

**Ms. Donna Ritch, RN., EPC
Faculty Member, CIEPS**

Having been a registered nurse for more than thirty-five years, Donna brings a wealth of experience to her clients. Donna has been a staff nurse, a nurse educator, a manager of a Volunteer Visiting Program as well as in independent practice.

Donnas' post graduate education has focused on health promotion and prevention with a focus on the older adult. Donna has been teaching with *The Canadian Initiative for Elder Planning Studies* since 2004.

Donna enjoys educating others across Canada on senior issues, healthy aging, chronic conditions, end of life planning and bereavement. Regardless of the topic, happy or sad Donna believes in using humour as a learning tool

Helping others is at the core of her practice. Described by one client as 'having a heart for people', Donna has been able to bring her knowledge, expertise, support and humour to clients and Workplace clients.

Always interested in health and healing Donna has been practicing *Therapeutic Touch* which she currently offers to Hospice Wellington clients and their families. More recently Donna provides telephone support to the newly bereaved.

In her personal life Donna experienced up close caregiving, as she cared for her late husband who had stomach cancer. Subsequently, becoming familiar with the grieving process has added a deeper quality to Donna's teaching and caregiving.

Donna tries to practice what she preaches by living a healthy life but believes wellness is a journey not a one stop destination!

Ask Donna a question donna3ritch@gmail.com