



## MY STORY HEATHER JOHNSON



Name: Heather Johnson

Area of Practice: Home Care and Community Outreach

Town: Whitehorse

Territory: The Yukon

How long have you been a member of CHNC? 4.5 years

How did you first hear of CHNC? My manager was invited to go to Ottawa to be part of a focus group for CHNC. As she is a physiotherapist she looked for a nurse in our office to take this on. I volunteered to participate, and at the start of the focus group a very welcoming Joan Reiter introduced me to CHNAC.

What or who inspired you to join? Several very intelligent, caring, motivating nurse leaders who are involved with this organization (e.g. Barbara Mildon, Joan Reiter, and Roxy Thompson-Isherwood) that I met when first was introduced to CHNC inspired me to join. The very impressive work that CHNC was doing also made me want to join.

Why do you think CHNC membership is a benefit to Community Health Nurses? There are many reasons. It is an incredible way to network, it provides opportunities for community health nurses to be heard (e.g. through involvement in focus groups, research projects, political action and conferences), it provides a strong national voice and force for community health nursing, it provides many avenues to become more involved with the development of community health nursing (e.g. through committee work), and it provides various opportunities for professional development.

What are the benefits for you as a member of CHNC? I have received such great benefits from being a member of CHNC. Through CHNC, I have learned so much from community health nurses (nation-wide) that I admire. There are so many wonderful opportunities I have had as a result of being a member of CHNC. I have been part of a focus group that provided feedback on Community Health Nursing Standards of Practice and became a member of the CNA Certification Exam Committee for Community Health Nursing. I became a board member

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representing my territory, have seen the number of Yukon members slowly grow and have attended board meetings in various cities across the country. I have been involved with a community health nurse conference planning committee and abstract review committee, an advisory committee for home health core competencies, and have been involved with the Education and Professional Development Committee. As well, I was given the opportunity to travel to China on a professional and cultural exchange with a delegation of nurses from across the country, representing community health nursing (along with two other CHNC members).

Can you share a “memorable moment” that occurred to you as a result of your CHNC membership? There have been many of laughs and lots of work during the 4 ½ years I have been involved with CHNC. During the trip to China as part of a delegation of Canadian nurses, I met a young Chinese nurse who spoke very few English words. I knew even less Chinese, yet despite this, there was a strong bond between the two of us. She would not leave my side and was so eager to show me around. Her way of being was so kind and the bond we had felt so strong ... because we are nurses.