



Our mission is to educate, support and strengthen the image for nurses by speaking out for nursing and speaking out for health.

We respect human dignity and are committed to diversity, inclusively and democracy. Our mission is to show leadership through working with our communities, the general public, nurses, other health care providers, nursing organizations and groups to advance the profession of nursing.

A message from MINIG

Dear MINIG Members,

As we progress through 2013-2014, I would like to thank each new and returning member for their support. The Men in Nursing Interest Group (MINIG) continues to work towards strengthening the image of nursing and the nursing profession. Last year, we engaged with student nurses from across the GTA with a career planning seminar. We had a very successful Movember campaign to help raise funds and spread awareness for men's health initiatives.

MINIG is grateful for Vice President David Mastrangelo for his interim role as acting President in 2013. Franklin F. Gorospe IV, clinician, faculty, and MINIG finance officer, will be joining Philip Wong, medical surgical nurse and past-MINIG student representative, as Co-Presidents of the MINIG. The Co-Presidency role fosters transparency, growth, and a model that facilitates the manageability of a leadership role.

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**DO YOU HAVE A QUESTION OR
WOULD LIKE TO GET MORE
INVOLVED? CHECK OUT OUR
WEBSITE, FACEBOOK PAGE, OR
SEND US AN EMAIL**

Invitation Alert:

Topic: MINIG AGM

Date: Saturday May 3, 2014

Time: 0900-1100 hrs

RSVP: RSVP_minig.rnao@gmail.com

Location: 158 Pearl St. Toronto, Ont, M5H 1L3
[RNAO home office]

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www.minig.rnao.ca

minig.rnao@gmail.com



A Message from MINIG cont'd...

MINIG also thanks Mr. Darrell Jutzi for his excellent leadership, support, and resource as he transitions to an ad-hoc member. Mr. Jutzi will be starting his graduate studies with a focus on business leadership.

MINIG is excited to announce two excellent executive opportunities for MINIG members (Communication and Membership Officers). We welcome your interest in these roles. We look forward to hearing from you at minig.rnao@gmail.com to see what being a functional member of MINIG is all about – networking, leadership, mentorship...nursing. If you would like to learn more about MINIG or keep in touch with what we are doing, please come to our **AGM on Saturday May 3 from 0900-1100 in Toronto**. Please RSVP to minig.rnao@gmail.com.

Sincerely,
Franklin Gorospe and Philip Wong
MINIG Co-Presidents

Membership Update

MINIG currently has a total of 138 members, of which 55 are students and 83 are RNs. We need YOUR help to grow our membership! Don't forget to spread the word!



On March 24, 2014, our co-president Franklin Gorospe, and student representative Dayo Atilola had the opportunity to collaborate on a blood pressure clinic with the Humber nursing students

Why Nursing?

Have you wanted to get involved with an organization but didn't know where to start? Well, let me suggest that the MINIG may be the organization for you because being a member of MINIG allows you to "take action" "raise your voice" and "make a difference".

TOP 3 Reasons to Join MINIG today!

(1) Promotes Awareness

Part of our mission statement at MINIG is to educate, support, and strengthen the image of nursing as a profession. By promoting awareness you're helping to improve the public's understanding of nursing. Take part in our annual "Mo's for November" campaign in support of mental health and prostate cancer.

(2) Networking

Being a MINIG member allows you to build your professional network with healthcare professionals, acquire career advice, attend conferences, received mentorship from current men in nursing and links you to a variety of healthcare resources. Our Facebook group page invites you!

(3) Social

Nurses know how to have fun! Being a member of our organization gives you the opportunity to become a part of our interactive member base both locally and around the globe. Connect, link, and share your ideas amongst your peers and colleagues. Get the latest scoop about community events and workshops!

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Why Nursing? Cont'd...

What are you waiting for? Join our professional membership today!

We challenge you to involve yourself! Take initiative! Show leadership! And grow as an organization with us!

Sincerely,

Dayo Atilola,
3rd Year Nursing Student,
MINIG Student Representative, RAO

Tips for Infection Control

Although flu rates for the current flu season continue to decrease in Canada, Ontario is among the top provinces when it comes to influenza activity.

It is important to keep in mind some simple tips to reduce the chances of potentially passing infection on to others. The following steps are proper hand washing techniques as advocated by Toronto Public Health:

1. Wet hands
2. Add soap
3. Lather for 15 seconds
4. Rinse hands
5. Dry hands with paper towel
6. Turn off taps with paper towel

And don't forget to wash your hands:

- Before and after touching food
- After using the washroom
- After sneezing, coughing or blowing your nose
- After touching pets or handling garbage
- After playing outdoors

Doing something as simple as sneezing into your sleeve or a tissue and washing your hands afterward can greatly reduce the chances of passing on infection. So remember to do your part, and stop the spread!

Stanley Chung,
MINIG Education Officer



Men's Health – Did You Know?

- 1 in 4 Canadians are expected to die from cancer
 - 1 in 7 men will develop prostate cancer in their lifetime
- Tobacco remains the highest cause of preventable death in Canada
 - 1 in every 11 men will develop lung cancer
 - In 2010, 20% of the Canadian male population were smokers
- 24.3% of Canadian men are considered obese
- >3.4 million men and boys are afflicted with mental health problems
 - Four of five suicides among young Canadians are male

Sources:

- Movember Canada (2013). *Health checklist*. Retrieved from <http://ca.movember.com/mens-health/>
- Statistics Canada. (2013, January 9). *Canadian health measures survey: Adult obesity prevalence in Canada and the United States*. Retrieved from <http://www.statcan.gc.ca/dailyquotidien/110302/dq110302c-eng.htm>
- Heart and Stroke Foundation. (2013). *Statistics*. Retrieved from: <http://www.heartandstroke.com/site/?c-iklQLcMWJtE&b=3483391>
- Canadian Mental Health Association (2012, September 20). *The power of the moustache as an awareness tool will now support men's mental health initiatives in Canada*. Retrieved from <http://www.cmha.ca/news/the-power-of-the-moustache-as-an-awareness-tool-will-now-support-men's-mental-health-initiatives-in-canada/>

MINIG Executive – Contact Information

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