

# wholistic NOW!®



## Fall 2019

*A quarterly e-newsletter featuring  
multi-disciplinary perspectives on topics in holistic health, wellness,  
leadership, and education.*

---

Welcome to the Fall 2019 issue of Wholistic NOW! It is hard to believe that this is the second year of publication. We are so glad you are a part of our community of readers and contributors.

For those of you who have been receiving Wholistic NOW! you can see there is a change in its look; however, it will continue to be a quarterly publication and all features will remain the same, as will our prestigious Editorial Advisory Board. We will continue to provide NEWS about the Arizona Chapter - a Chapter of the American Holistic Nurses Association and Delores Tanglen will also remain available to assist with your subscription questions and issues. She can be reached at [dtanglen@theroegroup.org](mailto:dtanglen@theroegroup.org)

One other change in this new year of Wholistic NOW! is that subscribers can enjoy each issue at no cost. If you are reading this issue and are not yet a subscriber, you can easily and quickly subscribe at <https://theroegroup.org/newsletter/>

We have also added a new feature, "Did You Know!", which provides information about a program or service that promotes wellness, compassion, self-care, or advances in holistic practice.

We look forward to your contributions to Wholistic NOW!, information about upcoming events, and advertisements (go to [Advertise](#)). Please feel free to contact me at any time at my email address below with your contributions, or with any questions or comments.

We hope you find this Fall 2019 issue of Wholistic NOW! and those that follow



**Dr. Sue Roe**  
*Executive Editor*  
[sroe@theroegroup.org](mailto:sroe@theroegroup.org)

---

## CONTENTS

- Editorial Advisory Board
  - Editorial Advisory Board Member Spotlight - **Jacky Cherney**
  - Holistic Leadership Quarterly Snapshot: **by Lisa Platt**
  - Holistic Education Quarterly Snapshot: **by Michael Moskowitz**
  - Holistic Health and Wellness Quarterly Snapshot: **by Dr. Maria Napoli**
  - Quarterly Resources: **Networking**
  - Your Cup of Tea: **by Madalyn Johnson**
  - NEWS: The Arizona Chapter - A Chapter of the American Holistic Nurses Association
  - Multi-Disciplinary Corner - *Homeopathic Nurses Association, Academy of Integrative Health & Medicine, and Living Medicine Foundation*
  - Did You Know! *University of Arizona BSN-IH and Arizona Nurse Honor Guard*
  - Upcoming Events
  - Advertisements
- 

## EDITORIAL ADVISORY BOARD

- Deborah Aurianivar, MSM, LAc, Dipl. OM, NBC-HWC
  - **Spotlight:** Jacky Cherney, DHscC, MS, CSCS, CPT, CISSN
  - Susan B. Collins, APRN, FNP, AHN/
  - Mario Fontes, DACM, LAc, CCH
  - Michelle Goldbach, DNP, MHA, BSN, RN, CHPN
  - David P. Hrabe, PhD, RN, NC-BC
  - Madalyn Johnson, herbalist
  - Kristin Juliar, MA, BS
  - Tracy Leonard-Warner, MHI, MT-BC
  - Lisa Schmidt, LAC, MS, CN, SEPTM, CYT, CEBS
  - Mary Grace Warner, MD, MD(H), CCH
-

## Jacky Cherney, DHscC, MS, CSCS, CPT, CISSN



Jacky Cherney is a Phoenix-area based personal trainer and strength and conditioning specialist. Jacky started Body Definitions, a personal training service, in 2001. One of her goals for Body Definitions is to spread awareness of osteoporosis and osteopenia. Jacky was diagnosed with osteopenia in her early adult life and searched for an answer as to why she had this condition. Her research helped her successfully restore her bone density to a healthy level. She loves doing the same for others! Her methods include free workout videos on YouTube which focus on improving bone density, mobility, overall strength, and flexibility using little or no equipment.

Jacky believes exercise is a healthy and happy part of overall health. Because exercise has numerous benefits to health, she supports it as an integral part of preventing and treating many illnesses. She strives to promote exercise and a healthy lifestyle to improve quality of life for people of any age. While crucial for health, Jacky believes exercise should be fun and enjoyable so people will actually want to do it!

Jacky also enjoys coaching mobility as a part of overall wellness, believing that we need to be able to move, and move well, in order to do all we want to do. She enjoys helping people accomplish goals from climbing a flight of stairs to hiking the highest mountains in the world. Jacky teaches that mobility requires not only flexibility, but balance, coordination, and strength to move in the many ways we need to live our best lives.

