

PRESIDENT'S MESSAGE TO MEMBERS

2007 – 2008 marked another busy year for AGNA. Our 174 members were involved in chapter activities, certification study groups and in preparation for the CGNA conference in 2009.

The advocacy committee presented newsletter articles on advocacy and developed a list of questions members could use in discussions with candidates for the provincial election. We need new members for the Advocacy committee, so if you are interested, please let a member of the executive know.

Our education day and annual meeting was held on April 18, 2008 with 106 nurses and 20 sponsors in attendance. The topic "Caring: for Clients, Family and Ourselves" was explored through round table discussions on such topics as Caring for the Older Adult in Acute Care, Caring for Ourselves: Work/Life Balance, Strategies for Positive Involvement of Families, and many others. The round table discussions also gave members an opportunity to network and share their expertise. Our keynote speaker Florence Myrick spoke on Preceptorship: Educating for the Care of the Older Person". She challenged us to value our role as Gerontological nurses and share our knowledge with others. Our final speaker, Pat Casey-Jurgens, spoke with passion and humor. She expressed her respect for Gerontological nurses and challenged us to care for ourselves as well as the clients and families we serve.

Next year AGNA is sponsoring the 15th National Conference on Gerontological Nursing "Making Moments Matter". I would encourage you to submit an abstract for a poster or presentation and plan to attend or volunteer.

At the annual meeting two motions were passed which will be discussed by the executive for action in the year. The first motion encourages AGNA executive and members to advocate for more geriatric mental health continuing care facilities, long term care and designated assisted living, throughout the province of Alberta. The second motion authorized the executive in conjunction with CGNA to explore the issue of expanding the membership to include all regulated nurses. This is an important issue and reflects the current practice in which all nurses function as members of the nursing team.

As well, at the Annual Meeting Bonnie Launhardt was acclaimed to the position of President-Elect. Bonnie graduated from nursing and completed her Nurse Practitioner program at U of A. Bonnie is a Nurse Practitioner in Geriatrics with Caritas Health Group. She is also an Associate Professor in the Faculty of Nursing at U of A, and teaches at MacEwan College. If that does not keep her busy enough, she is married with 2 children.



Summer is fast approaching. Take care of yourselves and enjoy time with family and friends.

Ruth Graham, RN, BN, GNC(C), AGNA President

AGNA PROVINCIAL EXECUTIVE

President

Ruth Graham
(780) 735-3326
mrgraham@telusplanet.net

President Elect

Bonnie Launhardt
(780) 735-7634
alwayz@telusplanet.net

Past President

Jennifer Boone
(403) 407-6947
j_boone77@hotmail.com

Treasurer

Kate Chidester
(403) 944-1195
katechidester@shaw.ca

Secretary

Kim Presiloski
(403) 944-4406
kimpres@shaw.ca

Newsletter Editor

Debbie Lee
(403) 943-1650
debbie.lee@calgaryhealthregion.ca

Public Relations & Web Site Manager

Lori White
(780) 496-7185
whitey1414@yahoo.com

Advocacy & Political Action Committee

Vacant

CHAPTER CHAIRPERSONS

Edmonton Chapter

Carol Anderson
(780) 735-3312
canderso@cha.ab.ca

Red Deer Chapter

Helle Tees
(403) 782-3336
helletees@connect.ab.ca

Calgary Chapter

Mollie Cole
(403) 944-8903
mollie.cole@calgaryhealthregion.ca

Southern Chapter

Sandra Dill
(403) 317-5074
sam.dill@uleth.ca

PUBLICATION

The Newsletter is published four times a year. Distribution is to each member according to membership lists submitted by each chapter. Contributions are welcome and should be typewritten and addressed to:

AGNA Newsletter, Editor
c/o Education Resource Centre
for Continuing Care
#100A, 1509 Centre Street S.
Calgary, AB T2G 2E6
E-mail:
josette.champagne@calgaryhealthregion.ca

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FROM THE EDITOR

Each issue of the A.G.N.A. Newsletter has space for members' contributions in the way of short articles (500-750 words), reports of projects, interesting case studies, and innovative practices just as examples. Please send any pieces you would like considered for publication in the newsletter to the Editor.

