



COMMUNITY  
HEALTH NURSES  
OF CANADA



INFIRMIÈRES ET INFIRMIERS  
EN SANTÉ COMMUNAUTAIRE  
DU CANADA

# GREAT BIG NEWS

CHNC MEMBER EXCLUSIVE NEWSLETTER

## FALL 2023

### INSIDE THIS ISSUE:

Message from the President - 2  
Meet a few of the Board - 3-5  
Continuing Education  
Opportunity - 5  
CHNC2024 - 6  
Call for Abstracts - 7  
CHNC Engagement sessions - 8  
Webinar Opportunity - 8  
CHNC Member Feature - 9  
Self Care Corner - 10  
Membership Renewal - 11  
Student Membership - 11  
Community Health Nursing  
Certification - 12



## HELLO AGAIN!

#CHNsHereTogether #nursingstrong  
#community

Welcome to the Fall 2023  
edition of Great Big News.

HAVE FEEDBACK OR IDEAS FOR GBN? EMAIL US  
AT [INFO@CHNC.CA](mailto:INFO@CHNC.CA)!

Follow us on social media!



<https://www.facebook.com/CHNCIISCC/>

[https://twitter.com/CHNC\\_IISCC](https://twitter.com/CHNC_IISCC)

[https://www.instagram.com/chnc\\_iiscc/](https://www.instagram.com/chnc_iiscc/)

<https://www.linkedin.com/company/chnc-iiscc/>



COMMUNITY  
HEALTH NURSES  
OF CANADA



INFIRMIÈRES ET INFIRMIERS  
EN SANTÉ COMMUNAUTAIRE  
DU CANADA

# Message from the President

Karen Curry

Happy Fall,

It is such a great time of year of letting go of the old and new beginnings. I love the quote, "I am so glad I live in a world with Octobers" Anne of Green Gables. The CHNC board committees are looking forward to connecting and sharing the great work that is happening to meet our strategic goals and advance community health nursing excellence. If you are thinking about joining a CHNC committee, just do it. Reach out to any of the CHNC committee chairs and have a conversation. The committees are doing great work and always looking for more members. The more hands, the lighter the load. I am thrilled that we will be meeting in person in April 22 – 24, 2024.

The conference planning committee is hard at work finalizing contracts and getting the call for abstracts ready to go this fall. I would encourage you to consider submitting an abstract, I know there are so many great quality improvement and research projects happening across the country and each domain of practice.

Karen Curry RN MN CHNC (C)



CHNC is collaborating with St. Elizabeth Health Care to revise and update the CHNC Home Health Competencies. The project team will ensure that the national voice of the landscape and the needs of home care nurses are heard. Stay tuned for updates. If you would like to be involved as a stakeholder, please connect with me [karen.curry@dal.ca](mailto:karen.curry@dal.ca)

**Public Health Core Competencies Modernization Project.** CHNC is involved as a key stakeholder and I sit on the advisory committee with a cross-section of PH stakeholders. CHNC will be hosting consultation sessions in the fall, and will be sharing the Delphi survey. The goal is to have thousands of public health nurses provide input on the core competencies for public health. To find out more, visit:

<https://nccph.ca/projects/2024-core-competencies-for-public-health-in-canada/>

# CHNC EXECUTIVE

2023-2024

**President:** Karen Curry  
**Executive Director:** Anthony Lombardo  
**Treasurer:** Barbara Chyzy

**Past President:** Donna Jepsen  
**Secretary:** Morag Granger  
**Communications:** Melissa Edwards

## Meet a few of the Board Member

### Loryn Sand Yukon

Loryn Sand works as a Community Health Nurse in Whitehorse. Her focus is in maternal/newborn community care, immunizations, school health, TB and travel health. She has recently become involved with Yukon's public health informatics systems. Her spare time is spent between working on postgraduate education in Nursing with the University of Calgary and either hiking in the summer or hibernating in the winter.



Nicole is a public health RN who enjoys direct client and community nursing care. This core work is what satisfies her nursing heart and brain. Her various community health roles have included working as an Assistant Head Nurse (AHN) with the Alberta Provincial Communicable Disease Control team and as an AHN at a large COVID immunization clinic. She has also worked as a staff public health RN with Alberta's school health nursing programs, well-child health clinics, refugee health services, and notifiable disease and outbreak control for the Calgary zone. Her love of public health developed out of an interest in immunizations and the prevention of vaccine-preventable disease.

