



# Newsletter

Winter Edition / December 2008

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**H**i everyone,  
It is truly an honour and a privilege to be the President of the newly formed GNABC.

The conference and AGM in September was the beginning of a very exciting first year for GNABC. Kudos to the Simon Fraser Chapter and others who helped make it happen.

My first months as president fly quickly by as I learn the role. Getting to know the new people on the provincial executive and in the local chapters, has been my first goal. There is also lots of busy work if you know what I mean – that which keeps the wheels turning.

I would like to tell you a little about myself. I have always been involved with older people as was the youngest of two of parents who met in their twenties, married in their thirties, and had my brother and me even later. My mother was the youngest daughter of 9 siblings, and when grandma came to live with us, I learned that respect for my elders was not optional. Over the years I have had the privilege of getting to know all of my 39 cousins. I am the third youngest and this past year I got my gold card.

I trained at Regina General in a three-year hospital program. We were pioneers of the first two and one program, becoming interns and In Charge throughout the hospital for our third year. I have worked in every department of a hospital except the OR and also did some public health and home care nursing. I am still working and now have the luxury of being on contract with Vancouver Community College and instruct in the Practical Nursing program. Practical Nurses are very involved with the care of the elderly so I feel all of this has led me to where I am today.

GNABC's purpose and vision is to

## PRESIDENT'S MESSAGE

promote and support quality care for the older adult. I saw this vision unfold at our Annual conference and AGM, and again when I attended a chapter meeting in Nanaimo



in October. Lori Andam presented Care for People with Personality Disorders in Long term Care. As always, Lori was passionate and inspiring about the topic. I always come away so enlightened after these educational sessions.

The logo contest deadline has come and gone. It is fun to see what people have produced. I hope to be able to announce the winner by December 31<sup>st</sup> so the Transition Team can continue getting things in order. We have a new business office as of December 1st. Brent Oxenbury of Oxy PC Services in Quesnel agreed to take over from South Granville Business Services as Gwen Turpin is preparing to retire. Many thanks to Gwen for years of service and commitment, keeping track of the membership lists, mailing lists, and communication flow.

I would also like to acknowledge the dedication and hard work of members of the executive. Kudos to Judy Delaney, Past President who is staying on as a director and member of the Transition Team, Catherine Marsden, who is now Past President, and Sharon Galloway, former Education Chair. Heart-felt thanks to Jo Ann Pears, Brenda Miller, and Andrea Hunter who stepped down this fall as local chapter presidents. Without your help we wouldn't be what we are.

Seasons Greetings to all.

**Heather Hutchinson, President GNABC**

## GNABC EXECUTIVE 2008-09

PAST PRESIDENT – Catherine Marsden  
email: [marsden\\_catherine@hotmail.com](mailto:marsden_catherine@hotmail.com)

PRESIDENT – Heather Hutchinson  
email: [hhutchinson@telus.net](mailto:hhutchinson@telus.net)

PRESIDENT-ELECT – ROGERS-NEARY, DARLENE  
email: [drogers-neary@shaw.ca](mailto:drogers-neary@shaw.ca)

TREASURER – Liz Ilczaszyn  
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SECRETARY – Heather Frame  
email: [hez@telus.net](mailto:hez@telus.net)

### LOCAL GROUP PRESIDENTS

CENTRAL OKANAGAN – Adrien Vaughan  
email: [adrien.vaughan@interiorhealth.ca](mailto:adrien.vaughan@interiorhealth.ca)

FRASER VALLEY – Louise Brown  
email: [louise.brown@fraserhealth.ca](mailto:louise.brown@fraserhealth.ca)

KAMLOOPS – Donna Lessard  
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NORTH & CENTRAL VANCOUVER ISLAND –  
Catrin Brodie  
email: [catrin.brodie@yiha.ca](mailto:catrin.brodie@yiha.ca)

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email: [kimm@newvista.bc.ca](mailto:kimm@newvista.bc.ca)