PUBLICATION DEADLINES

Spring Issue	February 15
Summer Issue	May 15
Fall Issue	August 15
Winter Issue	November 15

COMING EVENTS

World Elder Abuse Awareness Day Annually on June 15
Global Celebration on June 16, 2008 in Ottawa, Ontario
Info: www.inpea.net

International Association of Gerontology and Geriatrics (IAGG) 2009 World Congress
July 5-9, 2009, Paris, France
Info: info@gerontologyparis2009.com

International Psychogeriatric Association: International Congress
September 1-5 2009, Montreal, Quebec
Website: www.ipa-online.org



**15th National Conference on Gerontological Nursing
May 27-30, 2009**

The Banff Conference Centre

Date to be determined for the next face to face meeting of the working committees
at Red Deer Regional Hospital



PLEASE JOIN US – THIS IS A GREAT OPPORTUNITY TO GET INVOLVED WITH AGNA AND CGNA!

REQUEST FOR VOLUNTEERS

Too busy to commit a lot of time to AGNA, but wish there was a short term commitment you could make? The organizing committee for the 15th National Conference on Gerontological Nurses is looking for people to do short stints as a volunteer during their conference, May 27-30, 2009. You could make a few of your moments matter by giving us about an hour of your time. Volunteer options include such activities as acting as a room monitor during the concurrent presentations, helping to greet and direct participants or sponsors, assisting the social committee with some activities, or assisting with registration. If you think you'll be attending the CGNA conference, and this is something you'd like to do, please contact either:

Dianne McDermid at 403-440-6882; dmcdermid@mtroyal.ca
Debbie Lee at 943-1650; debbie.lee@calgaryhealthregion.ca

NEW RESPONSIBILITIES

DEBBIE LEE

Debbie Lee will be assuming responsibility for the AGNA news. Debbie is the Clinical Specialist for the older adult with the Home Care program in the Calgary Health Region. She has been co-chair of AGNA's Advocacy committee over the past couple of years. Debbie has good experience with newsletters, having been responsible for the Home Care newsletter, "Wazzup in Home Care" over the past 5 years. She is keen to take on the AGNA News and hopes to build on work by previous editors and to address the voiced needs of AGNA members. See the attached newsletter survey to provide your input.

LORI WHITE

Lori White will be assuming responsibility for managing the AGNA web site. She has worked with Capital Care Edmonton since 2003 as a Care Manager. Lori became a Certified Gerontological Nurse in 2005, and co-chaired the Gerontology exam study group for the Edmonton Chapter of AGNA for two years. She is looking forward to a new challenge in taking on this role, and would welcome feedback from members regarding the web site.

RED DEER APRIL 18TH 2008 AGNA ADDRESS FROM CGNA PRESIDENT



The world is aging – This will be no surprise to anyone in this room. But what might be a surprise is the realization for some of you that this is our time to shine! A time to shine as gerontological nurses, and a time to shine as gerontological nursing organizations.

The Canadian Gerontological Nursing Association realizes that partnerships are an imperative in our aging world – collaboration is needed but more importantly, it is cooperation that extends our abilities to influence and change the status quo.

Many of us talk about empowerment in our practice – I ascribe to Paulo Friere's concept of empowerment – grab back what we are.

A collective voice is a powerful voice. In the words of Henry Ford: Coming together is a beginning - Keeping together is progress - Working together is success.

We extend our congratulations to the conference planning committee for encouraging all of us to embrace aging with fresh eyes. "Caring for Clients, Families and Ourselves" invites us to think about ourselves but as a collective - CGNA is its conjoint provincial members.

Caring for ourselves also as an organization means collaboration but I believe cooperation is equally as important when we care about the future. We are grounded in caring about ourselves and other gerontological nurses through political advocacy, evidence based competencies, professional practice, education and research – These give us reason to be together, work together and stay together.

What does the future hold? Opportunities and great joys; challenges and risks. Care about gerontological nursing, see a preferred future. I'm excited about the future – CGN is committed to renewing our efforts to show gerontological nursing is a solution in the health care system today.

On behalf of CGNA – I wish you a stimulating, informative and a ground breaking experience at this "Caring for clients, families and ourselves" conference.

