**Editors Message**

As we struggle to endure the last few days of winter and look forward with anticipation to the arrival of a spring full of promise, your provincial association is brimming with lots of great things! We have our **Annual Meeting and Education Day** coming up on April 3rd at St. George’s Greek Orthodox Church (see more details in this newsletter) and of course, the national meeting in Banff, Alberta “Making Moments Matter”, May 27-30, 2009.

In addition, gerontological nursing continues its journey to become a valued and recognized specialty. With lots of talk about the impending “silver tsunami”, there is a growing need for nurses who enjoy working with the complex health care needs of the elderly. It is a challenging and stimulating clinical environment that is ripe for interprofessional care teams to come together, work collaboratively and truly impact positively on the lives of our vital, elderly clients. Many others are recognizing what so many of us have known for a long time: gerontological nursing is exciting, energizing and very rewarding. Let’s celebrate what it is we do each day!

We welcome submissions to either of the co-editors of any interesting articles or information about relevant upcoming conferences or educational sessions. The deadline for submission is the 1st of the month during which the newsletter is published. The newsletter is published four times a year: September 15, December 15, March 15, June 15

Sincerely,

Judy Hayes and Kathy Thomson
NSGNA is pleased to invite Health Care Providers with an interest in geriatrics, to attend the NSGNA AGM and Education Day. All breaks & lovely homemade Greek Souvlaki dinner included in registration price. Uniforms, shoes, jewelry, health care products, etc will be on display /for sale.

Friday, April 3rd, 2009
0830 -1600
St. Georges Greek Orthodox Church and Community Centre
38 Purcell Cove Road, Halifax (parking available)

Instability- Dana McNamara Morse RN, MN, NP
 Nurse Practitioner, Middleton Collaborative Practice

Intellectual Impairment- Chantel Bishop RN, BScN, GNC(c)
 Geriatric Consult Nurse, Seniors Clinic- CEHHA

Skin Integrity- Nancy Fox RN, BN, IIWCC, GNC(c)
 Clinic Nurse Educator (Geriatrics/Medicine)-CDHA

Immobility- Ann Nelson BScPT, CAFCI
 Physiotherapist Geriatrics- CDHA

Incontinence- Gloria Connolly RN, BScN, NCA, GNC(c)
 Clinic Nurse Educator (Geriatrics/Urology) - CDHA

NAME (print): ________________________________

Contact Phone Number: ________________________________

E-Mail (print clearly): ________________________________

☐ NSGNA Member- $ 40.00               TOTAL ENCLOSED: _______________
☐ Non NSGNA Member- $ 50.00
☐ RN ☐ LPN ☐ PSW/CCA ☐ PT ☐ OT ☐ RT ☐ SW ☐ Other _______________

Mail to: NSGNA, Quinpool RPO, PO Box 33101, Halifax, Nova Scotia, B3L 4T6
No refund if postdated after **March 20th Deadline** (for catering).

Questions call Gloria Connolly @ (902) 473- 2667
Additional registration forms can be found: www.nsgna.com

**Deadline for receiving registration**
**March 30th, 2009**

*Speaking of Incontinence…. This conversation between two elderly bats was overheard recently:*
Geriatrics 101 The Basics: A Practical Workshop For Health Care Professionals

May 21, 2009 8:00am-4:00pm
Royal Bank Theatre, Halifax Infirmary, QEII Health Sciences Centre (Capital Health)

Pre-registration ($50) Required by May 1st, 2009
Registration Form Available From Peggy Hobbs (473-8603)
LIMITED SEATING. FIRST COME, FIRST SERVED

CGNA National Conference “Making Moments Matter”

The 15th National Conference on Gerontological Nursing is in beautiful Banff. Join your colleagues for springtime in the Rockies. Click here to register: CGNA | Canadian Gerontological Nursing Association

Another Upcoming Event: GANS Educational Conference and AGM

Emergency Preparedness for the Older Adult

Date: Friday, April 24th, 2009
Registration: 8:15am
Conference: 9:00am-4:00pm
Place: Rosaria Student Centre, Mount Saint Vincent University, Halifax, Nova Scotia
Announcing the College’s Centennial Celebrations

Have you heard?!
The College of Registered Nurses of Nova Scotia will be turning 100 years old in 2010!

In fact, in just over one year from now, on May 13, 2009, nurses from across the province will be in Halifax, at the Lord Nelson Hotel, attending the College’s 100th annual general meeting!

To make both these historical events special, we will launch the Centennial Celebrations on May 13, 2009 – with a grand afternoon reception and a gala award that evening – with historical displays, great food, special guests, special awards, a wonderful guest speaker … and, hopefully, a great turnout of those currently in practice and those who paved the way to where we are today … to “Look back with pride” and strengthen our “Moving forward with vision!”

Then, in June 2010, after a year of celebrations, we will host the CNA Biennium in Halifax, at the World Trade & Convention Centre – and have more than a thousand registered nurses from across the country join us in marking the 100th anniversary of the first legislated nursing body to be established in Canada!!

All in all, 2009-2010 will be a great year … and we hope you will be a part of it! If you want, you can start to be a part of it right now … the Steering Committee for these events is looking for ideas, historical memories and memorabilia, and volunteers! If you would like to submit your stories and let us know about artifacts you may have to include in the celebrations, and we’d love to hear from you!

Click here to access the form to submit your special moments/achievements/stories.

For more information, call 491-9744 (1-800-565-9744), ext 243 or e-mail celebrations@crnns.ca.