Nicole received her BN, BA and PgCert from the University of Calgary and her MN from the University of Athabasca. She obtained her CCHN(C) certification in 2016 and has maintained her community health competencies. She's keenly interested in deepening and expanding her knowledge and contributions to public health practice. She is currently in the second year of her two-year term as the Alberta board representative. When Nicole is not working, she is an avid reader, enjoys long walks, riding her bike, and spending time with her family.

### Nicole Chen Alberta



# Anna Tazian

Quebec

Anna is the granddaughter of The Armenian Genocide survivors and the daughter of refugees, with 30 years of experience in nursing. She presently works as a nurse educator in the community health care sector at the CIUSSS West-Central in Montréal. Anna has a bachelor's degree in nursing and a master's degree in Public health, both acquired at the American University of Beirut. She started her career in nursing as a cardiology nurse; however, her experience is rooted in community health nursing as a nurse and educator since 2001. Additionally, she has taught at the Institute of Nursing in Abu Dhabi, United Arab Emirates, and later at the Ingram School of Nursing McGill University as a faculty lecturer. As a community health nurse, she has worked with various family healthcare sectors and populations, including maternal child and refugees. Presently, her work concentrates on re-establishing and strengthening the role of community health nurses in Quebec through various projects.

# Morag Granger

Secretary

I am a registered nurse living in Regina, SK. I have been a Public Health Nurse for 38 years and have worked front-line and leadership positions throughout my career. My front-line experience was in rural public health nursing, and I was the Manager of Public Health Nursing in Regina for 14 years. In 2019, I moved to a Public Health Nursing Consultant position with the SK Ministry of Health and am currently the interim Senior Public Health Nursing Consultant.

I became involved in the Community Health Nurses of Canada in 2010 when I was nominated as the Saskatchewan rep on the Board of Directors. During this time, I chaired the Governance Standing Committee and served on the Conference Standing Committee. In 2014, I was elected as President-elect to the Board of Directors. I served as President-elect, President and past President from 2014 - 2018 and was involved in many committees, including the CNA certification committee, among others. I was also the co-chair of the National Conference Standing Committee for three years and was able to bring the national conference to Regina during this time. I continue to be on the Finance Committee and the Leadership Committee.

I believe CHNC is a voice for all community health nurses in Canada. CHNC needs to increase the visibility of all the CHNs in our country and be a voice for them and for the population of Canada.

# Juliana Barry

Prince Edward Island

Juliana enjoys spending time with her family and enjoying the wonderful island life! Originally from rural Nova Scotia, Juliana moved to Newfoundland and Labrador to attend University. After receiving her Science Degree in 2001, she enrolled in a Nursing Program and found her life passion: community health nursing. Since graduating from university in 2005 and moving to PEI, she has assumed various nursing roles in the community setting. Juliana's experiences range from public health nursing, health promotion, infection prevention and control consulting, and school health nursing and she is currently the provincial perinatal health program coordinator for Health PEI! In 2020, Juliana achieved many personal and professional goals by obtaining her Master of Nursing from UPEI, and CNA certification in Community Health Nursing. Juliana joined CHNC in 2020 and has been a member of the research and health policy committee for the past few years.



# Karen Curry

## President

I am an experienced community health nurse leader with over 27 years of practice, mainly in-home health care with the Victorian Order of Nurses (VON). Home care nursing and community health nursing have been my main areas of focus, supporting nurses and unregulated care providers' practice and having a variety of roles in home care nursing. In the fall of 2022, I transitioned to teaching nursing at Dalhousie University, focusing on Population Health and Nursing and Health Policy. Teaching and working with nursing students have been a career goal of mine, and I am so grateful for this opportunity.

I love community health nursing, and my involvement with CHNC has brought me many personal and professional experiences. Meeting and working on committees with experienced community health nursing leaders who offer support, guidance, and encouragement has kept me going. I learned to use my voice and to help solve problems. In taking on the president role, my thought was, why not me? I know the organization, have experience and like to work with others to bring projects and ideas to life. I am here because of the amazing nursing leaders before me who have encouraged and supported community health nurses to become involved. The quote by St. Mother Teresa is on my computer screen and guides me each day "I alone cannot change the world, but I can cast a stone across the waters to create many ripples."— Mother Teresa

I am a passionate and enthusiastic speaker who thrives on collaboration and participatory exchange. I look forward to working with the CHNC board and members to create ripples of change for the health of our communities and for community health nursing.

## Continuing Education Program Mohawk College

New graduates interested in public health nursing as a career or newly hired in public health, advance your knowledge and skills with Canada's first and only Public Health Nursing Graduate Certificate. Winter registration is now open as of November 14, 2023!

