



**NATIONAL EMERGENCY
NURSES ASSOCIATION-
ALBERTA**

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ABOUT US

THE NENA-AB delivers a quarterly e-mail newsletter. If you have ideas or articles for submissions, please email them to NENA-AB email address

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A Message from the NENA-AB President to Emergency Nurses

Dear Emergency Nurses

I hope this message finds you well. It has been some time since we last connected, and I want to take this opportunity to acknowledge the incredible work you continue to do, often behind the scenes, to provide critical care in times of need.

Emergency nursing is a profession built on resilience, compassion, and an unwavering commitment to patient care. Your ability to face unprecedented challenges head-on, whether it's during natural disasters, surges in patient numbers, or the ongoing unpredictability of the healthcare landscape, is nothing short of inspiring.

I deeply regret the distance that time has placed between us, but I want you to know that our commitment as the NENA-AB team is to support you. Exciting news is that our team roster is full, which means we have representation from across the province. Please review the team sheet that shows who is in your area that you can connect with.

We are working tirelessly to address the challenges that you face every day and to ensure that you have the tools, resources, and recognition that you deserve. Your dedication to saving lives, providing comfort in moments of fear, and giving your all—day in and day out—is something that deserves to be celebrated. I am humbled by your strength and honored to stand with you as we continue working together in uncertainty in healthcare.

Thank you for your exceptional service and for being the heart of emergency care. We have missed you, and we are grateful for the tireless work you do to keep our communities safe.

Can't wait to see you all at our future events. Do not hesitate to reach out to any of our team.

With deepest gratitude and respect,

Dawn Peta, BN, RN, ENC(C)

REIGNITE: FINDING THE PASSION

April 25 & 26, 2025

Matrix Hotel

10640 100 Avenue, Edmonton, AB



Sneak Peek of Roster:

What's New in Resuscitation

How to manage violence in the ED

Demystifying the Unknown: Forensic Nursing

Registration Through Eventbrite

[REIGNITE: Finding the Passion, NENA-AB Conference Spring 2025](#)



Hotel Booking information: [Matrix Hotel - NENA Conference](#) Book by March 24, 2025 for early bird pricing

If you are not a NENA member, you can register for membership at www.NENA.ca
Or Scan the QR code to activate your Membership!



COST:	Full Conference	Saturday Only	Pre-Course + Full Conference
Member	\$ 225.00	\$ 100.00	\$ 500.00
Non-Member	\$ 300.00	\$ 200.00	\$ 575.00
Undergrad Nurse	\$ 125.00	\$ 100.00	

Optional Pre-Courses ENPC & TNCC are April 24 full day & April 25 half day

Pre-Course TNCC \$ 325.00 OR \$ 500.00 (member)/\$ 575.00 (Non-Member) **with conference**

This is a 2-day course. Start time: Thursday April 24th at 0800hr – End Time: Friday April 25th at 1300hr

Pre-Course ENPC \$ 325.00 OR \$ 500.00 (member)/\$ 575.00 (Non-Member) **with conference**

This is a 2-day course. Start time: Thursday April 24th at 0800hr – End Time: Friday April 25th at 1300hr

The organizers reserve the right to change program speakers or content without further notice and assumes no liability for these changes.

Great opportunity for education and networking
Friday evening cocktail social & Taco Bar
Full buffet breakfast and lunch Saturday