Jacky also teaches how eating healthy food can taste good, and she encourages people to enjoy all aspects of a healthy life through social interaction, restorative sleep, and stress reduction.

Jacky is certified in personal training (CPT) by the National Academy of Sports Medicine (NASM) and is a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (NSCA). She earned a master's degree in Exercise and Sport Science from Colorado State University and a doctorate certificate in Global Health Studies from A.T. Still University. She is an instructor in Exercise Science at Scottsdale Community College and Grand Canyon University. She has been a guest lecturer at Arizona State University and reviews and edits textbooks in Exercise Science for publishing companies.

Jacky is married to her best friend, a wonderful man named Alex, and the two have a happy and healthy three-year-old son, D.J., born just before Jacky turned 41. She adores every minute with her son and husband, not to mention their two dogs, Gibby and Pots!

Browse Jacky's website at <http://fitnessfunclub.com/>

View her Free Workout You Tube's Videos  
at <https://www.youtube.com/user/BodyDefinitions>

---

## Holistic Leadership from an Entrepreneur's Perspective

by Lisa Platt



***What is your perspective on being a "holistic" leader?***

The first word I think of is “oneness.” By oneness, I think of someone who is “whole,” someone not afraid to be themselves. They are willing to share their vulnerabilities along with their strengths and are in alignment with their beliefs. They are genuine – who you see is who you get. Their words match their actions and they understand their strengths and the areas they want to improve. They are not afraid to admit when they make a mistake and take responsibility for their actions.

**A holistic leader leads by example and possess many, if not all, of these traits:**

- Direct
- Decisive
- Self-confident
- Takes action
- Knows their strengths and weaknesses
- Accepts responsibility for their actions
- Lifts others up
- Empathetic
- Respectful
- Knows their area of expertise
- Gracious
- Polite
- Willing to do the inner work
- Authentic
- Comes from the heart, not from ego
- Open to new ideas and possibilities
- Listens
- Happy
- Knows when to say no

***What have you found is the power and value added of being a holistic leader?***

Being authentic and taking ownership and responsibility for one’s actions is huge. The value added is attracting the people you want to attract.

My business started to grow exponentially the day I took ownership and quit trying to be the person I thought someone else believed I should be. I took control and made it my own.

***In what ways do you believe you practice holistic leadership? And how?***

I treat others the way I want to be treated. I own a women’s networking organization and facilitate 16 meetings per year. I do my best to make everyone feel welcome and treat all with respect. I

want our attendees to leave feeling good and receiving value for attending. I do my best to resolve challenges when they arise.

In my coaching business, I teach introverts how to feel comfortable networking. I begin each session by asking my clients to share what has gone well since our last session. It's important for them to acknowledge what they've done well and to celebrate success. I share examples, things I've learned and things I've struggled with to help my clients.

***Are there any areas in which you believe you might strengthen your holistic leadership?***

Yes. I'm a strong believer in doing the inner work and being better at what I do.

***Describe one recent example of how you demonstrated holistic leadership. What was the value added for you and others?***

Someone recently shared information with me, something they did they weren't proud of, something that negatively affected people we both know. As I listened, I felt intense anger toward this person's behavior, yet I responded with love. I stayed calm and listened. Deep inside I knew this is what that person needed.

***What actions do you believe might be taken to "grow" new holistic leaders?***

There appear to be more opportunities to learn leadership today than in years past. Today, people tend to be more holistically minded. The concept of "holistic" is no longer "alternative." Those that are holistically minded will seek holistic leaders and try to emulate the traits they feel someone does well.

The key to growing or creating new holistic leaders is to lead by example. Someone may not resonate with the word "holistic," yet may resonate with many of the traits listed above. Seeing someone who leads from the heart, not from fear, and be successful is the best way to embrace holistic leadership.

***Lisa is a certified coach, entrepreneur, and Distinguished Toastmaster. She has 20 + years' experience managing networking organizations and building her small business, Networking Made Simple. She is the proud owner of West Valley Women, a top-rated networking organization for women in the greater Phoenix area. Lisa also has a passion for integrative medicine and assists the Arizona Homeopathic & Integrative Medical Association (AHIMA).***

**See the Advertisements section for links to West Valley Women and Business Networking Made Simple.**

---

## **HOLISTIC EDUCATION - Quarterly Snapshot**

**A Holistic Practice Model for Human Resources and Training**



## by Michael Moskowitz, MA

In today's healthcare environment, a holistic organizational model provides an important perspective: it views all parts of organizations as interconnected in specific ways. Similarly, a holistic practice model for human resources and training (HR&T) professionals presents an opportunity to produce positive, tangible, and sustainable results contributing to the productivity of an entire organization. Four main pillars make up a holistic HR&T practice model.

