



Connection – Meaning – Grounded – Innovation – Flight

Oregon Holistic Nurses Association
466 W 17th Avenue
Eugene, OR 97401
www.oregonholisticnurses.org



OHNA 2018 11th Annual Conference

Theme:
**Empowered Within –
The New Way Forward**

Date: October 21 – 24, 2018

Location: Breitenbush Hot
Springs Resort and Retreat Center

Conference Objectives:

At the conclusion of the conference, participants will be able to:

1. Define Holistic Nursing
2. Differentiate Holistic Nursing from nursing as it is generally taught in nursing school
3. State two ways of using food as medicine for gluten intolerance/ceciac diagnoses
4. Apply one aspect of natal astrology to determine a holistic intervention that will support self or clients
5. Describe cannabis as a holistic nursing modality
6. Summarize the human energy anatomy
7. Identify two methods for holistic management of anxiety

Conference Overview

We are well into the planetary energetics of a new paradigm for healing and moving toward a new way of Being. OHNA’s mission and vision is expressed by supporting a courageous and heart-powered way forward that is a requirement for taking us into the future. OHNA addresses this challenge with the 2018 theme ‘Empowered Within – The New Way Forward’. Using scientific based research, multiple presenters focus on teaching cutting edge complementary healing practices for personal use and ways to take them into your own professional setting.

Florence Nightingale, our original holistic nurse, said, *“People say the effect is only on the mind. It is no such thing. The effect is on the body, too. Little as we know about the way in which we are affected by form, by color, and light, we do know this, that they have an actual physical effect. Variety of form and brilliancy of color in the objects presented to patients, are actual means of recovery.”* She saw a new vision long ago, one that we are in a position to actualize now.

Connect with your Inner Authority and allow yourself to be empowered to take the next step on the new way forward into transformed planetary energies - participate in shaping a new future!

Who should attend:

Nurses at all levels of practice, including students, energy and integrative practitioners

11.1 CONTINUING EDUCATION CONTACT HOURS AVAILABLE: Provider approved by the California Board of Registered Nursing, Provider # 15842



Registration

CONFERENCE BEGINS: At Sun dinner 10/21
CONFERENCE ENDS: After Wed lunch 10/24
Conference Fee: Early Bird Discount through August 19, 2018:

OHNA Members - \$207
Non-members - \$257

After August 19, 2018:

OHNA Members - \$247
Non-members - \$297

Lodging Rates: Breitenbush Lodging rates are Per Person Per Night (meals included) for Sun – Wed, 10/21 – 10/24
Plumbed Cabin: \$118 (3-night total=\$354)
Regular Cabin: \$99 (3-night total=\$291)
Lodge Room: \$90 (3-night total=\$270)
Dorm: \$72 (3-night total=\$216)
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 at the gate house on 10/21/2018.

The members’ discount will apply to all OHNA members who are either enrolled or have renewed their membership by 10/20/2018. To enroll as a member, go to: <http://www.oregonholisticnurses.org/join/> and join.

Cancellation and Refund Policy:

Lodging fees - subject to Breitenbush Hot Springs regulations

Conference fee: Notification within two weeks of conference - non-refundable.

OHNA is a 501c6 federal tax exempt organization

Program of Events



Sunday - October 21, 2018

Time	Topic	CE
5:00p – 6p	Registration in the North Hall of the Lodge	
6p -7p	Dinner	
7:00p – 7:30p	Breitenbush Orientation	
7:30p – 8:30p	Welcome and Opening Ceremony	

Monday - October 22, 2018

Time	Topic	CE
7a – 8a	Yoga – Pamela Brucks, MN, RN	
8a – 9a	Breakfast	
9:15a-9:30a	Gathering, Introduction Start silent auction/book sale/ Member's mtg notification/Panel Discussion preparation	
9:30a-10:45a	Holistic Nursing – An Overview Kathy Bell, RN, MSN, CNM	1.5
10:45a-11a	Break	
11a – 1p	The Road to Health is Paved with Good Intestines – Food as Medicine – Nadine Grzeskowiak, RN, BSN, CEN	2.4
1p – 3:45p	Lunch / Break	
3:45p – 5:45p	Evidence-Based Medical Cannabis Therapy – Janna Champagne, RN, BSN	2.4
6p – 7p	Dinner	
7:30p – 9p	Healing Room Experience	

