



# Alberta Gerontological Nurses Association

2015-2016 Report to the Membership



## 2015-2016 Report to the Membership

### *Provincial Executive Reports*

#### President

*Submitted by Terri Woytkiw*

Fellow AGNA members: Once again our organization has had a year filled with both challenges and optimism. It is especially noteworthy as we mark our 35<sup>th</sup> anniversary as a Specialty Practice group in Alberta, that we have taken the opportunity to look back to our past, but also forward to our future as an organization.

Over the summer, many of our members participated in a survey providing feedback on how well AGNA was meeting its mandate. The results were very informative. Some of the highlights were:

- Sixty five members, or about one third, of our members responded and provided many insightful comments, observations and suggestions.
- While almost all identified as belonging to the Edmonton, Calgary and Red Deer Chapters, 27% identified as being from other urban areas, small towns or rural areas.
- Twenty percent of those responding were currently in a volunteer role with AGNA such as provincial or chapter executive.
- While 17% of respondents had been members less than one year, 11% had been members more than 15 years!
- Overall most members were satisfied with how AGNA is achieving its objectives. We are strongest at promoting continuing learning opportunities, and have the most opportunity in promoting a healthy work life environment for gerontological nurses.

In September, several members of the provincial executive met in Red Deer and using the survey results and their experience as AGNA members and gerontological nurses, set some priorities for the organization in the coming year. Specifically, communication with members and engagement with LPN members was articulated in work plans. Committees were formed and while it has taken some time to get traction, work in both these areas is moving forward. As well, a membership group was formed following an expression of interest from several long time AGNA

#### *Provincial Executive*



President: Terri Woytkiw

Past President: Lynne Moulton

President Elect: Vacant

Secretary: Jenny Nanninga

Treasurer/Membership: Diane Paley

News/Blog Editor: Cheri Komar

Advocacy: Sandi Hirst

Website: Brian Ward

#### **Chapters**

Calgary: Krista Goodyear

Drayton Valley/Breton/Rimbey (forming) Denise Holman

Edmonton: Kathleen Hunter

Fort McMurray: Mary Stevenson

Medicine Hat: Lois Polachic

Red Deer: Charlene Lawrence



members. The work of these groups is detailed later in this report, but is critical to building a strong future.

For some chapters, it has been hard work to establish and sustain an executive structure and regular meetings. As we look ahead as an organization, we need to hear from our members about their preferences for engaging, communicating, learning and participating in AGNA. The chapter structure has served very well, but it may be necessary to reflect on how it serves current members if it is to remain a strong part of our infrastructure. Other chapters have found new energy and continued to offer education and networking opportunities for their members, reminding us that it is a tried and true structure.

One highlight this year was a very concrete demonstration of the member interest in AGNA activities. A request to general members for participation in various working groups resulted in sixteen responses. The contribution of these individuals on working groups makes us a stronger organization that is more representative of the range of our membership. My personal thanks to those who stepped forward. Another achievement was the Advocacy Committee's addition of many dementia care resources on the AGNA website. Great work by Sandi Hirst and her team.

Another highlight for me personally was the opportunity to begin my term by attending the Canadian Gerontological Nurses Conference in Prince Edward Island in May of 2015. It was a privilege to meet nursing leaders in our specialty from across the country, learn about our common challenges, share ideas and network. Thank you to AGNA for supporting my attendance and participation in the board meetings and events. Through the year, I have continued to represent AGNA on the CGNA board. Of interest is the common themes in the CGNA strategic plan, specifically membership engagement and visibility, and our similar issues at a provincial level. Many other provinces have similar experiences sustaining chapters and connecting with members effectively.

This year we had some new opportunities to work with others. One was through participation as a partner in the Advancing Dementia Diagnosis and Management in Alberta workshop held in Red Deer February 26. Partnership in ADDMA-- this event was led by the Alberta Health Services Strategic Clinical Network. Certification changes—in addition, our past president represented AGNA in several other venues, as noted in her report below. Thanks to Lynne for her strong voice at these activities on our behalf.