# Community Health Nursing: Health for All

<https://CHNC2024.ca>

#CHNC2024

# CHNC2024

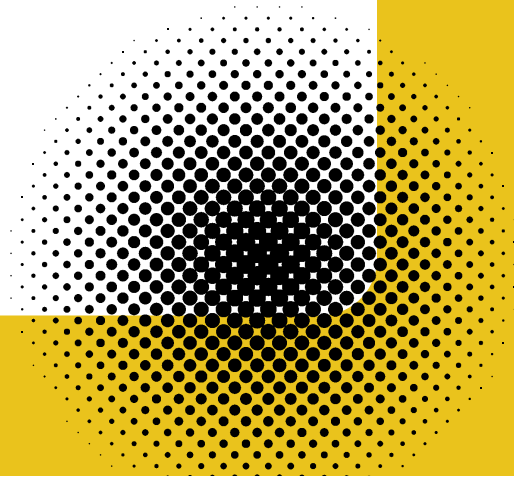
**SAVE!  
THE DATE!**

**April 22-24, 2024  
Toronto, Ontario**

Your paragraph text  
**Hart House, University of Toronto**

**DID YOU KNOW?**

CHNC MEMBERS RECEIVE  
REDUCED REGISTRATION  
RATES FOR CHNC2024,  
AMONG OTHER BENEFITS!



# Call For Abstracts

## CHNC2024

### Community Health Nursing: Health for All

Creating opportunities for health equity is foundational to community health nursing. Over the past few years, the challenges faced by many in society for acceptance and access to services have been exacerbated. But, through the application of the Community Health Nursing Standards of Practice, community health nurses have risen to the challenge and modified existing programs or have developed new and innovative approaches to reach out to those who could benefit from their services.

Your paragraph text

Perhaps you have worked with particular groups in society – for example - those from varied cultural backgrounds, LGBTQ2S+, or Indigenous people. Or possibly, changes in technology are providing new opportunities for connecting and providing services. Workplace changes may have supported innovation.

The CHNC2024 National Community Health Nursing Conference provides an opportunity to reflect, share experiences and develop strategies to lead nurses into the future in addressing community needs.

Abstract submissions are encouraged from nurses and interprofessional collaborators in all domains of community health nursing: practice, administration, education, research and policy. Student submissions are strongly encouraged! Abstracts are accepted in English or French and may be presented in the language of submission.

[Please download the Official Call for Abstracts for submission instructions and access to the abstract submission system by clicking this text.](#)

[We look forward to receiving your submission!](#)

Virtual  
Engagement  
Session



National Collaborating Centre  
for Determinants of Health  
Centre de collaboration nationale  
des déterminants de la santé



## 2024 Core Competencies for Public Health: CHNC Engagement Session

Please join the Community Health Nurses of Canada and the National Collaborating Centres for Public Health in a virtual engagement session to hear about the update of the 2008 Core Competencies for Public Health in Canada and provide input on cross-cutting themes, categories, and more.

Core competencies reflect the essential knowledge, skills and attitudes necessary for effective #public health practice. Have a say in shaping the 2024 Core Competencies for Public Health in Canada. Your ideas and perspectives are critical.

November 8, 2023  
12:00 – 1:30 p.m. ET



To register for one or  
both of these  
sessions, scan the QR  
code on your phone  
camera

November 15, 2023  
7:00 – 8:30 p.m. ET



Register  
today!

Core competencies reflect the essential knowledge, skills and attitudes necessary for effective public health practice. Have a say in shaping the 2024 Core Competencies for Public Health in Canada. Your ideas and perspectives are critical.

Join the Community Health Nurses of Canada and the National Collaborating Centres for Public Health in a virtual engagement session to hear about the update of the 2008 Core Competencies for Public Health in Canada and provide input on cross-cutting themes, categories, and more.

**Register here: November 8, 2023 or November 15, 2023**

For more information about this project visit: <https://nccph.ca/projects/2024-core-competencies-for-public-health-in-canada/>

Les compétences essentielles réfèrent aux connaissances, aux habiletés et aux attitudes à maîtriser pour maintenir des pratiques efficaces en santé publique. Ayez votre mot à dire concernant la mise à jour 2024 des énoncés de compétences essentielles en santé publique au Canada. Vos idées et votre opinion comptent énormément.

Joignez-vous aux équipes d'Infirmières et Infirmiers en santé communautaire du Canada et des Centres de collaboration nationale en santé publique et prenez part à la réunion participative pour connaître l'avancement des travaux d'actualisation des énoncés de 2008 des compétences essentielles en santé publique au Canada.

