



Nurses in Management - Aged Care *NEWSLETTER with Attitude!*

THE FINAL WORD - AUGUST 2018



**Nurses in Management - Aged Care Inc.
August, 2018**

MESSAGE FROM THE PRESIDENT

This is bittersweet and quite surreal. Our final Newsletter.

For those of you who attended our final conference event (20-22 June), I trust you enjoyed the event. We certainly did.

We had some outstanding speakers on a wide range of topics, and informal feedback from delegates was that they thought the speaking program was first class.

The conference went off without a hitch due in a major part to the hard work of Kim from KBS Events and her team - Damien and Jaime. The feedback I received from speakers was that they were very appreciative of the communications and arrangements made on their behalf by Kim. Many of these speakers attend numerous conferences and they insist that their experience with NIMAC through KBS Events is absolutely the best experience they have had.

Thank you Kim for the work you have done on behalf of NIMAC for the past four years. Well done.

Although I tried to thank everyone in my closing comments - this was hijacked by the tears that I was determined not to let out - I failed miserably.

I was also humbled to receive such kind words and actions (the group that took over the stage at the end - there seemed to have been some very familiar faces in the group) Thank you very much it was an absolute hoot.

I need to acknowledge a number of people who have supported and contributed to the success of NIMAC over the past 21 years. Not surprisingly there are not that many. Everyone has given freely of their time in voluntary capacities.

Judy O'Connell (Secretary) and Lorraine Garland (Treasurer) are the remaining Executive members but the others who have played significant roles in the Association are:

- Leonie Fowke (Immediate Past Vice President)
- Athena Ermides (Past President)
- Deborah Bettens (Past Secretary)
- Ruth Forrester (Past Secretary)
- Annette Adams (PD Cttee)
- Eileen McGuire (PD Cttee)
- Jenny Smith (PD Cttee)
- Lyn Rohweder (PD Cttee)
- Laila Chalustowski (PD Cttee)
- Leonie Mulheran (PD Cttee)

I would also like to recognise the role played by the late Bronwyn Locke who was the Vice President for a number of years. There is not a year that goes by when I do not miss Bron's quirky humour.

Over the years we have run Professional development forums (4 per year) and we have had a wide range of speakers and presentations which included:

- Coaching and mentoring training and services to members
- Regional workshops conducted by Proteus - Bringing Service Back; Moving from Business to Effectiveness
- Dr. MacNab workshops (Cairnmiller Institute)
- 2011 - The Golden Rules of Negotiation Michael Klug
- AHPRA - Changing scope of practice
- DBMAS - Managing challenging behaviours
- Workcover
- Psychogeriatric issues - various speakers
- Reportable Deaths - Coroner

- Safe Select Workshops
- Building Resilience
- Health Ombudsman
- Standards Agency
- Department of Health Complaints and Validations
- Recruitment Trends
- E medication
- RAD's and DAPs
- Understanding how mental health issues affect the ageing person

This is by no means a complete list but is indicative of the diverse presentations provided to members.

I also need to publicly recognise the person responsible for introducing me to NIMAC 21 years ago - Gay Donnelly - an inspirational nurse who is still working at a rate that would put many of us to shame. Thanks Gay, your input changed my life.

Our Newsletter is also produced quarterly - although calling it a Newsletter when it runs to 38 pages seems a little strange.

For a significant number of years the desktop publishing and printing of this was carried out by Kimberley Clark at no cost to the Association. Approximately four years ago this was taken over by Kim as part of the administration services she provided NIMAC and it moved to an electronic format which we believe enabled members to easily share with their peers and staff.

I must publicly thank KCA via Lyn Rohweder for the generous support of NIMAC over the past years. You have no idea how your Company's generosity was appreciated.

The other major activity of NIMAC has been our Overseas Study Tours. We are just about to run our fifth event:

- 2011 Netherlands and Singapore - accompanied by Laila Chalustowski and Anneke Oostra as our Interpreters. This was our first and we had a really great time covering a very large part of the Netherlands with our Coach travels. One of the highlights of the trip was a boat trip down the canals in Amsterdam.

- 2012 We travelled to Philadelphia and Los Angeles where we had a wonderful reception which also led to three people from The Immaculate Mary Home in Philadelphia attend our 2013 conference to present the work they had been undertaking.

We also spent a full day in Amish Country and visited a Mennonite Home. This was a wonderful experience.

- We made a decision following this study tour to stage the event every second year. The amount of behind the scenes work that has to be done to arrange visits, arrange transport and accommodation etc was too onerous on top of our day jobs. Judy O'Connell has worked with me on each of the study tours and she is a master at sourcing attractive deals for delegates.
- 2014 We travelled to Ireland and the United Kingdom. We based ourselves in Dublin and travelled by coach to the various site visits. One of the many highlights of this trip was the Banquet at Bunratty Castle. It was a very long day and night but worth every moment.

We then travelled by Irish Ferries from Dublin to Holyhead and were met by a coach which took us to our next base in Windermere in the Lake District. This is surely God's own country and we had a wonderful experience.

Our final event was a lake cruise around Windermere where we had arranged and paid for catering. On the day there was no catering much to the embarrassment of the tour operators. To cut a story short we stopped off along the way and bought fish and chips for everyone which went down a treat. The Tour operators gave us a full refund for the event which was lovely but totally unexpected

- In 2016 our Study Tour group travelled to Sweden and Denmark where we based ourselves in Stockholm and Copenhagen. What a wonderful experience. We attended a Masterclass at the Ageing Research Centre. In the second week we flew from >>>

Copenhagen to Aarlborg - arriving at the airport very early in the morning only to find that our flight had been cancelled. Suffice to say Judy O'Connell was very busy arranging an alternative flight that would allow us time to meet our commitments in Aarlborg. The bottom line was that the accompanying partners ended up having to come with the study tour group for the day due to shortness of time.