### 1. Address Priority Training Needs

Because training is a limited and expensive resource, prioritizing training needs is crucial. Surveying employees to identify skills, knowledge, attitudes, and behaviors is vital to an organization's performance goals. Providing needs-based training is the foundation of a holistic training function.

From my experience with more than 300 training needs assessments across many organizations and industries, I found that communication, product knowledge, customer service, leadership/management, and computer skills are consistently the highest priority training needs - not surprising given the cross-organizational nature and impact of these skills.

### 2. Achieve Training's Expected Results

Achieving positive, tangible, and expected training goals is crucial for a successful holistic HR&T practice to support key organizational performance goals. For example, the overarching goal of sexual harassment training (SHPT) is for participants to respond to this type of harassment by informing key individuals within the organization instead of ignoring the behavior.

Pre- and post-training attitude assessments of more than 100 SHPT sessions with 600-plus attendees consistently revealed a statistically significant shift in attitude. Faced with a harassment situation, participants, after training, were more likely to confront the harasser or discuss the situation with a co-worker, a manager, human resources (HR), or an attorney, and were less likely to ignore the harassing behavior.

### 3. Support of Key Organization Performance Goals

Organizations that focus on key metrics demonstrate effectiveness and value and consistently achieve favorable results. These are essential to sustainability and growth. Holistic HR&T provides integral support to help organizations achieve favorable results. For example, patient and/or customer satisfaction can be enhanced through targeted employee training. Employee engagement and turnover can be improved through new employee orientation and on-boarding methods, administering and responding to employee satisfaction surveys, and providing skills development for management team members.

### 4. "Be on Everyone's Side"

A wise former boss told me he didn't want our department to be perceived as "pro-management" or "pro-employee." He wanted every employee to feel that our HR department was "on their side"

– a trusted resource sensitive to the needs of both individuals and the entire organization. He wanted a holistic HR&T practice viewed as fair, consistent, fact-based, confidential, and proactive – no easy task and easier said than done.

My experience using a holistic HR&T practice model has provided many opportunities to demonstrate a balanced approach. Efforts in employee relations, compensation, performance management, employee handbook development, and communication are opportunities to analyze problems and make recommendations and decisions holistically.

### References

Moskowitz, M. (2008). *A practical guide to training and development – Assess, design, deliver and evaluate*. San Francisco, CA: John Wiley and Sons.

Moskowitz, M. (2010). *Evaluating the effectiveness of sexual harassment prevention training – A case study*. The 2010 Pfeiffer Annual – Training. San Francisco, CA: John Wiley and Sons.

*Michael has been a human resources and training manager, director, consultant, author, and instructor. He was Manager of Staff Education and Development at the University of California, San Diego and director of human resources at Mercy Hospital San Diego, and Sharp Cabrillo Hospital. Michael has also taught at several California universities and founded HR&T Consulting based in Carlsbad, California. Michael has an MA in psychology.*

---

## HOLISTIC HEALTH AND WELLNESS - Quarterly Snapshot

### Why Mindfulness?

by Maria Napoli, PhD

My guess is that many of you will agree that including mindfulness in your daily life is beneficial. In fact, research has found that those who practice mindfulness are better able to manage stress and increase empathy, compassion, and attention. Mindfulness can best be described as being present for each experience without internal or external filters.



Let's explore a benefit of mindfulness you may not have considered – TIME. As the years go by you may find yourself asking, "Where has the time gone?" Upon reflection, you may realize that you have had thoughts and desires to do many things that would bring you pleasure and increase the quality of your life but have not devoted the time needed to make those dreams a reality. What gets in the way?

