



Your Holistic Community is Here for You

DIRECTORS MESSAGE



Greetings OHNA Members!

It is a new year and this year's OHNA Board has already had some productive meetings. There is great energy and momentum for outreach this year, and it comes at such an important time.

The world needs us and the time is right for holistic nursing. Each and every one of you has an important part to play in taking a stand for caring and wellness that includes the needs of all parts of a person: mind, body, emotion, and spirit. I hope you know ... *see more*

Click [*here*](#) to read the OHNA 2018 Conference Astrology Assessment

Election Results - OHNA Board of Directors

We first want to acknowledge our members who were willing to be nominated for a Board position. Without a strong Board, we cannot serve you in all the ways that support your holistic life and practice. We also want to thank everyone who cast a ballot in our election. You make a big difference. We hope that carries over to our Oregon elections coming up in May!

Marina Ormes was voted in for another term as **Director** - we are so grateful for her leadership which has helped OHNA influence grow significantly in the last three years. (This is a 3-year commitment)

Alie Oyster was voted in to the position of **Secretary**, and is already proving to be an asset. (This is a 2-year commitment)

Cordy Anderson was voted for another term as **Treasurer**, and she is invaluable to us, keeping on top of the 'numbers'. (This is a 2-year commitment)

Deonne Wright was voted for another term as **Communications Coordinator**. With the Conference Coordinator position being vacated, the Board appointed her to also fill that role, while mentoring a new Board Member. (This is a 2-year commitment.)

Tammera Karr was voted into a **Director-At-Large** position, and is being mentored in the OHNA Conference Coordination role. We value all the expertise she brings to our Board. (This is a 2-year commitment.)

FALL ELECTIONS

We are seeking nominations for the Board positions that will be up for election during our October 2018 Conference. Those positions are: Communications Coordinator, Conference Coordinator, and a Director at Large. Please let one of your Board Members know if you have an interest in joining the Board in one of these roles.

Click [here](#) to read the OHNA Bylaws for information on the Board Position requirements and duties.

Meet Your New OHNA Board Members



**TAMMERA KARR, Ph.D., BCHN,
CGP, CNW**

TAMMERA J. KARR is an author, educator, researcher, and clinician. She has served as a nutrition advisor to wellness programs and presented at local, regional, and national conferences. She writes a weekly health column for a local newspaper, blogs, and reviews and contributes to national board exams.

In 2006, Tamera became one of the first in her local area to establish an Integrative Medicine partnership. Tamera worked in a clinical setting with DO's, FNP-C, Acupuncturists, Herbalists, ND's and others. In 2015, Tamera changed to a ...[see more](#)



ALIE OYSTER, BSN, RN

Ahimsa — “do no harm”

Alie's personal journey has been one of seeking improved health through nutrition and yoga. Nursing is a natural extension of that direction. It is a field in which she is able to express her passion for healing and practice ahimsa. Whether this involves helping people find a better exercise routine, a healthier diet, inspiration, or a quiet mind, she wants to help others experience their full potential for good health.

Alie's interest in holistic nursing was sparked during ... [see more](#)

Your Holistic Nursing Organization is Growing!

Welcome New Members!

PORTLAND Jill Bach
Elizabeth de-laney
Barb Ellington



Gerri Meyers
Bianca Traveras

EUGENE Allison Hyder

BEND Lee Anne Hellesto

VANCOUVER, WASH Maureen Ellis

EVENT NEWS

OHNA's annual 2017 Conference was a huge success! The general feedback indicated that attendees felt inspired, nourished and educated, while at the same time experienced an opportunity to connect with other holistic nurses and practitioners. With your valuable feedback, we're finally getting education and self-care time in better balance.



