



Oregon Holistic Nurses Association

Serving Holism in Oregon, Washington and California Since 2007

We Are the Change

September 2014

Leading Oregon in the new specialty of Holistic Nursing

Volume 7 Issue 1



OHNA Board of Directors

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Inside This Issue

Director's Message

Open OHNA Board Positions

Astrology Assessment - Conf 2014

OHNA Conference - 2014

Book Sale/Silent Auction

Registration Information

News



Director's Message:

Dear members of OHNA,

I write as outgoing Director. I accepted the position thinking I could at least hold some sacred space while the organization did its work. I apologize to all of you, because I am too distracted to maintain the focus necessary to maintain that space. However, it is time to take a serious look at the participation of members in order to chart the future path of OHNA. Currently, the organization is so small, and has so few participants, that the ability to do organizational work is restricted. Many questions arise: Without participation the organization will fail; does that mean it *should be left* to fail? Or should we whip up some synergy and continue to *TRY*? And, if so, how to go about whipping up that needed synergy??

Last year when I accepted the position of Director, I chose to serve to keep the organization alive because I need the benefits of the OHNA as an organization. I like the idea of a local organization that is in my state, accessible without a 10 hour flight, and run by people who are familiar with the unique needs of our state/community. I like going to a place where the people I care for are not likely to go. I like the idea of a retreat with quiet meditation time, where I can practice self-care, yet with learning possibilities. I like the idea of fellowship of like-minded souls, where I can talk the language of science and holism and spirit all mixed together, without someone thinking I have lost my mind. I like the idea of interaction with multidisciplinary professionals where I can broaden my knowledge and skill base.

However, when I tried to define why I should convince someone else to belong...more questions emerge than are answered. Why should we belong to both OHNA and AHNA? How can we unite such busy people? Do we offer any outreach? Do we offer bulletin boards, interactive courses, or pre-recorded courses to listen to at our own convenience? How do we overcome the geographic barriers and reach ALL nurses, not just those in populace centers? Do we offer support for the growth of holistic nurses' business practices? Does this organization have political clout/name recognition/ an advantage to belonging to a group? Can OHNA offer leadership that can help individual nurses be leaders in their sphere, a place that offers support and skills for pioneering efforts to integrate holism in all our relationships. Will the organization help nurses acquire business and political acumen so that they understand how to practice preventive upstream holism.

Continued on page 2

Director's Message – cont'd

Astrologic energies predict struggles associated with the necessary transformation of these times. Marina Ormes, OHNA Secretary, offered an Astrologic assessment of the energies for the October 2014 conference. In her prediction, Marina notes that questioning of how the old ways no longer serve us is necessary for the emergence of more holistic and caring energies. Individual actions are necessary to create the transformation and new ways. By the end of the conference Marina predicts that the stars will be aligned to help us “ ... step in to higher vibrations of grounded expansion and structured optimism and trust in the future.”

The membership and leadership will meet during the October OHNA conference. Several leadership positions are open and an election is planned. You, the members at large, will have an opportunity to define/influence/lead/transform yourself and the organization through your participation.

In love and Light, looking forward to the transformations our synergies will bring!

Patricia Widenoja



Astrological Assessment for 2014 Conference



By Marina Ormes, RN, HN-BC

Background themes: (Pluto-Uranus square) ongoing themes of breakdown, breakthrough, transformation, need to be authentic and pioneering – stepping into new territory with new perspectives, innovative ideas, and the mandate for individuals to take action in creative new ways. Old established and conservative structures need to

give way for new energies and more holistic and caring paradigms coming through. This has been in place since 2011 and will continue through 2016. As we move through the transformation we are now at the point where we have come face to face with some hard truths and the reality of why old systems (including belief systems) no longer work. We are now at the point where we realize it is up to us and need to find the courage to take action from authenticity and a desire to do things in new and different ways.

Specific to this conference and lasting from mid-September through mid-December 2014 is a waning square from Jupiter to Saturn in Leo-Scorpio. This means that we are confronted specifically with the way that old beliefs no longer serve us, and asked (through either awakening and awareness or through challenge and conflict, or perhaps both) to come to step in to higher vibrations of grounded expansion and structured optimism and trust in the future. What we are learning is the higher vibration of old energies that may be unrealistic or ungrounded, and how to step into the real, practical steps that will bring something new into being.

Sunday October 19 and Monday October 20 Moon in Virgo – practical, Earthy, focused on efficiency and grounding, attending to details and organization.

Tuesday October 21 and Wednesday October 22 Moon in Libra – bringing peace, balance, and harmony. Building bridges of reconciliation and understanding. Seeing things from one another's perspective. Balance between masculine and feminine and other polarities.

