

# Foundation Focus

Spring 2016

Invest in nurses. See the difference in health care.

## Meet Linda Hunter, a CNF Ambassador!

**“Those entering nursing need the support so they don’t stop what they’re doing, and can continue with their research and their education.”**

Past award recipient Linda Hunter is new to CNF’s Ambassador program, believing that it’s essential to spread the word and give back to a profession where she has spent 32 years.



“CNF is one of the ‘best kept secrets’ and it shouldn’t be,” she says. “It’s incredibly useful for networking and understanding what our profession is doing across the country and sharing what we’ve learned with each other,” she said.

“There’s nothing more powerful and gratifying than helping those in our professional community,” said the chief nursing officer for the Perley & Rideau Veterans’ Health Centre. “Those entering nursing need the support so they don’t stop what they’re doing, and can continue with their research and their education.”

Linda was selected for a CNF award while working on her master’s thesis and encourages others to start early in their careers to help fellow nurses in times of need for professional help. “We need to get the word out to the younger generation of nurses. It’s a bit like paying it forward.”

**We Need You!!**



## Canadian Nurses Foundation

## What’s New?

### NEW SCHOLARSHIPS FOR 2016



**Lundbeck Canada Inc.  
Mental Health Nursing Award**

**Continuing to Advance Leadership and Innovation in Canadian Nursing Informatics**

Dr. Kathryn J Hannah Nursing Informatics Scholarship



**Dr. Kathryn J. Hannah Nursing Informatics**



**Manitoba Registered Nurses Centennial Legacy Scholarship**



**Beverly and John Carl Scholarship**

**CNF remembers Lt. Col. Harriet J. Sloan (Hallie), CNF ambassador and supporter of the CNF Military Nurses of Canada award, who passed away in January on her 99<sup>th</sup> birthday.**

***Rest in peace, Hallie.***



## **“I think of the tremendous privilege that nurses have with the permission to participate in such intimate conversations.”**

### **Margaret Tansy, CNF ambassador and donor**

“I was part of a geriatric psychiatry outreach team in a local long-term care facility, when the nurse manager asked me to look in on Mrs. L, a new resident. As I approached the two-bed room, I heard moaning. At first, I thought it was from Mrs. L, but in fact, it came from her roommate. I introduced myself to Mrs. L, and asked if the moaning from the roommate bothered her. She responded, “If I ever started to cry, I would never stop”. Gradually, she shared her story: she was a Holocaust survivor and had lost all her immediate family at that dreadful time. Finally, she was able to escape to England, where she met and married her husband. They emigrated to Montreal, her husband qualified as a lawyer, and they had one son. After 50 years of marriage and a comfortable life, Mrs. L’s husband left her for a younger woman. Her

only son was living out west, struggling with alcohol addiction. She said she had few friends, and life had become meaningless.



I found her story, and her profound sorrow, deeply moving. I think of the tremendous privilege that nurses have with the permission to participate in such intimate conversations. I was powerless to change anything for her, but I believe that just by bearing witness to her story, it gave to her space to tell her story, and it made a difference. Mrs. L died soon after my visit. I feel blessed to have been trusted with her story.”

**Nurses like Margaret make such a difference in people’s lives. Make CNF part of your charitable giving strategy today!**

## **CNF thanks all its generous donors and supporters**

### **“It was one of the most emotional moments of my career.”**

#### **Wendy Nicklin, CNF monthly donor**

Sometimes the littlest decisions have the biggest impact. Wendy Nicklin is a past CNF board member and two-time CNF award recipient who has seen this first-hand.

When emergency surgery on a heart patient failed, she watched the family struggling to cope with the loss of a young husband and father in the waiting room. The five-year-old son wanted to see his father’s body. The family resisted. “The mother finally asked me what I would do if it was my son. I said if he was my son, I would let him see his father.” The mother relented and we took him in for a visit. Later, the boy came back and looked at me. “Thank you for letting me see my Daddy,” he said.

“It was one of the most emotional moments of my career,” Wendy says. “It speaks to the heart of nursing. It’s how you support people.”