Mark your calendars now … May 13, 2009 … the College’s 100th Annual General Meeting

Scholarships and Bursaries

NSGNA has funds to assist members with continuing education that contributes to the knowledge and development of gerontological nurses or to pay for the cost of the Canadian Nurses Association Gerontological Nursing Certification. For more information or to apply for these funds, refer to the criteria on our website for the NSGNA Scholarship and Certification Bursary.
Gerontology Nursing Certification Exam

Good luck to those of you who are writing the gerontology nursing certification exam in April. Certification helps you stay current by testing your specialized knowledge and skills, and having a trademarked credential after your name to designate certification validates your competency in your specialty. For more information or to start planning for next year’s exam, have a look at the competencies and bibliography for Gerontology nursing: Competencies and Bibliography There are more than 2000 nurses in Canada with this certification and more than 100 in Nova Scotia.

NSGNA Executive Vacancies

Current vacancies are for the positions of President-Elect, Past President/Nominations, Cape Breton Region Representative, and Highland Region Representative. All members are encouraged to consider filling one of these available positions. The NSGNA is ready to expand its membership and offer members more opportunities in the near future. For more information, or to nominate someone for any of the above vacancies, please contact Gloria Connolly, NSGNA President at gloria.connolly@cdha.nshealth.ca

Membership Renewal

It’s that time of year again to renew your NSGNA membership. Membership year ends on March 31st. For your convenience, an application form is located on the last page of the newsletter. As a member of the NSGNA, you are automatically enrolled as a member of the Canadian Gerontological Nursing Association. Please feel free to share the membership form with any of your nurse colleagues (RN & LPN).

Consider This: Dive into the winter blahs

By Karen G. Bagnell (Submitted by Susan Savage, NSGNA member)

If you’re not into running marathons, pumping iron, kick boxing or mountain biking but are looking for something that will help whittle away that winter comfort food diet you’ve been into, why not try swimming? Don’t panic, I’m not suggesting a dip into any of the freezing waters that surround our lovely province, I’m talking heated pool here.
Not only are water activities one of the more beneficial forms of exercise, they are appropriate for almost all age groups and fitness ability. Whether you are training, learning the basics or enrolled in group workouts, swimming is beneficial to your lungs, your heart, your stomach, your arm and leg muscles, even those ones you sit on when you’re doing most of your procrastinating.

John Henry, Coordinator of Aquatic Services for Halifax Regional Municipality, agrees: “Swimming is one of the few forms of exercise in which all of your body parts are used. Because you use your arms, legs and lungs at the same time, you increase your aerobic capacity and you also strengthen your heart. It’s not stressful on joints so it’s safe for your body. Even professional athletes use water as rehabilitation when they suffer injuries.”

Linda MacLaggan, Registered Physiotherapist with Spryfield Physiotherapy, explains: “Because the water removes the weight component, pool programs are very effective in treating many muscle and joint injuries or conditions. It can be particularly effective for low back injuries or those with arthritis in the knees or hips.”

Programs are also in place where water exercise is used as part of the rehabilitation process for women who have had breast cancer. “In Canada sixty percent of women survive this cancer but are left alone dealing and suffering on a day to day basis,” says Nathalie Caron, Coordinator of the YWCA run Encore program that offers free exercise, relaxation and support for breast cancer survivors. “The exercises they do in the pool are particularly helpful in improving strength, mobility and flexibility where simple tasks or even hugging someone was once painful for these women.”

“Many people can benefit from swimming and water exercises,” says Carolyn Langlands, Certified Fitness and Aquafit Leader, “people with arthritis, diabetes,
osteoporosis, circulatory problems, joint inflexibility or replacement, obesity, respiratory disorders, and developmental delays, just to name a few.”

And what about the social and mental benefits - just ask Kathy Brown, 71, who has been doing aquacise programs for more than ten years:
“I come with a friend and we often have tea afterwards. I miss it when I’m not there - over the Christmas break I found it hard. It’s a very relaxing form of exercise and I know it’s helped my arthritis and what my doctor called a ‘quick recovery’ from a hip replacement.”

So, if you’re six months old or well into your retirement years, swimming might be just the thing for you! **Water you waiting for?** If you thought swimming was all just fun and games, here are some other benefits to keep in mind:
• Submerging in water and exercising in water decreases joint impact.
• Water exercise improves strength because every move has increased resistance in the water
• Swimming and water exercise builds cardiovascular endurance
• Water activities improve flexibility
• Water activities are good ways to rehabilitate muscle injuries
• Swimming is a great calorie burner

For water activities and programs near you, call your local department of recreation.
Closing Thoughts from Your Editors

We do not quit playing because we grow old; we grow old because we quit playing.

Oliver Wendell Holmes

If human beings are perceived as potentials rather than problems, as possessing strengths instead of weaknesses, as unlimited rather than dull and unresponsive, then they thrive and grow to their capabilities.

Robert Conklin
### Contact Us:

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Nova Scotia Gerontological Nurses Association
Membership Application Form

The Mission of the Nova Scotia Gerontological Nurses Association (NSGNA) is to address the health concerns of older Nova Scotians and to support the nurses who participate with them in health care.

Benefits of Membership

- Advocacy for senior adults provincially and nationally
- Continuing education opportunities
- NSGNA Newsletters
- Scholarships
- Certification Bursaries
- Conference Bursaries

NSGNA has representation throughout NS

My Membership application is for:  Amount Enclosed:

☐ RN Regular Membership: $ 55.00
☐ LPN Associate Membership: $ 35.00
☐ Student Associate Membership: $ 27.50

Please Print Clearly

Name: ________________________________

Address: ________________________________

________________________________________________________________________

Phone: (Residence) ___________ (Work) ___________

E-mail: ________________________________

My area of practice is: ________________________________

Forward Cheque or Money Order to:
NSGNA, Quinpool RPO, P.O. Box 33101, Halifax, N.S., B3L 4T6