I would like to extend my thanks to the current provincial and chapter executive. The time, work and skills that you contribute are what keep AGNA going. A special thank you to webmaster Brian Ward whose patience, insight are very much appreciated, as well as his generosity with his time and talent.

Nurses know that healthy beginnings support healthy growth and development and aging well. Over the coming months we will look forward to seeing the beginning years of AGNA reviewed through newsletter and social media. Past President Lynne Moulton has located a collection of old documents and photos, and is interested in collecting more details of history from members who were part of building AGNA. Our past includes many people, often still active members who saw an opportunity to strengthen gerontological nursing in Alberta. As we celebrate 35years, these individuals deserve our thanks and our respect for having a vision and acting on it.



## President Elect

*Vacant*

## Past President

*Submitted by Lynne Moulton*

I have been fortunate that my Past-President year has allowed me to start the exploration and pulling together of a history of AGNA. Over the next year the aspects of our history will be shared through the Newsletter and Website.

Represented AGNA at the following –

- MacEwan University Post Basic Nursing Practice Hospice Palliative Care / Gerontological Program Advisory Committee
- Board member with the CLPNA Fredrickson-McGregor Education Foundation for LPN's
- Panel member for the C.N.A. Town Hall event in Edmonton on 19 October 2015 'Health is where the Home Is' part of the run up to the Federal election
- Alberta Dementia Strategy and Action Plan steering committee
- 'Dementia Advice' (part of Health Link) steering committee

To all our members and partners many thanks for this unique opportunity to nudge our specialty practice along as it has been the challenges, networking and experiences during the past five years that underpins the dynamic interplay and value of our chosen area of nursing! *Go AGNA!*

## Secretary

*Submitted by Jenny Nanninga*

The 2015-2016 membership year is my second year as AGNA secretary. I have been able to attend all of the executive meetings as well as the strategic planning meeting held in Red Deer in September. This past year I was able to expand my involvement by becoming a member of the LPN Engagement working group. I have found my involvement with AGNA and the people I have connected with a support in my role as a care giver to Alberta's seniors.

## Treasurer/Membership

*Submitted by Diane Paley, LPN, AGNA Provincial Treasurer and Membership*

### *Membership*

Annual membership includes benefits from both the Canadian Gerontological Nurses Association (CGNA) and Alberta Gerontological Nurses Association (AGNA). Renewal automatically takes place April 1 of each year, with new members joining at any time during the year.

Our membership includes Registered Nurses (RN), Licensed Practical Nurses (LPN) and Registered Psychiatric Nurses (RPN), with additional categories of Honorary, Retired, Associates and Students.

We saw growth from 203 members February 2015 to 228 members by March 31, 2016.



Per category:

LPN	13
RN	211
RPN	1
Other	3

Per chapter / forming chapter alphabetically:

Calgary	90
Drayton Valley / Breton / Rimbey	3
Edmonton	88
Fort McMurray	5
Lethbridge	7
Medicine Hat	6
Red Deer	29
<b>TOTAL</b>	<b>228</b>

*Treasurer's Report*

*Submitted by Diane Paley*

The unaudited financial report reflects, based on the period from April 1, 2015 to March 31, 2016, we had an income of \$16,441, with expenses of \$23,251. Our provincial bank balance as of March 31, 2016 was \$11,205. We also have a GIC for \$5,000.

The major variance between income and expense can be attributed to the AGM / Education Day costs. A review of last year's report shows \$11,500 towards 2014 AGM / Education Day costs. The 2015 event was in line, with an expense of \$12,900. Costs include the venue, meals, peripherals, and travel expenses, substantial because of our province-wide representation.

The annual AGM / Education day becomes our major event for networking, and sharing of information. The preparation period, along with web-site updates, notification to the members, e-mail reminders, and discussions with colleagues, strengthens the provincial / national focus. Nursing students have an opportunity, through chapter sponsorship, to understand our focus on our senior population.

