

Don't miss out on the latest OHNA news!!



Oregon Holistic Nurses Association

SERVING HOLISM IN OREGON, WASHINGTON & CALIFORNIA SINCE 2007

We Are the Change.

Fall Newsletter

Sept 2017

Issue 10 Vol 2

Celebrating the Fall Equinox with Gratitude!



We, the OHNA Board of Directors, are happy to share the good news with you that Breitenbush Hot Springs will reopen for business this week!! That means our conference will proceed as planned. We offer our gratitude to those of you already registered. There are still a few spots left. If you are planning to attend, please do not delay getting registered. There are only two weeks remaining before we are required to

release the spots we haven't filled. If you register after October 8, you take your chances. In the past, some have been turned away because there was no room. [REGISTER HERE](#)

To review our conference brochure [click here](#)

THANK YOU!

WELCOME TO OUR NEW MEMBERS

Sharon Buller - Bend, OR
Stephan Kajtor - Beaverton, OR
Amy Lang - Bend, OR

Grace Dalton - Milwaukie, OR
Leah King - West Linn, OR
Chelsea Scott - Camas, WA

Director's Message from Marina Ormes, RN, HN-BC (retired)

The Future of Caring Is in Our Hands

Holistic nursing has always been on the forefront of change. In

the early 1980s, pioneering nurses came together to create the American Holistic Nurses Association.

These courageous souls came together because they had a vision of nursing and caregiving that "nurtured the nurturers and focused on 'wellness' rather than 'illness'." [1]



We are truly honored to have one of the founding members of AHNA, Lynn Keegan, join us this year at our annual OHNA conference at Breitenbush Hot Springs. Toni Gilbert, our Oregon nursing pioneer and the founder of OHNA, will also be joining us this year!

So it's a potent time for us to remember the legacy and the task of holistic nursing. In a world where the true meaning of caring itself is threatened, we are today's holders of the vision of holistic nursing. That means, whether or not you are in a "leadership" position in your current role as a nurse, you are still a leader. You are a leader because the caring you bring to every moment, every touch, every interaction makes you a role model for others.

The solution to a world where uncaring and sometimes even "hateful" policies are finding support throughout our government and institutions, is to bring more caring to the world.

It is vital and meaningful that the original vision of holistic nursing, as well as our vision within OHNA, includes having nurses, caregivers, and holistic practitioners who are themselves cared for. That's because when your needs are met, you are better able to be present for the needs of others. And this is not only on the surface, but includes the ability to intuitively know what will make a deeper, more lasting difference in someone's life.

Soon we will be coming together at beautiful, nurturing Breitenbush Hot Springs. It will be an opportunity to renew ourselves and fill up those places where we know who we are. It is a time to remember what is most important and what we CAN do in our daily lives to make a difference.

Whether or not you are able to join us in person, consider this a reminder to renew your self-care practices. Doing so will help you bring more of your caring self to those everyday interactions so you can be a stronger leader and remind others what caring looks and feels like.

The ripple effect from your heart to the person next to you, and the person next to them, is what changes the world.

[1]The American Holistic Nurses Association, "Where We Come From" <http://www.ahna.org/About-Us/Where-We-Come-From> (accessed September 24, 2017).

Open Positions on the Board of Directors

This year is **OHNA's 10th anniversary**, and we have a lot to celebrate! Your organization has grown tremendously over this decade, but that's a result of dedicated volunteer members. It definitely takes a team to make it happen. We're looking for any of you that have time to give, even if it's only a few hours. In order to grow, it takes a bigger team with fresh energy and new perspectives.

There are Board positions open for the Election, which will occur following the conference. There are projects both the Board and membership alike have identified as important goals for our organization. They haven't come to life yet because they will take volunteer hours not associated with a Board position. Some of those projects include working with our Outreach Committee to connect in your communities to increase awareness of holistic practice. Other projects on the slow burner are different methods of bringing education to a wider audience using technology. We are also looking for members who enjoy writing and would like to contribute to our Blog with a guest post. (More about that below.) We hope you will be inspired to participate in some way. ***Together we create a force for change.***

The Board of Directors is now accepting nominations for the following Board positions:

Director
Secretary
Treasurer
Director-at-Large

If you are interested in offering your time and talents to your organization, or would like more information about a position or volunteer opportunity, please contact OHNA Director, Marina Ormes by emailing her [here](#) or at info@oregonholisticnurses.org

Official nominations will occur at the Conference
Elections will be held by online ballot following the conference

Invitation to be a Guest Blogger

OHNA began posting on the website blog this year with the purpose of raising awareness to holistic practice. Each Board Member has contributed a blog post, sharing what holistic practice means in the context of their life journey. We'd like to hear from our members on the same theme. When we share from our experience and vulnerability, it allows the public to connect to the possibilities of holistic interventions for their life as well.

As mentioned above, the OHNA Board is encouraging all members to submit their story. You don't have to be a writer. The Communication Coordinator, deonne wright, has extensive experience as an editor and can help craft your story for presentation. It also doesn't have to be long. Please consider sharing your story. You can go [here](#) to review posts that have already been submitted.

You may submit your story to deonne wright [here](#)

Conference Volunteer Opportunity

We are looking for volunteers who, **for a 25% discount off your conference fee**, would like to assist the Board during the conference with managing paperwork during registration at the opening ceremony. This is a duty that will carry on throughout all the sessions, as each session needs a sign-in from attendees. You would also

assist as hand-out runners to help with the flow of each session.

You could be asked to assist in minor other ways to facilitate the smooth running of our conference. If this offer is appealing, please contact OHNA Board Director, Marina Ormes [here](#)



If You're Joining Us At Breitenbush...

1. You should have received communications from Breitenbush on lodging if you've already registered. Please contact them if you have not. Their evacuation likely impacted their communications.
2. Attendees will receive another email from OHNA in two weeks with final details.

So you can begin to prepare now -

- o We will have a **SILENT AUCTION**, as we have in the past. You may donate goods or services. All proceeds will go to OHNA.
- o We will also have a **BOOK SALE**, as we have in the past. If you have books you are ready to pass on that have been meaningful on your journey, please bring them for our book table. Mark them with a small donation \$ amount. All proceeds will go to OHNA. Any books not sold will be donated to Breitenbush. They have graciously agreed to add them to their library.

We have several authors presenting this year. Breitenbush has given us permission to allow them to sell their books and have a private book signing. We appreciate their graciousness.

Educational Courses



Pranic Healing Level 1 Classes

Oct 28 & 29, 2017

with Liza Burney

Marylhurst University, 17600 Pacific Hwy, #43, Marylhurst, 97036

Early Registration ends Oct 14, 2017

OHNA members receive add'l 20% off

[click here](#) for more information

[Register Here](#)

Live an inspired life - it's the best life. dw

STAY CONNECTED:

