

Annual Report to Members

April 1, 2024- March 31, 2025

For Presentation at the Annual General Meeting

July 17, 2025



Annual Report for 2024 – 2025

President

Name and Position/Committee: Julie Rubel, President (2023-2025)

Activities during this period:

CGNA Mission: Promoting excellence in gerontological nursing through leadership, knowledge and scholarship.

I have been immensely fortunate to meet, and be inspired by, gerontological nurses from across Canada over the course of my 21 years in nursing. Each interaction resulted from my innate desire to ‘say yes’ and participate fully in all that our specialty, and those that nurture it, have to offer. This approach has enabled me to accomplish career goals I hadn’t dreamed of. Saying yes when I was approached by Mollie Cole to consider standing as CGNA President, enabled me the honour and privilege to serve each of you and our specialty, and I will be forever grateful for this opportunity. Thank you for trusting me to put in the work and to guide our association ever forward. I have given this role my best, and I very much hope to have done you proud.

Our association depends heavily on the steadfast participation of our board of directors and dedicated members to make consistent steps towards achieving our mission. As this annual report demonstrates, promoting excellence in gerontological nursing is a team-sport. Throughout this report you will find examples of the many ways CGNA is making gains and achieving results. It is my pleasure to draw your attention to a few highlights as well as to pepper in calls to action.

In the area of leadership, CGNA continues to recruit and mentor new leaders to participate in the work of the board of directors and our committees. Like many other service organizations, we are not immune to succession planning challenges, thus we are counting on you to step forward and consider joining us. We know giving to our specialty in this way takes time, something we know is precious. CGNA recognizes the need for balance and is increasingly looking to ways to engage members in new leadership opportunities, for instance, the CGNA Education Committee. These opportunities connect members to CGNA to efforts which require less time than board of directors’ positions, but are no less significant in terms of potential impact. CGNA also continues to demonstrate leadership as part of the CNA Canadian Network of Nursing Specialties (CNNS). Our ongoing

participation with CNA provides important connection to advocacy efforts at the national level and supports the maintenance of our gerontology certifications (GNPC(c) & GNC(c)).

CGNA continues to make great strides in our commitment to promoting gerontological nursing excellence through knowledge. For further details of these achievements, I would draw you to the Director of Education and Perspectives, Editor-In-Chief reports. Perhaps most exciting of all our work in this area over the past year, has been the planning of our biennial conference, CGNA2025: Reuniting at the Forks. The biennial conference returns to Winnipeg, 41 years after the creation of our national association. With a theme of inclusivity in gerontological nursing, we anticipate our colleagues sharing many new and emerging ideas and innovations, which will position our association and our specialty for success over the next 40 years. You can learn more about the conference at cgna2025.ca.

Lastly, we have much to celebrate in the area of scholarship. We continue to see interest in our CGNA Research Grant as well as our Ann C. Beckingham Scholarship. For further information about these efforts, I draw your attention to Dr. Marie-Lee Yous report. Dr. Yous is the new CGNA Chair, Research and Scholarship. At this time would like to extend our gratitude to Dr. Elaine Moody, who completed her second term as Chair, Research & Scholarship in 2024. As we continue to grow and adapt as an organization, we look forward to discussions about how best to re-invigorate our Memorial Scholarship to better reflect current trends. We hope to finish this work in the Fall of 2025, prior to the next research and scholarship cycle. Congratulations to all who were successful in applying for a grant or scholarship in 2024. We invite you to maintain this connection to CGNA by sharing your work at an upcoming conference or local event. You can also amplify your knowledge dissemination efforts by sharing your work in Perspectives, CGNA's peer-reviewed journal (<https://cgna.net/journal>).

In closing, I would again like to extend my tremendous thanks for your support of my CGNA Presidency. Never would I have imagined the deep learning and growth that has spurred from this opportunity. There are many people to thank for their mentorship, most especially Elaine Campbell, Lori Schindel-Martin, Mollie Cole, and Veronique Boscart. I would also like to express my thanks to the CGNA board of directors, past and present, for your enduring commitment to the growth and success of CGNA. Your efforts do not go unnoticed. Thank you also to Anthony Lombardo, Association Manager, for your diligent efforts to lift CGNA2025 off the ground and your behind the scenes operations in service of CGNA. Finally, thank you CGNA members! Thank you for joining CGNA, engaging in education, reading Perspectives, acting as reviewers, attending CGNA2025, sharing our social media posts, and for the multitude of other ways you help CGNA to thrive. Cheers to many more years of collaboration and community!

