

THE PULSE

United Nurses of Alberta

#3 | November 2023



What's New

HELLO,

With memories of UNA's Annual General Meeting tucked away, and winter's chill whispering in the distance, we are eager to unveil the content in this month's edition of 'The Pulse.'

Go behind the frontlines with us, where one of our nurses shares her story of navigating the challenges in an understaffed emergency room.

You'll also find updates from our digital campaign and an invitation to be a part of our 3Rs initiative, where respect, retention, and recruitment pave the path to a brighter future.

CENTRE STAGE

Advocacy and Inspiration: Sharon's Nursing Story

It has been said that "If you don't tell your own story, someone else will tell it for you."

At the heart of our belief lies the notion that nurses are the best storytellers of their own journey. Throughout the months ahead, we will be shining a spotlight on UNA's nurses and their remarkable stories.

In this edition, we present Sharon Lloyd, who has devoted the past 37 years to caring for Albertans during their most vulnerable moments. Sharon is an emergency room nurse at the Sturgeon Community Hospital in St. Albert and a proud member of UNA Local 85.



While she says overcrowded emergency departments, mounting patient ratios, and soaring acuity levels present increasing challenges, Sharon remains a beacon of hope.

Her message is simple but urgent: ***"We need help, and we need it now."***

We invite you to delve into Sharon's story by watching the full video on our YouTube channel.

Quote of the Month

“Join your union. Attend meetings. Advocate for each other, for yourself, and, most importantly, for your patients.” — Sharon Lloyd

Brain Food

Nursing was formally integrated into the Royal Canadian Army Medical Corps in 1901. The trailblazing nursing sisters, Georgina Fane Pope and Margaret Clothilde Macdonald, etched their names in history as the first full-time Canadian military nurses in 1906. Their remarkable journey was a significant milestone in the profession.



Photo: https://en.wikipedia.org/wiki/Georgina_Pope



[https://en.wikipedia.org/wiki/Margaret_MacDonald_\(nurse\)](https://en.wikipedia.org/wiki/Margaret_MacDonald_(nurse))

REMEMBRANCE DAY

Lest We Forget

Image by macrovector

What's Next?

LEST WE FORGET

On November 11th, we come together to commemorate Remembrance Day. It is a solemn occasion to reflect upon and honour the brave souls who made the ultimate sacrifice for our nation. Their legacy resides not only in our hearts but in the compassion and dedication we continue to deliver in our care.

Let's Connect

JOIN THE CONVERSATION!

Connect with us on our social media platforms. Be a part of our mission to address the pressing staffing shortage and support Alberta's nurses.

Use the hashtag #NeedNursesAB to help us spread the word!

MEMBERS CAN
DOWNLOAD THE
UNA APP HERE.

