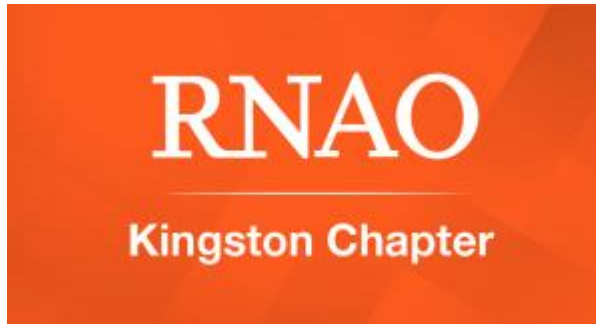


NOVEMBER 2024



Hello Fellow Members. Happy Holidays!

As the holiday season quickly approaches, which can for some of us lead to an increase in stress, we as nurses must remember to take the time to look after ourselves. Please try and remember to embrace the spirit of the holiday season.

As we recognize these stressful times, we would like to thank you for all the hard work you do every day. The Kingston Chapter has planned an event to thank you and recognize your dedication to this amazing career.

On November 27th, between 6 pm – 8 pm, we will be holding our AGM in combination with our “Thank You Nurses, We Appreciate You” event. This event will be held at the Royal Canadian Legion, located at 734 Montreal St. This is a free event for both members and non-members. There will be a short presentation about the benefits of belonging to RNAO and a special thank you to the nurses who dedicate their lives to this work every day. Food and beverages, door prizes, a gift bag for everyone who attends, and a photo booth will be available.

Please register early as there are limited spaces available.

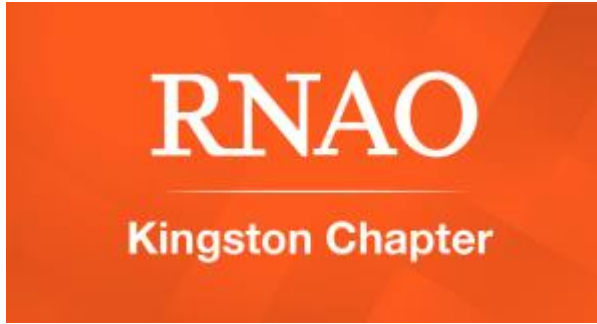
Register at: [Thank you nurses, we appreciate you! | RNAO.ca](https://www.rnao.ca/en/2024/11/thank-you-nurses-we-appreciate-you/)

The \$500 bursary award will also be presented at this time. In August of this year, a bursary award poster was sent to SLC and Queen's nursing students. We received a total of 8 very deserving applicants. After much deliberation, it was decided that Oliwamasimi Oliwole, a Queen's Nursing Student, would be this year's recipient.

This past September was a very busy month for your nursing executive. We Participated in Take your Politician to Work Day on September 13 at Providence Care Manor, as this year's focus was on Long Term Care. In attendance was of course MPP, Ted Hsu, MP Mark Gerretsen, Councilor Greg Ridge, and Deputy Mayor Jimmy Hassan. Health Care Workers, administration, residents and family members all had their voices heard during this successful event.



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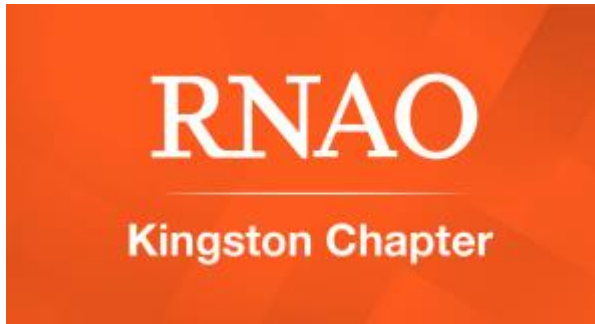
The Fall Tour on Sept. 23, featured Dr. Claudette Holloway. This event was held at the Kingston Health Science Center. Highlighted was the Best Practice Spotlight Organizational work that continues to be practiced at KHSC.



The Kingston Executive would like to congratulate KFL&A Public Health for attaining the BPSO status with RNAO this fall. To learn more about RNAO Best Practice Guidelines and what it means to be an RNAO BPSO, please visit: <https://rnao.ca/bpg/bps0>.



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Also in September, your nursing executive attended the Queen's University first-year Nursing student orientation and the SLC Nursing Fair orientation. They also visited the first-year Nursing SLC class on Sept. 17th. In total, they connected with over 300 students to share the amazing work the RNAO does and its membership benefits.



On November 14th, 15th, and 16th, members from the Kingston executive team attended the Board and President's Meeting and Leadership Assembly, both of these events were hosted in Toronto.

The Kingston Executive would like to welcome Meghanne Hicks as the new Workplace Liaison ENO. We are also very sad to announce the resignation of our social media ENO, Alaina McLaughlin, who has relocated to a different chapter location.

We now have a vacancy and are in need of a social media ENO. If you would like to represent the membership and be the voice of nursing, please join us by contacting: rnaokingstonchapter@gmail.com

The next big RNAO event is Queen's Park Day. It is scheduled to take place on February 26th and 27th, 2025. This event is a powerful day of advocacy where MPPs from across the province and nurses work together to improve the health care system for all Ontarians.

Lastly, since our last newsletter, our current membership for the Kingston Chapter is 821 members! 104 of these members are students! Great work advocating for all the amazing membership benefits the RNAO has to offer

Thank you for taking the time to read your RNAO Kingston Chapter Newsletter. If you have any questions regarding membership, please feel free to contact us at: rnaokingstonchapter@gmail.com

Sending peace and joy to you and your families this holiday season.

Sincerely,

The Kingston Chapter Executive