NENA Representatives SITE RESPONSIBILITY LIST

Site	Representative	Sites Covered
Southwest	Annamaria Mundell AnnaMaria.Mundell@albertahealthservices.ca	<ol style="list-style-type: none"> 1. CRH 2. Fort Macleod 3. Pincher Creek 4. Crowsnest Pass 5. Cardston 6. Raymond 7. Claresholm
Southeast	Terri Egger terri.egger@albertahealthservices.ca	<ol style="list-style-type: none"> 1. Bassano 2. Brooks 3. Medicine Hat 4. Vauxhall 5. Bow Island 6. Taber 7. Oyen 8. Milk River
Calgary Urban	Janine van Beurden janine.vanbeurden@albertahealthservices.ca	<ol style="list-style-type: none"> 1. Foothills 2. ACH 3. PLC 4. RGH 5. SHC 6. Sheldon Chumir Urgent Care 7. South Calgary Urgent Care
Calgary Rural	Mandy Blacklock mandy.blacklock@albertahealthservices.ca	<ol style="list-style-type: none"> 1. Airdrie 2. Cochrane 3. Okotoks 4. Banff 5. Canmore 6. Black Diamond 7. High River 8. Didsbury 9. Strathmore 10. Vulcan
Central West	Natalie Anderson natalie.anderson@ahs.ca	<ol style="list-style-type: none"> 1. [Redacted] 2. Red Deer 3. Camrose 4. Drayton Valley 5. Lacombe 6. Ponoka 7. Rimbey <p style="text-align: right;">Including Sylvan Lake & Wetaskiwin</p>
Central East	Kristine Osetsky Kristine.Osetsky@albertahealthservices.ca	<ol style="list-style-type: none"> 1. [Redacted] 2. [Redacted] 3. Castor 4. Coronation 5. Daysland 6. Hanna 7. Hardisty 8. Killam 9. Provost
Central South (Erin)	Erin Acorn Erin.Acorn@albertahealthservices.ca	<ol style="list-style-type: none"> 1. Drumheller 2. Innisfail 3. Olds 4. Rocky Mountain House 5. Stettler 6. Sundre 7. Three Hills

Edmonton Urban	Domhnall O'Dochartaigh Domhnall.Odochartaigh@albertahealthservices.ca	8. Grey Nuns 9. Misericordia 10. Stollery/UAH 11. Sturgeon 12. RAH
Edmonton Rural	Lindsey Bouffard Lindsey.Bouffard@albertahealthservices.ca	1. Fort Saskatchewan 2. NEHC 3. Redwater 4. Sherwood Park 5. Stony Plain 6. UCC-East Edmonton 7. Leduc 8. Devon
Northwest	Jennifer Willox Jennifer.Willox@albertahealthservices.ca	1. High Level 2. Fort Vermillion 3. Manning 4. Peace River 5. Grimshaw 6. McLennan 7. High Prairie 8. Valleyview 9. Beaverlodge 10. Fairview 11. Spirit River 12. Grande Prairie 13. Grande Cache 14. Fox Creek
Northeast	Sarah Kasper Sarah.Kasper@albertahealthservices.ca	1. Cold Lake 2. Bonnyville 3. Elk Point 4. St. Paul 5. Lamont 6. Tofield 7. Two Hills
		8. Vegreville 9. Viking 10. Wainwright 11. Vermillion 12. Fort McMurray 13. Smoky Lake 14. Lac La Biche
North Central	Kristen Mackenzie - Need clarity on Sites Kristen.Mackenzie@albertahealthservices.ca	1. Athabasca 2. Barrhead 3. Boyle 4. Edson 5. Hinton 6. Jasper 7. Mayerthorpe 8. Slave Lake 9. Swan Hills 10. Wabasca 11. Westlock 12. Whitecourt
Novice ED Rep	Jehanna Joyes Jehanna.Joyes@albertahealthservices.ca	Lives Stony Plain Area
Novice ED Rep	Isabella Hill - Novice Rep isabella.hill@ahs.ca	Lives Stony Plain Area

NENA AB Officers	
President	Interim- Dawn Peta Dawn.Peta@albertahealthservices.ca
President Elect	VACANT
Secretary (Administration Officer)	Heather Murray heather.murray1214@gmail.com
Treasurer	Sandra Walsh Sandra.Walsh2@albertahealthservices.ca
Communications Officer	Jennifer Jordan Jennifer.Jordan@albertahealthservices.ca

**Southeast Zone Representative
Terri Egger**

I work in rural Alberta, in Taber Emergency.

I love all things rural emergency nursing, especially with the amazing team we have.

I've been a RN for 13 years, primarily in emergency. I am also the Simulation Team Lead for Taber and NRP Instructor.

I enjoy continuing to learn and teach through SIM and the diverse elements that this brings to front line staff.

I look forward to this new role with NENA as the SE Representative, and the opportunity to network and meet some of the amazing nurses that Alberta has.



**South West Zone Representative
Annamaria Mundell**

Annamaria Mundell brings a wealth of expertise to her role as the Southwest Zone NENA Representative, coupled with over 20 years of clinical experience as a Registered Nurse. Her career spans pivotal roles in esteemed Emergency Departments at Calgary's Foothills Medical Centre (FMC), Alberta Children's Hospital (ACH), and Pincher Creek Hospital.