Program of Events

Tuesday - October 23, 2014

Time	Topic	CE
7a – 8a	Yoga – Pamela Brucks, MN, RN	
8a – 9a	Breakfast	
9a – 11:00a	Astrology as a Healing Modality in Everyday Practice – Marina Ormes, RN, HN-BC (ret)	2.4
11:15a -12:45p	Member's Meeting	
1p – 3:45p	Lunch / Break	
3:45p-5:45p	Calming the Storm: Treating Anxiety Disorders with Mantra, Breath, and Mudra – Kathy Wilmering, MSW, PMHNP, BC	2.4
***** Turn in evaluations*****		
6p – 7p	Dinner	
8p – 9p	Sound/Chant Circle – (open) North Wing w/Cordy Anderson	

Wednesday - October 24, 2018

Time	Topic	CE
7a – 8a	Yoga – Pamela Brucks, MN, RN	
8a – 9a	Breakfast	
9:30a-10:30a	Closing Ceremony	
10:30a-11:30a	Wrap up Silent Auction/ Book Sale Receive CE Certifications	
11:30a – 1p	Vacate cabins	
1p – 2p	Lunch	



Nature Heals by
Dr. Deanna Minich

About the Conference Presenters

Kathleen Bell, RN, MSN, CNM, MS1-BC, AHN-BC earned her BSN from Boston College, and completed her MSN in Nurse-Midwifery at the University of Utah. Her career of over forty years has focused on Maternal-Child nursing, Nurse-Midwifery, nursing and consumer education, integrative health, and holistic nursing. She has practiced as a pediatric nurse Certified Nurse Midwife and a Women's Health Care NP in private practice. Now retired from ten years in academia where she taught nursing and midwifery at undergraduate and graduate levels, Kathleen maintains adjunct faculty status at Linfield College in Portland, OR, and Pacific Lutheran University in Tacoma, WA. Kathleen has held multiple national instructor certifications, and is presently Board Certified by multiple nursing organizations, as well as by the Center for Meditation Science as a Meditation Specialist. She has authored multiple publications, the latest of which describes the use of therapeutic touch with a clinical group of pediatric nursing students.

Nadine Grzeskowiak, RN, BSN, CEN has a background in critical care, emergency room, and trauma nursing. She has her own personal experience of being misdiagnosed for many years until an eventual "plummet into multi-system failure" finally led her to a correct celiac diagnosis. Being so close to death when she finally learned how to regain her health fuels her passion for educating the public about gluten intolerance and celiac disease, so others' health never has to descend to that state. She is a published author of the book "Dough Nation: A Nurse's Memoir of Celiac Disease from Missed Diagnosis to Food and Health Activism" and is a recognized Celiac Education Nurse.

Pamela Brucks, MN, RN began teaching Yoga in the 1980s. She received certifications from Ananda Yoga Ashram & Osho Multiversity in Pune, India. She taught Yoga & Meditation in hospitals, private studios, Buddhist monasteries, and at Breitenbush. She developed a Yoga/Meditation program for student nurses at a community college. Pamela has worked as an RN in inpatient psychiatry, the Burn ICU, nursing education, and case management. She currently works as a discharge facilitator at Harborview Medical Center in Seattle.

About the Conference Presenters

Marina Ormes, RN, HN-BC (ret) is certified as a Level Two Practitioner through the Steven Forrest Apprenticeship Program. She is a retired holistic nurse: RN, HN-BC (ret.) with a BA in biology. She is the author of Cycles of Healing: Personal Transformation in Relationship to a Living Cosmos, the chapter in Nurse Sparks titled "Dancing with the Universe: How Astrology Brings Meaning to the Healing Process", and the forthcoming book "Astrology Heals: The Ormes Method of Transformational Astrology". She is in her second term as Director of the Oregon Holistic Nurses Association and has previously presented twice at the OHNA Breitenbush conference.

Janna Champagne, BSN, RN, founded Integrated Holistic Care, a Southern Oregon non-profit medical and health education organization dedicated to providing quality health counseling and education services rooted in a whole systems approach to health. Her focus holistic treatment, natural alternatives to pharmaceuticals that include cannabis therapy, and epigenetic screening (nutrigenomics) in specialty areas that include autism and Autoimmune/Inflammatory/Chronic Pain Syndromes. Janna has completed the Cannabis Nurse courses at The Medical Cannabis Institute, and is an active member of the American Cannabis Nurses Association, Americans for Safe Access, and the Oregon Holistic Nurses Association.

Kathy Wilmering, MSW, ARNP, BC, DCEP, QTTT, CCCMP is a nurse practitioner / social worker who specializes in helping people heal early trauma, transform mood issues, and live well with chronic illness. Certifications include Qi Gong, cross-cultural music, Therapeutic Touch, Energy Psychology, EMDR, and a variety of other energetic therapies. Prior workshop participants have described her as a compelling, clear, and humorous facilitator who compassionately coaches them in integrating new skills. They leave her workshops with practical tools they can implement immediately, both with themselves and their patients/clients