VANCOUVER – Barbara Palmer Scantland  
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VICTORIA – Patti Parkyn  
email: [pparkyn@shaw.ca](mailto:pparkyn@shaw.ca)

### COMMITTEE CHAIRPERSONS

CONFERENCE 2009 – NORTH & CENTRAL  
VANCOUVER ISLAND

EDUCATION – MARCIA CARR  
email: [marcia.carr@fraserhealth.ca](mailto:marcia.carr@fraserhealth.ca)

MEDIA/COMMUNICATIONS – Sandy Oxenbury  
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Shelagh Brennan  
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NEWSLETTER – Sheila Clark  
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### GNABC MAILING ADDRESS

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# Contributions Welcome

This quarterly newsletter is produced by the Gerontological Nurses Association of B.C., a society affiliated with the Canadian Gerontological Nurses Association. It is designed to provide information and support for Gerontological nurses.

Everyone is welcome to contribute. We would like your articles, viewpoints, letters, book reviews, news about workshops, jokes, anecdotes, pictures or whatever you wish to share with your gerontological nursing peers.

The newsletter is produced by our members, and is posted on our website in March, June, September and December. The cost of membership is for RNs \$65/year and includes GNABC membership, CGNA membership, and the CGNA newsletter. RPNs and LPNs membership is \$45/year for full GNABC membership. Our new Mailing Address (from Dec. 1, 2008) is: GNABC, c/o Brent Oxenbury, Oxy's PC Services, 2366 Bonny Road, Quesnel, B.C. V2J 7G6

Please send written contributions to the Newsletter Editor's email address in Word format, or fax/phone 604-879-4199.

Sheila Clark  
Email: [sheilac@telus.net](mailto:sheilac@telus.net)

Newsletter Deadlines  
Feb. 15 Aug. 15  
May 1 Nov. 15

Advertising rates are: 1/4 page, \$75; 1/2 page, \$100; full page, \$150. (Please send ad enquiries to the editor.)

## Editor's Note Introducing the Newsletter Team

We are your newsletter team: Shawna Fitzgerald, Case Manager in Bby LTC; Becky Brechin, coordinator of West Van Adult Day Centre; Cheryl Irwin, VCC instructor, LPN program; and Sheila Clark, Clinical nurse educator with PHC Residential Care. Good things are on the horizon... We plan to report about pressing concerns facing our new LPN members, answer questions in our upcoming Ask a Gerontological Nurse and Ask a Nurse Continence Advisor columns. Our reporters are preparing for interviews.... We are ready to collect pearls of wisdom from the many Elders who continue inspiring us to go on, and valuable knowledge from gerontological nurses like you, then share it in print.

In this issue, we introduce some new provincial executive members. We offer Part 2 of Heather Alliston-Perry and Becky Lynn Brechin's article about Seniors and Alcohol, geared to their clientele in the West Vancouver Community. We can all benefit from their insights, as we notice how alcohol impacts the lives of seniors around us.

The time for certification exam applications and renewal by continuous learning for this season has passed. Please take time in your next chapter meeting to announce your plans to write the Certification Exam in April 2009, so we can form study groups. Those of us who recertify through continuous learning may wish to lead or co-lead one of these study groups, as a good learning experience that helps meet renewal requirements.

Cheers,  
Sheila Clark, Newsletter Editor

# Alcohol Use – The Choice is Yours – Part Two

by Heather Alliston-Perry & Becky Lynn Brechin

In Part I, Alcohol Use – The Choice is Yours, we reviewed some facts about seniors and alcohol use, reasons some adults may use alcohol and the health impacts of alcohol on the body. We will now share some warning signs when alcohol use is putting an individual or others at risk, provide some hints about how to help someone, and where to find help. We will suggest ways to cut down on alcohol use and provide guidelines for safe alcohol use.