A video of the conference will soon be posted to the OHNA website
The video and some photos can be found on the OHNA facebook page [here](#)

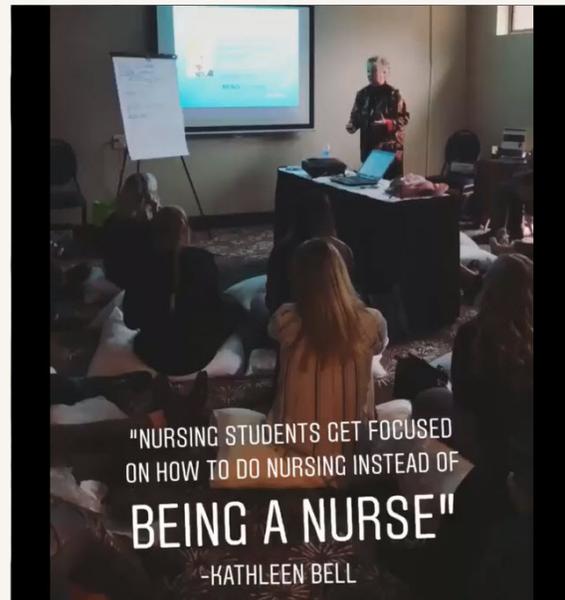


The Oregon Student Nurses Association invited OHNA to participate in their annual conference again this year. There is great

potential for the nursing profession in our connecting with students. We enjoy working with them and exposing them to the principles of Holistic Nursing at the beginning of their career. One of our strategic goals for this year (and moving forward), is to focus on outreach. We were honored and delighted to accept their invitation.

We had a large response from the OHNA membership, and were able to provide a Healing Room experience for the students from a group of amazing volunteers. Kathy Bell gave a presentation on the basics of Holistic Nursing, and was well-received. We are grateful for her expertise as an educator and a holistic nurse.

Students were able to experience Therapeutic Touch, Pranic Healing, Intuitive Readings, Archetypal Tarot Counseling, Meditation, and Aromatherapy. It was very satisfying to



watch them arrive for their session with us in a state of anxiety and tension, and leave with a smile, their body language indicating they were more relaxed. The OHNA Board wishes to thank all of you that participated!

We expect to participate again next year. If you are a practitioner of a healing modality, and wish to provide 15 minute sessions next year to give the students an experience, please contact:

deonne wright [here](#)

SAVE THE DATE!

AHNA Regional Conference

AHNA Portland Chapter is hosting a Regional Holistic Self-Care Conference in Troutdale, OR, on April 27, from 9a - 5p for 6 CE Credit Hours.

Click [here](#) for the brochure and registration instructions

OHNA members are invited to attend the Welcome Reception on Thursday, April 26, from 6 pm to 8 pm at Taborspace, located at 5441 SE Belmont Street, Portland.

OHNA 2018 Annual Conference

Our conference is scheduled for Oct 21 -24, 2018 at Breitenbush Hot Springs Resort Center once again. Be sure to ask for time off as soon as you can so you don't miss out. It is going to be the best yet!!

2018 Conference Theme: Empowered Within - The New Way Forward

Click [here](#) to read the OHNA 2018 Conference Astrology Assessment.

Our goal is to align with the planetary energies occurring at that particular time, in order to access greater power and meaning during our time together.

Saying a Sad Good-bye...



Karen Widmer, Jane Golden, Dawn Garcia

Jane Golden, RN

A beautiful soul left this realm for a new experience in the Spirit World during the night hours of Feb 5 into Feb 6, 2018.

Jane's bright light helped found our organization, and we value the time she spent with us during those first years, helping us get established.

She leaves an empty space in the lives of the many her light has shined upon. Our hearts go out to her friends and family, and we are grateful her light shined on us.

VISIT OUR BLOG and WEBSITE

Come see what we're saying - check out our blog [here](#).

We'd love to post something from you on our blog - if you are interested, please contact deonne wright [here](#)

OHNA is a 501(c)(6) Federal tax exempt organization

OHNA is a Continuing Education Provider approved by the California Board of Registered Nursing, Provider # 15842

www.oregonholisticnurses.org
info@oregonholisticnurses.org

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