Currently, Annamaria assumes the position of Clinical Nurse Educator (CNE) within the Southwest Zone, alongside her integral role as a Simulation Consultant for the eSIM Provincial Simulation Team, catering to Chinook Regional Hospital.

In her capacity as a Simulation Consultant, Annamaria oversees a comprehensive outreach simulation program, extending its reach to six rural hospitals across Southern Alberta. Central to her responsibilities is the provision of support, mentorship, and guidance to nurses, fostering their professional growth and facilitating continued education, particularly in the realms of leadership and excellence, both locally and provincially.

Annamaria is deeply committed to the advancement of equitable healthcare access, with a particular focus on the engagement of Indigenous populations through simulation-based education initiatives tailored to rural settings. Beyond her professional endeavors, she is actively engaged in her community. Outside of her professional commitments, Annamaria finds solace and rejuvenation in outdoor pursuits, sharing these moments with her family.





Calgary Zone Urban Representative Janine van Beurden

I have worked as a staff nurse at the Peter Lougheed Emergency since 2005. Prior to working in the PLC ED, I worked on a medical teaching and hematology unit and worked as an events nurse for the Calgary Stampede. In 2022 I began as one of the clinical nurse educators at the PLC Emergency department – it has been an amazing learning experience, and I have completed my certifications to be able to help provide ACLS, PALS, TNCC, ENPC and CTAS courses to our staff. My goal in my CNE role and what I hope to accomplish as the Calgary Urban NENA representative is to help provide great educational opportunities and have Emergency Nurses feel confident and proud of their integral role in providing excellent patient care.

Calgary Rural Representative Mandy Blacklock

I have been a registered nurse for 13 years, practicing in rural and urban emergency departments and urgent care across Alberta.

I have a passion for emergency nursing and my heart will always remain in rural. My current role as is at Airdrie Urgent Care as the Clinical Nurse Educator.

Continuing education is important to me and within this new NENA role, I would like to encourage others to share their passion for emergency nursing and professional development. I look forward to working together to continue striving for excellence in emergency nursing.

I am also an ACLS, PALS and CTAS instructor. I look forward to the CTAS updates and educating frontline staff about all the changes throughout the coming year



Central West Zone Representative

Natalie Anderson



My name is Natalie and I'm one of the representatives for Central zone, covering Red Deer, Camrose, Drayton Valley, Lacombe, Ponoka, Rimbey, Sylvan Lake and Wetaskiwin. I am a Registered Nurse at the Red Deer Emergency Department, currently working in the Mentor Nurse position to support nurses as they learn new roles and skills. I'm a CTAS and TNCC instructor, as well as the team lead for the Supporting Our Staff (SOS) Team, providing peer support to colleagues. Please feel free to reach out to me via email if you have any questions or want to discuss what's going on in your department.

We are delighted to share that the Truant Family Medical Suite at the Sheldon Kennedy Centre of Excellence (SKCOE) has had a successful soft launch and is officially open! The Truant Family Medical Suite provides a new, trauma-informed space to receive medical and forensic care for people who have experienced a sexual assault.

The care is provided by the Central Alberta Sexual Assault Response Team (CASART) as well as the Red Deer Regional Hospital Centre Emergency Department (RDRHC ED) physician group. (Please note that the process for referral remains the same- patients of all ages who present in Central Alberta with concerns of a sexual assault 24/7 are referred directly to the on-call CASART nurse by phoning the Red Deer Emergency Department.) Patients who are deemed to be medically stable and appropriate will be offered the opportunity to be seen at the Truant Family Medical Suite by the Sexual Assault Nurse Examiner (SANE) and a patient advocate from the Sendero Center with the ED physician virtually overseeing the care. Patients who are not eligible or do not choose to be seen at the SKCOE will continue to be cared for at the Red Deer Emergency Department by our amazing CASART team per usual process. If you have any questions, please contact Ronnie Biletsky at ronnie.biletsky@ahs.ca





Central East Zone Representative Kristine Osetsky

I live and work in the small rural community of Coronation and I am your Central Zone Rural East rep! I have been a nurse for 30 years in a diversity of roles, but my passion is the rural emergency department (ED) and all things ED. I feel so fortunate to still love my work! Currently I work full time as the Rural Emergency Clinical Nurse Specialist for Central Zone, and I continue to work casual in a frontline nursing position.