- We travelled home to Copenhagen via train where we inadvertently found ourselves in a "quiet carriage" with a very officious rail worker intent on keeping the rabble quiet. The funniest thing was watching delegates communicate non verbally (charades) with lots of suppressed giggles.

In all of our Study Tours the groups have managed to hit the well known tourist destinations including the changing of the guard in Copenhagen with the hope that Princess Mary might pop out. Unfortunately she didn't but it was a great experience.

Our final study tour will be in September 2018 when we are taking a group of 25 delegates (9 accompanying partners) to Toronto. On this occasion we have arranged for a number of classes with researchers involved in ageing issues. We will finish the tour with two nights in Niagara Falls where we will hold our final tour dinner.

Judy and I had the opportunity to meet with our delegates for dinner during our recent conference. It gave the tour delegates a chance to put names to faces, receive their satchels and information handbooks. This is the first time we have done this and the night was a great success. If delegates were excited before this event they were certainly hyped up by the end of the evening.

Where to from Here?

Following our decision to close the Association, I have been in consultation with LASA encouraging them to take up the mantle and carry on the legacy of NIMAC.

They had agreed to do so and are planning breakfast forums and full day seminars.

To assist LASA to target previous NIMAC delegates, NIMAC will shortly be sending out a communication to members where you will be able to click on a link and submit your contact details to LASA so that they send you though information on upcoming events. NIMAC is unable to provide your details to an external source due to our Privacy Policies so when you receive this link it will be up to you to express your interest in being on their contact list.

WEBSITE:

The NIMAC Website will be discontinued from the end of August 2018. If you need to access speaker presentations please email me and I will seek to source the information for you. This information will be stored prior to the website being closed down.

EMAIL Address:

The NIMAC email address will be diverted to pambridges99@gmail.com from the end of August 2018.

Any queries can be directed to my mobile number 0448 885 110.

In closing I would like to thank each and every one of you for your support over the years. It has been an amazing journey and I have enjoyed every moment of it.

I feel sure our paths will cross in the future but on behalf of NIMAC I wish you every success into the future whatever that might be.

Pam

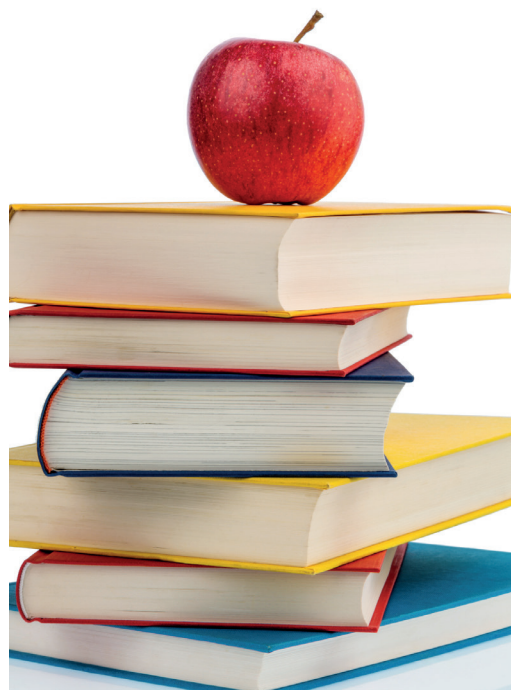
Pam Bridges
Soon to be Past President



FOOD FOR THOUGHT



- If I had to live my life again I'd make all the same mistakes - only sooner. *Tallulah Bankhead*
- No what people tell you, words and ideas can change the world. *Robin Williams*
- I just try to concentrate on concentrating. *Martina Navratilova*
- You have to learn the rules of the game. And then you have to play the game better than anyone else. *Albert Einstein*
- Those that contemplate the beauties of the earth find reserves of strength that will endure as long as life lasts. *Rachel Carson*
- Find the good. It's all around you. Find it, showcase it, and you'll start believing it. *Jesse Owens*
- There is no good reason why we should not develop and change until the last day that we live. *Karen Horney*
- Correction does much but encouragement does more. *Johan Goeth*
- It is easier to build strong children than to repair broken men. *Frederick Douglass*
- Only those who risk going too far can possible find out how far one can go. *T.S. Eliot*
- Be curious, not judgmental. *Walt Whitman*
- I think we all have empathy. We may not have enough courage to display it. *Maya Angelou*
- Perspective means having lived in a severe state of perception for some time. *Hortense Calisher*
- I believe luck is preparation meeting opportunity. If you haven't been prepared when the opportunity comes along, you wouldn't have been lucky. *Oprah Winfrey*
- The key to change is to let go of fear. *Roseanne Cash*
- If we don't change, we don't grow. If we don't grow we aren't really living. *Gail Sheehy*
- Remember if people talk behind your back, it only means that you are two steps ahead. *Fanny Flagg*
- We must accept finite disappointment, but never lose faith in infinite hope. *Martin Luther King Jr.*
- Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. *Albert Einstein*
- We should remember that good fortune often happens when opportunity meets with preparation. *Thomas Edison*
- We are all alike, on the inside. *Mark Twain*





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Nursing with attitude!