Dr. Belinda Parke RN GNC (C)
President: Canadian Gerontological Nursing Association

AGNA RECOGNIZES A NURSING LEADER



Last fall, CARNA put out the call for nominations for their annual recognition awards. The AGNA executive thought it was time to acknowledge the contribution of gerontological nursing in Alberta and Sandi Hirst came to mind for many of us. With input from numerous AGNA members, the four page nomination was submitted under the category of lifetime achievement. Sandi did not win the award.... but we are proud of her work on behalf of nurses and older adults and her many achievements over the years. The following is an excerpt from the nomination.

Since her graduation as a Registered Nurse in 1971 Sandi Hirst has devoted herself to nursing. She has experienced all facets of the nursing profession including clinical practice, education, research, administration and policy.

Sandi achieved her BScN from University of Ottawa ('77), a MSNEd from University of Edinburgh, Scotland ('78) and her PhD from University of Alberta ('99). She was among the first Canadian nurses to become certified in gerontological nursing in 1999 by passing the newly developed Canadian Nurses Association gerontology certification exam(in fact, she was instrumental in Gerontological nursing being considered as a specialty.

Sandi has been on the Faculty of Nursing at the University of Calgary since 1980, teaching at the undergraduate, graduate and doctoral levels of nursing. Sandi was a founding member of the Alberta Gerontological Nurses Association (AGNA) in 1981 and has since held numerous positions including south chapter chair ('98-'00), provincial secretary ('96-98), newsletter editor ('87-91) and president ('85-'88). Sandi was also a founding member of the Canadian Gerontological Nursing Association (CGNA) in 1981 and has been an active member since. Most recently, Sandi served as president of CGNA ('05-07), leading in the development of a strategic plan that will guide the organization over the coming years.

Sandi's passion over her 37 year career has been to improve the care of older adults. She has influenced hundreds of staff – from nursing attendants to registered nurses and managers with the many in-services, workshops, and teleconferences. Many of our members will have attended one or more of these sessions or read one of her many published articles.

In whatever venue Sandi has served she has represented herself, her profession and her workplace in an exemplary manner. She is recognized as an expert in the field of older adult issues and service delivery and as a committed, capable and caring human being. Awards and recognition received over the years attest to this. Sandi was awarded : the Alzheimer society "Builder Award" ('93), the University of Calgary Teaching Excellence Award ('96 and '98), Honorary Life membership in Alberta Gerontological Nurses Association ('01), Certificate of Appreciation, Canadian Coalition for Seniors Mental Health ('06), Mary Morrison Davis Award for Excellence, Alberta Association on Gerontology ('06), Internationalizing Teaching and Learning, Award of distinction, Gov't Alberta ('06). Most recently Sandi's expertise was acknowledged by a three-year prime ministerial appointment to the newly founded National Seniors Council.

This snapshot of Sandi Hirst's 37 years of committed, collaborative and exemplary contribution to our profession illustrates without a doubt that she is very deserving of recognition as a leader in nursing.

Thank you Sandi - for all you have done!

Debbie Lee

AGNA Membership Renewal

Our membership year is April 1st to March 31st.

If you haven't already, renew your membership today!

See the website for details www.agna.ca or see [last page](#) of this publication for a registration form.



CHAPTER REPORTS

CALGARY CHAPTER

Summer is almost here! Our annual provincial conference in Red Deer was a success. Now we're into planning for fall here in the greater Calgary area.

This past year we have been searching actively for a new chair for the chapter and finally we can report success. Coleen Manning and Mollie Cole, two outstanding gerontology nurses have stepped forward together to take on the chair as co-leaders. Thank you both for offering to serve AGNA once again in an official capacity. Coleen and Mollie are active in AGNA and have been members for some time. They will provide new vision and spirit for the chapter.

Our final chapter meeting and education session for this term is a presentation by Dr. Marlene Smart, from the Department of Psychiatry, Faculty of Medicine, University of Calgary. Dr. Smart is being brought to us by Pfizer. She will speak to us about differential diagnosis of dementia in the elderly (with dinner provided by Pfizer afterward).