Older adults may not be aware of the effects their alcohol use has on themselves and those around them. It can be upsetting to see the changes that may occur in a friend or family member from at-risk alcohol use. A friend or family member may react by minimizing the harmful effects and may unconsciously make the problem worse by making up excuses. Examples of behaviors below require immediate attention:

## Warning Signs of At Risk Alcohol Use

### Safety Issues:

*Driving any vehicle while intoxicated*

Family, friends, neighbour and police concerns

Passing out during activities

Wandering outside intoxicated or disorientated

Not being able to navigate getting back home

Loss of independence; losing ability to live on their own

Losing wallets or purses and other valuables

Getting mugged or beaten up

Associating with people who deplete their financial resources

Unkempt, disorganized household with rodent problems

Threatening to commit suicide (Colleran and Jay, 2002)

### Health Issues:

Frequent falls resulting in broken bones and other injuries

Having facial bruises, cuts or deep wounds

Blackouts, memory loss and cognitive problems

Cigarette burns to body and living area

Mixing alcohol with prescription drugs and over the counter medications

Forgetting to take prescribed medications

Malnutrition, dehydration and weight loss

Breakdown in relationships, routines, and life purpose  
Spiritual distress and having no one to turn to for help



## How to Help Someone Who Drinks Too Much

- Wait until they are sober before talking to them – ask them to call their Family Doctor. Express your concern for their well-being and health (see Warning Signs included in this discussion). Avoid passing judgment or criticism. **Remember it is a health condition.**
- **Alcoholism is a health issue** – alcoholics are not weak, stupid or lacking in will power. They cannot control their use. It can and does happen to anyone.
- Don't cover up their mistakes
- Don't scream or lecture. It will cause anger and resentment
- Don't accept rude or physically abusive behaviors
- Don't purchase alcohol for them
- Focus on the alcohol use as the problem, not the person themselves.
- Don't be angry with yourself if you become upset when promises that have been made to you have been broken. Promises are often made and not kept.
- Don't feel sorry for the person – it only makes the problem worse. **Focus on getting the help they need.**
- Don't blame yourself for the problem. Other people's actions do not cause the problem.
- Learn all you can about alcohol problems. Your local library has resources. Call Alcoholics Anonymous (contact information listed below). Attend an Al-Anon group meeting.
- Get help for yourself – attend an Al-Anon group.

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# GNABC

## Chapter Reports

### CENTRAL & NORTH ISLAND

Greetings from the Central & North Island Chapter! Since our AGM in May 2008, our chapter executive has changed. Catrin Brodie, RN, BSN, GNC (C) has taken on the role of Chapter President. Catrin works as a nurse clinician at the Nanaimo Regional General Hospital in the Geriatric Outpatient Clinic. Jill McMurray, LPN & 4<sup>th</sup> Year RN-BSN student at Vancouver Island University has accepted the position of Vice President. Sherry Perry, RN, continues as the membership/treasurer of our chapter. Marybeth Wells, RN, also continues as our Chapter Secretary.

We continue to hold monthly meetings on the third Monday of each month. Sue Kurucz, the Director of Care at Traveller's Lodge in Nanaimo has continued to generously allow our association to meet there each month for our meetings. Our membership numbers remain strong, with an average between 15-20 nurses in attendance. New faces include LPNs and several 3<sup>rd</sup> & 4<sup>th</sup> year RN-BSN students.

In September, we planned our monthly education sessions, and started off with learning about Pain Assessment in Advanced Dementia led by Catrin. In October, we enjoyed an education session from Lori Amdam, RN, MSN, regarding Personality Disorders in the Older Adult and Residential Care Planning.

We are working hard to participate

in organizing the annual "Handle With Care: Older Adults Mental Health and Addictions" one day conference. The tentative date is February 27, 2009, and will be held in the Nanaimo area. For more information about this conference, contact Jill McMurray at [jilly9@hotmail.com](mailto:jilly9@hotmail.com).

In the fall of 2009, our Chapter will hold the Provincial Gerontological Nurses Association Conference at the Coast Bastion Hotel. Mark your calendars early, and plan to attend "Into the Future: Innovations in Senior's Health" on September 17 & 18, 2009! We are pleased to announce our Key Note Speaker will be Dr. Kim King, a well-known and respected gerontologist on Vancouver Island.

