



THE CANADIAN GERONTOLOGICAL NURSE

Spring
2019

SPRING 2019

A MESSAGE FROM THE CGNA PRESIDENT



Mollie Cole, CGNA President 2017-19

President's Message – Spring 2019

We sure are getting excited about the Conference – less than 3 months away. I hope that many of you will be able to make the trip to Calgary May 2-4, to meet up with long-time friends and make new ones. Our gatherings always leave me feeling 'filled up' – I love hearing about the work of members across the country: research, clinical approaches, and teaching ideas. It is so exciting to hear the stories and share the learnings of trying to improve gerontological nursing practice in our various corners of the

country.

As my term as President winds its way to an end at the Annual General Meeting (AGM) at the conference, I am pleased to reflect on the strong state of our association. With many thanks to Anthony Lombardo, our Office Manager, and Michelle Heyer, our Treasurer, we are in excellent financial shape. Anthony also keeps our membership database, files the required reports with the government and keeps the day-to-day operations of the association in smooth order. He is keeping the books for the conference planning committee which is a huge asset for us.

Heidi Holmes has done a great job as Communication Director, focusing on regular updates to the CGNA Facebook account, keeping connected with partner organizations like Immunize Canada, and working with the Perspectives editorial team. Anthony keeps the webpage updated and sends email to the members.

Joyce Taekema, CGNA Secretary, has kept amazing minutes of our meetings and is working on streamlining our documentation management of policies.

Veronique Boscart as our Past President has offered such helpful guidance to me and has ensured that our election slate is full so we will go into the next term with each position filled.

Lori Schindel Martin, our President-Elect has been a joy to work with as she prepares to take on the role of President in May this year. Lori has chaired the Scholarship Committee and together we share the load of attending meetings with C.N.A.

The executive has been well supported by an active Board of Directors, with representation from each of the provincial associations: Li MacTaggart (GNABC); Jason Woytas (AGNA); Tara McNaughton (MGNA); Julie Rubel (GNAO); Julie Sutherland-Jotcham (NSGNA); Susan Clory (PEIGNA) and Carla Wells (NLGNA). Next year there will be much turn over in the Directors positions with 7 of the 8 provincial representatives ending their current terms on the board.

There are many others who support the work of CGNA: Sherry Dahlke is chair of the Research Award committee; our Perspectives Editorial Board is comprised of Lorna Guse, Dawn Prentice, Diane Buchanan and newly appointed Roslyn Compton. Christine Johnson is our Newsletter editor. CGNA2019 conference planning committee is co-chaired by Diane Buchanan, Kathleen Hunter and Cheryl Knight, with much help from numerous sub-committees and members of the wider CGNA community.

My thanks to all who have contributed to the organization! It takes many volunteer hours to keep CGNA a viable association. Please consider how you could support CGNA!

We have accomplished a lot this past two years:

CGNA Standards. CGNA Standards have been reviewed under the leadership of Lori Schindel Martin and Veronique Boscart. The committee will circulate the revised standards and a survey link to members in the next few weeks. Please provide your feedback. We will have a chance to discuss the changes after our Annual General Meeting (AGM) May 4 in Calgary as part of the CGNA Conference program.

Education Director. An Education Director role has been approved by the CGNA BOD to offer educational activities to the members in collaboration with the Provincial Associations, such as: Certification study resources and Webinars. Our thanks to Heidi Holmes and Lori Schindel Martin for preparing this position description and recommending an interim Education Director (Lillian Hung) from the volunteers recruited from the BOD for this role. Please note that the membership will vote on the election of a member for this position at the May AGM.

Canadian Deprescribing Network partnership. We continue to be active partners with the Canadian Deprescribing Network (CaDeN). I am the chair of this nursing working group which is focused on finding ways to promote the role of Nurses in conversations about medication use with older adults. CGNA is collaborating with CaDeN to help host 4 regional conferences that will bring together leaders of seniors groups and Health Care Professionals to discuss ways to 'get the word out' to the public and health care practitioners.

Certification exam in the specialty of gerontology for Practical Nurses. A new certification exam for Practical Nurses (RPN/LPN) is underway with representation of CGNA members who carry this registration: more than 45 Practical Nurses (RPN/LPN) volunteered to help develop the new exam. The steps involved in this process are: develop the exam blue print (October 2018); exam question writing (February 2019); exam review and exam validation (May 2109). C.N.A. is aiming for first writing of the exam in November 2019. Registration to write exam should open in June 2019. We are working with C.N.A. to form an Advisory committee to help promote the exam.