The final chapter executive meeting for this year will be on Wednesday, June 11th at 5 pm. at Carewest Sarcee in the classroom. For those who have not been there before, the address is 3504 Sarcee Road SW with easy access from 33rd Ave and Crowchild Trail.

If you are interested in being an active chapter member, you are welcome to attend our committee meetings. Please speak to any member of the executive committee for information. Take advantage of the opportunities we provide for ongoing education, networking, and collegial relationships at their best.

The AGNA website will have details about the incoming executive committee.

I have enjoyed meeting with you, continuing to learn and work together, keeping the health care system safe and healthy for older people. In September we'll resume our program of continuing education presentations and workshops. Hope to see you then. Have a good summer.

Yours in caring,
Janice Kinch, Outgoing Chair Calgary Chapter
jkinch@ucalgary.ca



RED DEER CHAPTER

Another year went by with four AGNA meetings that supported the network we have in Central Alberta. In reflection of the past year we have enjoyed coming together to strengthen and enhance contacts while also learning and laughing together. We have shared our stories of why we have chosen to be involved in gerontological nursing. A room full of passionate people is indeed powerful and totally supports the AGNA goal.

Our Goal: To promote gerontological nursing, enhance AGNA membership, to promote gerontological certification, and to support, value, and communicate with nurses who are involved in providing quality of care for our older adult in Central Alberta.

The membership continues to grow as the Central Chapter rounded the fifty member goal for this year. The challenge for next year is to double that. We are encouraged that nursing students are attending our meetings and celebrate the members who continue to support AGNA in Central. We are pleased to report that we extended five scholarships to nursing student at RDC to attend the AGNA Spring Conference in April/08.



The elections took place at the March meeting with the following holding office for 2008/2009 term.

Chair- Helle Tees

Chair Elect- Cathy McDonald

Secretary- Elenor Funk

Treasurer /membership & social planner- Martha Winchell and Chris Hume

Continuous Learning education /Certification – Karen Horsley and Betty-Jean Goodkey

Advocacy and political action S. Priest

A May chapter meeting is planned for May 13th for a night of fun, BBQ, and planning for the upcoming year. Donna Durand from the Alzheimer's Society will make a short presentation on "Healthy Brains". Donna will also lead us in a fun sing-along around the camp fire.

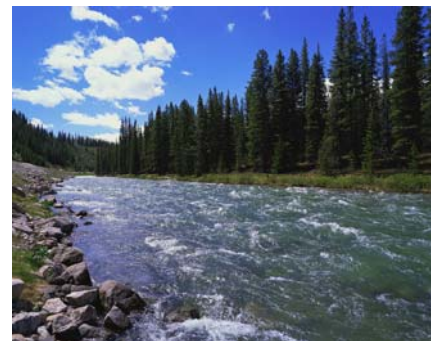
Hope everyone will have a great summer while we remember the theme of the spring conference "Caring: for Clients, Families and Ourselves"

Helle Tees, Chair Central Chapter

EDMONTON CHAPTER

The Edmonton AGNA Chapter has had a successful year of networking, professional growth and fun. The Executive has been challenged to look for innovative ways to increase the awareness of AGNA and encourage nurses with an interest in caring for older adults to consider membership in the Edmonton Chapter. A survey has been developed to assist the executive in meeting the needs of the current membership and to attract new members.

Five education/networking sessions were held this year, including the annual June Bar-B-Q and the January joint meeting with the Edmonton Chapter of the Alberta Association for Gerontology. The topics for the sessions were: "Balance your life with laughter"



with Nancy Verdin, Certified Laugh Leader; "An overview of the Regional Specialized Geriatrics Program" with Grace Meier and "Lower Urinary Tract Symptoms; So Much More Than Incontinence: with Kathleen Hunter.

Berni Baer has facilitated a weekly study group for seven Registered Nurses preparing to write the Canadian Nurses Association Gerontological Nursing Exam.

