



NOTICE
AGM June 23
10 am PST
This Issue:

Words for Great Nurses

This will be the last editorial of my term as President of the CHNA. It's been an honour to represent and support holistic nurses in Canada. Over the past 4 years as president and 1 as VP, I've made many great friendships, watched nurses flourish as they find their path, and been humbled by their stories.

The theme for this year's National Nursing Week (May 6 – 12) is "Changing Lives ... Shaping Tomorrow". I've seen firsthand the truth in this statement, through the hard work of my CHNA Board colleagues and holistic nurses through organizations such as TheCIINDE. The tenacity of individuals independent of these groups has also added to the fabric of our foundation.

I recently heard a statement that intention is stronger when held by all of us. So, what is our intention for Holistic Nursing? Is it to change lives and shape tomorrow? As regulated professionals, there are a few things we need to do:

The CHNA represents nurses from coast to coast to coast and acknowledges the ancestral territories of all Indigenous people of this country.

As the CHNA pledges to uphold and uplift the voice and values of nurses, so do we pledge our commitment to upholding healthy relationships, ethics, protocols, traditional knowledge, and cultural practices that reflect and pay tribute to the Truth and Reconciliation Calls to Action.

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Words for Great Nurses cont. ...

communicate our relevance, ensure accessibility, and provide quality, regulated care. Nurses are a trusted, highly educated professionals yet we cannot gain coverage through Provincial health care plans or Extended Health benefits. This limits our ability to provide services to those who seek it from us.

The CHNA, though not a political body, has created a strong foundation for holistically minded nurses and those who seek to move in this direction. Our voice is getting stronger as we advocate for recognition as a viable and valuable partner in our healthcare systems. I often feel like little Cindy-Lou shouting “we are here, we are here, ***we are HERE!***”⁽¹⁾.

My intention for the CHNA and holistic nursing in Canada is that we break through that bubble, we are heard and supported, and that our clients will receive the benefits of holistically focussed nursing care. I rest assured that by collectively holding that intention, we will continue to change lives and shape tomorrow ... and be heard.

Due to terms ending, we will be filling the President and Secretary positions, as well as a few Directorships. Interested in joining an innovative group of nurses supporting the growth of Holistic Nursing in Canada? Please contact our nominations chair [Amanda Dallow](#) for more information.

Respectfully submitted,

Kate Shelest RN BSN MAIH CCHNC
President: The CHNA

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⁽¹⁾ Seuss, Dr. (1954). *Horton Hears a Who*. Random House

Spotlight On...



Natalie Sawyer RN BSN

www.nataliesawyer.com

Natalie Sawyer is a RN in British Columbia. She has worked her career in rural communities in areas such as general Med/Surg floor, Public Health, Home Health, Home Health Educator, and as an instructor for a local college

working with 1st, 2nd, and 3rd year nursing students. She has always had a vision that nursing could be more and has a deep passion for upstream health and holistic healing. Here is her story:

‘Reflecting on my journey, I find myself contemplating the convergence of all the paths that have led me to this pivotal moment. Let me distill it for you ...

From a young age, I was the girl who effortlessly blended into the world of boys. At ten, I took up snowboarding, spurred by my brother's pursuits, and from then on, it became my raison d'être. Representing Canada in esteemed competitions like World Cups and the US Open, I honed not only my athletic prowess but also invaluable skills such as meditation, breath work, and visualization.

During my high school years, while jet-setting across the globe for snowboarding, the question of my future career barely crossed my mind. Yet, spurred on by discussions with my father, I set my sights on becoming a structural firefighter. Fast forward to my early twenties, I found myself donning the uniform in Calgary. However, the harsh reality of exclusion and tears shattered

Spotlight On...



my illusions of camaraderie within the fire hall culture, leaving me adrift without a sense of identity. Seeking solace in the mountains, I embarked on soul-searching expeditions, where a sage companion nudged me towards a different path: nursing.

With EMS training under my belt and a genuine desire to aid others, nursing seemed a natural progression. Yet, despite envisioning myself as a

public health advocate, my initial foray into the field left me disillusioned and restless. Undeterred, I ventured to the UK to study at the London School of Hygiene and Tropical Medicine, where serendipity intervened in the form of my current partner. A year later, my plans to nurse in Sudan were abruptly halted by the revelation of impending motherhood, prompting a recalibration of my aspirations. It wasn't until my son turned three that I stumbled upon the CIINDE website and the idea of holistic nurse coaching really igniting a profound resonance within me. While holistic nurse coaching seemed like the missing piece my journey took an unexpected turn towards functional medicine, a realm where my passion truly flourished.

To me Functional Medicine is true up stream health. It is a way to look at the body as one holistic machine versus systems. The goal is to find the root cause of the symptom so we can heal instead of treating a symptom.