Choosing Wisely Gerontological Nursing Statements. Choosing Wisely Statements for Gerontological nursing practice were formed under the leadership of Lindsay Thomas and in partnership with C.N.A. We continue to find ways to promote these messages to our members and to others who provide care to older adults. See this link to the messages that were approved by C.N.A. and Choosing Wisely Canada in April 2018: <https://choosingwiselycanada.org/nursing/>

Professional Development award. MIP continued to support CGNA members to obtain certification in Gerontology by offering two professional scholarships in 2019 (in addition to the one offered in 2018). These awards are selected by a draw from CGNA members who wrote (or renewed) their certification in Gerontology. MIP is also sponsor of the Conference.

International membership category. We created an international membership category in response to the termination of NGNA (Gerontological nurses group in USA). We look forward to meeting our colleagues from the States at CGNA2019 conference.

Virtual AGM. We trialed a virtual format for the 2018 Annual General Meeting (AGM); this will be planned for next 'non-conference year' AGM in 2020 to allow a larger number of members to attend.

Encouraging students. Our Communications Director, Heidi Holmes, has organized a Student Writing competition (due March 2019). We participated in both 2018 (BC) and 2019 (AB) Nursing Students conference promoting Gerontological nursing as a specialty.

Partnering with C.N.A. CGNA continues to be an active member in the C.N.A. Network of Nursing Specialties. In April we made a presentation to the Network on our specialty. You can read the article that is posted on the C.N.A. webpage called: [Gerontological Nursing: A conscious Choice](https://www.cna-aicc.ca/en/professional-development/canadian-network-of-nursing-specialties/whats-new-with-the-network/network-news-room/member-profiles/2018/gerontological-nursing-a-conscious-choice) (<https://www.cna-aicc.ca/en/professional-development/canadian-network-of-nursing-specialties/whats-new-with-the-network/network-news-room/member-profiles/2018/gerontological-nursing-a-conscious-choice>).

National Dementia Strategy. As president of CGNA, I was invited to participate in 2 days Conference of stakeholder groups to inform the development of a National Dementia Strategy. Barb Shellian, the past-president of C.N.A., sits on the Advisory Board for Dementia. Barb will be at our CGNA conference in May and will provide a short update on the work. You can find the [report from the Conference](#) and information on the Advisory Board posted on the Canada.ca webpage: <https://www.canada.ca/en/public-health/services/diseases/dementia/national-dementia-strategy.html>

Association business. In addition to these activities, over the past two years, the Executive and Board of Directors have addressed the more mundane aspects of keeping an association going. We developed and revised operating policies and Terms of Reference for various CGNA groups; discussed financial investments and document management (a challenge for a virtual organization!).

Some Challenges

Membership numbers. We discussed with the provincial associations the challenges with membership numbers. At one meeting we discussed various topics Chapters/Provincial Associations could offer to attract members. We discussed various ways of hosting virtual meetings/Educational events to support members who do not live in urban areas. I composed a letter for provincial associations to send to employers encouraging them to support certification/membership in CGNA

Webinars. We didn't offer as many Webinars to our members this year as in the past. To address this, we have assigned the organization of Webinars to the Education Director, along with exploring how we can support members who are preparing to write their certification exam.

Student involvement. We were unable to recruit a student to participate in the CGNA BOD meetings. We hosted a teleconference for students who attended the CGNA2017 in Ottawa to seek feedback on their experiences, but this was not well attended.

Please consider ways you can help make CGNA, your provincial Gerontological Association, and your local chapter, into thriving, vital communities. Please feel free to contact me at: President@cgna.net or seek out me (or any of the executive members and Board of Directors) at the Conference in Calgary to share ideas about how we can keep our association strong. I have enjoyed serving as President this past two years and look forward to working with Lori as our next President!

Mollie Cole, President CGNA (2017-19)

Two short notices:

Starting in 2019, C.N.A. is offering a 20% discount for CGNA members to write/renew the Gerontology Specialty Certification. Instructions on how to obtain this discount are available on the home page of the CGNA (https://cgna.net/Home_Page.php). Look for the notice called "CNA Certification Discount."

