

## New psychiatric Institute developing course on retirement

A pilot course on "How to retire effectively" was begun at the Institute of Community and Family Psychiatry of the Hospital's Department of Psychiatry October 22nd. Sponsored jointly by the new Institute and the Golden Age Association, the series of ten free lectures will provide information on the emotional adjustments to retirement, the psychological aspects of aging, health, family relationships, relocation, budgeting, the use of insurance, estate planning, leisure time,



Gwynneth Allen, B.N., B.A., R.N.

Dr. W. R. Slatkoff, Executive Director of the Hospital, announced the appointment of Gwynneth Allen as Director of the JGH's School of Nursing, effective September 8th.

Having obtained her B.N. Degree in education, maternal and child health from McGill University in 1958, Miss Allen joined the Hospital's School of Nursing in 1960 where she served consecutively as Instructor, Acting Director and, for the past year, Assistant Director. During these years, Barrie-born Miss Allen also obtained her B.A. from Sir George Williams University, served the Association of Nurses of the Province of Quebec as Vice Chairman of its English Board of Examiners, Chairman of its English Montreal Instructors' Group, and member of its English Curriculum Committee, was an advisor to the Association of Student Nurses of the Province of Quebec, and a member of planning committees for Montreal-based meetings of the Canadian Nursing Association and the International Council of Nurses.



Dr. Harry Grauer

and part-time employment.

The course is being given to twenty-four men and women who are about to retire or who have retired-recently, and who were screened according to their retirement plans, family composition, health, finances, living arrangements, hobbies, etc., to get as wide a cross-section of viewpoints as possible.

"People retire at earlier and earlier stages so that retirement is becoming a bigger problem," said Dr. Harry Grauer, JGH psychiatrist and Chief of its Geriatric Program, who is overseeing the course. "While we hope to help the members of this group to retire as well as possible, we also hope to get a clearer idea from them as to what they need so we can help them better. Then if the project proves to be successful, and after we've acquired experience — perhaps next Spring — we plan to offer a course to personnel officers, doctors, and other relevant leaders in industry and unions so that they, in turn, can help their own employees prepare for retirement. We'll also make available to them the many books, films and other material on the subject which are now being used in the United States and Britain."

Elaborating on the pilot retirement lectures, Dr. Grauer advised that most will deal with depression. "People don't plan beyond the gold watch or the trip," he said. "So after the 'retirement treat', newly retired persons suddenly feel rejected, useless, and without purpose in life. It would be better

if, perhaps ten years before they retired, that retirement counsellors discussed their finances, hobbies, second careers, etc. with them, and then repeated the process five years later by giving them a short course like the one we're developing to get the ball rolling."

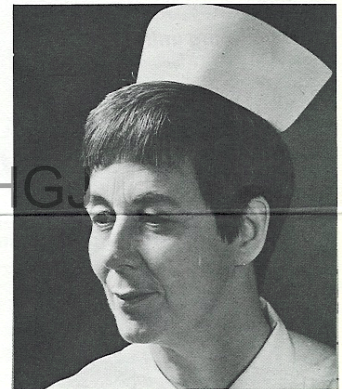
## Graduation . . .

(Continued from page 2)

awarded *The Hirschberg Memorial Prize* for general proficiency in obstetrical nursing, also to Miss Marsha Cohen; and

Dr. W. R. Slatkoff, Executive Director, awarded *The Ernestine Hirschberg Memorial Prize* for general proficiency in the intermediate year to Miss Barbara Hannon.

(Continued on page 4)



Mary Barrett, B.N., B.A., M.S.N., R.N.

On September 8th, Mary Barrett, formerly Director of Education at the JGH's School of Nursing, assumed her new duties as Chairman, Nursing Education Division, Dawson College, Montreal's only English-language CEGEP, where all English student nurses in Quebec Province will go for their nursing training beginning 1970.

Ontario-born Miss Barrett first joined the JGH in 1945 to gain experience as an operating room nurse, became an Instructor at the School of Nursing in 1957, was promoted to Assistant Director in 1960, and following two years' educational leave at Case Western Reserve, Cleveland, Ohio, where she earned her M.S.N. Degree in 1968, was appointed Director of the School. In recent years, she has served the Association of Nurses of the Province of Quebec (ANPQ) as a Co-chairman of its School of Nursing Committee, a member of its Curriculum Committee, and as a Board Examiner for English-language Schools of Nursing in Quebec.