

Message from the Provincial President Terri Woytkiw

The passing of time always seems a surprise, and so, yet again another AGNA membership year has come and gone. This current year, we know is remarkable. We are recognizing 100 years of nursing in Alberta, and 35 years as a specialty practice group. This year we ended the year with an excellent conference focusing on advocating for those with dementia. Strong messages that shared personal, organization and community experience with dementia provided attendees with lots of food for thought.

An Open Space session in the afternoon provided an opportunity for participants to identify and develop topics of interest and concern to them. This provided a rich platform for interacting, identifying common concerns and developing them. For AGNA as an organization, this is powerful information on the priorities of our members.

This year included a good deal of activity in some of our chapters, and many individual members stepped

forward to offer their time and skills through a number of working groups.

At the same time we face challenges in determining how best to meet the needs of our members, in particular in how best to use our long successful chapter structure to stay connected to members. These are issues provincial working groups are actively addressing. To find out more, please review the Annual Report, which is posted on the website at www.agna.ca

In the next few weeks, the provincial executive will be exploring the possibility of hosting the 2019 CGNA conference. AGNA chapters have previously hosted the national conference Calgary in 1987, Edmonton in 1999 and a provincial collaborative in 2009. While this is a significant undertaking, it is a great way to share our passion for gerontological nursing in our province. We welcome your thoughts and ideas on hosting this event.

I would like to close by recognizing our AGNA members and nursing family in Fort McMurray.

Terri Woytkiw, president@agna.ca

President-Elect Jason Woytas

For those who don't know me, my name is Jason Woytas, and I recently became President-Elect for AGNA at our recent AGM in Red Deer in April. I think I was as surprised as a lot of people that Friday morning when I decided to step into the role, but hopefully this will prove to be a wonderful journey for all involved! I currently teach with the Faculty of Nursing at the University of Alberta, teaching mainly in the clinical setting in both long term care and in acute care. For the two months of the year I work on a casual basis in geriatric rehabilitation at the Glenrose Rehabilitation Hospital in Edmonton, where I have been off and on for 15 years.

I am married; my wife works at CIBC. We have two small dogs – a Fox Terrier and a mutt (a ¼ Shi Tzu, ¼ Pomeranian and ½ whatever breed the dog down the street was!). Our mutt was just diagnosed as diabetic. I had an interesting chat with our vet about the similarities between the diabetics we see in our practices – very interesting! The one TV show that we watch on a very regular basis is *The Walking Dead* – I love all the hypothetical questions posed by the show!

I look forward to working with you in the years to come! I know we have challenges in our healthcare system with an aging population. We had a very fruitful session during the conference around many of these challenges in the open spaces session, but we cannot stop there. I invite you to take a look at some of these discussions from the conference and engage them further within AGNA, your workplace, and with your colleagues. Thank you for your time!



Contact Jason Woytas
at
president-elect@agna.ca

2016-2017 Provincial Board Members

Terri Woytkiw	President	Krista Goodyear	Calgary
Jason Woytas	President-Elect	Denise Holman	Drayton Valley/ Rimbey/ Breton (forming)
Lynne Moulton	Past-President	Kathleen Hunter	Edmonton
Diane Paley	Treasurer	Mary Stevenson	Ft. McMurray
Jenny Nanninga	Secretary	Cheri Komar	Lethbridge (forming)
Sandra Hirst	Advocacy Committee	Shelia Gunderson	Medicine Hat
Brian Ward	Webmaster	Charlene Lawrence	Red Deer
To be appointed	News / Blog Editor		

Provincial Advocacy Committee Dr. Sandra Hirst, Chair person

DEMENTIA PLAN

There are more than 46,000 Albertans (ASANT, 2015) and nearly one million (747,000) Canadians who suffer from Alzheimer's disease and other dementias (Alzheimer Society of Canada, 2015). Almost 47 million people worldwide are affected with a dementia, suggesting one new diagnosis every three seconds (ADI, 2015). Alzheimer's Disease International (ADI) and the World Health Organization (WHO) have declared dementia to be a public health priority, and a collective social responsibility (ADI, 2015, WHO, 2012).

