



# THE CANADIAN GERONTOLOGICAL NURSE

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## VOLUME 29, NUMBER 2

Message from the President

### *Season's Greetings*

The fall has quickly disappeared and this newsletter is arriving at the time of year we associate with the start of winter and the various holidays. The executive, board and committee members have been busy during the fall with a number of CGNA activities. We now have a CGNA Newsletter subcommittee thanks to Christine Johnson in Manitoba and Ruth Slack in Nova Scotia – they are connecting with provincial groups to bring news via these newsletters. We also have a CGNA Facebook subcommittee with Suzanne Sheppard-Jackman from Nova Scotia, Darlene Legree from Ontario who are working with Heather Buchanan on learning the ropes of providing a professional Facebook for members. Examples of what could be shared through these venues are upcoming conferences in your region – these can be interprofessional health conferences as well as nursing conferences and meetings. Another item that would be useful to members is the CNA Certification: workshops, study groups etc. that take place across the country prior to writing the exam. These are very helpful for members; the CNA Gerontology Certification continues to lead the way with the most certified RNs. In fact, CNA has offered to take part in presenting at the CGNA conference this coming June in Vancouver; they would like to help us stay in that number 1 spot! So please contact any of the subcommittee members if you have news for the Newsletter and/or Facebook, we can enter the information in both locations. Some of the upcoming items in this newsletter will need to go on Facebook!

Several provinces held their education days and AGMs during the fall and others have theirs coming up, so please check the provincial news. We have also represented CGNA at some of the other conferences and meetings with which we are linked. Beverley Laurila, Past-President attended the National Gerontological Meeting in Baltimore Maryland – these linkages help us to foster bonds and share knowledge and ideas with other Gerontological nurses and colleagues.

Over the next few months leading up to the conference you will see Newsflashes and messages that we hope will pique your interest. The call is already out for abstracts, you still have a few weeks to get your submission in – information on this is available on our website, Facebook and on the conference website. The calls are also going out for nominations for executive roles, and for scholarships. We hope you will consider applying or nominating a colleague – the processes for these are also posted on the website.

I wish you, your family, colleagues and clients healthy and happy holidays,

Diane Buchanan, RN, PhD, GNC(C)

President, CGNA

## REPORTS FROM PROVINCIAL REPRESENTATIVES

### ALBERTA GERONTOLOGICAL NURSES ASSOCIATION

[WWW.AGNA.CA](http://WWW.AGNA.CA)

Viking in the eastern part of our province is in the process of forming a chapter – they had their inaugural meeting in October which included a presentation on Delirium in older adults.

We are concerned as an association about the impact of a new 'limited travel' policy from AHS that may result in few staff being granted permission to travel to educational events, such as our provincial association education meeting and AGM (scheduled for April 5, 2013 in Red Deer) and our National CGNA Conference in BC in May. We are exploring the possibility of broadcasting our provincial education session via WebX type technology to allow staff to attend virtually. We are also exploring changing our bylaws to allow for attendance at our AGM in a virtual fashion (e.g. by teleconference or WebX type technology).

We have decided to no longer publish a paper type newsletter but will communicate with our members via other means: social network (Facebook) and via email and web page updates.

We will continue to offer study groups in Calgary (broadcast by Telehealth) and Edmonton and possibly Lethbridge to assist RNs to prepare to write the C.N.A. certification exam in Gerontology.

As of Nov 21, we have 210 members (192 RN, 4 LPN, 4 RPN, 4 student (nurses pursuing further education); and 6 associate members (non-practicing nurses). At the April 2012 conference we changed our bylaws to create a new membership category of 'retired' – this will allow retired members to continue to be active in our association.

Submitted by Mollie Cole, AGNA Provincial President

### GERONTOLOGICAL NURSING ASSOCIATION OF BRITISH COLUMBIA

[WWW.GNABC.COM](http://WWW.GNABC.COM)

GNABC now has ten chapters throughout the province. Most chapters hold monthly meetings with an educational component. This year is a short one for the association as we align our financial year with CGNA. Membership numbers continue to be a challenge and chapter executives are to be commended for their dedication to ongoing advocacy for older adults and education for the members. BC has one of the highest numbers of RNs holding CNA certification in gerontology, yet these numbers are not reflected in our membership. The GNABC provincial executive is involved in planning and preparation for the CGNA biennium which is happening in Richmond, Vancouver in 2013.

