

****TO MY FELLOW NURSES****

I'm asking for your support and your vote for ONA election this September 27-28, 2026.

****LATA KHANAL, RN****

VP – ****WORKLOAD (CVH)****

VP – ****HUMAN RIGHTS & EQUITY****

How many times have we gone home exhausted thinking,

****“Something has to change”?****

The short staffing. The workload. The missed breaks. The feeling that no one is listening.

****I've felt it too. I've lived it beside you for more than 8 years.****

****Your voice shouldn't stop at the bedside.**

I will carry it forward.**

Please come out and ****VOTE IN PERSON September 27–28**** and share this with a fellow nurse.

Decisions will be made, whether YOU vote or not.

Question is: Will YOU have a say in it?

Make yourself heard!

VOTE your representative in!

****One vote. One voice. One chance to be heard.****

Stand with me. Speak with me.

****Let's make our voices impossible to ignore. ❤️ ****

****VOTE LATA KHANAL****

In fierce solidarity with the scrubs,

****Lata****

ONA Election Day
Where to go to
VOTE?

LATA KHANAL

for

VP WORKLOAD (CVH)

VP HUMAN RIGHTS AND EQUITY



**WAYFINDING
EMERGENCY**

CVH TO 4TH FLOOR BOARDROOM

Credit Valley Hospital

1



**START: EMERGENCY
ENTRANCE**

Follow main corridor.



2



**PASS GOOD
EARTH COFFEE**

Turn right, go to main atrium.



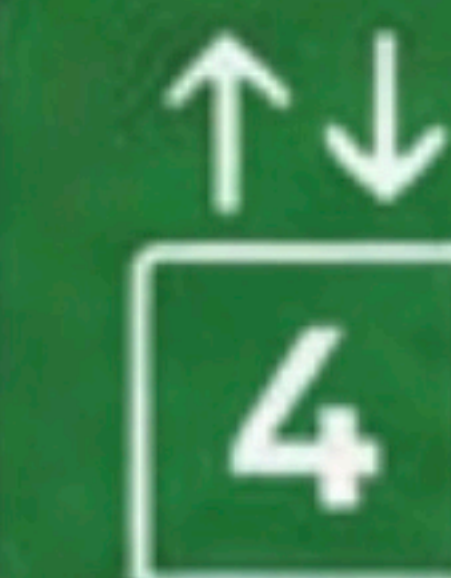
3



ENTER: LEAF ZONE.
Ignore other elevators.



4

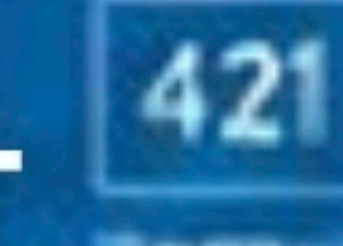


TAKE LEAF ELEVATOR.
Go to Level 4.

5



ARRIVE: TURN RIGHT
Follow signs for Boardroom.



6



VOTE! MONDAY
SEPTEMBER 28, 2026
Polls open 0700-2000 hrs.

Monday, September 28
7:00 am-8:00 pm



ONTARIO NURSES' ASSOCIATION

**Want
change?**

LATA KHANAL
for:
VP Workload- CVH
VP Human Rights and Equity

**Don't
just talk
about it.**



VOTE

September 27 (RCC)
September 28 (CVH, Qsite, Msite)

ONA

ONTARIO
NURSES'
ASSOCIATION

*Your voice shouldn't
stop at the bedside.
I'll carry it forward.*



ONA ELECTION DAY

Your Voice. Your Choice. Your Rights.



LATA KHANAL

FOR

- **VP WORKLOAD- CVH**
- **VP HUMAN RIGHTS AND EQUITY**



LOCATION & DATE FOR VOTING



**MONDAY, SEPTEMBER 28, 2026,
AT CVH, Q-SITE, AND M-SITE**



CVH site

— Boardroom, 4th Floor 0700-2000



Qsite and McCall — Boardroom, Main Floor 0700-2000



Msite — Front Porch, Ground Floor 0700-2000



VOTE

**Don't let someone
else decide for YOU!**



ONTARIO
NURSES'
ASSOCIATION

*You Speak
I Listen
We Act*

VOTE

LATA KHANAL

FOR



VICE PRESIDENT
WORKLOAD
(Credit Valley Hospital)



VICE PRESIDENT
**HUMAN RIGHTS &
EQUITY**

WHY VOTE FOR LATA?



A STRONGER VOICE FOR NURSES

Advocating for safe
workloads, better staffing and
a healthier work environment.



CHAMPION FOR EQUITY

Promoting inclusion, respect
and equal opportunities for
all nurses.



REAL EXPERIENCE, REAL UNDERSTANDING.

A nurse who listens,
cares and takes action.



BUILDING A STRONGER ONA COMMUNITY

Transparency, collaboration and
positive change for a safer, fairer
and more supportive workplace.



*Advocacy
Equity
Respect
For Every Nurse*

*I know the
work we do.
I hear the
struggles.
I'll fight for
change.*

SCAN HERE
FOR MY DETAILS



Save My Contact



SAFE
WORKLOADS



EQUAL
RIGHTS



FEARLESS
ADVOCACY



647-740-5610



lata.khnl@gmail.com



LATA KHANAL

CANDIDATE FOR VP OF WORKLOAD - CVH
CANDIDATE FOR VP OF HUMAN RIGHTS & EQUITY

ABOUT ME

I am a dedicated Registered Nurse with more than eight years of experience at Trillium Health Partners. Through my work with the Clinical Resource Team, I have had the opportunity to work across many different departments and care settings alongside many incredible fellow nurses. This experience has helped me understand the realities we nurses face every day, the pressures that come with changing workloads and the importance of teamwork, respect and a supportive workplace. As a charge nurse in ED-Flex /inpatient care settings, I have always advocated for safe nursing workloads and respectable work environment, and I commit to doing the same for all nurses throughout THP.

WHY I AM PUTTING MY NAME FORWARD

Nurses deserve to be heard before problems become crises. We deserve safe workloads, fair treatment, respect and a representative who will listen, follow through and speak up when it matters.

SAFE WORKLOADS & STAFFING

I will advocate for **safe, manageable workloads, appropriate staffing** and the resources nurses need to provide quality patient care. I will listen to workload concerns, support proper documentation and follow up on unresolved issues.

HUMAN RIGHTS & EQUITY

I will stand against **discrimination, harassment, bullying and inequity**. Every member deserves dignity, inclusion, fairness and equal opportunity in the workplace.

STRONG ADVOCACY

Advocacy means more than listening. It means **following through**. I will work with members, union leadership and the employer to identify concerns, pursue practical solutions and escalate issues when necessary.

FROM INDIVIDUAL CONCERNS TO LASTING CHANGE

I will look beyond individual complaints to recognize recurring and systemic issues. My goal is to help achieve **lasting improvements** rather than temporary fixes.

WHAT YOU CAN EXPECT FROM ME

Listen. I will be accessible and approachable. **Speak Up.** I will raise concerns and advocate firmly.

Follow Through. I will work toward practical solutions and accountability. **Protect Fairness.** I will respect confidentiality and treat every member with dignity.

MY PROMISE

I will bring **fairness, compassion, transparency and determination** to this role. I will work to ensure every member knows their voice matters.

Sincerely,

Lata Khanal

Candidate for VP of Workload - CVH & Candidate for VP of Human Rights & Equity

lata.khnl@gmail.com • 647-740-5610