We look forward to meeting you in 2009 at the Provincial Conference!

Warm regards from the Island,  
Jill McMurray,  
Vice President Central/North Island Chapter

### SIMON FRASER

After much planning, hard work and trepidation, the Annual Conference and AGM was held in September. New Frontiers in Gerontological Nursing was the theme and it proved to be very innovative and educational. It was well received and also put a few extra cents in the Provincial purse. We want to give a special thanks to all who participated in the success of the conference: including

the Fraser Valley Chapter who lent a helping hand. I may be a little biased, but I think we did a great job. We at Simon Fraser Chapter want to wish everyone a Happy and Safe holiday season and all the best for 2009. Hopefully everyone's Chapter will prosper in 2009.

Meetings:

When: Last Tuesday of the month

Where: New Vista Care Facility  
7550 Rosewood Street  
Burnaby, BC  
604-527-6000

Why: At least one hour of  
education  
Networking  
Camaraderie

Rea Braithwaite

News letter Correspondent

### FRASER VALLEY

Many of our members enjoyed attending the September conference and participated in the AGM. The Fraser Valley chapter meets on the 4th Thursday of every month generally at Peach Arch Hospital or Czorny Alzheimer's Center. Our membership Chairs have been working hard at securing speakers for this year and next. In November, we met at the Czorny Alzheimer's Center and had Gina Gaspard, CNS, explaining "The Dementia Journey". We then take a Christmas break and start again in January. We would welcome any ideas on topics or speakers for future meetings although our schedule is looking quite full. Please let me know via e mail at [louise.brown@fraserhealth.ca](mailto:louise.brown@fraserhealth.ca) if you do not receive the flyer and would like to post at your worksite. I look forward to meeting fellow gerontological nurses at our meetings.

Louise Brown, chapter president

*continued on next page...*

# One of BC's own

In honour of their Centennial, CNA created a one-time-only Centennial Award to acknowledge registered nurses who have made considerable contributions to the nursing profession in particular and to the health of Canadians in general. The awards were presented on November 26th in Ottawa.

These 100 nurses were selected from peer nominations across Canada. One of these chosen individuals, Jessie Mantle, is well-known by a large percentage of GNABC members. She has worked in various positions throughout her 40 year

career, and to our benefit, mostly in Gerontology. She was the first President of our national organization, the CGNA. For the new members not familiar with this dynamic individual, or don't receive the CNA magazine, you can find out more about Jessie by going to the CNA site [www.cna-nurses.ca/cna/](http://www.cna-nurses.ca/cna/). They have a link on their home page where you can read about Jessie, and the other 99 outstanding nurses.

Thank you, Jessie, for your caring and dedication to nursing, and especially our seniors.

We Salute you!



– Sandy Oxenbury

## Chapter Reports

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## VANCOUVER

In September, our small group enjoyed hearing Dixie Butts, RN, MSN present about Creating Change with a qualitative research project at Hilltop House in Squamish. Unfortunately, our meetings for October and November were cancelled, so members were encouraged to attend meetings at the nearby Simon Fraser and Fraser Valley chapters. Our next scheduled meeting will be on January 26th, 2009 from 7-9 pm at the CRNBC building at 13th & Arbutus. We will meet monthly thereafter on the last monday of the month until May 25<sup>th</sup>, which will be our year end. Upcoming education topics will include: Psychogeriatrics, Diabetes management, Neurological Assessment, and Emergency Preparedness with Elders in mind. We have are looking for members to fill the positions of Secretary, President Elect, and Education coordinator.

Barbara Scantland Palmer, President

## Member Profile: Introducing Darlene Rogers- Neary, president-elect

I graduated from St. Martha's School of Nursing in Antigonish, Nova Scotia in 1978. Since graduation, I have earned Certificates in Nursing Management and Gerontological Nursing. I graduated from Grant McEwan College with a Certificate in Gerontological Nursing in 1999. I obtained my CNA certification in Gerontological Nursing in 2001.