Improving the quality of life and care for persons living with dementia and their caregivers - new report from the Canadian Academy of Health Sciences. The current state of evidence, best practice and gaps. This is a very comprehensive document but the references are awesome and it really does pull together the important concepts. <https://www.caahs-acss.ca/improving-the-quality-of-life-and-care-of-persons-living-with-dementia-and-their-caregivers>



Registration Now Open! Call for Latebreakers!

The Canadian Gerontological Nursing Association and the Alberta Gerontological Nurses Association are excited to announce that registration is now open for CGNA2019, the 20th Biennial Conference of the CGNA, taking place May 2-4, 2019 in beautiful Calgary, Alberta, Canada!

The CGNA biennial conference is the only event of its kind that focuses on all facets of education, practice and research in the care of older adults. With an increasing aging population, it is critical that gerontological nurses remain engaged with the latest developments in research and practice in the field.

The CGNA conference is a key educational and networking event for nurses, students, educators, policy makers, administrators and all others in the field of gerontological nursing.

Visit the CGNA2019 website to register and learn more about the conference, including the conference program, speakers, venue, and hotel and travel discounts: <https://CGNA2019.ca>

Submit your latebreaker abstract by March 18, 2019: <https://cgna2019.ca/latebreakers/>

Sponsor or exhibit at CGNA2019! There are exciting opportunities to showcase your organization or company to leaders in gerontological nursing. For more information, please read our Sponsorship & Exhibiting Prospectus: <https://cgna2019.ca/prospectus>

We look forward to seeing you in Calgary!

Ann C Beckingham and Memorial Fund Scholarship Competition

We received a total of 10 applications for the Ann C Beckingham (n = 7) and Memorial Fund (n= 3) Scholarships from 9 eligible CGNA member candidates by the deadline of Friday, [January 18th](#). The applications are now under review by the members of this year's Scholarship Committee. Stay tuned for announcements regarding the successful applicants in an upcoming communication later this spring.

CGNA Gerontological Standards of Nursing Practice & Competencies 2019 (4th Edition)

Lori Schindel Martin (President-elect) and Veronique Boscart (Past-president) have been collaborating with the members of the Standards & Competencies committee to revise the 2010 document to reflect current research literature and best practice expectations within our specialty. The committee has met several times through the fall of 2018. A final draft of the document will be circulated to our members, including a link to a feedback survey in late winter 2019. Please contribute to the development of this important document by responding to the survey. The member feedback will be collated into a final document that will be brought before the members at the CGNA 20th Biennial Conference, in [May 2019](#).

**Attention Canadian Schools of Nursing!**

**The Canadian Gerontological Nursing Association (CGNA)
is pleased to announce the:
Speaking with Seniors” nursing student writing contest**

******Last call for Student Writing Contest!***

Please encourage students in your lives to enter our "Speaking with Seniors" contest. Deadline is [March 31st](#).

<https://www.casn.ca/2018/06/speaking-with-seniors-nursing-student-writing-contest/>



Introducing, Lillian Hung our new Education Director for CGNA

I was recently selected to the appointed position of CGNA Education Director and am very excited to begin this role. I really appreciate the opportunity of working with nurses in the other provinces together to promote excellence in gerontological nursing. Since 2010, I have led study groups in BC for preparing members to write exam for CNA gerontological certification, and will work to bring that opportunity to more nurses across the country. I participated in the development of GNC examination questions for RNs in the past. Working with stakeholders and collaborating with partners make the Director of Education attractive to me. I am an active Twitter and Facebook user. I love using innovative and creative means to engage nurses and the public for dialogues related to gerontology. I have been in CBC TV and radio news to talk about my dementia research. I am in the current blog at the Alzheimer Society of Canada website. My research involves technology, robotics, gamification in dementia education, etc. My goal is to join the national force at CGNA to promote excellence in Gerontological Nursing. Together, we can make a difference in the Gerontological Nursing in the country – Canada and advance us to the world. Please contact me with any question you have; I will be working with Provincial leads to bring more education opportunities to CGNA members.

Welcome Lillian!!!

Call for Nominations: CGNA Board of Directors, 2019-2021

The Canadian Gerontological Nursing Association is now accepting nominations for leaders to join in advancing the Mission Vision, and Role of CGNA. CGNA Board Members are responsible for setting the organization's direction, ensuring necessary resources and providing expertise.

If you or someone you know may be interested in a leadership position with CGNA, please see the details and links below for nominations.