Continuing education and excellence in practice are important to me. I learn in my work every day and strive to improve practice. I completed my MN through the University of Calgary last year. This endeavor challenged me in many ways, but I also learned so much.

I have three amazing grown daughters (two are nurses!) who thankfully all live relatively close. When I am not working, I am a bit of a homebody. I like to hang out with my husband, and my fur babies. I enjoy music, arts & culture, putting in the flowerbeds, delicious food, and travelling.

I am committed to supporting the unique needs of rural nurses and patients. Being more involved in the National Emergency Nurses Association, Alberta chapter is an opportunity for information sharing and advocacy work with and on behalf of my nursing colleagues. I look forward to getting out there and meeting you!

Central South Zone Representative Erin Acorn RN MEd

My name is Erin , and I am the representative for South Central Zone. My sites include: Drumheller, Innisfail, Olds, Rocky Mountain House, Stettler, Sundre, and Three Hills.

A little about me:

I am a Registered Nurse who has worked in the Red Deer ER for 23 years. I have recently completed my Masters of Education Post Secondary Studies. I am currently a CTAS and ENPC instructor.



I am passionate about Emergency Nursing, professional development, and supporting new nurses.

I am looking forward to this new role within NENA and am excited to connect with ER nurses across the province.

If you are within my zone, please feel free to reach out with any questions or comments or to share the news and challenges of your departments.

Edmonton Zone Representative Domhnall O'Dochartaigh

Hello, I'm Domhnall, an RN and new NENA Edmonton urban representative. I came to Canada to learn to ski last century, and one thing led to another. I retrained as a registered nurse in Westlock via Grant MacEwan rural program. I started at the RAH in ICU and added the ED in 2008. I currently support the Edmonton zone EDs in a clinical nurse specialist role. I also work as a flight nurse and research coordinator for STARS. Over the years my flight role has taken me to many EDs in Alberta. I'm passionate about supporting our frontline providers in these interesting times. Outside of work I stay busy chasing my twins around.



Edmonton Rural Representative Lindsey Bouffard

I am Lindsey, an RN and the Edmonton Rural Representative and stand in Edmonton Urban Rep for NENA-AB. When I am not working at the Westview Health Centre ER and the Northeast Community Health Center ER, I am a wife, fitness enthusiast, mother, chauffeur, loudest hockey fan, personal chef, math tutor, counsellor and all the other roles that come with having young and active children. I am passionate about all things emergency medicine and my goal is to provide education, motivation, and inspiration to all new and seasoned ER nurses. I would love to hear what excites you about emergency nursing, what challenges you or your workplace are facing, any questions you may have or if you are looking to become a part of this amazing group of likeminded nurses, please do not hesitate to reach out. Email me at Lindsey.Bouffard@ahs.ca.

Currently in the Edmonton & surrounding area ERs there is a lot of exciting projects and improvements happening. Across the zone we have standardized the screening, assessment and management of Frostbite with a new Frostbite Pathway.

Many of our sites have used this new pathway and seen great outcomes for our patients. Patients presenting with concerns for frostbite should be triaged as a CTAS 2 and rewarming should be initiated within 10 minutes of arrival. It is a labour intensive and 1:1 nursing presentation, however severe frostbite can be described as "a tourniquet on an affected digit/limb that is reduced when rewarmed".

Another initiative that has been launched at the UAH ER, and hopefully to the entire Edmonton Zone, is the INFO Clinical Event Debriefing. This is a form of "hot" debriefing that is voluntary, fast, occurs within minutes to hours of the event, limited to participants present for the event and 'focuses on immediate reactions to identify processes, procedures, and safety measures that can be improved upon quickly and in real time'.

One Edmonton Urban site is getting a new product called Purewick The BD PureWick™ System - Official Site which looks like a really great product to decrease skin breakdown from other incontinence products as well as avoid unnecessary catheterization of patients, especially in our busy EDs.

Some challenges being faced in our area that I am sure are similar to many areas is the lack of space and time to provide education and training. Many CNEs want to provide education (eSim, in-services, on the spot training, courses) however are lacking the space to appropriately and safely provide this education. I know the goal at my site (one day) would be to have a designated space, essentially a sim lab.

North Central Zone Representative Kristen Mackenzie



Hey everyone!
Here's a little bit of news from the north!