Respectfully submitted by,

Julie Rubel, RN MScN GNC(c)
President, CGNA (2023-2025)



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President-Elect

Name and Position/Committee: Brandy Stadnyk, President-Elect

Activities during this period:

Participating in regular board and executive meetings and receiving mentorship to take on the role of President for this great association.

Realization of the importance of a national platform to support provincial associations because almost all provinces are facing similar problems. A national platform for information sharing of member recruitment and retention strategies supports all associations and chapters and their memberships.

Planning for the future sustainability of the CGNA in alignment with the changing priorities of membership. With a greater focus on member education, thank you to the Education group for their extensive work building relationships and overhauling the CGNA education platform.

As the 2025 CGNA conference planning committee chair, Manitoba is so excited for the CGNA conference to return to Winnipeg. “Reuniting at the Forks: Inclusivity in Gerontological Nursing Practice” will provide an opportunity to celebrate the rich, 40+ year history of the CGNA while looking forward to advancing inclusivity in gerontological nursing practice. We look forward to seeing everyone in person May 29-31, 2025.

Additional Notes:

Goal for 2025-2026 – Inventory and organize CGNA policies files and set priority order for review and update.



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Past President

Name and Position/Committee: Elaine Campbell, Past President

Activities during this period:

I attended the CGNA Executive and Full Board Meetings throughout the 2024-25 year. I attended all committee meetings associated with the upcoming planning of our CGNA 2025 23rd Biennial Conference to be held in Winnipeg Manitoba in May 2025.

Along with CGNA President Julie Rubel I attended special meetings with representatives from provincial chapters to discuss ongoing provincial and chapter membership challenges and explore options for future structure of CGNA and its provincial representatives. CGNA recognizes this ongoing concern for affected provincial associations and is committed to providing support to its membership as we work through proposed structural changes.

CGNA Board and Executive Nominations – As Chair of the Nominations committee I prepared the slate of nominees for available Board Executive and Director positions to be presented and voted on at the Annual General Meeting on June 7, 2025.

Additional notes:

It has been such a joy to support the ongoing activities of Julie Rubel, CGNA president as well as all members of the Executive and Board of Directors. This is my final term as past president on the CGNA Board Executive. I appreciate the tremendous support from previous and current board members whom I have worked with over the past 6 years as well as that from our office manager Anthony Lombardo. In addition, it has been an honor and privilege to represent CGNA members and participate in the continued growth of its membership.

Respectfully submitted,

Elaine Campbell, RN MN GNC (C),
Past President, CGNA

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Secretary

Name and Position/Committee: Therese Lim, Secretary

Activities during this period:

Attended the Executive and Board of Director meeting since the AGM held May 25, 2024.

All meetings were held by Zoom platform unless otherwise noted.

Executive Meeting:

- September 4, 2024
- October 16, 2024
- December 18, 2024
- February 19, 2025
- April 16, 2025

Board of Director Meeting:

- May 25, 2024 Pre and Post AGM meetings
- June 19, 2024
- September 18, 2024
- November 20, 2024 (unexpected regrets - my thanks to Brandy Stadnyk for the minute assistance)
- January 15, 2025
- March 19, 2025
- May 21, 2025

Additional Notes:

Prepared and circulated to Executive and Board members the meeting minutes and associated documents.

Facilitated the collation of reports for the AGM.

It has been an honour and pleasure to support the activities of the Executive Team and Full Board of Directors of CGNA, as the second year of my second term as Secretary draws to a close.

Respectfully submitted,

Therese Lim BScN (Hons), BA, RN, GNC (C)
Secretary, CGNA

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Director of Communication

Name and Position/Committee: Kim Ritchie, Director of Communication

Activities during this period:

Education Webpage Development

Over the past year, my primary focus has been the development of an educational webpage for the Canadian Gerontological Nursing Association (CGNA) website. This initiative was sparked by the CGNA Education Committee and aims to serve as a centralized hub for educational resources and engagement across Canada.