On Wednesday October 22, the Libra Moon will form an opposition to Uranus. There may be a heightened awareness of the needs and perspective of the self vs. other and a desire to break out and be free which may conflict with or cause confusion about the simultaneous desire for everyone to be happy and cared for. The Moon will join with Mercury on Wednesday, opening up communication from the heart and enhancing the possibilities of productive dialogue and relationship-building.

Board Nominations and Election



We hope you are giving some thoughtful consideration to how you might be able to contribute to help OHNA grow and flourish. Our Director, in her message, spoke to this great need. Positions open for re-election during the conference this year are:

- Director
- Secretary
- Treasurer
- Director-At-Large x 2

Nominations are now being accepted. Please contact: Marina Ormes on her practitioner page on the OHNA website by clicking the envelope at the bottom of the page here: <http://www.oregonholisticnurses.org/practitioner-directory/>



OHNA 2014 Conference Topics

"Meditation for Healing"

Kathleen Bell, RN, MSN, CMN, MS1-BC, AHN-BC



Daily meditation for as little as half an hour improves both mind and body functioning, and scientific evidence about meditation's effectiveness continues to grow. Meditation is a practiced, conscious state of mind that has focus. Done in accordance with observation of breathing and relaxation, it leads to an aligned and centered state of being associated with high-level wellness. The workshop introduces to you a scientifically based 5-step meditation sequence that helps:

- manage stress and anger
- increase vitality and physical health of nervous, circulatory and immune systems
- overcome fatigue
- heal emotional/mental/spiritual turmoil and develop peace/joy



"Energy Hygiene – Take It or Leave It!"

Liza Burney, certified Pranic Healing Instructor



Learn the simple, step-by-step approach of Energy Hygiene, which is the practice of keeping your energy body as clean and charged up as possible through special physical exercises, the use of salt as an energetic cleansing agent and numerous other techniques. Most people feel their personal energy surge when they begin practicing energetic hygiene regularly

Learn how to avoid taking on the stress energy of your patients Practice techniques to release energy that has already been absorbed Learn the process of disconnecting energetically from another person Practice the techniques in class so you can be confident in applying them immediately. Learning the Energy Hygiene techniques gives you a choice when it comes to stress energy – you can take it or leave it!



"Dance Movement Therapy Workshop"

Carolyn Johnson, MA, BC- DMT, NCC, RYT-200



This experiential workshop will introduce participants to Dance-Movement Therapy (DMT) by exploring expressive, communal movement within the context of the creative process. We will have the opportunity to move individually, in dyads and as a whole group. An introduction to the field and its applications to various

populations, as well as a discussion of the distinction between dance as art and dance as therapy, will be included.



"Healing Through Acupressure"

Elizabeth Monson, CNP, MA



Acupressure is a noninvasive hands-on touch therapy based on same theory as acupuncture that can be easily learned and applied at the bedside to treat physiological and psychological symptoms such as pain, anxiety, stress, nausea, and gastrointestinal symptoms. Our current healthcare system has

Continued on page 4

Conference Information –

Book Sale

- Bring books you've read and loved but are ready to give away for a good cause.
- Bring them marked with a donation price on the inside cover
- There will be a table set up for participants to display their books and purchase books brought by other participants
- All donation \$\$ will go to OHNA
- Any books left over will be donated to Breitenbush's library

Silent Auction

- Bring a well-loved or new item to donate to the silent auction.
- Auction will be left up for the duration of the conference.
- All donation \$\$ will go to OHNA

Events/Activities

- **Meditation and Yoga** will be available Monday and Tues mornings, led by Jessica Young and Dawn Welch on Monday, and Jessica Young on Tues.
- **Ecstatic Dance** will be held on Monday evening after dinner, led by Dawn Welch.
- **Drumming/Chant Circle** will be led on Tuesday evening by Jodi Winnwalker

What to Bring

- Comfortable clothes you can layer
- Refillable water bottle
- Yoga mat
- Flashlight
- Drum/rattle(s)
- Warm socks/slippers
- Shawl or light throw

need of additional holistic tools to provide for safe and effective non-pharmacologic interventions to prevent complications such as delirium, adverse events, or drug dependence. Those in need of healthcare are looking for tools to address discomfort and augmentation of healing beyond usual care standards. The safety and effectiveness of acupuncture has been established through research. Demonstration and skill practice of acupuncture for treatment of symptoms at the bedside will be presented.