Future plans: Membership drive in 2013 for the new financial year.

Letter to CNA editor to promote membership especially amongst CNA gerontology certified nurses.

Submitted by: Liz Ilczaszyn, RN. BSN. GNC(C). President GNABC



## MANITOBA GERONTOLOGICAL NURSING ASSOCIATION

MGNA hosted their bi-annual workshop on October 12th, 2012 entitled OLDER ADULTS in the EMERGENCY DEPARTMENT: A Senior Friendly Approach to Care. Dr. David Patrick Ryan, a consulting Psychologist in aging, is the Director of Education and Knowledge Processes for the Regional Geriatric Program of Toronto and an Assistant Professor in the Faculty of Medicine at the University of Toronto and Doris Splinter Flynn RN MN a Geriatric Emergency Management Nurse at Kingston General Hospital were the guest speakers. The workshop presented information on Canadian emergency departments, models of care for geriatric emergency services, the learning needs of emergency care providers, the challenges and opportunities in enhancing care of older adults in emergency and evaluation and research potential relating to geriatric emergency services. There were 100 attendees and 3 sponsor tables. A successful day in all.

MGNA's next Educational evening will be at the end of January, followed by the AGM in 2013. The Executive is looking at ways to help members attend the June 2013 CGNA Bi-annual conference.

MGNA will again be hosting a study group to help those writing their Certification Exam on Gerontology in April 2013. It will take place at Health Science Centre this year. The cost is free. Please email Leslie Dryburgh at [ldryburgh@ggh.mb.ca](mailto:ldryburgh@ggh.mb.ca) or call 204-837-0163 if you are interested in coming. Classes will begin Mid January. Date and time TBA.

## In Memory of Kathleen Theresa Desautels

MGNA lost one of their own on September 17th 2012. Terry was a member of MGNA for 4 years and served on the Executive as Treasurer for 3 of them. Terry started off her nursing career as a graduate of the Health Science Centre School of Nursing and later completed her Baccalaureate and Masters in Nursing. Terry had a true passion for caring for the older adult as she chose her career paths in working with this population. Terry obtained her Certification in Gerontology 4 years ago and was the Director of Care at the Golden West Centennial Lodge at the time of her passing. She will be greatly missed by the members of MGNA. Our sincere regrets go out to her family, friends and colleagues.

Submitted by: Leslie Dryburgh, MGNA President

## NEW BRUNSWICK GERONTOLOGICAL NURSING ASSOCIATION

December 7, 2012 - General Meeting - Christmas Meeting with Special guests. Theme is "Christmas Memories" with a fun gift swap to follow.

Planning for AGM in April with educational session – possible topics to be confirmed at December meeting; U-first training, Ethical issues with end of life care.

Invitations to all events are sent out to various groups and there has been some response.

"Bring a Friend" initiative for member recruitment – everyone is asked to invite a friend to each meeting. So far we have been successful in attracting new people to attend at least one meeting, and have had some join the Association.

Submitted by: Violet Budd, NBGNA President

## NEWFOUNDLAND AND LABRADOR GERONTOLOGICAL NURSES' ASSOCIATION

The government cutbacks have really placed a damper on our planned events that we would typically have for our association.

However, in recent months we did gain 2 new members into our chapter; we won a \$400 bursary from the ARNNL (our professional association) to support our local chapter. We are currently in the process of developing a website for our chapter to highlight our existence, events and membership.

Submitted by: Lisa Adams, NLGNA President

## NOVA SCOTIA GERONTOLOGICAL NURSING ASSOCIATION

### [WWW.NSGNA.COM](http://WWW.NSGNA.COM)

October 17, 2012 - NSGNA 28th Annual General Meeting and Dinner Education Session "Elder Friendly Environments to Enhance Function and Safety for Older Adults" led by Patricia Walsh, RN BScN GNC(C), Elder Friendly Coordinator, Cape Breton District Health Authority.

October 18, 2012 - NSGNA sponsored a half day workshop by Teepa Snow - Dementia Care & Training Expert; "Demystifying Resistance - Changing Challenging Behaviors into More Positive Interactions and Outcomes".

Winter/Spring 2013 - Establishing Direct Connections through visits/presentations with Long Term Care & Assisted Living Facility staff and administrators across Nova Scotia.