To support the project, two fourth-year nursing students from the University of Calgary were recruited. Over the course of a semester, they conducted an environmental scan of nursing-related educational programs both nationally and internationally. In addition, they developed social media guidelines and created reusable templates for future posts.

The completed webpage will feature:

- A brief introduction to the educational team
- A calendar of events for CGNA chapters across Canada
- A library of gerontological resources
- Recorded webinars
- A wellness area focused on self-care and mental health

Web development is currently in progress, with full completion expected in the coming months.

Ongoing and Future Activities

Several additional initiatives were launched over the past year and will continue through 2025–2026:

- **Social Media Engagement:** Regular posts have been shared to highlight awards, announce new initiatives, and promote upcoming conferences. Anthony Lombardo continues to manage and support the CGNA's Twitter, Facebook, and LinkedIn accounts.
- **Editorial Collaboration:** I attend regular editorial meetings with the *Perspectives* team and have contributed to strengthening communication between the editorial board and CGNA leadership.

- **Newsletter Development:** While I was unable to release a member newsletter this past year, this remains a priority, and I will actively work toward launching one in the coming months.
- **Collaboration with CNNRA:** I have initiated connections with members of the Canadian Network of Nursing Researchers in Aging (CNNRA) to build communication pathways. Plans are underway to invite members to contribute updates and feature profiles of expert nurses in upcoming newsletters

Additional Notes:

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Director of Education

Name and Position/Committee: Roslyn M. Compton/Director of Education

Activities during this period:

CGNA Education team met five times in March, May, June, October, and November 2024 over Zoom.

Team membership:

Roslyn M Compton Director of Education – Saskatchewan
Abigail Wickson-Griffiths – Saskatchewan
Barbara Tallman – Manitoba
Debbie Lashbrooke – Ontario
Mariana dos Santos Ribeiro – Saskatchewan
Kimberly Ritchie – CGNA Director of Communications

Periodically, additional persons join the meetings:

Lorie Schindel Martin – Ontario
Winnie Sun – Ontario

Pallium/CGNA ECHO Hub Partner was established in February 2024. Four sessions were facilitated by Compton on:

April 4: Altered Responses Part 1 (Erin Yakiwchuk and Deb Schick)

April 11: Altered Responses Part 2

June 6: Integrating family caregivers into healthcare teams and practice: The what and why (Sharon Anderson and Jasneet Parmar)

June 13: Integrating family caregivers into healthcare teams and practice: Navigating the where and how

September 5: Extracellular vesicles in longevity research Part 1 (Ayesha Saleem)

September 12: Extracellular vesicles in longevity research Part 2

November 7: Palliative oral care Part 1(Heather Woodbeck)

November 14: Palliative oral care Part 2

ECHO sessions have been designed to maximize opportunities for nurses to attend during break times at work – 2 30-minute sessions on the 1st and 2nd Thursday of the month. The first session is a presentation of the concept, and the second session is an application session with the opportunity for case presentations and discussion facilitated by the presenter.

CGNA Education Website page

Shell created for CGNA Education page on the website. The education team has begun to plan the content and layout for the page.

2025Plan

- Establish webpage on CGNA website, including section for upcoming education sessions from sources across Canada and internationally (free sessions)
- Revise CGNA (2020) Gerontological Nursing Standards of Practice and Competencies (4th ed.).
 - Mental health
 - Unhoused/homelessness
 - Reconsider pillars
 - Conduct survey of members/non members
- Review and archive webinars housed on CGNA website

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Perspectives Advisory Committee

Name and Position/Committee: Lorna Guse, Chair, *Perspectives* Advisory Committee

Members: Past-Editor, *Perspectives* (Lorna Guse) is Chair; ex officio members are the Editor-in-Chief, *Perspectives* (Dawn Prentice) and CGNA Communications Director (Kim Ritchie). Other members are: Jasmine Hwang (AGNA), Traci Skaalrud (GNABC), Brandy Stadnyk (MGNA), Carla Wells (NLGNA). Kaitlyn Tate (AGNA) joined the committee in December. We thank Jasmine Hwang for her service to the committee in 2023-2024.

The purpose of the Committee is to support the work of the *Perspectives* Editorial Team in their mandate to publish original manuscripts describing issues, research and clinical, educational or administrative innovations of interest to gerontological nurses and others who provide care to older adults.

