



FOUNDATION FOCUS

SCHOLARSHIP SPOTLIGHT

Nursing was never a profession I considered growing up—too much blood and guts! But I knew I wanted to help others, and when I learned about nursing’s plethora of career paths, I decided to enter the field. I am a white settler, an uninvited guest with German and British ancestry who has lived, worked, and played on a variety of Indigenous lands on Turtle Island.

I am a trans, non-binary, and queer RN currently living, learning, and working on Treaty 1. My nursing career thus far has been centered around harm reduction in community, mental, and sexual health, working with people and families of all ages, with a focus on historically disadvantaged groups such as the precariously housed, Indigenous people, and 2S/LGBTQIA+ people in rural and remote locations.

Thank you, CNF and Tylenol, for seeing that my research focused on gender-inclusive and affirming practices in undergraduate nursing education can have a much larger impact on nursing, nursing education, and trans and gender-diverse people across the country.

JESS CRAWFORD (they/them), University of Manitoba, MB, 2023 Tylenol® Fund to Advance Diversity in Nursing and Health Equity Scholarships Master’s recipient



Read more about The Night Shift inside...

ROB'S REPORT

As 2023 comes to a close, we are excited to report significant progress in our scholarship and mental health programming since my last update.

In late September, hundreds of students received more than \$450,000 in scholarship and award funding. We have delivered mental health training and support to hundreds of nurses from coast to coast to coast and, in partnership with **Mental Health Commission of Canada**, we have many more sessions booked into 2024. There has been a huge outreach for this program and we are responding with the support of donors like you. Thank you!

We continue to focus on career development through our partnership with Dr. Judy Duchscher and **Nursing the Future**. In 2023, CNF helped fund the launch of an updated website and new programs for nurses in Canada. CNF has also continued its leadership in funding nurse-led, research through its partnerships with the Canadian Institute of Health Research and the Canadian Consortium on Neurodegeneration in Aging.

There is much work to do to support Nurses and Nursing students as we continue to adapt to the new reality of healthcare, and I am encouraged by the generosity of donors like you to support the programs CNF has in place to expedite this healing.

We are excited about the future of nursing in Canada and Canadian Nurses Foundation is delighted to work with nurses and partners to best position the generosity of donors to impact the health of Canadians.

Thank you for your support as we continue to raise funds for scholarships, mental health programs, career development and research through our Healing Healthcare Campaign. I hope that as you consider your charities of choice for the year-end that Canadian Nurses Foundation continues to be among those causes.

Please visit www.cnf-fiic.ca and click 'Donate' or scan the QR code to help.

Best to you. Wishing you, your family and friends a healthy, happy and safe New Year.



Rob Gottschalk,
CEO
Canadian Nurses Foundation



Thank you...

to all of The Night Shift sponsors



THE NIGHT SHIFT

**AN EVENING OF APPRECIATION,
CONNECTING AND FUN!**

We were back to Light Up the Night for Nurses at the National Arts Centre, CNF's The Night Shift shone with neon palm trees, special giveaways, incredible food and an amazing group of nurses, nursing students, and supporters of nurses dancing the night away.

Merilee Nowgesic, CEO, Canadian Indigenous Nurses Association opened the evening with a land acknowledgment and blessing. Dr. Leigh Chapman, Canada's Chief Nursing Officer and Dr. Sylvain Brousseau, President, Canadian Nurses Association, welcomed all the guests who came together to support scholarship, mentorship and mental health programs at our Miami-inspired party.

Mental health programs and scholarship support were the priorities for this year's event. If you would like to support these programs or any of our programs please visit www.cnf-fiic.ca/donate-3/.



Night Shift supports award recipients like **Adebusola Adekoya**, University of Waterloo, **Kathleen Rowat Graduate Student Award**, PhD recipient

My dad inspired me to be a nurse. He worked as a medical photographer in a teaching hospital and shared with me the valuable contributions nurses make in healthcare. Also, my passion for caring for people and desire to make a positive difference in their lives led me to apply to a nursing diploma program in Nigeria.

After I immigrated to Canada, I worked as a registered nurse in a long-term care home and developed interest in gerontology. I was particularly interested in behaviours often viewed as challenging such as 'wandering' and how to create supportive environments for people living with dementia.