Think about the amount of time spent on events that have already occurred. Can you do anything about them? NO! Think about the time spent focusing or worrying about what could happen. Can you predict the future? NO! It is for these reasons that including mindfulness in

**your daily thoughts, feelings, and actions can become the cornerstone to increasing your quality of life. Simply stated, each experience is uniquely yours. It is your choice to embrace each experience whether pleasant or not.**

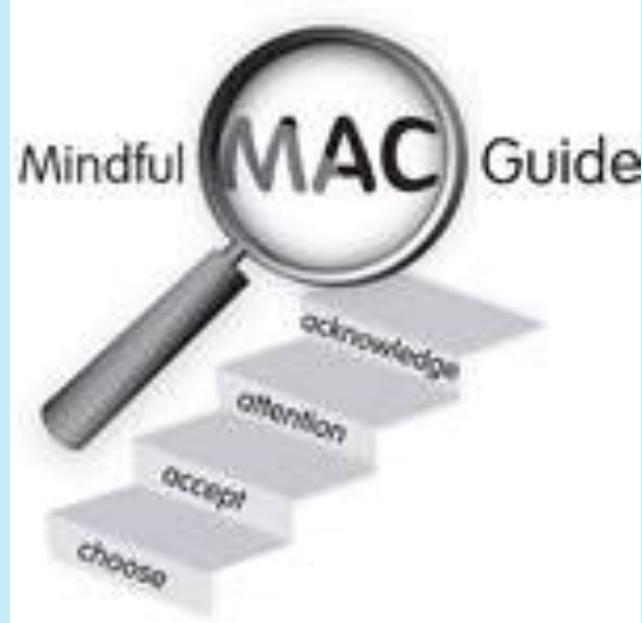
**As you reflect upon the lessons offered from your experiences you will be able to move forward and begin finding the time to fulfill your desires and dreams that have been put on hold. For one day take note of how many times you are stuck in the past, future, and judgment, as well as how many times you are mindful of your experiences. You might be surprised at how much time is used in thoughts, emotions, and actions that do not serve you.**

**Begin to think about adding mindfulness into your day. You can find time for simple pleasures – watching the sunset, sitting down for a meal without rushing, taking a moment to daydream, noticing nature that surrounds you when you are walking, laughing and smiling more often, truly listening when in conversation without interruption, taking 10-20 minutes each day in silence, or turning off your phone. The opportunities are endless in capturing mindful moments that can help you enjoy time set aside just for you. Finally, set an intention (action) to find time for things you have been thinking about but have put off. Or maybe you have become aware of some things that you would like to add to your life. Post it somewhere you can see it!**

**Breathing is the simplest way of living mindfully, as it happens all by itself throughout the day. Many of us restrict our breathing by wearing tight clothing or holding our breath when stressed. Take a moment and breathe normally. Next, close your eyes and focus on your breath. Place one hand on your belly and one hand on your chest. Notice if your hand on your belly moves first or does the chest? Fill your belly with air. Count to four, hold for two counts, then exhale for six counts, and then hold for two. Repeat two or three times. Then resume normal breathing. Notice the difference from your first breath before this activity.**

**Finally, review the Four Step Mindful MAC Guide below and experience the video at [Mindful MAC Breathing Meditation](#)**

- 1. MINDFULLY ACKNOWLEDGE your breath just as it is without trying to alter or change it.**
- 2. Pay ATTENTION to your body, thoughts, emotions, and senses.**
- 3. ACCEPT your breathing experience without judgement or expectations.**
- 4. CHOOSE to respond vs. react to your experience.**



***Maria is an Associate Professor at Arizona State University School of Social Work and is the Program Coordinator for their Integrative Health Initiative whose goal is to teach whole-person health strategies through the practice of mindfulness. She has developed curriculum focusing on stress management, whole-person health, and mindfulness. Her many journal articles, books, and audios have made many outstanding contributions to the promotion of health and wellness.***

---

## **QUARTERLY RESOURCES - Networking**

**by Lisa Platt**



**A large metropolitan area like Phoenix has an abundance of networking opportunities. A small town may offer only a handful.**

**Before selecting a networking organization, know that each have their own unique personality. Be sure to define who you want to meet and who can help connect you to those you want to meet. There are many groups and organizations that offer networking opportunities. These include:**

- **Alumni Associations**
- **Associations specific to one's profession**
- **Award Ceremonies**
- **Chambers of Commerce**
- **Civic Organizations**
- **Faith-Based Groups**
- **Informal Pop-Up Groups**
- **Lead Groups**
- **Local Merchant Associations**
- **Local Non-Profits**
- **Men's Groups**

- Political Groups
- Women's Groups

Here in the greater Phoenix area, check out the calendar at [Networking](#), [AZBig Media](#), [Phoenix Business Journal](#), and local publications list events geared to the business community.

Those not in Phoenix, start with an online search for networking opportunities in your area and visit your local Chamber of Commerce. You can also do an online search for events and things to do.

