



OREGON HOLISTIC
NURSES ASSOCIATION
WE ARE THE CHANGE

OHNA FALL NEWSLETTER

September 2018

Volume 11 Issue 2



Marsha Ormes

DIRECTOR'S MESSAGE

Fall greetings!

With the changing season, energies begin to turn inward. We on the OHNA Board are very much looking forward to our annual fall conference at Breitenbush Hot Springs—a chance to look within and seek renewal and fresh perspectives. It feels so appropriate then, that this year's conference theme is Empowered Within – the New Way Forward.

As holistic nurses and practitioners, we know the importance of nurturing not only the body, but the other parts of ourselves as well. Human beings have needs on physical, mental, emotional, and spiritual levels, and sometimes standing up for holistic wellness takes courage. We also know that finding strength and empowerment from within helps us accomplish real and lasting, positive change.

Empowerment from within can help us find the courage to advocate for patients' needs. It can help us stand up for our own needs as well. But empowerment from within can do even more. It can help us do our part to change entrenched dysfunctional patterns in our work environments, relationships with others, and institutional or regional policies.

I will be presenting at this year's conference, and we have a fantastic lineup of speakers in addition. This year's presenters are truly leaders taking a stand for change and creating paths for new ways forward. Whether or not you are able to join us I invite you to reflect on your role as a nurse, holistic practitioner, and leader who is empowered within to create changes in alignment with your own authentic truth.

Think about what you can do differently in small, everyday ways that can bring positive qualities like hope, healing, and sustainability into your department, institution, or personal interactions. Empowered within, you are capable of making a real difference. I look forward to meeting many of you at the conference, and sharing ideas about what empowerment makes possible.

Giving a Warm Welcome to our New Members!

Carmen James - Portland, OR
Andrea Mellott - Hillsboro, OR
Gabrielle Restid - St. Helens, OR
Jennifer Jarman - Eugene, OR
Christobal Mazingo - Beaverton, OR
Jennifer Keller - Portland, OR
Kim Lucas - Portland, OR
Meira Cole - Waldport, OR
Kyana Jackson - Riddle, OR
Tricia Haley - Eugene, OR

Jenna Twitchell - Rockport, Maine
Pamela Brucks - Seattle, WA
Belle Moore - Shoreline, WA
Robert Taube - Eugene, OR
Breeze Powell - Newport, OR
Elaine Buxton - White City, OR
Nissa Lund - Portland, OR
Christina Dynamite - Portland, OR
Heather Chamberlain - Gresham, OR
Maryann Duyck - Eugene, OR

11th Annual OHNA Conference

For the first time ever, we sold out!

Thank you all so much.

We were able to add a few more spots, but we have been informed some have still been placed on a wait list. **PLEASE** inform Breitenbush as soon as you can if you know you cannot attend, so someone on the wait list can fill your spot.

***THEME: Empowered Within -
The New Way Forward***

WHERE:

BREITENBUSH HOT SPRINGS RESORT
AND RETREAT CENTER

WHEN:

SUNDAY, OCTOBER 21, 2018 5PM
through WEDNESDAY, OCT 24, 2018 3PM
Download the Conference Brochure [here](#)



Conference Volunteer Opportunity!

We are looking for a currently registered attendee who will commit to assisting the Board throughout the conference in various ways, including managing paperwork during registration prior to the opening ceremony. These duties will continue through the closing ceremony and will be clearly written out and assigned for clarity. Compensation for this assistance will be 25% off your conference registration fee. Your assistance greatly facilitates the smooth running of our conference.

If this offer is appealing, please contact:

OHNA Board Director,
Marina Ormes here

Student Scholarship Recipient Announcement!

We are delighted this year that we can offer two student nurse conference fee scholarships to attend the 2018 OHNA Conference. The winning recipients are **Nissa Lund** and **Christobal Mozingo**.
CONGRATULATIONS!

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.
2. Attendees will receive another email from OHNA closer to the conference with final details.

Prepare Now:

- We will have a **SILENT AUCTION**, as in the past. You may donate new or lovingly used goods, or services. All proceeds will go to OHNA.
- We will also have a lovingly used **BOOK SALE**, as 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 will have an **ALTAR** set up, and you may add an item(s) to it for the event. It will help create a sacred space, and hold the higher vibrational frequencies we create together. It becomes a touchstone, assisting you on your forward journey through the year.

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 love supporting the skilled and talented authors among us who share their expertise.

Open Positions on the Board of Directors

Our organizational membership has doubled this year! We give a big shout out to our dedicated members who are spreading the word at a grass roots level. The Board has made a significant effort to be more engaged in social media and on our blog to stay better connected with our membership. It definitely takes a team to make it happen. As we grow, it will take more members on the team to continue to support you all in the way we want to support in this growing holistic community. We also know feeling nurtured and supported on your holistic journey is critical during the time we're living in. We are dedicated to strengthening this community. So OHNA is looking for any of you who 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 our Fall Election which will occur following the conference. There are projects both the Board and membership alike have identified as important goals for our organization. Some of them are still in the early stages of development, and others are still on the drawing board 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. (There is more information 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:

- **Conference Coordinator**
- **Communication Coordinator**
- **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 [here](#).

Official nominations will occur at the Conference

Educational Courses



**MASTER CHOA KOK SUI
PRANIC HEALING
COURSE**

**Basic Pranic Healing - Level 1
in Bend**

**Oct 13 @ 9am - Oct 14 @ 6pm
with Liza Burney, Instructor**

OHNA members receive a 20% registration fee discount



**Foundations of Therapeutic Touch
Workshop - Krieger/Kunz Method**
12 Continuing Education Hours available through AHNA

Eugene, OR
Saturday OCT. 6th 9-5
Sunday OCT. 7th 9-4
\$160 includes snacks,
coffee & tea; one hour
lunch on your own

To register Call
Cordy at 541-870-5267
or Bev at 541-520-9358

Discover your
potential to be
a more healing
presence

go to www.nwtti.org
for more information

Presented by Northwest Therapeutic Touch Institute

[Click here for more info or to register](#)

[For more info or to register click here](#)

Guest Blogging Opportunity

OHNA has continued to post blog articles this year with the purpose of raising awareness to holistic practice. Blog contributions share what holistic practice means in the context of the author's life journey. We'd like to hear from our members on this theme. When we share from our experience and vulnerability, it allows the public to connect to the possibilities of holistic interventions for their life. Our stories impact others in ways we can't possibly know, but until we get them out there we can't make a difference.

If you hesitate to submit your story because you don't think you're a writer, please be assured you don't have to be. 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 click [here](#) to review posts that have already been submitted.

Submit your story to Deonne Wright [here](#)

Remember - all there is of life is this moment. Make the most of it because once it's passed, we cannot get it back.

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

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