Planning for the 29th NSGNA AGM & Education Session for Spring 2013 (April or May).

Planning to have at least 1 NSGNA Executive member to attend CGNA 2013 Conference and giving bursary to 1 general member to attend.

Future plans: Align our AGMs back in keeping with NSGNA fiscal year (i.e. hold in the Spring each year)

## GERONTOLOGICAL NURSING ASSOCIATION ONTARIO

### [WWW.GNAONTARIO.ORG](http://WWW.GNAONTARIO.ORG)

Gerontological Nursing Association Ontario (GNAO) has had a wonderful fall. On November 1-2, Durham Chapter hosted our 37th Annual AGM and Conference. The evening started with Ron Cross from Random Acts of Rhythm, who facilitated a welcoming drum circle. Our key note speaker was Dr. Veronique Boscart, CIHR Schlegel Research Chair in Enhanced Seniors Care at the Research Institute on Aging, University of Waterloo and Conestoga College. Veronique delivered a powerful talk titled, "Putting Living First – Changing Education, Practice and Care." We had 90 people in attendance who also had the pleasure of talking with Mrs. Ida Herbert, the Guinness Book of World Records Oldest Yoga Instructor. Ida demonstrated her resilience and flexibility (both in body and mind) and explained to us her secrets for healthy longevity (lots of dark chocolate included in her list). During our AGM on November 2, we passed 4 resolutions. Including changing our name from GNA to GNAO to reflect our conjoint membership relationship with CGNA, we voted to create 2 new board positions - Student/New Graduate Liaison Representative and Communications Director. The most significant of the resolutions is the acceptance of two new vision and mission statements:

## GNAO Vision

All older people in the Province of Ontario are cared for by nurses whose practice is evidence-informed, relationship-centered and meets the Gerontological Nursing Competencies and Standards of Practice (Canadian Gerontological Nursing Association [CGNA], 2010).

## GNAO Mission

The mission of GNA is to make a positive difference in the lives of older people and the nurses who care for them.

Our plans for the new year are to finalize the results of a wonderful GNAO tagline contest. It will be difficult for us to choose just one from the over 80 sent in by our membership. Stay tuned!

Respectfully submitted

Lori Schindel Martin, President, GNAO

## PRINCE EDWARD ISLAND GERONTOLOGICAL NURSING ASSOCIATION

The association members from PEI have had two productive general meetings this fall. Dr. Tim Stultz (provincial geriatrician) spoke to members and provided a question and answer forum at the October meeting. At our November meeting, David MacMillan owner of Home Instead PEI presented information on the CARE program initiatives they are working on. Planning is underway for our annual education day coming up on April 19 2013 held at the Dutch Inn in Cornwall. We are also doing some exciting work on a potential undertaking and hope to make an announcement in the new year. Our next general meeting will be held February 13 at Andrews Lodge Charlottetown at 6:30pm. Our guest speaker will be Michelle MacAulay from Meetings and Conventions PEI. Current and new members are welcome to attend.

Submitted by: Elaine Campbell RN MN GNC(C), PEIGNA President

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**CALL FOR ABSTRACTS**  
**MAY 29, 2013 – JUNE 1, 2013**  
**SHERATON VANCOUVER AIRPORT HOTEL**  
**VANCOUVER, BRITISH COLUMBIA**

The Canadian Gerontological Nursing Association (CGNA) is pleased to announce its 17th Biennial Conference at the Sheraton Vancouver Airport Hotel, Richmond, British Columbia. The theme for the 2013 conference is '**Personhood & Caring: Honouring the Older Adult's Life Journey**'. You are invited to submit an abstract for consideration as an oral, poster, or roundtable presentation addressing this theme.

Please visit <http://www.cgnaconference.ca/Call for Abstracts.html> for the full version announcement.

**ABSTRACT SUBMISSION DEADLINE: WEDNESDAY, JANUARY 9, 2013**

We look forward to seeing you in beautiful British Columbia. Please schedule in the conference dates and share this abstract call and details of this exciting conference with your colleagues. Visit our website at <http://www.cgnaconference.ca> for more information about the conference!

**REGISTER ONLINE AT [WWW.CGNACONFERENCE.CA](http://WWW.CGNACONFERENCE.CA)!**