Looking ahead, the forecast for 2016-17 again emphasizes the focus on our annual Education Day. The proposed budget reflects a realistic estimate of costs. We recognize the economy may throw some hooks at us in the coming year, but intend, through the efforts of all of us, to increase our value through increased membership.



**Provincial Financial Statement (unreviewed)**

<b>ASSETS</b>	Bank Balance as of March 31, 2016 GIC Total	\$11,205 \$5000 <b>\$16,205</b>
<b>EXPENSES</b>	<b>PLANNED EXPENSES 2015-16</b>	<b>ACTUAL EXPENSES 2015-16</b> <small>Note 8</small>
Chapter membership allocations	\$3,000	\$5,140
Website Development	\$1,220	\$1,222
Executive committee and administration costs	\$ 350	\$2,195
Pragmatic Conferencing	\$ 1,500	\$1,522
AGNA AGM and Educational Day 2015	\$3,500 <small>Note 7</small>	\$12,888 <small>Note 6</small>
AGNA AGM and Educational Day 2016	\$3,500	
Promotional materials	\$ 500	\$107
Pay Pal Payments	\$ 100	\$129
Bank Fees	\$ 10	\$1
Other Expenses	\$ 500	\$46
<b>TOTAL EXPENSES</b>	<b>\$10,680</b>	<b>\$23,250</b>
<b>REVENUE</b>	<b>2015-16 PLANNED</b>	<b>2015-16 ACTUAL</b>
Membership 2015-16	\$8,000	\$8950
Membership 2016-17	-	-
AGNA AGM and Educational Day 2015	\$ 3,500	\$7200
AGNA AGM and Educational Day 2016	-	-
Bank and GIC Interest	\$ 200	\$185
Other		\$106
<b>TOTAL REVENUE</b>	<b>\$16,700.25</b>	<b>\$16,441</b>



## Website/Webmaster

*Submitted by Brian Ward*

### **Online Presence – Website and Social Media review 2015-16**

#### WEBSITE

The AGNA website, located at [www.agna.ca](http://www.agna.ca) continues to evolve, and is the location for information on membership, AGNA and non-AGNA events, chapter news, and provincial news. It also houses a growing library of links for Advocacy and other nursing related and educational resources.

Added this year was a section for housing all Board files, which was recently made available to logged-in Provincial Executive members to upload/download Board agendas, attachments and minutes.

We also added the capability to automatically cross-post our Blog entries to our Twitter and Facebook pages.

More improvements are planned for this year, so stay tuned!

#### SOCIAL MEDIA

Facebook - The AGNA Facebook page was relaunched recently and is available at <https://www.facebook.com/AGNA-1579942438964044/> - Drop by and become a “Fan”!

Twitter - @AGNATweets is still going strong and we have posted 248 Tweets and accumulated 249 Followers! You can become a follower at <https://twitter.com/AGNATweets> - the hashtag for our 35<sup>th</sup> AGM and Conference is **#AGNA35**

## Provincial Study Group

This year the Canadian Nurses Association has moved to an computerized exam, accompanied by a shift in application dates and when the exam is offered. Study period will now fall over the summer months. Strategies for offering a study group in line with the new time frames will be considered in the coming year.

## Working Groups

*Submitted by Terri Woytkiw*

Three working groups have been formed this year to explore specific areas of concern to AGNA. Two working groups were formed in response to themes identified at the September 2015 Planning Day, and the third was formed with the support of the executive after informal discussion among several members. A request for members to participate in this work resulted in eight individuals coming forward, and their contributions are appreciated. The LPN membership group and the Communications working group were supported by the Executive at the special meeting of October 12, 2015, in follow-up to the Planning Day, and the Membership working group was endorsed by the Provincial Executive.



### *Membership*

*Mychelle Blackwood, Mollie Cole, Jeanne Harker, Kathleen Hunter, Susan Slaughter, Terri Woytkiw*

A Membership working group was formed in response to discussion among several long time general members regarding member engagement and has reviewed a number of aspects related to members engagement and the strength of the organization. A work plan has been developed addressing student/ new graduate engagement, retention of long time members, CARNA members who have expressed interest in Gerontological nursing, and raising visibility of Gerontological nursing. Some action items have been initiated.