To learn more about Functional Medicine from a Nursing Lens members can watch Natalie's CHNA Webinar from April 11, 2024 [HERE](#)

Spotlight On...



Integrating my diverse life experiences – from athletic pursuits to firefighting trauma and nursing expertise – with holistic nurse coaching and functional medicine, I found my calling: empowering individuals and communities to heal and nurture themselves and our collective world.

As I stand at this juncture, I acknowledge that my journey is far from over, with myriad twists and turns yet to unfold. Yet, amidst the uncertainty, I harbor a deep sense of gratitude and conviction that I am exactly where I'm meant to be. To those embarking on their own journeys, I offer a simple yet resolute piece of advice: Dive in wholeheartedly, embracing the unknown with unwavering faith.

Natalie Sawyer RN BSN

www.nataliesawyer.com

Natalie will be hosting a **Balance & Bliss Nursing Retreat**

September 20 – September 23 For more information:

<https://elkviewlodge.ca/retreats/>

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Standards in Action

Goal of Holistic Nursing

“Holistic nursing is a way of being that recognizes and honors the mind-body-spirit-environment connection. Holistic nursing focuses on whole health and well-being for then nurse, client and the planet. Holistic nursing recognizes the nurse as an instrument of healing or facilitator in the healing process. Holistic nursing requires that the nurse engage in reflective practice and demonstrate self responsibility by fostering self-care, self-development, self-awareness and self-healing practices into one’s own life.” (CHNA, 2021, p.6)

Read More About:

The CHNA Holistic Nursing Standard of Practice #2
[Holistic Nurse Self-Regulation, Self-Development, and Self-Care](#)

Canadian Holistic Nurses Association (2021). CHNA-Holistic nursing standards of practice.
<https://www.chna.ca/chna-standards-of-practice/>



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CELEBRATING HOLISTIC NURSES

Manitoba Chapter of Holistic Nurses & Nurse Coaches

Manitoba Nurses are banding together to form a union in the area of holistic nursing and nurse coaching under their regulatory body within Manitoba. Our small group of six to date has been discussing our practices, our journeys, and sharing knowledge that specifically applies to all things holistic nursing within the province of Manitoba. When able, we meet for lunch and have even had the pleasure of attending a private restorative yoga session hosted by one of our own Darcie Verifallie.

Our goals align with each other and we respectfully support and lift each other up to pursue our dream of holistic health and wellness by nurses within our province.

Navsharn Dhaliwal RNB CCHCN-CIINDE Certified

Navsharn is the Founder of Cultivating Connections' Nursing Corporation an Independent Nursing Practice where she is working on bringing interactive workshops to individuals in creating balance in their lives through self-compassion and self-love. Navsharn is an advocate for Environmental and Global Health and is a member of The Canadian Association of Nurses for the Environment. Navsharn is a Registered Nurse from Manitoba who completed a Holistic Nurse Coach Certification and Reiki Level 2 through the CIINDE.



From left to right:
Supriya Nishtala
Kelly Flanagan
Navsharn Dhaliwal

CELEBRATING HOLISTIC NURSES

Kelly Flanagan CCHCNC – CIINDE Certified Holistic Nurse Coach & Cannabis Nurse

Kelly is a registered nurse from Manitoba who became a Holistic Nurse Coach through the CIINDE and has since developed a self-employed practice as an RN called Prairie Rose Holistic Nurse Services. Kelly works with women in their middle-aged years assisting with self-care plans, stress & trauma management, sleep, self-advocacy, and management of peri and menopausal symptoms. Kelly has also obtained certification in a Holistic Cannabis Nurse Program through the CIINDE which allows her to work with veterans of Manitoba to improve quality of life in areas such as pain, sleep disturbances, PTSD, anxiety, depression, and to develop healthy self-care routines which nourish their endocannabinoid systems.



Restorative Yoga session
by Darcie Varfaillie

Supriya Nishtala RNB

Supria, “The Wellness Nurse” is a Manitoba registered nurse and a functional and integrative health coach who is passionate about educating and helping women take charge of their health to heal their hormones, nourish their bodies through food, reduce stress, and improve overall health. Supriya developed her self-employed practice Weave Your Wellness to help as many women as she can.

CELEBRATING HOLISTIC NURSES

Darcie Varifallie RN BN ACCP RYP 300

Darcie is a registered Manitoba Nurse, Nurse Therapist, and mental health and wellness nurse who practices her unique blend of restorative yoga, sister circles, and counseling through her self-employed practice. Darcie utilizes her 25 years of nursing experience along with her additional education in Applied Counseling, and yoga instructor certifications to provide a balanced approach to her client's well-being. Darcie also incorporates her therapy assist dog Leo who has been serving as an intuitive companion to Darcie and her clients by creating a safe and comforting environment for individuals struggling with various mental and emotional challenges.