“Hydrotherapy At The Bedside“
Tracy Barnett, RN, BSN, CDE, LMT



Hydrotherapy is the therapeutic use of water, encompassing various ways water can be used in the treatment and prevention of disease. Hydrotherapy includes conventional therapies like hot or cold compresses, steam baths, local hydrotherapy treatments, pool therapy and humidifiers as well as complementary treatments like sinus rinses, dry brushing, cold mitten friction, wrapping or colonic therapy.

Hydrotherapy is a modality that has been used by many cultures throughout history, but even contemporary practitioners are seeing the benefits of hydrotherapy. In this two hour workshop we will discuss the basic understanding of hydrotherapy treatment and combine the discussion with experiential practice of several techniques for use at the bedside and in our own healing practice. Let’s learn why it is so important for health.



Panel Discussion:

Integrating Holistic Practices into Hospital & Clinic Settings

Kathleen Bell, RN, MSN, CMN, MS1-BC, AHN-BC

Caryn Gehlman, CCA

Elizabeth Monson, CNP, MA

Panel Facilitator: Sierra Bassett, RN, BSN

Conference Brochure can be found on the OHNA website here:

http://www.oregonholisticnurses.org/wp-content/uploads/2014_Brochure_online.pdf

13 CONTINUING EDUCATION CONTACT HOURS AVAILABLE:

Provider approved by the California Board of Registered Nursing, Provider #15842



News and Events



Jodi Winnwalker LCSW, MT-BC (Board Certified Music Therapist), Founder and CEO of Earthtones Music Therapy Services, took the stage on Saturday, September 13, at the 2014 TEDxSalem event as one of a dozen

Continued on page 5

Registration Information

CONFERENCE BEGINS: At Sun dinner 10/19

CONFERENCE ENDS: After Wed lunch 10/22

Conference Fee: OHNA Members - \$199

Non-members - \$249

Lodging Rates: Breitenbush

Lodging rates are Per Person Per Night (meals included) for Sun - Wed, 10/19 - 10/22

Plumbed Cabin: \$95

Regular Cabin: \$78

Lodge Room: \$61

Tent/Dorm: \$58

Vehicle Space: Please inquire at Breitenbush. To contact Breitenbush Hot Springs for reservations: 503.854.3320 or office@breitenbush.com website: www.breitenbush.com

The OHNA conference fee will be collected by Breitenbush Hot Springs upon arrival 10/19/2014. The members' discount will apply to all OHNA members who are either enrolled or have renewed their membership by 10/18/2014. To join as a member, go to: <http://www.oregonholisticnurses.org/join/>

Cancellation and Refund Policy:

Notification two weeks prior to conference: - Conference fee will be fully refunded.

Lodging fees are subject to Breitenbush Hot Springs regulations.

Notification within two weeks of conference: - All but \$25 of the conference fee will be refunded

speakers who presented their 'ideas worth sharing' related to this year's theme: *MOXIE*. Those who know Jodi, and have been blessed to share in her unique gifts, agree that she was a perfect speaker for this theme. She makes 'Healing Connections Through Music Therapy'. If you were at the



annual AHNA conference in Portland this year, you experienced her - she was part of our opening and closing ceremonies, as well as portions in between; **AND - we are thrilled to have her lead a drum circle at this year's OHNA conference!**

**Portland Oregon Chapter, AHNA
Complementary and Alternative Medicine (CAM)
Family Experiential Day**

September 20, 2014 ~11am - 2pm

Taber Space

5441 SE Belmont St.

Portland, OR

For questions contact: Deb Waring T: 503-580-4141

**2014 6th Annual Imagery
International Conference**

The Healing Power of Imagery

October 24-26, 2014 Menlo Park, CA

<http://imageryinternational.org/annual-conference/>

**8th International Scientific Wholistic
Aromatherapy Conference**

November 7 - 9, 2014, San Francisco, CA

Tel: 415.479.9120

Pacific Institute of Aromatherapy

Mary Jo Wevers

Mercury Retrograde Workshop

October 4, 2014 1pm - 4pm

The Center for Inner Awareness

2111 Front Street NE

Building 3, Suite 3-209

Salem, OR 97301

Tel: 541-740-8081 or mj@maryjowevers.com

American College of Healthcare Sciences

Accredited online Holistic Health Education

Classes Begin:

October 20, 2014 and January 19, 2015 Portland, OR

For Course Overview: <http://www.achs.edu/>

To Request More Information: <http://bit.ly/1ALHsDh>



**2013 Conference attendees who got caught by
the camera after lunch before leaving...**



***"MAKING A LIVING IS NOT THE
SAME AS MAKING A LIFE."***

~~MAYA ANGELOU

