

Provincial News Spring 2015



All eyes turn to our annual event!

Another membership year full of activity with successes, challenges and some sad events. It was not an easy decision in March for the executive of the Viking Chapter to decide to dissolve the chapter. Over the past three years a committed few worked ceaselessly to bring a 'regional' group to life. Sparks were flying but unfortunately the ember did not last. Collectively we recognize their efforts and whole heartedly thank them!

Our conjoint work with CGNA this year has encompassed the first steps of a new strategic direction and management for them. This will be discussed in more depth at their May AGM in PEI. Several AGNA members are participating in CGNA working committees from Webinar planning to a refresh of the newsletter.

Currently there are many gerontological nurses – and many are AGNA members – actively involved in the Alberta Government Dementia Strategy and Action Plan – steering and advisory committees; working and focus groups. Loads more news on this will be posted on the Advocacy tab of the website as well as in subsequent issues of Provincial News.

Now with spring it is a time for growth and change! At the AGM we will be acknowledging Yvonne Reitsma, Provincial Treasurer for her amazing work as she steps down. Also to my not so veiled delight we will induct our new Provincial President Terri Woytkiw for a two year term – go Terri!

Many thanks to all, Lynne Moulton

'It is good to have an end to journey towards; but it is the journey that matters in the end' Ursula K. Le Guin

23 and 24 April 2015 34th AGM and Conference 'Older Adults at Risk: Strategies for Support and Care'

Radisson Hotel Red Deer
6500 67 Street, Alberta
www.radisson.com/

The conference hotel accommodation room rates are extended to April 15th!

The following are highlights of the upcoming presentations!
Please check out the details on the web site and to register [click here](#) and choose the Registration tab.

Thursday 23 April – doors open at 1800h with a cash bar. The buffet dinner starts at 1830h. Presentation commencing at 1915h.



'Finding Balance: Fostering Happiness in a Technological Age'

Dr. Suzette Bremault-Phillips - We live in an increasingly fast paced and technological age. This presentation will explore the use of Information and Communication Technologies (ICT) and their impact on happiness and wellbeing. Strategies to enable a balanced and healthy use of ICT that supports happiness and wellbeing will be offered.

Friday 24 April – The AGM is 0815 to 0915h

The conference commences at 0930h

'Homelessness and the Elderly'

Dr. Martin LaBrie - The impact of homelessness on the aging process and strategies for responding to the needs of these individuals when they require support from the health care system.

'Two-Steppin' Around Elder Abuse: Assessment and Intervention'

Leslie Pisani, MSW, RSW - Clinicians who detect or suspect elder abuse are often overwhelmed by these complex situations. Experts are not always available to assist front line workers. A practical model will be presented which can be used to assess and intervene in helpful ways.

'Supporting Developmental Disability across the Lifespan'

Joanne Lagasse and Tanya Wasielewski, COAST Team, Edmonton - The presentation will encompass setting the stage with a brief overview of how people with developmental disabilities are currently supported. Illustrate the challenges and barriers associated with supporting the developmentally delayed population. The provide strategies for supporting individuals with developmental disabilities across the life span and across multiple settings.

'Hoarding'

Doneka Simmons, SW - Compulsive hoarding is the acquisition of and failure to discard a large number of possessions that appears to be of useless or limited value. Cluttered living spaces that cannot be used as intended can pose significant risks for older adults.

'Older Nurses at Risk in the Work Place'

Shannon Jacobi, RN, BScN, MSc OHS-Env, OHNC, COHN(c), CRSP, RRP - The presentation will explore macroeconomics that influence health and wellness that is personal and professional. System level topics include population demographics and the current financial inputs to health system budgeting. At a professional level the impact of these two macroeconomic factors will be discussed as they apply to the older nurse in relation to health and safety, wages and benefits, de- skilling, and patient acuity levels.

Nominations for Provincial Executive Provincial Treasurer

Nominations have been received for Diane Paley, Calgary

I was pleased to be nominated as candidate for the AGNA Provincial Executive in the role of Treasurer. My background of volunteer work, a career in the telecommunications industry, and 15 years working with the older adult will be of value in this position.

I've been a member of AGNA for several years, and value this forum whereby nurses can keep up to date on knowledge shared by peers. I've served on the Calgary Executive since April 2012, initially in the role of Secretary, and currently as Treasurer. As well, I'm registrar for the 2015 AGM and Education Day in

Red Deer.