Despite our winter woes and unpleasant weather, education continues to be offered both in person and online. There has been some recent changes to the Emergency Practice, Intervention, and Care in Canada (EPICC); a new company has taken over the program and will be bolstering the current content. Talk to your local educators about getting this course at your facility to elevate your everyday emergency skills.

TNCC and ENPC can be accessed online and occasionally in person, available to both AHS and Covenant employees. If you're ready to heighten your trauma skills a bit more and do some interdisciplinary play, consider auditing an Advanced Trauma Life Support (ATLS) course; the next one is available in Athabasca in April. If you really want a challenge, sign up for an Emergency Department Echo (EDE) course and learn some bedside/point of care ultrasound (POCUS). AND YES, this is in the RN scope of practice!

RhPAP has really become a great resource for rural nurses and provided funding for courses, conferences and various other things, so take a look at their website and see what you can take advantage of! I just recently saw an offer to sponsor nurses to go to the Alberta Association of Nurses (AAN) conference, which will definitely have some fantastic content - so be sure to check it out. Speaking of conferences, be sure to attend the NENA AB conference in April and ensure that the North represents!

Feel free to reach out with questions about emergency processes, education, or just general thoughts of things that are happening in our communities up here past our capital city. 😊



Northwest Zone Representative Jennifer Willox

I was born and raised in Peace River, Alberta, and am proud to serve as the Clinical Nurse Educator for Area 2, which includes Peace River, Grimshaw, Manning, and Fairview. In my role as an educator, I find great fulfillment in supporting frontline staff by sharing evidence-based practices and the latest in best practices.

I have a strong passion for continuing education and am deeply aware of the unique challenges that rural nurses face. Teaching in a hybrid format, combining virtual and in-person methods, allows me to reach a wider audience and better serve staff across a large region.

My heart lies in the fast-paced environment of the Emergency Department, and I truly enjoy connecting with fellow emergency nurses. I strongly encourage all ER nurses in Alberta to join the NENA team—it's an excellent opportunity to network, share knowledge, and learn from each other.

Novice Nurse ED Representative Jehanna Joyes

My name is Jehanna. I work at the Westview Health Centre Emergency Department in Stony Plain, Alberta. I am proud to say that I will be filling the Novice Nurse position at NENA-AB. Here is a bit about myself and my experience in emergency so far.

My nursing career started in 2020 as a Healthcare Aide at the Royal Alexandra Hospital, floating on the medicine and surgical floors. I graduated in June 2023 and began my RN position in women's health, which had a range of patients from postpartum to palliative oncology. I decided to make a career switch in April 2024 to the emergency department. I was drawn to Westview because Stony Plain is my hometown and I wanted to support my community's health.



Outside of nursing, my life is just as busy and chaotic as the emergency department can be. I love my little family which includes my partner, dog and two cats. We love all things outdoors. In the winter, that means lots of bundled walks, and in the summer (our preferred season), we go camping, biking, hiking, and swimming. I love creating and in the last few years, I have gotten really into pottery. Making home-cooked meals and baked goods is also essential to my day to day. I've recently taken a liking to using sourdough, which has commandeered my baking style.

If someone had told me in my first year of nursing school that I would be an emergency nurse, I would have looked like a deer in headlights. Throughout school and as a new grad, I did not have a grand plan to work my way into a specialty. I was content in medicine and surgery. Until one day, I got an itch to try something new. Although I had less than a year of RN nursing experience, I decided to test my luck and apply for emergency positions. When I started my new role, I felt overwhelmed, intimidated and out of my league. I had that familiar little voice at the back of my mind trying to tear down my confidence. I worked hard in my first few shifts to fight the imposter syndrome and keep it from taking the forefront of my thoughts. Now, a year into my ED career, I feel confident and capable. I still have so much to learn about emergency medicine but I have a solid foundation to now build upon.

I am excited to join NENA to expand my knowledge of emergency medicine and to share my perspective as a Novice Nurse. Please contact me, via the email below. I look forward to hearing from all nurses, long-serving and new, about their experiences as a novice nurse in the ED.

Jehanna Joyes, BSN, RN
jehanna.joyes@albertahealthservices.ca

Northeast Zone Representative Sarah Kasper

I am honored to join the NENA as the north-eastern Alberta representative. Over the past 23 years I have worked in emergency medicine as a Emergency Medical Responder (EMR), Primary Care Paramedic (PCP), Licensed Practical Nurse (LPN), and Registered Nurse. Each role has reiterated the importance of education ensuring I provide my patients current evidenced based care. I currently work in the Cold Lake Emergency department. Over the past several years the north-eastern region has faced nursing and physician shortages which has further highlighted the need for staff to have the knowledge to care for the high acuity patient that present to the ER departments in the region.