Positions will be elected at the Annual General Meeting in May 2019:

President-Elect:

Term 2019-2021

[Click here to view the role description.](#)

Secretary:

Term 2019-2021

[Click here to view the role description.](#)

Director of Communication:

Term 2019-2021

[Click here to view the role description.](#)

Director of Education:

Term 2019-2021

[Click here to view the role description.](#)

Provincial Directors (Alberta, Nova Scotia, Newfoundland & Labrador, New Brunswick, Ontario and Prince Edward Island)

Term: 2019-2021

[Click here to view the role description.](#)

Provincial Directors (Alberta, Nova Scotia, Newfoundland & Labrador, New Brunswick, Ontario and Prince Edward Island)

Term: 2019-2021

Nominations Process:

- Nominees must meet these eligibility criteria:
 - A member of CGNA, in good standing, for at least TWO years
 - Demonstrate commitment to CGNA
 - Possess skills related to their potential office
- Nominees to the position of director representing a provincial gerontological nursing association must meet these additional eligibility criteria:

- Hold a position on the executive or board of directors of the provincial gerontological nursing association of which they are a conjoin member (preferably an executive position such as the president)
- Commit to regular and timely communication between the CGNA Board of Directors and the provincial association of which they are a member, about issues of relevance to CGNA
- Nominations for the position of Treasurer must be signed by the nominee and two (2) CGNA members
- The Nominating Committee confirms that the nominee meets the eligibility criteria
- The nominee forwards a digital photograph to be included in the spring newsletter, along with a brief written summary (maximum 250 words) with background information and the nominee's reason for seeking the position.
- The slate of candidates will be introduced in the Spring Newsletter and at the AGM
- Nominations will not be accepted from the floor at the AGM.

Nominations Form:

Please [click here](#) for the 2019 CGNA Board of Directors Nomination Form.

All nominations should be forwarded to the Nominating Committee Chair, Veronique Boscart, CGNA Past President via email at Vboscart@conestogac.on.ca by February 22nd, 2019 at 5:00PM Eastern time.

News from Provincial Associations



Alberta – Alberta Gerontological Nurses Association

www.agna.ca

Membership:

As of November, we had 197 active members, up by about 15-20 people from September

Activities:

Lots of work happening with our members around the upcoming CGNA conference

Successes:

We have now recruited a new president elect for the upcoming year

Challenges:

Due to some challenges this fall, Jason has fallen a little behind with following up on some communication issues and bringing forward some activities (such as a survey to members around

educational resources, use of GoToMeeting for provincial/ rural activities), but these will hopefully start turning around in the near future

Goals:

Work on catching up on some of our backlogged activities, orientating some of our new executive and continue to prepare for the CGNA conference

Submitted by Jason Woytas



British Columbia - Gerontological Nurses Association of British Columbia

www.gnabc.com

Memberships:

212 (an overall 50% increase from April 2018)

Goals:

Restore / rejuvenate our provincial membership.

Provide opportunities to educate and improve / increase members' skills and knowledge in order to assist with responsible practice, and thus provide care that meets professional standards of practice and our residents' / patients' needs.

Participate actively with the CNA / CGNA project working groups to collaboratively share knowledge and skills.

Come together as a provincial association to personally participate in the annual education conference and general meeting.

Activities:

Continued participation at the CGNA teleconference as a Board of Director.

Discussed waiving provincial membership fees for honorary members with the provincial executive at our provincial teleconference on November 26, 2018, in keeping with CGNA's process.

Ongoing work with Marie Blair, conference chair, towards completion of tasks required for the 2019 GNABC provincial education conference and AGM. Reviewed individual abstract submissions, and worked with our Abstract Review Committee to award oral and poster presentations. To date, we have constructed our conference brochure and registration form for the conference. I received the first conference registration on 02/01/2019.

Our GNABC Facebook page has been successfully launched.

Our website platform has old technology and has potential security issues. Our provincial executive has approved the retirement of our current website platform and the purchase of a new improved one.

Submitted by Lillian (Li) MacTaggart



New Brunswick – New Brunswick Gerontological Nursing Association

Hello, Bonjour from New Brunswick. This has been a challenging year for the NBGNA, but it also has had some positive items as well.

Challenges:

Our biggest challenge is membership growth and membership participation. We have brainstormed ideas to help make improvements in these areas.