Activities during this period:

- The Committee met four times in 2024: March 14, June 20, September 12 and December 5 by videoconference
- Members share news from their associations at each meeting
- In relation to the purpose of the committee to support the work of the *Perspectives* Editorial Team, there were two actions:
 - a. A call for manuscripts aimed at nursing students was developed by Jasmine Hwang and Dawn Prentice and forwarded to Anthony Lombardo for distribution on CGNA website.
 - b. A potential feature in *Perspectives* that highlights the clinical expertise of gerontological nursing was completed following an interview from Alma Lubos (Clinical Educator, Deer Lodge Centre, Winnipeg).

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Perspectives

Name and Position/Committee: Dawn Prentice Editor-in-Chief-Perspectives, Journal of the Canadian Gerontological Nursing Association.

The *Perspectives* Editorial Team comprised of (Lorna Guse- Past Editor, Roslyn Compton- Associate Editor and Dawn Prentice)

- Thirteen manuscripts were submitted.
- Three issues of *Perspectives* were published.
- Four editorial team meetings were held during this time.
- A webinar for future authors of *Perspectives* was completed and can be found on the CGNA website. <https://cgna.net/journal>
- Special edition on homelessness coming in the summer.

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Research and Scholarship Committee

Name and Position/Committee: Marie-Lee Yous, Chair Research and Scholarship Committee

Activities during this period:

The committee successfully completed the conference program for the CGNA 2025 23rd Biennial Conference to be held in Winnipeg Manitoba May 2025. I was responsible for sending out abstracts for review and compiling scores. I grouped abstracts together for oral presentations based on similar topics and themes. I am pleased to have worked alongside Brandy Stadnyk, Lorna Guse, and Barbara Tallman who also reviewed the conference programming, added additional opportunities for viewing documentaries to the program, and made changes to the grouping of abstracts. We had frequent meetings to discuss the conference program. Anthony Lombardo provided timely information and notifications to accepted presentations throughout the process.

The committee successfully completed the Grant and Scholarship competition for 2025 awards. We had an excellent response to the call for applications with 10 applications for the Ann C. Beckingham Scholarship and 4 applications for the CGNA research grant. We awarded one research grant of \$2,500 to Genevieve Thompson from the University of Manitoba.

We awarded 3 Ann C. Beckingham Scholarships in the amount of \$4,000 to:

- Fernanda Fengler Dal Pizzol
- Shawna Peddar
- Victoria Pickles

Leadership:

I am looking forward to completing my second term as chair of this committee and being involved in the Grant and Scholarship competition for 2026.

Respectfully submitted,
Marie-Lee



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Nominations Committee

Name and Position/Committee: Elaine Campbell RN MN GNC(C), Chair Nominations Committee

Activities during this period:

As required in the CGNA By-Laws, the Nominations Committee is chaired by the Immediate Past President. At the full Board meeting on March 19 2025 those present were encouraged to inform their provincial membership that there is a nomination call for open board positions. A call for nominations has been circulated via email blast and the CGNA website to all members prior to the 2025 Annual Meeting.

Call for Nominations: The Canadian Gerontological Nursing Association is a premium national professional nursing organization, a not-for-profit, registered charity with CRA since July 1, 1987. We are calling for nominations for the positions of

President-Elect

Treasurer

Secretary

Director of Education

Board of Directors: Provincial Representatives for

Alberta

Manitoba

Ontario

Nova Scotia

Newfoundland & Labrador

For more information, please consult the official Call for Nominations and nomination form.

The nomination slate will be formally presented and members will vote at the Annual General Meeting of the membership to be held June 7, 2025.

Respectfully submitted,

Elaine Campbell, RN,MN, GNC(C),
CGNA Past President, Chair – Nominations Committee

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Provincial Association: Alberta Gerontological Nurses Association

Director Reporting: Kelly Baskerville, Past President

Contact information: Pastpresident@agna.ca

Activities during this period:

Board meetings were held on a monthly basis through the 2024-25 term. We held our AGM on June 12th, 2024. We have been fortunate to operate over the past year with most board positions filled and offer our sincere thanks to our board for this past year's service, particularly those who are finishing their term.

Memberships have increased this year in all Chapters, thanks to the ongoing efforts of our board members in encouraging and welcoming our community of practice to get involved.