Donnez votre avis sur les thèmes transversaux, les catégories et ainsi de suite.

**Inscrivez-vous ici: 8 Novembre 2023 15 Novembre 2023**

Pour en savoir plus au sujet du projet, rendez-vous au <https://ccnsp.ca/projets/competences-essentielles-en-sante-publique-au-canada-2024/>.



Sandra Lacle, Acting Director at Public Health Sudbury and Districts, has returned from a brief retirement to continue her contribution and passion for public health leadership and ensuring access to health for communities. Sandra entered the public health leadership realm more than 30 years ago and has led in roles of executive director (acting) and director for teams of 75 to 500 people. Sandra has a passion for helping leaders contribute to their full potential as they work collectively, across sectors, to achieve their goals and make a difference in the health of communities. Sandra's work is grounded in her nursing experience (BN Class of 1982) working front line in public health, long-term care and acute care. She has also held management roles in each of these sectors, as well as a volunteer on several Boards and Committees.

# Health Equity and Community Health Nursing: One Organization's Journey

Wednesday, November 22, 2023  
12-1 Eastern Standard Time


CHNC  
Professional  
Development  
Webinar Series



## Health Equity & Community Health Nursing: One Organization's Journey

This is a free event and all are welcome to attend


 **Date:** Wednesday, Nov. 22, 2023

 **Time:** 12-1 pm ET (9-10 am PT; 10-11 am MT; 11-12pm CT; 1-2 pm AT)

To register for this webinar, scan the QR code on your phone camera or visit the CHNC website for the registration link



Brought to you by the CHNC  
Leadership Committee

  
Sandra Lacle, RN, BN, MScN  
Acting Director  
Public Health Sudbury & Districts

Don't miss this  
Webinar!

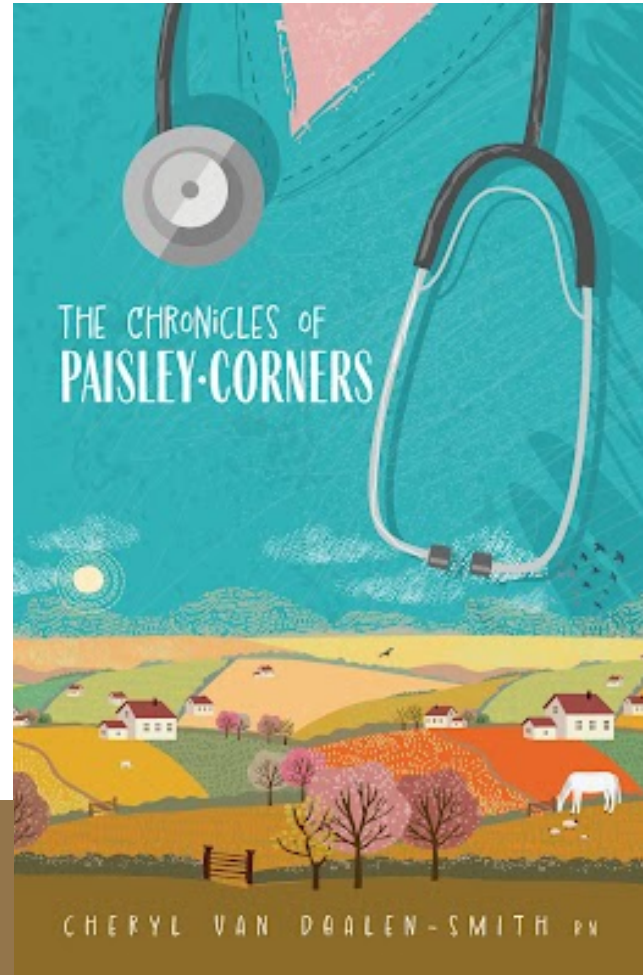
REGISTER NOW



Canadian nurse Kick Cavendish has always wanted to make a difference, and she's hoping her new post as Paisley • Corners' new public health nurse will help her do just that. The rural Ontario hamlet instantly enamoured Kick, who had also dreamed of living on an animal rescue farm. She soon discovers Paisley • Corners is as curious of a place as it is special. A community where the dot in its name is explicitly intentional, and its citizens are meddlesome and sometimes misunderstood but deeply caring despite their quirks and foibles.