See below for some resources:

Business Networking Made Simple <http://www.businessnetworkingmadesimple.com/>

West Valley Women <http://westvalleywomen.org/>

AZBig Media <https://azbigmedia.com/>

Networking Phoenix <https://www.networkingphoenix.com/>

Phoenix Business Journal <https://www.bizjournals.com/phoenix/>

---

## YOUR CUP OF TEA

### Fall Help! by Madalyn Johnson



It's fall and here in the southwest it has been hot, hot, hot! Those of us living here welcome fall and cooler temperatures with open arms. Fall also means to some families going back to school and homework, changing schedules, different activities, and so much more. Fall might also mean being in areas loaded with germs, bacteria, and viruses you didn't sign up for, leaving you feeling weak and tired.

Sleep, typically, is one of the biggest factors affected when someone isn't feeling well. Strategies such as the use of white noise machines, weighted blankets, eye masks, or maybe even some medications may cause grogginess. Thankfully there are many herbs that can help calm the mind and body, getting us ready for a good night's sleep.

A cup of warm tea before bed is a nice way to end a hectic day. Here is a nice tea for kids (and parents) to help with those sleepless nights.

#### SLEEPY TEA

1 part chamomile

1 part oatstraw

1 part passionflower

½ part lavender

Honey to taste

Mix all the herbs in a glass jar and store in a cool place. Before bedtime, add one heaping teaspoon to a hot cup of water and let steep for 10-15 minutes. Strain, sip, and enjoy.

The wonderful thing about mixing your own herbal blends is that you can customize them for many different situations. If you feel a cold coming on, you can add a bit of echinacea to this blend and now you've given your immune system a needed boost. Or maybe add a bit of valerian (you might need to up your honey a bit!), which will relax a tense body after a busy day. There are many other herbs you could add to assist in sleeping, the list goes on and on: hops, catnip, skullcap, lemongrass. Play with your recipe a bit and see what works best for you.

Speaking of immune systems, tea can help keep that immune system strong so you don't have to deal with these "bugs" so often. Here's a blend of herbs that are rich in vitamin C.

#### **IMMUNE-BOOSTING TEA**

2 part astragalus

2 part rosehips

1 part orange peel

1 part hibiscus

1 part cinnamon chips

Honey to taste

Mix all herbs together and store in glass container in cool dark place. Add one heaping teaspoon to one cup of hot water and let steep as long as you like (the longer the better). Strain and store in the refrigerator. Drink two or three cups a day, hot or cold.

Another effective way to use these tea blends is to mix them together and put them in a large closable tea bag, a sachet, or tie them in a piece of fabric. Place this sachet inside your pillowcase and let the essence of these herbs surround you all through the night. Herbs that are nice in "sleep pillows" include mugwort (helps with dreaming), chamomile (calming), lavender, and roses (who doesn't love the smell of roses?). Pick and choose your favorites!

As an added benefit, all the herbs in these blends are loaded with nutrients, vitamins, minerals, and antioxidants to help keep you healthy and feeling good. Didn't know it could be so easy (and delicious), did you?

---

## **NEWS: The Arizona Chapter - A Chapter of the American Holistic Nurses Association**



As we enter fall of 2019, I am pleased to share that the Arizona chapter has offered several successful activities this year and has plans for more in both 2019 and 2020.

As you may know we hold day-long Holistic Nursing Symposiums across the state to introduce nurses and other healthcare providers to complementary modalities. The goal is to explore how these modalities can be used to promote health, wellness, and self-care. The chapter also offers Holistic Nursing Forums. These are held in the evening with the focus on networking and brief presentations on one or two topics.

This year we held two day-long symposiums: one in Tucson and one in Flagstaff, and a Holistic

**Nursing Evening Forum in Prescott (the Tucson and Prescott events were covered in the spring and summer issues of Wholistic NOW! respectively).**

### **Flagstaff Holistic Nursing Symposium Highlights**

**The Flagstaff Holistic Nursing Symposium was held at the A.T. Still Learning Center (NAHEC) on the North Country HealthCare Center Campus on Saturday, July 13, 2019. We had a wonderful day with nearly 20 nurses attending. Speakers included Sue Roe, DPA, MS, BSN, RN who began the day with mindfulness and presence; Carol Gutierrez, MS, RN, LMT, CCAP who shared her expertise on aromatherapy and reflexology; Cheryl Van Demark, PT, C-IAYT who helped us integrate yoga into self-care; Victoria Abel, MA, MNT, CAN who had us explore integrative nutrition; and Sue Meyn, MC who ended our day with an exercise in therapeutic journaling. It was a great day and all shared that they learned a great deal and had a wonderful time networking with each other and the speakers. Also a big "thank you" to Karen Holder and North Country HealthCare/NAHEC Training Programs for helping us offer nursing continuing education for our Symposium participants.**



