



AC NURSING'S UPDATE



AC NURSING CELEBRATES WITH ALL MOTHERS-ON-MOTHERS DAY- MAY 8TH 2022

Sending warm greetings on International Nurses Day to all the nurses who have always put forth the lives of their patients before their own.

Happy Nurses Day



Happy International Nurses Week

Bless the hands of our nurses who help heal the sick. Thank you for your dedication, AC appreciates all you do!

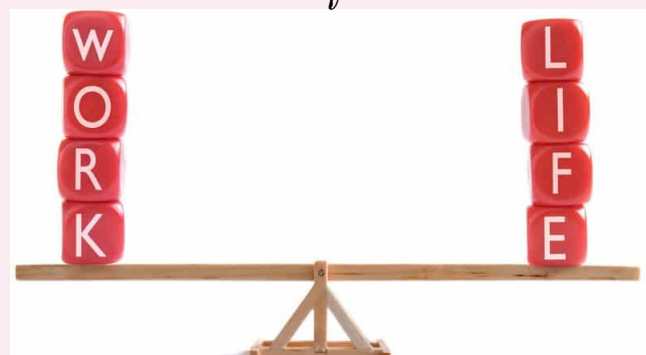
AC Nursing recognizes all nurses for all they do.

To celebrate Nurses Week, AC Nursing will randomly choose a candidate who has shown extreme dedication to the nursing profession. A nurse who worked diligently through the pandemic, took care of clients with compassion and showed no fear of what she/he faced

- The winner will receive a 2-day relaxing all expenses paid weekend to Niagara Falls for 2.

- Sunnybrook Contract has been extended – no changes in pay rates at this time.
- AC Nursing has 2 new internal staff members: Please welcome on board – Mina and Bryle-Staffing Coordinators
- AC Nursing encourages all Nurses to continue to protect yourselves, family, and friends against COVID-19 by getting vaccinated. AC wants to ensure you are all safe and healthy.
- AC Nursing will be entertaining Accreditation Canada in June. How does that impact you?
 - When we are awarded the renewal certification,
 - New contracts, meaning new rates at a fair market price
 - We have ensured the public that AC has met all health care requirements to maintain safe practice by our nurses

Work -Life Balance



Self-care is that mix of nutrition, exercise and socialization that grounds us and keeps us fully equipped to handle situational stresses. Taking care of yourself is important for physical health but is also a valuable affirmation of your own self-worth.

Here are eight ways to create a better work-life balance.

1. Accept that there is no 'perfect' work-life balance.
2. Find a job that you love.
3. Prioritize your health.
4. Don't be afraid to unplug.
5. Take a vacation.
6. Make time for yourself and your loved ones.
7. Set boundaries and work hours.
8. Set goals and priorities (and stick to them).