In *The Chronicles of Paisley • Corners*, the author draws from her expertise as a public health nurse, a role she compares to that of the wind: rarely seen, yet their presence is felt. With gentle nods to social issues and research around real historical events, an array of stories that focus on the wants, wounds, and secrets of the village's residents will have readers rooting out loud for their favourite character. Much of the book is seen through Kick's observant eyes, from witnessing the trauma associated with being an outcast to discovering the lengths people will go to shroud a secret. The links she sees between her rescue barn and her nursing practice – like beauty from ugliness or hope from neglect – offer pause for all of us to consider the true meaning of belonging.

The comings and goings of this friendly and compassionate public health nurse provide a window into endearing rural characters who just want to matter.



## About the Author::

With experiences as a public health nurse and nursing professor, Cheryl van Daalen-Smith's deep love for her work and appreciation of the privileged lessons afforded to nurses who bear witness to the lives of diverse individuals and communities are what inspired her to write *The Chronicles of Paisley • Corners*. She is a long-time member of CHNC, recently leading the Standards and Competencies committee and creating a new Infographic to depict our standards! She dedicates *The Chronicles of Paisley • Corners* to Canada's public health nurses who understand it well when she writes that 'Health is a matter of who matters.' Cheryl is a long time CHNC member.

Cheryl is available to speak about the book and her process – just contact her at [cvandaal@yorku.ca](mailto:cvandaal@yorku.ca). The book will be available at our upcoming conference and can be purchased here as well:



Author  
**Cheryl  
van Daalen-Smith**

# SELF CARE

## Corner

I LOVE Fall, it is my favorite season. The beautiful foliage, the cool, crisp temperatures and the pumpkin spiced everything! For many people, however, Fall isn't welcomed. It's a dreaded season of shorter days and stress leading up to the Holidays.

We find ourselves adjusting to a new routine, vastly different from the sun filled, fun, carefree days of summer. This may be the perfect time to pause and focus on what is important to you. Self-care doesn't have to be a big formal affair, nor does it need to be so structured that it causes more stress! Set attainable goals and remember that setting out to do too much defeats the whole point!

You might like to consider some of my favourite Fall self care activities. I hope one or two could be your favourite too.

Take a walk and enjoy the leaves. Double points if you invite a friend!

Enjoy a hot cup of coffee, curled up with my favourite blanket, while listening to the wind and rain on the window.

Organizing around the house. (I know, I know, you're thinking I've forgotten we are talking self-care! I don't have time during the busy summer months to sort, donate and toss what isn't being used. Taking a few moments, here and there, to tackle a closet or the kids' toy bins is unusually satisfying. Less clutter = less mess)

Embrace the sun while it shines. The long nights of fall and winter can get us down.

Pumpkin spice and everything nice. I wasn't kidding about this before. I look forward to the smells of fall. The rich aromas of a pumpkin loaf or an apple crisp. Maybe you love squash or can't wait to dive into a hearty root vegetable stew. Try a new recipe with your favourite fall food to bring a little joy.

*Melissa Edwards B.N. R.N. CCHN (C)*

# MEMBERSHIP RENEWAL



[WWW.CHNC.CA](http://WWW.CHNC.CA)



Membership is effective January 1 -December 31!



COMMUNITY  
HEALTH NURSES  
OF CANADA



INFIRMIÈRES ET INFIRMIERS  
EN SANTÉ COMMUNAUTAIRE  
DU CANADA

## ***Free - again! Student Membership***

Help us build a "community" of community health nursing enthusiasts by sharing membership news about CHNC! You can encourage students that you teach or precept to join for FREE! Please spread the word and share with your colleagues, so their students can join too.

Community Health Nurses: Leaders for a Healthy Canada

# Community Health Nursing Certification

The Canadian Nurses Association offers certification in 20 specialty areas. The certification credential is part of a respected national certification program. Certification became available to Canadian community health nurses in 2006. It provides official recognition by nursing colleagues and health system stakeholders of the unique community practice focus and that certified nurses are qualified, competent, and current in the practice of community health nursing. The official designation letters, CCHN(C), are engraved on the pin provided to candidates who have successfully passed the rigorous national practice and knowledge requirements of the certification exam. CHNC encourages you to wear your pin with pride.

## SPRING EXAMS

Apply from January 15 – March 31

Exam writing window: May 1 – 15

Receive your results in June

## FALL EXAMS

Apply from June 10 – September 30

Exam writing window: November 1 – 15

Receive your results in December

## RENEWAL BY CONTINUOUS LEARNING

• Apply anytime from January 15 – December 15, 2024

# 2024

[CLICK HERE](#)

To learn more about certification