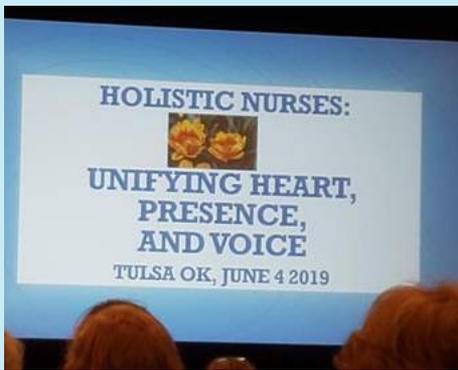
**Our third day-long Symposium in 2019 will be held in partnership with the Arizona Nurses Association, Rio Colorado - Yuma Chapter 07, on Saturday, October 12, 2019.**

**We will also be offering another Holistic Nursing Evening Forum. This forum will be in Casa Grande November 20, 2019.**

**View the Chapter Events section below for more information about the Yuma Symposium, the Casa Grande Evening Forum, AND our planned symposiums and forums in 2020.**

**In addition to the Flagstaff Symposium, other news to report is the great time had by all attending the AHNA National Conference in Tulsa, Oklahoma, June 2-7, 2019. It was an exciting conference with holistic nurses participating from the US and other countries. There were many workshops to choose from, a business meeting, shared dialogues, and a wonderful exhibit hall. I**

presented a workshop on the "Essentials of Holistic Leadership." Those who came to my workshop shared that they found the information very helpful and applicable to their work and personal life.



We welcome any questions you may have, information you would like to share about what you are doing, ways you might like to participate or host an event, and ideas for chapter activities.

Sue Roe, 428 E. Thunderbird Road, #434, Phoenix, Arizona 85022

[sroe@rgent.org](mailto:sroe@rgent.org)

P.S. If you are not a member of the AHNA and are interested in learning more about the Association and/or joining go to: <http://www.ahna.org/>

Don't miss the 2020 AHNA National Conference in Albuquerque, New Mexico, June 1-6, 2020. See the Upcoming Events section for more information

### CHAPTER EVENTS for 2019 and 2020

**Saturday, October 12, 2019 4th Annual Nurses Promoting Wellness & Self-Care Symposium.** In partnership with Arizona Nurses Association, Rio Salado - Yuma Chapter, 7:30am - 3:30pm, Yuma Regional Medical Center Administrative Center, Conference Room at 2400 S. Ave A. Yuma, Arizona. \$50 (Includes lunch and nursing continuing education)

[Click Here for More Symposium Information](#)

**REGISTER TODAY!**

**Wednesday, November 20, 2019 Holistic Nursing Evening Forum, 7:00pm - 9:30pm, Banner Casa Grande Medical Center, Discovery & Encounter Rooms, 1800 E. Florence Blvd, Casa Grande, Arizona 85122. \$10 (includes snacks and beverage). With Mario Fontes, DACM, LAc, CCH and Sue Roe, DPA, MS, BSN, RN**

**REGISTER TODAY!**

**February 2020 Tucson Holistic Nursing Symposium in partnership with the University of Arizona College of Nursing**

**SAVE THE DATE! Saturday, April 25, 2020 Prescott Holistic Nursing Symposium, 1112 W. Iron Springs Road, Prescott, Arizona 86305. We thank Yavapai Regional Medical Center for their support in providing this location. We will also be applying for nursing continuing education through Northern Arizona Health Education Center (NAHEC).**

**SAVE THE DATE! Saturday, June 20, 2020 Phoenix Holistic Nursing Symposium - Special Half-Day Event including "Gut health- Foods and Supplements that Support the Immune System, Mental Health, and Longevity" with Victoria Abel, MA, MNT, CAN**

**September 2020 Payson Holistic Nursing Evening Forum**

**Nurses, healthcare providers, and nursing and healthcare students are always welcome to register and attend these events.**



**Check out The Arizona Chapter – A Chapter of the American Holistic Nurses Association Group Facebook Page. Click this button to get to our Facebook page, then click "Join Group."**

[Click Here!](#)

---

## **MULTI-DISCIPLINARY CORNER**

**Homeopathic Nurses Association**



The Homeopathic Nurses Association (HNA) is a professional support organization for nurses interested in or who use homeopathy with their family and friends, or are homeopathic practitioners.