Over the past thirty years, I have worked in a variety of nursing positions including staff nurse in both acute and residential care, clinical instructor in an LPN program and manager of clinical services in geriatrics. I am currently employed with Interior Health as the manager of administrative support, providing support to five residential facilities in the Central Okanagan. Shortly after graduation, I moved to Yellowknife in the N.W.T. I

quickly became involved with the local chapter of the nursing association, and served two years

on the executive. I moved to Kelowna in 1989, and after taking some time off to spend time with my two children I joined the local Gerontological nurses group. I have served as president elect and president of the Central Okanagan Chapter, and I am currently involved with recruiting members.

I like to keep active with skiing, snowshoeing, walking, yoga and reading. I have a three-month-old puppy and I volunteer for The Canadian Diabetes Association and the Heart and Stroke Foundation.



## Member Profile: Introducing Marcia Carr, our new Education Chair

I am a CNS – acute geriatrics, geropsychiatry and nurse continence advisor at Burnaby Hospital, Fraser Health. I also hold appointments at UBC School of Nursing, U Vic, SON, McMaster University, SON and SFU, Gerontology Research Centre.

I co-lead and lead the acute care geriatric nurse network (acgnn), acgnn CNS collaborative, and geriatric emergency network initiative (geni) for the Ministry of Health, Nursing Directorate until March 2008. We are still carrying on despite the ending of our funding. Amongst a number of other functions, I chair the Fraser Health Acute Falls and Injury Prevention clinical working group, co-chair Burnaby's professional practice council, co-chair Burnaby's ethical resource committee, co-chair Burnaby's geriatric service program team, member of BC Coalition to Prevent Falls and Injury, member of BC Psychogeriatric Association, VP of Canadian Nurse Continence Advisor Association, member of UBC Care of Elders Advisory Committee.

I have nursed from womb to tomb but caring for older

adults is the most complex and exciting field of clinical practice in all my 40 years of nursing!

Thanks,  
Marcia Carr  
(RN,BN,MS,GNC(C),NCA)  
Clinical Nurse Specialist – Acute Geriatrics, Geropsychiatry, Nurse Continence Advisor,  
Fraser Health – Burnaby Hospital,  
3935 Kincaid Street, Burnaby, BC V5G 2X6  
4211 local 3446  
pager – 604-450-6185  
fax – 604-412-6170



Adjunct Professor: SFU – Gerontology Research Department; UBC – SON; UVictoria – SON and clinical assistant McMaster University – SON

## Announcing the GNABC 2009 Education Award

It is time for members to apply for the GNABC Education Award. If you meet the eligibility criteria listed below you are highly encouraged to send in your application now. The successful candidate will be announced at the 2009 AGM. The number and amount of the awards will be dependant upon the financial status of the GNABC for the granting year.

Please note that LPNs and RPNs are eligible if they meet the criteria.

### Eligibility Criteria:

- ◆ GNABC member in good standing for **at least the last two years**. This may include affiliate membership.
- ◆ In good standing registrant with CRNBC, CLPNBC or CRPNBC.
- ◆ Full time or part time enrolment in a post-basic program or course in a recognised educational institution at the time of accepting the award OR be registered to write the CNA gerontological nursing certification examination.
- ◆ Courses undertaken must be in gerontology, nursing or part of Baccalaureate or graduate program
- ◆ Demonstrates an interest and potential in a career in gerontological nursing.
- ◆ Candidates that had previously received an award may apply again; however, priority will be given to first-time applicants

### Deadline for Submissions:

Application postmarked no later than  
May 30, 2009

### Obtain application forms from:

GNABC,  
(Business Services will now be as of Dec. 1, 2008)  
c/o Oxy's PC Services  
2366 Bonny Road  
Quesnel, BC V2J 7G6  
Phone #: 250-249-5749  
Fax: 250-249-5749

