring the voice of your colleagues to the health policy table? Do you want to affect change for better patient care and your work environment? Do you want to network and make connections that may be invaluable to your career? If you answered 'yes' to any of these questions, then volunteering with the RNAO Kingston Chapter Executive is for you! We know you're busy and that's why we respect your time and expertise on the Executive & promise to use it wisely. It's not a big-time commitment but the commitment pays back in spades. Join us. Get in touch and let's discuss this awesome opportunity. Please see below our current Executive team. If you are interested in learning about becoming part of the team, please let us know.

[rnaokingstonchapter@gmail.com](mailto:rnaokingstonchapter@gmail.com)

### **President/Chair – Jennifer Waite and Andrea Keller**

- **Communications Executive Network Officer -VACANT**
- **Social Media Executive Network Officer -VACANT**
- **Finance Executive Network Officer -VACANT**
- **Membership Executive Network Officer -VACANT**
- **Policy and Political Action Executive Network Officer- Heather Hamilton**
- **Student Executive Network Officer (undergraduate) –Julia Boldt (SLC), Alaina McLaughlin (SLC)**
- **Workplace Liaison Executive Network Officer -VACANT**

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Thank you for reading your RNAO Kingston Chapter Newsletter. If you have any questions or comments or have issues that you feel we need to hear about or cover, please let us know either by email or private message on any one of our social media platforms.

We promise to respond within 72 hours.

Cheers,

Andrea Keller and Jennifer Waite  
RNAO Kingston Chapter Co-Presidents



Above Picture: Andrea Keller (Co-President) & Heather Hamilton (Policy and Political Action ENO)



Above Picture: RNAO Kingston Chapter Members at the Annual General Meeting

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