AGNA has undertaken a significant project to update our website and email this past year, with the initial work to move to a new server complete. This will require further work as we ensure our Association can maintain a sustainable and effective way to communicate with our members and the public.

Our Education committee planned and held a very successful Spring Education Day on April 12th in Edmonton. We were pleased to welcome a variety of speakers, including a livestream from the Netherlands. We are also proud to have offered this as a hybrid event, which allowed members to participate in person or the live online stream.

Our website hosts a series of gerontological nursing education modules, at www.courses.agna.ca. An article on this project was published in Canadian Nurse in September 2024, entitled, "Free online learning modules aim to counteract ageism and negative stereotypes of older adults". In addition, the link to the modules are listed in the Canadian Association of Schools of Nursing's new Gero Hub Educational Resource Matrix, which provides nursing educators links to resources which align with the Entry to Practice Gerontological Care Competencies for Baccalaureate Programs in Nursing.

AGNA partnered with a federally funded project to support Internationally Educated Nurses (IENs), called Path2Practice. This collaboration between Bow Valley College and the Calgary Regional Immigrant Employment Council offers wraparound support to IENs, and a series of micro credentials. AGNA offered a workshop to two cohorts on Careers in Gerontological Nursing in Alberta to introduce IENs to the Alberta Health system, Gerontological Nursing standards, career pathways and practice environments, and options to access free and affordable professional education.

AGNA hosted a student from the University of Alberta's Community Nonprofit Internship Program over the past year. Our MBA student completed several learning modules on nonprofit governance and accountabilities and paired this with what he learned about our Association. He completed a project for AGNA, reporting on potential sources of income to increase our financial stability as an organization.

We continue to offer AGNA Continuing Education Awards, and this year awarded two awards to allow members to offset the cost of travel and registration for the CGNA 2025 conference.

The Communications Lead led several initiatives, including design and sales of AGNA stickers, starting an AGNA Instagram account, and working to develop the AGNA brand.

We collaborated with the Alberta Association on Gerontology (AAG), as a member of the AAG Stakeholder Collaborative Committee. This group regularly works with government, provider organizations, social service organizations, educators for system change.

The Alberta Association of Nurses hosts quarterly meetings for specialty interest/practice groups, which AGNA participates in, and we were recently invited to sit on the advisory group for AAN's Clinical Nursing Scholar program, which aims to support nurses new to practice.

Chapter Activities:

Calgary:

Our Calgary Chapter had a quiet year and focused on supporting provincial efforts. We have seen attrition from the board and plan to rebuild in the coming year.

Edmonton:

Our Edmonton Chapter had several board members that also held provincial roles; most efforts the past year were to organize the AGNA Annual Education Day in April. We look forward to recruiting a full board and offering in-person events in the coming year.

Red Deer:

The Red Deer AGNA Chapter has had a successful year. Our small but mighty team worked hard to remain connected and to provide support to gerontological nurses in Central Alberta. Special thanks for Andy LeBlanc for his unwavering support and guidance for our chapter. Our chapter this year hosted several educational events for seniors living in the

community as well as educational events for nurses in Central Alberta. Highlights include sessions on podiatry, end of life planning and goals of care to support Seniors living in our community. We also had the opportunity for our members to tour the Red Deer Polytechnic simulation lab and learn about how nurses in the community can support new graduates entering into practice. Our team is excited to continue hosting a range of speakers that will be beneficial to our membership and the community. A special thank you to the Golden Circle, Taylor View Towers and the Alzheimer's Society for hosting some of our event this year



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Provincial Organization: Gerontological Nurses' Association of BC

Name and Role of Director Reporting: Mariko Sakamoto, President

Contact: msakamoto@uvic.ca

Current issues facing the organization:

We are continuing to build up our membership numbers which were as low as 56 members during COVID. According to our recent AGM membership report, we reported 108 members for last year – and so far, 84 members have already renewed their membership for 2025. Having moved out registration to go through the CGNA in the last year has streamlined the registration process. The automatic reminders are also helpful and are making a positive impact.

We are now a centralized organizations – all provincial chapters have now closed – the final chapter to close was the Vancouver/Richmond chapter which closed in June 2024.

Our focus as a provincial organization remains on increasing membership, supporting members in their educational endeavours (including CAN certification), providing connection among nurses, and this year includes supporting CGNA conference travel.

