

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.*

Spring Newsletter

May 2017

Issue 10 Vol 1

***Wishing you all a HAPPY NURSES WEEK!!***



The OHNA Board of Directors is aware its membership does not entirely consist of nurses. So we want to recognize and appreciate you ***all*** at this time for your contribution to holistic practice and bringing Presence to the bedside, making a difference for people in crisis.

***THANK YOU!***

## ***WELCOME TO OUR NEW MEMBERS***

Janna Champagne

Nancy Douglas

Maureen Ellis

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

Greetings Holistic Nurses!

I want you to know that what you do every single day is appreciated. Though it may not always be recognized, you advocate for your patients, reach out with a gentle touch, make eye contact, listen, hold space for feelings, support families, notice what is needed, and so much more.



As you are aware, holistic nursing is about more than just performing nursing tasks and charting. It is your warmth, kindness, and human presence; and it makes more of a difference than you know.

The kind of caring you do makes the world a better place, and is desperately needed at all times, but especially with the social and political uncertainties in the world right now.

Continuing to practice and be in the world with this level of love and dedication does, and will require, your courage. Be sure to care for yourself, and get the support you need, so you can be there for others in need. Though it may not always feel like it, you are a powerful force for good in an uncertain world.

Recently, I wrote a post for our blog about what a healing response to our situation in the collective can look like. I hope it will inspire you to be more of who you already are, and to trust yourself in your strength and wisdom.

[Click here](#) to read 'Standing Strong in Times of Change', and other OHNA posts. (Scroll down when you get to the page)

We are in this together, and OHNA will continue to support you with resources and reminders that you matter. We are the change.

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## 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 these years, but that's a result of dedicated volunteer members. It definitely takes a team to make it happen. We're looking for those 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 election in the fall. But there are many projects we'd like to see come to life that will take volunteer hours not associated with a Board position. Some of those projects include working with our Outreach Committee to connect in your community 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 that 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 are 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](mailto:info@oregonholisticnurses.org)

***Elections will be held at the Conference***

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## 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](#)

## ***Educational Courses***



### **Pranic Healing Level 1 Classes**

**May 20 - 21, 2017**

with Master Co,  
hosted by Heart to Heart Healing  
@ The Double Tree by Hilton,  
Beaverton, OR (*not listed on website*)

**October 28-29, 2017**

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

[click here](#) for more information

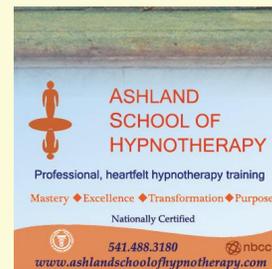
[Register Here](#)

### **Inner Knowing Retreat**

Sept 16 - 18, 2017

Set in the hills of Ashland, OR

[Click here](#) for more information



## **Our Blog is Now Active! Follow Us**

[A Board Member's Holistic Nurse Journey](#)

***Live every moment so you have no regrets.***

Oregon Holistic Nurses Association (OHNA) | [info@oregonholisticnurses.org](mailto:info@oregonholisticnurses.org) |

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