The Executive membership for 2007-08 includes:

Chair	Carol Anderson
Chair Elect	Sandi Clarke
Treasurer	Vacant
Secretary	Agnesa Lednicka
Education	Vacant
Promotion/Marketing	Lynne Moulton
Social	Marian Anderson/Audrey Guthrie
Membership	Karen Kuprys
Study Group Facilitator	Berni Baer

Many thanks are extended to the Executive for their work this year. There are two vacancies on the Executive for the upcoming year. Linda Murray is stepping down after two terms as Treasurer. Her support and dedication to AGNA is greatly appreciated. Jeena Thomas is leaving the Education position and her assistance this year is gratefully acknowledged.

The Edmonton Chapter is looking forward to the 2008-09 year as an opportunity for continued growth and learning which will culminate in our participation in the CGNA National Conference.

"The next networking meeting is the B-B-Q scheduled for June 17 at St. Joseph's Auxiliary Hospital. We are recruiting for an Education Coordinator for the Executive. Contact me if you are interested."

Carol Anderson, Chair Edmonton Chapter

LETHBRIDGE CHAPTER

To describe this year as one filled with the growing pains of beginning a new journey would likely be a misnomer. The Southern Chapter has struggled to find a meeting schedule where those who have voiced an interest in gerontological nursing could meet. A little discouraged but not defeated we plan to journey on.....



We are most pleased to say that in the midst of our struggles we have a bright star in our region who has accomplished significant 'in roads' in bringing together large groups of nurses from all areas of expertise, to gain information and to discuss the concerns related to senior's health.

Cheryl Knight has presented 10 general educational sessions for nurses interested in gerontological nursing. The sessions were loosely based on the topics presented in Edmonton and Calgary in past years. Each session examined a common concern to gerontological nursing practice and was broadcasted across the Chinook Health Region via the Telehealth Network.

The classes were intended to assist nurses across the spectrum of health care to consider the differences in the care needs of older adults. Individuals used the classes to prepare for the Canadian Nurses Association Gerontological Nurse certification challenge examination. In

these sessions Cheryl's has brought together approximately 70 nurses from all areas of nursing practice to discuss gerontological nursing and through this process has increased the Southern Chapter's profile and allowed individuals across the Region to network with each other.

I personally attended several of Cheryl's sessions and cannot emphasize enough how very much the Southern Chapter appreciates her contribution to furthering the education of nurses whose passion rests in gerontological nursing.

As a Chapter we now hope that we will benefit from what Cheryl has initiated and that our next AGM Report will be overflowing with exciting events.

I would like to report that the Beulah Salt Seniors Health Conference- Live Well Age Well-Mental Health and Addictions in Seniors, will be held June 5th& 6th at the University of Lethbridge. website nstevenson@chr.ab.ca for further information.

The Southern Chapter is looking forward to 2008-2009 as a year of new beginnings where the interest in gerontological nursing and the nurses who provide this highly specialized area of care will come together share their experiences, their expertise and celebrate.

Sam Dill, Chair Southern Chapter

ELDER ABUSE

Alberta Seniors and Community Supports is leading a cross ministry initiative in the development of a policy framework and strategy to address elder abuse in Alberta. A consultant group has been conducting community dialogue sessions in major centres in Alberta this spring. Some AGNA members may have participated in these sessions. Once the input from the community dialogues is collated and reviewed, a report will be available to the public. We'll keep you posted about this very important topic for older adults in Alberta.

AUDITOR GENERAL'S REPORT

In 2004, as a result of complaints from the public and organizations such as AGNA, the Auditor General conducted audits of long term care facilities in the nine regional health authorities. In 2005, the report was released and 13 recommendations were made to make improvements to the system. The work that has been happening related to the Continuing Care Health Service Standards has been as a result of the 2005 report.



The 2008 Auditor General's report reviewed four of the key recommendations from the 2005 report. These four recommendations focused on the implementation of standards for health service delivery and housing standards for lodge, assisted living and care centres as well as compliance monitoring of the standards. Region by region reviews were done. Many of our AGNA members will have participated in the visits from the Auditor General's department the past year. The Auditor General's report indicates that good progress has been made in most health regions, but that further work is required by the Department of Health and Wellness to monitor compliance with the accommodation standards and facility compliance with the care standards. A full copy of the Auditor General's report can be found at: http://www.oag.ab.ca/?V_DOC_ID=841.

AGNA News Survey 2008

“What do you want to see in your AGNA newsletter”?