### *LPN Membership*

*Karen Evans, Kathleen Hunter, Marilyn McGreer, Jenny Nanninga, Diane Paley, Janis Volk*

This group was established specifically to explore how to better engage with LPN members. LPNs provide a significant amount of care to older adults in various care settings, but AGNA has only a small number of LPN members. The group has met once and has engaged with CLPN A to seek out additional information about the settings in which LPNs work and the roles they hold specific to gerontology.

### *Communication*

*Jacqueline Doran, Suzanne Nicol, Michelle Trischuk, Terri Woytkiw*

This group has met once to discuss communication issue preferences and considerations, in particular how to make use of a regular newsletter and social media platforms. This group will meet again in early May following the AGM and Conference.

## Provincial News

Two provincial newsletters were distributed this year, one in the fall and one early spring.

## Advocacy

*Submitted by Sandi Hirst*

I am pleased to report on the work of the Advocacy Committee. Over the past number of months, we have:

- Continued to review the contributions of this Committee to our website and provided additional content items and suggested revisions,
- Contributed to the International Immunization Survey of the International Federation on Ageing,
- Initiated a regular column in the AGNA newsletter and made several submissions,
- Developed a dementia strategy plan, which was provided to the Executive,
- Continued to review requests for access to our membership specific to a call for participants for research studies,
- Supported our partnership with the National Initiative for the Care of the Elderly to facilitate greater understanding of resident to resident abuse, and
- Provided feedback to both CARNA and CNA as requested specific to requests for feedback.

However, we have primarily focused over the past several months on the April 22<sup>nd</sup> Conference with our strong participation as members of the Planning Committee. The theme of the Conference, specific to the care of older adults with dementia, is so strongly linked to our dementia action plan.

We would like to express our sincere appreciation to Terri Woytkiw and the executive of AGNA for their ongoing support of this Committee.



I would like to acknowledge and express my sincere appreciation to Mychelle Blackwood and Martha Neguse, we have worked together as your Advocacy Committee.

Respectfully submitted

A handwritten signature in black ink that reads "Sandra P. Hirst".

Sandra Hirst, RN, PhD, GNC(C)

## *Chapter Reports*

### **Calgary**

*Submitted by Diane Paley*

#### *Events:*

The May, 2015 Chapter Meeting featured speaker Dr. Zahra Goodarzi on Detecting and Managing Depression in the Elderly, and those with Parkinson's and Dementia.

Our Executive meeting was held in June, winding up for the summer. With that, a few of our chapter officers completed their terms. Their efforts in keeping our Chapter Meetings informative and well organized were appreciated, as well as their knowledgeable representation at our Executive Meetings.

In September, Krista Goodyear (Chair) and Diane Paley (Treasurer) participated in the Provincial Strategic Planning meeting in Red Deer.

In November, Krista Goodyear (Chair) and Michelle Copeland (Past-Chair) represented AGNA at an education session at Mount Royal University.

2016-17:

As with the Provincial approach, we looked at our membership and some of the factors that encouraged or prevented them from attending the Chapter Meetings / Education Sessions. We had excellent speakers, but limited turn-out.

For 2016-17, we are in need of re-grouping, in order to continue to provide relevant educational and networking sessions to our membership. We would welcome our members to come forward to discuss new approaches for Calgary AGNA.

### **Drayton/Breton/Rimbey (forming)**

No Report submitted

### **Edmonton**

*Respectfully submitted by Kathleen Hunter, Chapter Chairperson*



**Chapter Executive Officers as of April 01, 2016**

Chairperson	Kathleen Hunter
Treasurer	Sherry Dahlke
Secretary	Duaa Mohamed
Social-Education	Melissa Crozier, Edythe Andison, Jason Woytas, Gil Rueck, Joanne Henson

Long term Social-Education member Tanya Doran stepped down, we would like to thank her for all her work on behalf of the Edmonton Chapter. New member: Joanne Henson

