Retired in 2002 as Associate Professor from the School of Nursing after 16 years of service.

Kay Matthews, a distinguished nurse and midwife, has continued her work in nursing and maternal and infant care since she retired. While beginning before she retired, Kay worked with Dr. Bob Walley on the Matercare International project until 2006, offering critical health care to new mothers and trained midwives in Nigeria and Ghana . After retirement, she has developed a program to enable Inuit women to become maternal care workers and midwives in Nunavut and has taught for two academic years in Nain. In 2008 she founded the Stephen Lewis Foundation Terra Nova Chapter of African Grannies. This organization supports grandmothers who nurture their orphaned grandchildren after their parents have died of AIDS. She is a very strong member and advocate for the NL Association of Midwives and works tirelessly with her colleagues to establish policy, regulation, and certification of midwives in the province. She has also served on the Board of Directors of her condominium association and works with the St. Vincent DePaul food bank at St. Teresa's Church. Since retirement she has received several significant honors: Memorial University appointed her as an Honorary Research Professor in 2003: The Association of Registered Nurses of Newfoundland and Labrador gave her an Honorary Membership Certificate in 2004 and in 2006 she was award an honorary degree Doctor of Laws from Memorial for her service to maternal and child health in the provincial, national and international community, especially Indonesia and Africa.