From left to right: Navsharn Dhaliwal, Darcie Varifallie , Supriya Nishtala



SAVE THE DATE

CHNA AGM JUNE 23 @ 10am PST

Join us at the CHNA AGM and be part of the vision for Holistic Nursing in Canada.

Each CHNA Member will receive an email prior to the meeting with the ZOOM Meeting link, and documents you will be asked to vote on, including the re-stated CHNA Bylaws & Election Slate.

To help us achieve quorum, you will also receive a

Voting Proxy Form

to use if you know you can't attend the AGM. and a CHNA nurse colleague can vote on your behalf!

It's not too late to put your name or someone else's forward for the CHNA Board. Open positions include:

President Secretary and Directors

Contact CHNA – info@chna.ca



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Call For Board Members

Susan Hagar CHNA Vice President



Join the CHNA Board of Directors and contribute to positive change for holistic nurses in Canada!

As VP of the CHNA, I welcome you to pursue this incredible leadership opportunity and be of influence in shaping the future direction of this amazing nursing organization. While supporting our collective vision for holistic nursing in Canada, your contribution will support the CHNA's sustainability and heartfelt desire to fulfill our mission over the long term.

Serving on the CHNA Board offers great potential for personal and professional growth, broadening your perspective while gaining experience in strategic planning, governance, and more. The CHNA Directors are well supported in their role of influence on the CHNA's policies, practices, and outcomes, as we foster flexibility in our varied roles and responsibilities.

If you are invested in the future of holistic nursing in Canada and wish to connect with accomplished holistic nurses and enjoy the recognition associated with serving on a Board of Directors, please reach out to me at info@chna.ca or to Nominations Chair, Amanda Dallow at amanda.dallow@gmail.com.



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Meet the Board

Board openings for 2024 include: President, Secretary & Directorships

EXECUTIVE BOARD

Kate Shelest (Pres) Susan Hagar (VP) Dana Clay (Treasurer) Danielle Dawe (Secretary)



DIRECTORS

Kim Derkach

Sherry Hole

Lauren Kellar



Linda Yetman

Jocelyn Uygen Ocsena



Become a Board Member of the Canadian Holistic Nurses Association

Candidates for the Board of Directors will be voted for at
the **AGM June 9th, 2024.**

For more info contact:

Nominations Committee Lead [**Amanda Dallow**](#)



Join us at our monthly webinars with expert speakers presenting topics specific to holistic nursing, holistic practices, and self-care. Time and ZOOM address available in the [CHNA Members Area](#)



May 21st @ 12 pm PST

Dana Clay

RN/NP, CCHN-NC, CCHCN,

Reiki Master/Teacher, Advanced CBP

***Choosing Your Own Healing Path
Empowering Patients through a
Holistic Nursing Approach***

[Members' ZOOM Link](#)

June 18th @ 12 PST

Madison Nobbs

BScN

***Ketamine Assisted Therapy –
The Current Context and the
Potential for Healing***

[Members' ZOOM Link](#)

Webinars are Member Privileges. To become a Member and access our Archives or join in person: [Memberships](#)

Webinar notices & ZOOM addresses are also posted on the Members' Community Facebook Page & emailed directly to you. If you have any problems accessing, please let us know: info@chna.ca

We want to hear from you with suggestions for presentations in 2024! This is your CHNA ... help us grow it for you!

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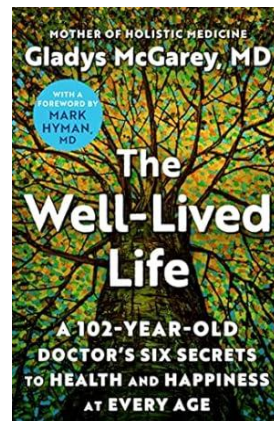
Read A Great Book Lately??

Our CHNA Members Recommend:

The Well Lived Life by Dr Gladys McGarey

"All healing is based on love.

That is the centre of holistic healing"

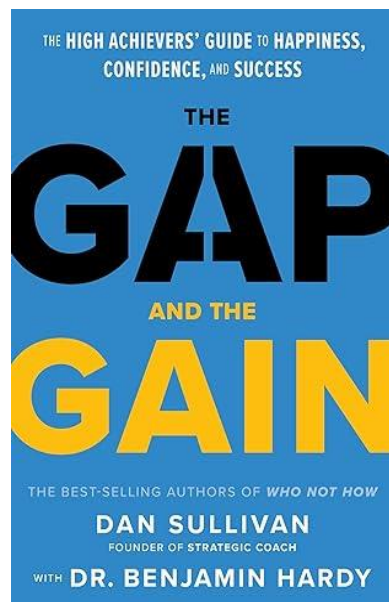


Both book recommendations by Susan Hagar

This is a delightful book I recently read and loved. While I read it as a matter of business acumen, turns out it is a book that is far beyond that- *"This one simple concept is a masterclass on positive psychology, healthy relationships, mental well-being, and high-performance.*