Over the years I have been fortunate to be mentored by coworkers that value continuing education and understand the importance of supporting me through difficult shifts and EMS calls. I have been thankful for courses like TNCC, ENCP, and CTAS which have been available locally thus allowing staff to engage in learning without the barriers of traveling and additional time away from home. I look forward to encouraging and supporting staff as they navigate the changes and challenges facing them as they practice emergency medicine in Alberta.



Novice ED Nurse Representative Bella Hill

Hello! My name is Bella and I am a Registered Nurse working in the Westview Emergency Department. I graduated from the University of Alberta in 2022, and have been working as a PACU nurse since. My recent move to Stony Plain inspired me to try Emergency Room nursing, and I have been thoroughly enjoying the fast-paced environment, team nursing dynamics, and opportunities for continuing education. As a relatively new nursing graduate, and a brand-new ER nurse, I believe I offer an important perspective to the NENA team. I am looking forward to my role as a Novice ED Representative, and am eager to work and learn alongside the other NENA-AB board members.

Outside of nursing, I like to practice and promote a healthy and active lifestyle. Hobbies of mine include yoga, running, fishing, and gardening. I have a passion for promoting health and wellness in the workplace and have organized department walking and yoga challenges in the past. I love how physical activity can strengthen interpersonal and interdisciplinary relationships, as well as inspire healthcare staff to bring their best selves to work each day. I believe that frontline healthcare workers have a unique opportunity to create positive change in our communities, and I am looking forward to supporting the NENA mission of improving health, wellness and quality of life of patients across the lifespan.

Sara Phillips RN, CPEN

I am the clinical nurse educator at Strathmore Hospital. I have worked in the Emergency Department here since 2008. Before that I was a travel nurse in the USA, specializing in pediatrics. I am the Education Co Ordinator for NENA Alberta. I am also on the ICAC (International Course Administration Committee) for NENA, and the GAC (Global Advisory Committee) for ENA. I am a member of both ENA and NENA. I am an Instructor Trainer and instructor for both TNCC and ENPC. I also teach CTAS, ACLS, PALS, BLS, and NRP. I stay busy with 4 kids who are old enough to need rides everywhere, but not old enough to drive themselves.

If you are looking for help to co ordinate TNCC or ENPC courses at your site, please be in touch as I would be happy to try to help you with that. You can email me at sara.nursing@aol.com

Sandra Walsh NENA AB Treasurer

Hello everyone! I'm your current NENA AB Treasurer. I work as an Acute Care/Emergency CNE covering the far east corner of Central Zone. My background is mainly in rural and remote emergency nursing, having worked over 10 years in the Northwest Territories. Recognizing the lack of organized education in rural/remote areas has always driven me to find ways for furthering education for my colleagues and myself. I feel strongly about investing in ways to improve practice and maintain excellence in our field. I've recently attained my PALS instructor status, and I also teach CTAS. I will be completing my ACLS instructor training in the coming months. I look forward to connecting with many of you at our upcoming conference. As with work, my door (or email) is always open for any questions, concerns, or even just a friendly chat!

Engaging in Volunteerism: Making a Meaningful Impact

By Dawn Peta

According to the Oxford dictionary (n.d), volunteerism refers to the act of freely offering time, skills, and resources to support a cause or organization without monetary compensation. It is a powerful tool for social change and provides numerous benefits both to the individuals who volunteer and the organizations they serve. We all need engagement in what we do to stay involved in the process. Engagement in our relationships, engagement at work, engagement in volunteering and engaging in life. Engaging in volunteerism allows people to give back to their communities, foster personal growth, and create a stronger, more connected society (Dempsey, 2016; Remegio et al, 2021).

Why Volunteer?