Our quarterly newsletter, “AGNA NEWS” is one of the main vehicles for communication with our members. We want the AGNA News to help fulfill the objectives of our organization and to be regularly read by our members. Please let us know what you’d like to see in your newsletter.

1) From your perspective, what are the most read / most interesting aspects of the AGNA newsletter?

2) What are the least read / least interesting aspects of the AGNA newsletter?

3) What do you like about other newsletters that you read – that we could incorporate into the AGNA news?

4) Would you be interested in hearing more about any of the following topics that affect older adult care? (Check all that apply)

- | | | |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Fall prevention | <input type="checkbox"/> Dementia care | <input type="checkbox"/> Pain management |
| <input type="checkbox"/> Mental health issues | <input type="checkbox"/> Continence | <input type="checkbox"/> Elder abuse |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Family support | <input type="checkbox"/> Healthy Aging |
| <input type="checkbox"/> Alberta Health Continuing Care Standards | <input type="checkbox"/> Health Quality Council of Alberta | <input type="checkbox"/> Advocacy opportunities |
| <input type="checkbox"/> Continuing Care Education | <input type="checkbox"/> Nursing Education | <input type="checkbox"/> Collaboration with other disciplines |
| <input type="checkbox"/> New legislation – Personal Directives act / Dependent adults act / Mental Health act | | |
| <input type="checkbox"/> Other topics: _____ | | |

5) Would you be interested in seeing profiles of your gero nursing colleagues? Yes / No
Suggestions – (name / location / contact info and why you'd like to see them profiled)

6) AGNA is a provincial organization and we need input from all areas of the province. Would you be willing to submit short articles or be a local contact for newsletter ideas? Yes / No

Or do you know someone who might be interested? name / location / contact info

7) What other suggestions do you have for ways to improve our newsletter?

Please send your completed survey no later than July 15th via...



info@agna.ca (email) or



(877) 747-0295 (fax) or



Education Resource Centre
AGNA Survey
Suite 100A, 1509 Centre St. South
Calgary, AB T2G 2E6 (regular mail)

Thanks for taking the time to complete this survey !!!!!!!

Debbie Lee – incoming AGNA newsletter editor



MEMBERSHIP APPLICATION

ALBERTA GERONTOLOGICAL NURSES ASSOCIATION
CANADIAN GERONTOLOGICAL NURSING ASSOCIATION



Membership year is April 1 to March 31

Name (first & last)	
Address	
City/Prov & Postal Code	
Place of Employment	
Telephone #	
Email Address	
Chapter (check one)	<input type="checkbox"/> Edmonton <input type="checkbox"/> Calgary <input type="checkbox"/> Red Deer <input type="checkbox"/> Lethbridge
Nursing Licensure (check one)	<input type="checkbox"/> RN <input type="checkbox"/> RPN <input type="checkbox"/> LPN <input type="checkbox"/> Other
Number of years in nursing?	
Number of years in Gero nursing?	
Are you GNC (c) - Gerontological Nursing Certified?	<input type="checkbox"/> No <input type="checkbox"/> Yes When: (year)
Would you serve on an AGNA committee?	<input type="checkbox"/> No <input type="checkbox"/> Yes
Type of Membership (check one)	<input type="checkbox"/> RN \$60.00 (AGNA and CGNA) <input type="checkbox"/> Honorary AGNA member (CGNA fee only) \$40.00 <input type="checkbox"/> Student (RN attending a full-time education program) \$30.00 (AGNA and CGNA) <input type="checkbox"/> Associate (LPN/RPN/Undergraduate Nursing Student/other) \$20.00 (AGNA only)
<input type="checkbox"/> Renewal	
<input type="checkbox"/> New	

Comment: _____

Return to:

AGNA ~ Alberta Gerontological Nurses Association
c/o Education Resource Centre
Suite 100A, 1509 Centre Street South
Calgary, AB T2G 2E6

Make cheque payable to: Alberta Gerontological Nurses Association

Personal information on AGNA membership lists will not be sold, bartered or released to any other organization or individual, except as required by legislation. Membership lists will be used by AGNA Executive to conduct the business of the Association.