That support can also take the form of supporting the profession. Everyone has been, or will be, touched by the care of a nurse. Nurses are the backbone of the health care system. Supporting CNF has far-reaching implications. And that’s why Wendy has been with the Foundation for over three decades, giving her money, time and enthusiasm to the cause of caring nursing in Canada. Individually we make a difference. Collectively we make a huge difference!

**Once a month can change someone’s every day. Join Wendy and become a monthly donor. As little as \$10/month can help make a difference!**

## “As a clinician caring for cancer patients, I saw their many survivorship concerns, including their fear that cancer would return.”

### Jacqueline Galica, researcher

“As a clinician caring for cancer patients, I saw their many survivorship concerns, including their fear that cancer would return. I wanted to support cancer survivors in coping with this common fear, and thus began my graduate education. Completing graduate-level education while working full-time is nothing short of a colossal challenge, and I am so grateful for the support of CNF that enables me to focus on my research into this important survivorship issue.

To date, my PhD research has added clarity to the magnitude of fear of cancer recurrence (FCR), and deciphered some of the characteristics of cancer survivors who have the highest levels of FCR. Although their feedback was not solicited as part of my research, some participants included hand-written accounts of their experiences with FCR. The most notable was related to an annual mammogram: *‘I cannot go to the hospital by myself. I have to have a friend with me. ... I am completely dysfunctional/frozen during the whole process. One time at the hospital when they had to redo the X-ray, I fainted. I woke up on the floor with a sheet*

*covering me.’* This example illustrates the debilitating FCR that is a reality for so many cancer survivors, and validated to me the importance of my research.



My next research step is to mitigate the debilitating fears of cancer patients. My postdoctoral research will explore the usefulness of an intervention that will provide cancer patients at highest risk for FCR with coping skills prior to developing FCR. This post-doctoral project has received funding support from CNF, so **thank you to the donors** for supporting this work. With an estimated 196,900 new cases of cancer in Canada in 2015 for whom FCR will be their top concern when they complete treatment, this work has the potential to support a great number of cancer patients.”

### Support for nursing research ...

- **Informs and guides better policies**
- **Helps us show the impact on people we care for**
- **Gives the opportunity to identify better ways of providing care; RNs often recognize a problem before it becomes evident.**

**40** Baccalaureate

### Look how you have helped!

Lives you have touched this year include 40 baccalaureate, 16 masters and eight doctoral scholars.

You also helped 39 nurses receive Certification awards, and supported six nurse researchers.

**16** Masters

**39** Certification

**8** Doctoral

**6** Research

# Message from the Executive Director

photo: Teckles Photography Inc.



It's the time of year when CNF is receiving its final scholarship applications for another amazing year of awards! And so I want to thank each and every one of you for your support and generosity – it is all of you who make these awards, and more, possible.

It is your commitment and belief in the nurses of Canada that helps them to deliver quality health care to those who need it most. I would also like to share that CNF will be launching a new campaign on May 5th of this year, which we expect will make a difference in the lives of a very special group of people. Stay tuned and visit [cnf-fiic.ca](http://cnf-fiic.ca) for the latest! Stay happy and healthy, and thank you for all you do!

*Christine Friel Boyle*

## SAVE THE DATE!

### CNF Biennial Reception

**June 19, 2016, 5 – 6:30 pm, Saint John, NB**

Join CNF award recipients, donors, nurses and others in celebrating Canada's nurses.

**Hope to see you there!**

Support **High 5 for Nurses!** National Nursing Week 2016 throughout the month of May. #high5fornurses



## WIN A PERSONAL TABLET!

**WINNER WILL BE DRAWN JUNE 21<sup>ST</sup>**

GIVE A MONTHLY GIFT **NOW** – AND **YOU** CAN WIN!

**Already a monthly donor?**

Have a FRIEND sign up as a monthly donor – and YOU can win too!

**Once a month can change someone's every day. BECOME A MONTHLY DONOR.**

***Invest in nurses. See the difference in healthcare.***

Visit [cnf-fiic.ca](http://cnf-fiic.ca) for more details.

*Prize generously donated by TD Insurance Meloche Monnex*



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**Canadian Nurses Foundation**

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