Founded in 1984, HNA works to bring homeopathy into the mainstream of nursing care. We reach out to those in the nursing profession in order to share the benefits of homeopathic health care and the rewards of homeopathic practice.

A two-year membership is \$100; \$70 for seniors and students. Membership benefits include networking, monthly calls, a quarterly newsletter, practitioner referrals, and CEU Programs.

HNA is great place to join with other nurses to learn and apply the principles of homeopathy to your practice or for self-care.

[For More Information about HNA](#)



## Academy of Integrative Health & Medicine

The Academy of Integrative Health & Medicine (AIHM) is an interprofessional membership association that provides transformational educational programs, such as the AIHM Fellowship and an Annual Conference. AIHM represents a diverse global community working together to shape the future of health care in order to serve the whole person - body, mind, spirit - and beyond to include the community and planet.

[Learn More About AIHM](#)



## The Foundation for Living Medicine

The Foundation for Living Medicine is dedicated to transforming our current disease-based healthcare model to one that offers an integrated holistic medical approach based on a patient-centered model. It promotes a shift in medicine that fosters better health and sustainability. The Foundation for Living Medicine acknowledges the "physician within" each individual, fosters patient/provider relationships, and embraces health and wholeness rather than emphasis on disease.



## **DID YOU KNOW!**

### **University of Arizona College of Nursing BSN-IH (Integrative Health) Program**

To respond to the increasing number of nursing graduates needed to address projected nursing shortages, the University of Arizona College of Nursing recently launched an innovative Bachelor of Science in Nursing, Integrative Health (BSN-IH) curriculum pathway in Gilbert, Arizona. This four-semester, year-round hybrid BSN-IH began in August with an initial cohort of 24 students. Plans are to grow enrollment over the next three years.



The BSN-IH features online delivery of didactic content along with simulated learning, and a variety of clinical field experiences in healthcare facilities in the Phoenix metropolitan area.

The six principles of Integrative Nursing\*\* serve as the framework for the BSN-IH concept-based curriculum. The principles were intentionally used to guide curriculum development and select teaching/learning

strategies to prepare future nurses to practice whole-person, relationship-centered care using a full spectrum of health and healing interventions. Faculty in the BSN-IH translate integrative nursing into their teaching and also understand the importance of modeling self-care.

BSN-IH students are given a small lanyard card that lists the integrative nursing principles and are encouraged to wear it on their uniforms as a reminder. The lanyards also give students an opportunity, during their clinical experiences, to have discussions with staff members and patients about integrative nursing.

[To Learn More About the Curriculum](#)

[To Apply](#)

\*\*Find out more about the six principles of Integrative Nursing in Kreitzer, M.J., & Koithan, M. (Eds.). (2019). *Integrative nursing*. New York, NY: Oxford University.



Dr. Bertie Estrada (Simulation Coordinator), Tara Loghry, Dr. Nancy Baumhover (BSN-IH Program Coordinator), Sandy Kirkpatrick, Dr. Stacey Nseir, and Dr. Betty Parisek are in the relaxing “Lavender Lounge” where students can enjoy a quiet environment and practice self-care.

## Arizona Nurse Honor Guard

The Arizona Nurse Honor Guard pays tribute to the men and women who have dedicated their lives to nursing at their memorial service or funeral, based on the family’s request. Their purpose is to honor nurses who have passed and help bring peace to mourners during their time of loss.

Honor Guard volunteers are active and retired RNs and LPNs who travel within Maricopa, Pima, and Cochise counties. Three to six honor guard volunteers participate at a service or funeral. Their services are free.

Volunteers perform services such as reciting the Nightingale Tribute, interacting with the funeral director and family, placing a white rose on the nurse’s casket at the end of the service (signifying the nurse’s devotion to his or her profession), and presenting the Nightingale Lamp to the family. They wear their white nurse uniform, shoes, and cape (purchased through the Honor Guard).

You can request the presence of the Arizona Nurse Honor Guard at a nurse’s funeral or service. Also consider becoming a volunteer. It is an opportunity to meet and network with fellow nurses and give back to nurse colleagues and their families.