During my master's program, I developed a strong interest in teaching and research. I took on a teaching role at Red River Polytechnic College which allowed me

to share my knowledge and vision for excellence in gerontology with nursing students. I also saw the importance of evidence-informed public health policies on practice and patient experience. This inspired me to enroll in a PhD program in Aging, Health, and Well-being at the University of Waterloo.

My doctoral research examines the process of policy development of community alert systems for locating missing persons with dementia.

I am grateful to CNF for the Kathleen Rowat Graduate Student Award and the opportunity to continue to address issues related to the health and well-being of the aging population.

Please visit www.cnf-fiic.ca and click 'Donate' to support scholars like Adebusola.



SCHOLARSHIP SPOTLIGHT



Robyn Soulsby, UOttawa, 2023 Saint Elizabeth Home and Community Care Award, Baccalaureate recipient

My decision to pursue a career in nursing was inspired by the endless personal and professional advancements the profession offers. Becoming a Registered Nurse allowed me to blend my passion for travel and education with my desire to help others. My nursing background started in Nova Scotia where I worked bedside in various nursing departments including spinal cord and neurology rehabilitation, orthopedics, and cardiology. Being a nurse is a rewarding career choice that has allowed me to experience several leadership roles including volunteering as a camp nurse and becoming a clinical instructor for nursing students. I am happy to have chosen a profession that offers the flexibility to work and travel across Canada while learning about different cultures and meeting many like-minded people along the way.

After four years of bedside nursing, I decided to pursue a master's degree in nursing, which includes a research thesis co-currently with my Nurse Practitioner degree. My research focuses on how new graduate nurses in Ontario spoke about nursing in a socio-political context during their transition into nursing practice. I am so thankful to the Canadian Nurses Foundation and the Saint Elizabeth Home and Community Care Award for granting me this award and supporting my ongoing studies.

LAST CHANCE TO MAKE AN IMPACT IN 2023

We look forward to helping you process your year-end gifts. Thank you for thinking about CNF and the great programs we fund and provide.

Please visit www.cnf-fiic.ca and click 'Donate' to help. Donations through the mail must be dated and postmarked no later than Dec. 31, 2023.

Or please call 1-844-204-0124 ext. 223 for help during the following hours:

HOLIDAY HOURS

Monday Dec. 25	Closed
Tuesday Dec. 26	Closed
Wednesday Dec. 27	8:30 AM – 4:30 PM
Thursday Dec. 28	8:30 AM – 4:30 PM
Friday Dec. 29	8:30 AM – noon

New LINDA HARTWICK AWARD

Commemorating her retirement after 40 years of nursing, the *Linda Hartwick Award* was established by her family to help undergraduate nursing students succeed. Through Linda's dedication, leadership, mentorship, and care, she provided thousands of patients, their families and her team members with her strength, compassion, and an uplifting spirit.

The Linda Hartwick Award will be provided to a nursing student who represents and demonstrates the same commitment to their patients, their teams and compassionate care the way Linda did during her career.

Good nurses inspire themselves.
Great nurses inspire others.

2024 SCHOLARSHIP APPLICATIONS OPENING JANUARY 1ST!

For over 60 years Canadian Nurses Foundation's core mission has been to provide scholarships, bursaries and certification awards to nursing students and nurse researchers across Canada all levels of study. In 2023, Thanks to the generosity of our donors, we had a record-breaking year of support providing more than \$450,000 in scholarships, bursaries and certification awards to 135 recipients across Canada.

Our 2024 Scholarship Application portal opens on January 1, 2024 and will close March 15, 2024. Please let the nurse researchers, nursing students and internationally educated nurses in your network know about the opportunities through CNF.

<https://cnf-fiic.ca/scholarships/>

Invest in nurses. See the difference in healthcare.

Canadian Nurses Foundation



Fondation des infirmières et infirmiers du Canada

135 Michael Cowpland Drive, Suite 105
Ottawa ON K2M 2E9
www.cnf-fiic.ca



CHARITABLE REGISTRATION NUMBER: 129870713RR0001