## Alcohol Use – The Choice is Yours

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### How to Get Help

A health professional can offer support:

- Your family physician or health care professional
- Your local Community Health Centre – in West Vancouver 604-904-6200; North Vancouver – 604-986-7111
- Geriatric Outreach Program – 604-906-6223
- Older Adult Mental Health – 604-904-6199 – STRIVE Support Group – (a group for older adults that meets weekly) call Heather – 604-904-6199 for further information
- Alcoholic Anonymous call 604-434-3933 to learn about a support group meeting
- West Coast Alternatives Society – 604-984-0255
- Al-Anon 604-688-1716. A support group for those affected by another's alcohol use
- Vancouver Detox Centre – 1 866 658-1221
- Maple Cottage Detox (Creekside Withdrawal Management Centre) – 604-587-3755
- Orchard Recovery and Treatment Center – Bowen Island – 1-866-233-2299  
www.orchardrecovery.com
- Edgewood Treatment Centre – Nanaimo 1-250-751-0111 www.edgewood.ca

### Sensible Drinking for Older Adults

Some people experience negative consequences from drinking because they are simply unaware of low-risk drinking levels. **Others have not adjusted their drinking to account for the body's decreased ability to handle alcohol as they age.** Older adults are more vulnerable than young adults to the effects of even small amounts of alcohol or the combination of alcohol and multiple medications. Women of all ages are more vulnerable than men to the effects of alcohol.

Although it is difficult to say exactly how much alcohol is safe for you, **here are some general guidelines** to help you decide.

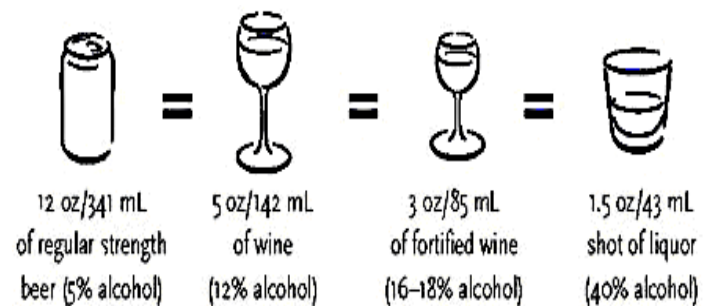
- Drink no more than two standard drinks on any day. Avoid drinking everyday.
- Limit daily intake to two standard drinks with a weekly intake of 14 or fewer drinks for men and nine or fewer standard drinks for women.
- Drink slowly to avoid intoxication. Wait at least one

hour between drinks and take alcohol with food and non-alcoholic beverages.

- If you abstain, don't start drinking alcohol for its protective effect against heart disease; less risky alternatives include exercise, better nutrition and quitting smoking.
- If you choose to drink, the protective effects of alcohol can be achieved with as little as one drink every other day.
- If you are seeking help for a drinking problem, follow the advice of your counsellor or health professional.

A standard drink is defined as:

341 mL (12 oz.) of beer (5 per cent alcohol); 142 mL (5 oz.) of table wine (12 per cent alcohol); 43 mL (1.5 oz.) of liquor (40 per cent alcohol); or 85 mL (3 oz.) of fortified wine, such as sherry or port (18 per cent alcohol).




Note: Higher alcohol beers and coolers have more alcohol than one standard drink.

\*\*Drink less or none at all if your health is poor, if you are thin and/or you take prescription medications including over the counter medications.\*\*

### Remember:

“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.” – Dalai Lama

and as the Beatles sang “All you need is love ....”



Place: Coast Bastion Hotel  
11 Bastion Street  
Nanaimo, B.C.

Date:  
Thursday Sept 17, 2009  
Wine & Cheese Networking

Sept. 18, 2009  
0800-1600  
Education/Conference/AGM  
Key note speaker: Dr Kim King

# Into the future: Innovations for Senior's Health

Sponsored by the  
Central/North Island GNABC  
Chapter

For more information contact:

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