**Membership Meetings/Chapter activities:**

**Membership - 75**

**Edmonton Chapter Executive Meetings**

- May 11/2015 – Executive change over meeting. In person.
- Sept 8/15 – In person meeting at held at the University of Alberta Faculty of Nursing. Chapter and chapter executive meetings for the coming year planned.
- Jan5/16, Feb 29/16 - teleconference meetings.
- May 10/16 – next teleconference

**Education/Chapter Meetings**

- June 18/15 – Annual wind up dinner with speaker Dr. Zinia Pritchard who spoke on Spirituality in Gerontological Nursing.
- November 3/15 - An informative and entertaining evening meeting at Covenant Care Centre de Sante Saint Thomas. A casual pizza dinner was followed by a guest speaker, Rosalie Freund Heritage, the Education Coordinator from the UofA School of Public Health Injury Prevention Centre. Rosalie spoke about Finding Balance: A One Stop Shop of Fall Prevention Information who presented on the Finding Balance website and this year’s falls prevention campaign. A very suitable topic as November is fall prevention month.
- January 18/16 - AGNA and AAG Edmonton held their annual joint dinner meeting at the University of Alberta Faculty Club. The guest speaker was Dr. Carl Amrhein, Deputy Minister of Health (Alberta Health). Dr. Amrhein spoke on future directions for the health of seniors in Alberta, and spent some time after taking questions from the floor. This was a sold out event.
- March 14/16 - We had a pizza dinner and viewed the documentary film "Freedom of Sexual Expression: Dementia & Resident Rights in Long-Term Care Facilities", followed by an engaging discussion of resident rights.
- June 15/16 Annual Windup and BBQ – will have a panel or café style “Get to know your researcher”

**Fort McMurray**

*Submitted by Mary Stevenson Chair*

**April 1, 2015 to March 31, 2016**

**Chapter Executive Officers as of April 01, 2016**

**Mary Stevenson:** Chairperson



Lola Thorne: Treasurer/Secretary

Chairperson Elect

Social-Education

### **Membership 5**

#### Summary in Brief

We had three Chapter meetings. First one on October 6, 2016 Terri was introduced to the membership. Discussion was held on focus of the chapter going forward. The main idea was to focus on senior advocacy and caregiver support in our community. December 1, our second was super meeting at Sawridge re developing plan to connect with Alzheimer Association and to reach out to other organizations re caregiver support. March meeting held in Homecare Department where Lola Thorne did a presentation on Physician Assisted Dying (PAD) and Jackie Campbell added to the presentation with information from Oregon and European countries that have PAD in place. Lola to connect with new senior group re education on caregiver support.

### **Lethbridge (forming)**

No Report Submitted

### **Medicine Hat**

No Report Submitted

### **Red Deer**

*Submitted by Charlene Lawrence*

**April 1, 2015 to March 31, 2016**

#### ***Chapter Executive Officers as of April 01, 2016***

**Name:** Chairperson Charlene Lawrence

Treasurer Michelle Ray Jones/Secretary Charlene Thomas

Chairperson Elect

Social-Education Chris Magas

#### Summary in Brief.

Membership Meetings/Chapter activities: As with most of the chapters we have struggles with attendance at



our meetings. We have continued on the same path and still did our 3 education meeting per year. Not in any order we had Dr Anomi Grace Bearden in to speak about practicing self care in order to better care of others. Next we had Rene Joslin, Registered Psychologist and Mental Health Counsellor speak about “A Slice of Happiness”. Unfortunately we cancelled event three as the speaker fell ill.

At our last meeting in February 2106 we looked at what we do differently to draw in a larger crowd. Ideas were thrown out and we had a long discussion on possibly holding a one day event. Making this a paid event and getting some significant speakers to attend. It appears from feedback that holding the educational evenings does not work for most people as they are after work and most do not want to come back. Many have given positive feedback about a full day event, so we are hopeful.

We are meeting again in May, not only as a chapter but as AGNA members (being anyone) who is interested to have a final get together and we are hopeful to have a plan for the future. We are excited about the prospect of a full day event.