Activities undertaken during this period:

1. **AGM:** Our AGM was held over Zoom during our annual conference on May 2, 2025
2. **Conference:** Our conference theme this past year was **Doing Things Differently in Long Term Care: New Directions for Gerontological Nurses**. We had four speakers, including a keynote speaker – and just over 70 people attended. As per previous years, this was a free event, open to the public. Conference planning will resume in the fall for next year's event.
3. **Annual GNABC Education Award:** This year we voted to increase the award from \$500 to \$1000 and we announced the 2025 recipient at our AGM.
4. **GNABC Travel Bursary:** This year we provided 2 X \$500 travel bursaries to members in good standing who had registered for the conference. The bursary recipients were

announced at the AGM, and we are looking forward to hearing about their conference experiences. We anticipate supporting travel to the CGNA Biennial in 2027.

5. **CNA Study Sessions & Guest Speaker Series:** Our GNABC Education chair (Jade Sol) continues to organize twice yearly certification study sessions. She has had participants join from across BC – there have also been participants from Newfoundland, Ontario and Alberta. She consistently gets about 10-12 learners per session which are offered in the Spring and Fall. Jade has also started running a guest speaker series which will resume in Fall 2025.
6. **GNABC Newsletter:** Our Communications Chair (Jo Brown) continues to put together a newsletter for members that is sent out 2-3 times per year which focused on highlighting GNABC events, members contributions and successes and other stories of interest.
7. **Board of Directors:** As of our 2025 AGM, we have a full executive – no vacancies. We put a call out in our AGM for 2 member at large positions to support the work of our Education and Communications chair and are waiting to see if anyone expresses interest.

Activities that will be undertaken during 2025-2026

- Past president Shelley Canning will be revising our GNABC by-laws
- We will be looking at planning and supporting 1-2 in-person/hybrid social events to help connect our members
- We will continue to implement recruitment strategies
- We have an executive meeting planned for June 2025 to debrief from our conference event and lay some plans for 2025-2026 – regular GNABC executive meetings will resume in the Fall of 2025.

Many thanks to the GNABC executive team, and to the Conference Planning team for all of their work over the last year.

Warm regards,



Mariko Sakamoto

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Director Reporting: Brandy Stadnyk

Contact Information: bstadnyk@wrha.mb.ca

Current Issues:

Ongoing membership recruitment efforts through social media and offering engaging in-person continuing education opportunities.

Activities during this period (e.g., educational sessions, participation in provincial policy development):

Education sessions:

- September 2024: “Health Care Accessibility” by Shawna Joynt
- November 2024: “Trauma Informed Care” Dorotoa Hall
- February 2025: “What is this thing we are calling Person Directed Living?” by Dr. Genevieve Thompson and Kelly Dutiaume
- April 2025: “Social Prescribing” by Connie Newman and Dr. Michael Routledge

Engagement:

- Oct 2024: Shared journey of membership and executive positions of gerontological and other nursing special interest groups through Nursing Stories: What Opportunities We Share in Career Development

Additional notes and items to report:

Presentation of 2024 MGNA Nursing Distinction Award to Sheila Smith for Excellence in Education/Research and Administration.

Presentation of 2025 MGNA Nursing Distinction Award to Kelly Dutiaume for Excellence in Education/Research and Administration.



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Provincial Association: NLGNA (Newfoundland and Labrador Gerontological Nursing Association)

Name and Role of Director Reporting: Carla Wells, Board Representative, NLGNA

Contact Information: 709-630-0793

Current Issues: NLGNA has continued to remain inactive. We have been unable to attract new executive members.

Activities during this period (e.g., educational sessions, participation in provincial policy development): Carla has been participating in discussions between the Atlantic provincial gerontological associations and CGNA regarding amalgamation of provincial associations in Atlantic Canada. Talks are ongoing.

Additional Notes: None.



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Provincial Association: Nova Scotia Gerontological Nursing Association (NSGNA)

Director Reporting: Katie Pitt- Provincial Representative

Contact Information: pittkathlene@gmail.com

Current Issues:

- There maintains a challenge to find active board members. Many board positions are open without candidates.
- Currently reaching members with emails and Facebook to deliver information.
- Membership is mostly inactive.

Activities during this period (e.g., educational sessions, participation in provincial policy development): None