1. **Making a Difference:** The primary reason many people engage in volunteerism is the desire to make a positive impact. Volunteers contribute to causes and every hour spent volunteering adds up, creating tangible change. Volunteers can help solve problems, provide support where it's needed most, and be a part of a broader movement for social justice (Dempsey, 2016; Remegio et al, 2021).
2. **Personal Growth and Development:** Volunteering is an enriching experience that can help individuals develop new skills, such as leadership, communication, and problem-solving. It can also provide valuable work experience that enhances resumes and job prospects. Volunteering can also deepen empathy, improve emotional well-being, and increase self-esteem by providing a sense of accomplishment and purpose (Dempsey, 2016; Remegio et al, 2021).
3. **Building Community:** Volunteerism fosters a sense of belonging and community. Volunteers connect with like-minded individuals, form meaningful relationships, and develop a greater understanding of the needs within their local or global communities. This strengthens bonds between people and promotes cooperation and mutual support (Dempsey, 2016; Remegio et al, 2021).
4. **Networking:** Volunteering provides opportunities to learn from others and expand one's network. This opens opportunities for mentorship, skill-building, and even career advancement (Dempsey, 2016; Remegio et al, 2021).
5. **Improving Well-being:** Studies have shown that volunteering can have significant mental and physical health benefits. It helps reduce stress, combat depression, and increase happiness. Engaging in altruistic activities can give volunteers a sense of purpose and satisfaction, which is linked to better overall health and a longer life (Dempsey, 2016; Remegio et al, 2021).

Engaging in volunteerism is an enriching and rewarding experience that benefits both individuals and the wider community. It's a powerful way to foster social change, develop personally, and build stronger connections with others. By offering your time and skills, you contribute not only to the causes you care about but to a more compassionate and connected world.

References

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 - P" 'SI Pk' " " "y " 'y " " " " 'Vy 'e 'y 'Vy " y
- y " y ": DG'SUTak'S y

•P'f 'S y 'g 'l y 'l 'Ugl1'y " " '0 " y " 'ly
P "y" " 'g y 1

•P" 'SI Pk'U y 'hy y "y " " y " y "y " " y "
"; 9; D'y " 'y "; 9; A'SI Pk'W 'm y

•f 'l y 'k "

•f 'hy y 'ey y

•m y 'SUTak'S y 'd

•f 'S 'S y

•m y 'h " 'l y 'hy y '8" y " " 'y 'SI Pk'a 'y
a 'l y

•m y 'y 'hy y " " 'SPUh'8'f Uf P" y y y " " 'SI Pk'W

•P" " 'P " 'l y 'dy y " " 'UT" y 4' y " 'y " y

•P " 'y 'b ": 4; 9; C" " " " y y" 6l " " " " " y"
" " " "y " "y "y "y "y "y "y "y "y "y "y "
" " " y " " 'b '@4; 9; C' " " y " " 5 'y 'y 'a
" " " y '0 ": 4; 9; C5b '@4; 9; D16

S y " 'UhaS'y 'y y " y 'y " " " y 'S 'Sy " y 'y
" y" "y "y " 6

P 'y" 4' 'y 'y y " y " 'y " " y " y " " 'y 4y " " y
" "y 'y' (" y" " y " "; 9; D" " 'y " "y y 'SUTak'
y 'y 'y " y " " " y " " 6g "y "y "y "
" " " " y 'y " 'y " " " "y y "y "y 'l' " " 'y
" y " 'SI Pk' y 'y " 6 " " y " "y " (" ("

a" "y " 4' " " " y y 4' " " " " y 4' " " y
" " y " " " y 4' y " " "y "y 0 y6y" " 'y 6

CNA welcomes modernization of Canada Health Act

January 10, 2025 — The Canadian Nurses Association (CNA) welcomes today's release of the federal government's interpretation letter on the Canada Health Act. This important development reflects a commitment to ensuring Canada's publicly funded health-care system remains accessible, comprehensive and sustainable for all Canadians.

[Read More](#)

Vaughn, J., Ford, S. H., Killam, L. A., Hicks, D., Crawford, D., Payne, J. E., Altergott, H., Dawkins, M. W., & Vomer, R. (2025). **Promoting psychological safety in simulation using a novel visual tool: A mixed-methods quasi-experimental study.** *Nurse Education Today*, 146. <https://doi.org/10.1016/j.nedt.2024.106518>

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Membership

NENA-AB is open to any nurse (RN or LPN) who is directly involved in Emergency nursing care, (practice research, administration, and education). Emergency nursing can be provided in a hospital department - rural or urban, Urgent Care Center, flight nursing, forensic nursing, outpost or remote nursing. Only Registered Nurses may be voting members of our organization and hold elected Positions. Current membership of NENA -AB is greater than 230.

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