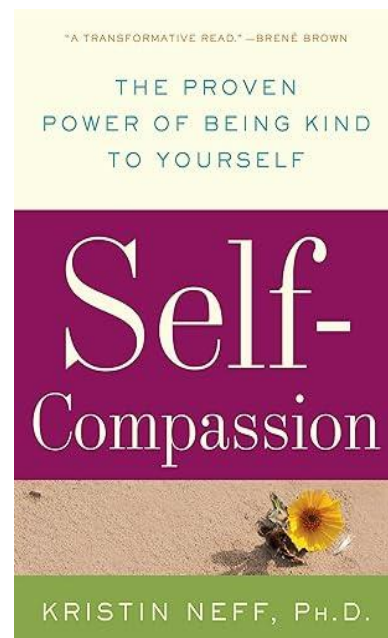
*Everything that psychologists know about how to create a high-functioning and successful person can be achieved using **The GAP and the GAIN.**"*

- Dr. Benjamin Hardy



We all know it can be difficult to put our Selves first ... Kristin Neff's work Helps put things in perspective ...

Recommended by Kate Shelest



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Membership Options

The CHNA is happy to offer membership options that fit your needs including the:

- Exclusive Canadian Membership
- AHNA Chapter Membership
- Retired and Student Nurse Memberships
- Associate Membership (Non-nurse)

Explore the possibilities at <https://www.chna.ca/membership/>

CHNA/CASE RNs

Mutual Membership Discount Program

Membership in 1 qualifies you for a discounted initial membership* in the other!



*applies to initial CHNA Exclusive Membership Only

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CHNA GOALS FOR 2024/25

The CHNA Goals list was created through feedback from the **2023 AGM** as well as from the **2023 CHNA Members' Survey**

- Communication – increase and sustain
- Student / Educator Outreach & Education Sponsorship – active outreach; create bursaries for holistic education
- Member Support – continue to respond to queries in a timely manner and act on them through direct work or referral
- Mentor Access – create a list of volunteer holistic nurse mentors
- National Conference / **On-line Symposium** ([Members' Access](#))
- Sustain and Grow Membership – continue to listen and act on Members' requests for resources and support
- Advertising / Procurement of Advertisers – update advertising policy (achieved) & reach out to potential advertising partners.

More Ideas? info@chna.ca

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Advertise with the CHNA

* YOUR ADVERTISEMENT HERE *

CHNA Members Receive A 20% Discount

. website . Facebook . LinkedIn . Insta . newsletters .

The CHNA has developed an advertising policy for those who align with our Mission and Vision.

This opportunity is open to members and non-members.

Membership with the CHNA **already includes** space in our Members' Directory for you to place contact information, link to your website and business icon or headshot.

<https://chnamembersdirectory.ca/>

Take advantage of advertising with the CHNA!

Contact us at info@chna.ca



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HOLISTIC NURSE,
NURSE COACH &
CONSULTANT**



Would you like to advertise with the CHNA?
info@chna.ca

CASE RNs was launched by a small group of nurses who acted on their commitment to nursing practice as well as their desire to revolutionize patient care. Across Canada our nurses have taken the risk of leaving the familiar hospital-based model of care to serve the public in another meaningful way.

In 2019 CASE RNs formalized to promote and advocate for the advancement of independent practice nurses, both nationally and internationally. Our members recognize the need to transform the current healthcare 'system' and transform the delivery of care in the community.

Self-employed Nurses Provide Innovative Solutions!

Independent practice nurses use a holistic model of care to meet the unique needs of individuals and their families. We're bridge builders, effectively supporting patients in their lifelong journey across the continuum of care.

Registered Nurses are well positioned to address the gap between hospital and community, given the silos in care delivery and fragmentation of the medical system. Nurses in independent practice offer innovative services and critical assessments that save the publicly-funded system time and money, which better serves the needs of Canadians.

The Canadian Association of Self- Employed Registered Nurses connects Registered Nurses who are self-employed and offering their services outside the public health care system. We support members through networking and educational events, while informing the public and policy-makers on the ever-expanding scope of nursing practice, and how that benefits health care consumers.

Consider a Membership with CASE RNs <https://www.case-rns.ca/page-18074>



Members of the CHNA Board welcome and invite all suggestions from you to grow our organization and community.

BECOME A MEMBER TODAY

Contact us at: info@chna.ca

Follow us on our [Facebook Page](#)

Join us on [LinkedIn](#) &

[Instagram](#) : chna_community_

Many thanks to all our contributors to this newsletter!