Successes:

One success was video conferencing. We successfully held a meeting with participation through video conferencing at two separate sites in the province. This also included the educational component. The educational component was on dental hygiene for seniors in long term care. This session not only looked at tips and techniques for providing improved dental hygiene in this setting, but also looked at differing training techniques for staff that led to the best compliance for this essential part of resident care.

Goals:

As for recruitment of members, we will be launching a mail out blitz on two fronts. First to all current Gerontological Nursing Specialists and those that recently obtained certification outlining the benefits of membership. The second is to all nursing homes in the province, to give us an opportunity to speak to frontline nurses directly on the benefits of membership.

Submitted by John MacDonald



Newfoundland – Newfoundland & Labrador Gerontological Nurses Association www.nlgna.ca

Membership:

NLGNA currently has 22 members

Activities:

Work continues on hosting educational webinars and our AGM via electronic means

Successes:

Exploration of various platforms to use for webinars

Challenges:

We continue to work on virtual voting and meetings

Goals:

To arrange Education session via webinar. To host an Education Conference in the fall 2019.

Submitted by Carla Wells



Ontario – Gerontological Nursing Association Ontario
www.gnaontario.org

Membership:

Updated numbers unavailable. Will provide update at the March 13, 2019 meeting.

Activities:

Our chapters held three successful events at different locations across the province. We are now shifting efforts towards our AGM to be held in April, hosted by the GTA chapter. We are hoping to build on last year's attendance numbers with a change in venue which is more accessible by transit.

Successes:

We have re-committed to our position on the steering committee for the Ontario Geriatric Learning Center. We look forward to working with this group to develop education topics of relevance to practitioners working with older adults.

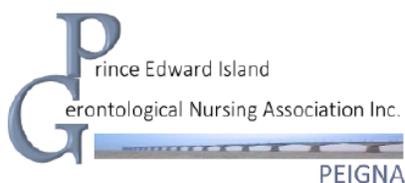
Challenges:

We are looking forward to sending out a call to fill two key board positions, President Elect and Communications Director. Efforts are underway to draft this call, details will be available on the GNAO website gnaontario.org. Interested individuals are asked to contact Julie Rubel.

Goals:

To recruit candidates into the above board roles and to increase attendance at our Provincial AGM

Submitted by Julie Rubel



**Prince Edward Island – Prince Edward Island
Gerontological Nurses Association**

Membership:

35 (2 Students)

Activities:

Supported an education day in October
Hosting an open house on Nov 21 to promote membership.

Successes:

Supported education day in October'

Challenges:

Growing membership
Visibility of Association

Goals:

- Increase membership
- Increase visibility of Association
- Provide education to members and nurses provincially

Submitted by Susan Clory



Nova Scotia – Nova Scotia Gerontological Nurses Association
www.nsgna.com

As a group, NSGNA continues to have challenges recruiting members. We have had to cancel education events due to low registration numbers which made it un-feasible to continue. After postponing once, we carried on with our 34th Annual Education evening and AGM on Friday, Sept 14th with 42 in attendance. Out of those numbers, only 10 were NSGNA members. We will continue to seek ways to encourage membership. We also continue to be a small group of executive with open positions for President-Elect and Secretary as no nominations came forth

Submitted by: Julie Sutherland - Jotcham



Manitoba – Manitoba Gerontological Nurses' Association

Membership:

91 members

Goals:

- Increase membership (also a challenge)
- Financially support nurses who are want to do CNA certification
- To support research the development of the “Ageing in Place” policies currently being developed
- Support Bill 201 which was introduced by the Manitoba NDP based on research conducted by the Manitoba Nurses Union. This bill supports increased care levels in long term care.
- Victoria will be taking over from Tara McNaughton as the Manitoba representative on the CGNA Board of Directors.

Submitted by Victoria Merek

CGNA EXECUTIVE	
President: Mollie Cole	mollie.cole@albertahealthservices.ca
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Treasurer/Membership: Michelle Heyer	mheyer122@gmail.com
Secretary: Joyce Taekema	taekema@shaw.ca
Communications: Heidi Holmes	hholmes@conestogac.on.ca
Past President: Veronique Boscart	vboscart@conestogac.on.ca
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Prince Edward Island, PEIGNA: Susan Clory	saclory@ihis.org
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CANADIAN GERONTOLOGICAL NURSING ASSOCIATION MANAGEMENT

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Newsletter

Christine Johnson RN MN GNC(c) RNC(c)

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