Individuals and families living with Alzheimer's disease and other dementias often report feelings of shame and embarrassment, which are associated with the cognitive deficits and behavioural disturbances of dementia. According to the WHO, stigma "results from a process whereby certain individuals and groups are unjustifiably rendered shameful, excluded and discriminated against" (WHO, 2002, pg. 8). Stigma associated with dementia has a significant negative impact on the lives of people and their families, who suffer from dementia.

Gerontological nurses are committed to improving the quality of life of all older adults, and possess the knowledge, skills and attitude to influence and promote personhood. The concept of personhood is an important ethical consideration, to remind us of the inherent value of the older adult and to focus on the individual, rather than on the disease.

Gerontological nurses work in a variety of healthcare settings and therefore are well positioned to increase awareness and understanding of dementia, as a family of cognitive pathologies, thereby removing stereotypical labels and blanket terms, such as Alzheimer's. Gerontological nurses are uniquely engaged with their clients and can identify early symptoms of dementia, and advocate for immediate support and treatment. In utilizing an adaptive approach, gerontological nurses can assist individuals and family members to accept their new reality and celebrate remaining abilities.

Mychelle Blackwood
Provincial Advocacy Committee
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References

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- Alzheimer Society Alberta and Northwest Territories (2015). News and Events. Face-Off for Alzheimer's 2016.
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- World Health Organization (2012). Dementia: A Public Health Priority. Retrieved from http://whqlibdoc.who.int/publications/2012/9789241564458_eng.pdf
- World Health Organization (2002). Reducing stigma and discrimination against older people with mental health disorders. Retrieved from http://www.who.int/mental_health/media/en/499.pdf

35th Annual AGM and Education Day
'Advocating and Caring for the Dementia Client'
Friday 22 April 2016 - Red Deer, Alberta

AGM guest Dr, Shannon Spencely, President CARNA

Conference Speakers:

Larry Quintilio 'The Personal Experience of Dementia'

Donna Durand 'Working as Advocates with Clients, Staff and Families'

Brian Ward 'Finding our Own Voice' Open Table Workshop

*check the *conference tab* on the website for details www.agna.ca

All photos courtesy of Vanja Jovic



Registration table: Martha Neguse and Lorna Gallant



Dr. Shannon Spencely, CARNA and Terri Woytkiw, AGNA



Dr. Sandra Hirst
Conference Chair



AGNA Past Presidents!

L to R: Sandra Hirst, Susan Slaughter, Jennifer Boone, Judy Worrell,
Kathleen Hunter and Mollie Cole



Martha Winchell with speaker Larry Quintilio

Many thanks to the Exhibitors:

- AHS Palliative Care
- AHS Seniors Health SCN
- Alberta Council on Aging
- Alzheimer Society & Safely Home Medic Alert
- Finding Balance Alberta
- CARNA
- CLPNA
- Covenant Health
- Priority Care Call
- University of Alberta



Shawna Reid and
Kathleen Hunter



Kathleen Hunter and Sherry Dahlke



Dr. Shannon Spencely addressing delegates
Right: Michele Ray-Jones and Martha Winchell



Mollie Cole (second from left) with students



Terri Woytkiw discussing the past year activities during
the annual general meeting.



Brian Ward leading 'Finding our Own Voice'
Open Space session





Charlene Thomas, with Red Deer Chapters 'Taste of Central Alberta'

Many thanks to this year's Conference Planning Committee:

Mychelle Blackwood,
 Jacqueline Futoransky, Lorna Gallant (Registrar)
 Jo-Anne Henson, Sandra P. Hirst (Chair),
 Katelyn Gebers, Vanja Jovic,
 Martha Neguse, Michele Ray-Jones,
 Martha Winchell (Venue).
 Terri Woytkiw, AGNA Executive
 Diane Paley, AGNA Executive
 Brian Ward, AGNA Webmaster



AGNA at the CLPNA Conference

Diane Paley and Lynne Moulton represented AGNA at the 'Evolving for a New Tomorrow' conference on 29 April. There was much delegate 'traffic' by our booth, many great questions about the association, gerontological nursing practice and resources available. Several delegates inquired as to specialty knowledge certificate courses.