I work with Alberta Health Services on a medical unit. I enjoy sharing knowledge as a preceptor to student nurses, reinforcing the need for caring, understanding and compassion of our hospitalized seniors. Previously I was employed at a Retirement Residence as Team Lead and Resident Care Manager.

Diane Paley, LPN

'A Taste of Central Alberta' Red Deer Chapter supporting education

For a third year the intrepid Red Deer Chapter is supporting education through delegate donations made during the annual conference! Donations go towards supporting education activities provincially. Many thanks to Charlene Thomas who has been instrumental in contacting and collecting from central Alberta growers and producers their donations for this bountiful basket!

So far this year we would like to recognize and thank the following for their contribution –
Innisfail Growers – Beck Farms, Edgar Farms, The Jungle Farm, Hillside Greenhouses
Pearson's Berry Farm
Nixon Honey
Big Bend Market
Markerville Berry and Vegetable



Advocating for help with Transitions

Annette Lane RN, PhD

“Old age is no place for sissies,” said Bette Davis; many would agree, as the latter years hold so many changes and challenges. Transitions can be difficult at any stage of life, but can be particularly arduous in older age. Transitions such as retirement, health deterioration, relocations (e.g. assisted living, nursing homes) and dying and death can result in existential issues in older adults and their family members, and can re-evolve old issues amongst family members.

In addition to the kinds of transitions facing older adults, their abilities to tackle these challenges may be compromised by previous negative experiences with transitions, mental illness, and cognitive decline. Further, in advancing years, one transition often leads to multiple ones, precipitating a cascade of significant life changes that can tax the most resilient.

Transitions impact older adults and their family members. They unpack specific transitions in order to demonstrate how they impact aging individuals emotionally and relationally, explaining how these responses may lead to further decline. How health and human service professionals (e.g. nurses, social workers, chaplains/pastors, and psychologists) can respond to older adults experiencing transitions in

order to facilitate progression through these times and help them address issues of meaning and purpose. Additionally, how transitions experienced by older adults can impact family members, and how professionals can intervene with hurting spouses/children.

“Not in his goals, but in his transitions is man great” (Ralph Waldo Emerson).

Lane, A.M., & Reed, M.B. (2015). *Older adults: Understanding and facilitating transitions* (2nd ed.).
Dubuque, IA: Kendall Hunt.

AGNA Provincial Study Support Group Participants write the certification exam on 18 April 2015

On behalf of the Provincial Study Support Group participants and support team members we wish to extend a hearty thanks to the many ‘content experts’ who volunteered their time, shared their knowledge and expertise during the teleconference sessions since January –

Lindsay Thomas, NP, MN ‘Physical Assessment of the Older Adult’

Joann Schneider, SW, RSW ‘Familial relationships affects psychosocial functioning of the older adult’

Agnes Mitchell, RN, MN ‘Strategies for Approaching CNA Gerontological Nursing Exam,

Dr. Kathleen Hunter, PhD, NP GNC(C) ‘Continence’

Loralee Fox, MN GNC(C) ‘Major Neurocognitive Disorders: Dementia’

Tammy Damberger, NP, MN, GNC(C) ‘Delirium’

Dr. Annette Lane, RN, PhD ‘Understanding Transitions of Older Adults’

Michael Wilson, RN, NP, MN (ANP) ‘Cancer / Non-Cancer Palliative Care’

Yvonne Reitsma, RN, BS Kin, GNC(C); **Lynne Moulton** RN, BScN, GNC(C) ‘Mental Health and the Older Adult’

Special thanks to the ‘On call’ clinical pharmacist –
Sandra Brilliant, BScPharm



‘Certification represents a commitment to the leading edge in health-care standards. RNs who achieve certification commit to a national standard of professional competence that demonstrates their understanding of an area of nursing practice. CNA certification also supports and gives national scope to continuing competence initiatives mandated by provincial/territorial quality assurance programs. RNs who achieve certification join a growing network of specialized nurses – more than 16,000 strong – in an increasing number of areas of nursing practice.’

C.N.A. website

“Never doubt that a small group of thoughtful, committed citizens can change the world.
Indeed it is the only thing that ever has” Margaret Mead