AHNA Purpose

The Southeast Minnesota chapter adheres to the American Holistic Nurses Association (AHNA) purpose of promoting the education of nurses, other healthcare professionals, and the public in all aspects of holistic caring and healing. In addition, SE-MN chapter functions as a community resource for fellow practitioner.

AHNA Holistic Nursing Description

The holistic nurse is an instrument of healing and a facilitator in the healing process. Holistic nurses honor each individual's subjective experience about health, health beliefs, and values.

Holistic nurses may integrate complementary/alternative modalities (CAM) into clinical practice to treat people's physiological, psychological, and spiritual needs. Doing so does not negate the validity of conventional medical therapies, but serves to complement, broaden, and enrich the scope of nursing practice and to help individuals access their greatest healing potential.

The practice of holistic nursing requires nurses to integrate self-care, self-responsibility, spirituality, and reflection in their lives. This may lead the nurse to greater awareness of the interconnectedness with self, others, nature, and spirit. This awareness may further enhance the nurses understanding of all individuals and their relationships to the human and global community, and permits nurses to use this awareness to facilitate the healing process.

Holistic nursing is not necessarily something that you do: it is an attitude, a philosophy, and a way of being. (AHNA, 2009)

SE – Minnesota Chapter of the American Holistic Nurses Association

The AHNA

Mission:
The American Holistic Nursing Association nurtures and inspires its members and advances the philosophy and practices of holistic nursing.

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http://www.hermitagefarm.org/

SEMNAHNA@live.com

About SE – MN AHNA
The Southeast Minnesota chapter was organized in 2008 by a group of local nurses who became inspired to promote a holistic nursing network in our community. This group is in conjunction with the national organization AHNA, sharing the same beliefs and values that support holistic nursing.

**SE – MN AHNA Goals**

Inspire nurses to model wellness behaviors to:
- **Improve** the quality of health care by:
  - Promoting continued education, participation, and self responsibility for wellness
  - Encouragement and exposure of the practice in nursing.
- **Provide** opportunities for people interested in holistic concepts to network.
- **Explore**, **anticipate**, and **influence** new directions and dimensions of health care especially with in the practice of nursing.
- **Promote** research and scholarship in the field of holistic nursing

**SE – MN AHNA Membership**

Nurses, health-care professionals, and all who support the philosophy, purpose, and objectives of AHNA are invited to join.

**Benefits and Activities**

- Informational/educational programs
- Reduced fee for educational gatherings
- Notification of AHNA events
- CEU’s offered for educational programs
- Networking with like-minded individuals
- Local chapter gatherings
- Supportive community
- Informative publications
- Member resources & professional development

**SE-MN Chapter Leadership**

**Chapter Leaders:**

Co-leaders: Laura Wentworth, Barb Schroeder.
Treasurer: Sue Ruegg
Secretary: Anne Miers

**Chapter Council:**

Sue Cutshall, Lisa Van Getson

**Meetings**

The meetings are held the second Tuesday of every month at 5:30pm.

**Hosted at:**
The Hermitage Farm Center for Healing

6415 West River Road
Rochester, MN 55901
(507) 281-2791
http://www.hermitagefarm.org/

**Membership**

- **Annual Active Membership**
  - $20.00/year – payable in September of each year

- **Non member fee** to attend each gathering – $3.00/meeting – Payable at scheduled gathering

* Please check the appropriate box

**Application for Membership**

Name: ____________________________
Address: __________________________
________________________
________________________
E-mail: ___________________________
Telephone: (H) _____________________
(W) _______________________

Make checks payable to:
SE – MN AHNA

Bring to scheduled gathering or mail to:
Hermitage Farm, Care of SE – MN ANHNA