2016 CLPNA AGM & CONFERENCE
 April 27-29 | Delta Edmonton South

National Certification in Gerontological nursing

For those of you considering registering for the C.N.A. Gerontological Nursing certification examination, CGNA is organizing a *virtual Study Group pilot* that will run over the summer months.

If you are interested, please contact Mollie Cole moillie.e.c62@gmail.com for details. For information on applying to register - <https://nurseone.ca/certification>



Of Note: 23rd Annual Shades of Grey Interdisciplinary Conference

The *Shades of Grey* Conference provides current, clinically relevant, evidence-based education about seniors care to health care providers and professionals who work with older adults.

The theme of this year's conference is *It Takes a Village: Positive Partnerships on the Journey of Dementia*. Topics presented will address issues related to various stages of dementia, applicable across multiple care sectors. Delegates will gain insights into ways of supporting the families and caregivers of individuals with dementia.

Info and Registration: <http://www.cvent.com/d/2fq3w7>

AGNA turns 35 in 2016!

The following are a few of the many highlights of our specialty nursing practice association.

Over the next three issues more of our history will be uncovered.

In depth information will be posted on the website starting in September.

Lynne Moulton, past-president@agna.ca



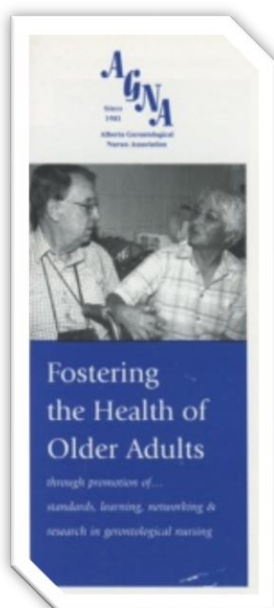
AGNA **original** logo



AGNA members continue to this day to work with C.N.A. on creating and revising certification questions. As well as supporting colleagues in preparing for the exam.



Since 1981 there have been 21 Presidents, including the current incumbent.



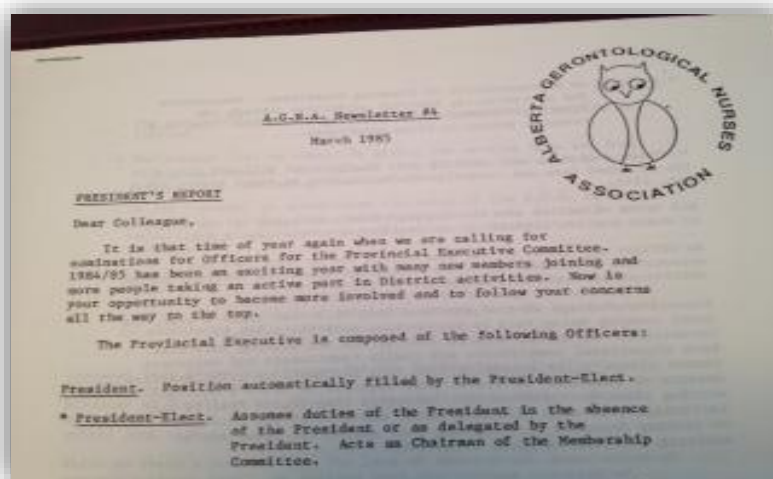
Above: an earlier version of the AGNA information brochure.



Promoting AGNA / CGNA at a CARN function.
L to R: Terri Woytkiw, Teresia Dussome, Barb Diepold (CARN rep), Ruth Graham and Lynne Mouton



May 1999 CGNA Conference in Edmonton. Second of three hosted in Alberta.
L to R: Queenie Chu, Joyce Johnson, Kathy Daley, Marian Anderson (all Edmonton Chapter)



Left: AGNA Newsletter March 1985 – lead item was recruiting members for Provincial Executive positions!! Hand typed and mimeographed!