Learn more about the Arizona Nurse Honor Guard at <http://www.arizonanursehonorguard.org/>

### Contact:

Maricopa County: Toni Conde, BSN, RN, CCM, the Founder/Director/Board Chair for Arizona State, 623-428-9001 or [maricopanurses@gmail.com](mailto:maricopanurses@gmail.com)

Pima County: Sandi Triplett 520-200-7679 or [pimanurses@arizonanursehonorguard.org](mailto:pimanurses@arizonanursehonorguard.org)

Cochise County: Tori Child 623-428-9001 or [cochisenurses@arizonanursehonorguard.org](mailto:cochisenurses@arizonanursehonorguard.org)



**Maricopa County  
Phoenix**



**Cochise County  
Sierra Vista**



**Pima County  
Tucson**

## UPCOMING EVENTS



**California State University  
Shiley Institute for Palliative Care  
National Symposium 2019 for Academic Palliative Care  
and Research**

San Diego, California October 11-12, 2019

Sheraton San Diego Hotel & Marina

For More Information: 760-750-4006

[Register](#)

**Academy of Integrative Health & Medicine  
AIHM Annual Integrative Health & Medicine Conference**

*People, Planet, Purpose*

San Diego, California October 12-16, 2019

Sheraton San Diego Hotel & Marina

[More Information](#)

**Restorative Yoga for Nurses - Recharge Your Mind, Body, and Spirit**

Nurses for Natural Health

Tempe, Arizona, Saturdays, October 26, 2019; November 16, 2019, 1:45 - 3:00 pm

Yoga Nirvana, 1801 S. Jentilly Lane, #B, Tempe, Arizona

Fee: 25 per session.

[Register](#)

**Cooking with Desert Plants - Fall Classes**

Wickenburg, Arizona, October 26, 2019

Buckeye at Verado, November 19, 2019

Surprise, Arizona, November 22, 2019

Fee: \$35

[More Information](#)

Email [mmmesquite@gmail.com](mailto:mmmesquite@gmail.com)

**Refresh & Retreat**

The Phoenix Chapter of the Hospice and Palliative Nurses Association

Scottsdale, Arizona, November 1-3, 2019

Franciscan Renewal Center, 5802 E. Lincoln Drive

Registration closes October 10, 2019

[Information and Registration](#)

### **Achieving Excellence in Nursing Assistant Care - A Training Program for Nursing Assistant Teachers**

The Roe Group Enterprises, LLC and FACETS Healthcare Training, LLC

Phoenix, Arizona, November 9 and 23, 2019

College America, 9801 North Metro Parkway East, Phoenix, Arizona 85051

Fee: \$130 (includes materials, breaks, two lunches, and nursing continuing education)

[Register](#)

More Information: Sue Roe at [sroe@rgent.org](mailto:sroe@rgent.org)

### **6th Annual Renewal Retreat for Nurses (open only to members of the Arizona Nurses Association)**

Scottsdale, Arizona, Friday, April 24 - Sunday, April 26, 2020

Franciscan Renewal Center, 5802 E. Lincoln Drive

More Information: Debby Wood at 480-81-0404 or [info@aznurse.org](mailto:info@aznurse.org)

### **National Center for Homeopathy Presents the 15th Annual JCAH 2020 Annual Conference**

Homeopathy's Role in Pain Management

Orlando, Florida, May 15-17, 2020

Doubletree Orlando at Seaworld

[More Information](#)

### **American Holistic Nurses Association 40th Annual Conference**

Weaving Traditions to Create Solutions & Find Balance

Albuquerque, New Mexico, June 1-6, 2020

Hyatt Regency Albuquerque

[More Information](#)

### **American Holistic Nurses Association 41st Annual Conference**

Orlando, Florida, June 8-12, 2021

Doubletree Orlando at SeaWorld,

[More Information](#)

---

## **ADVERTISEMENTS**

*Do you want to **KNOW** about upcoming events, workshops, concerts, webinars, book signings, or just fun happenings?*

*Do you want to **PROMOTE** your business, upcoming event, workshop, concert, webinar, book signing, or just fun happening?  
(Over 2,700 subscribers)*

**Subscribe to the  
Referral Queen, Sandy Rogers,  
email announcements at  
AskSandyRogers.com**

*Call 480-232-5650 for a Complimentary Promotion Strategy Session*

**[AskSandyRogers.com](http://AskSandyRogers.com)**

**BUSINESS CONNECTIONS | NETWORKING OPPORTUNITIES | FRIENDSHIPS**



**WEST VALLEY  
WOMEN**

[www.westvalleywomen.org](http://www.westvalleywomen.org)

where one can experience

*the Art of  
Networking*



**[www.westvalleywomen.org](http://www.westvalleywomen.org)**

# BUSINESS NETWORKING MADE SIMPLE



Learn to Network Your Way. In a Way That Works for You!

[www.businessnetworkingmadesimple.com/](http://www.businessnetworkingmadesimple.com/)

## Learn More About the Roe Group



THE ROE GROUP  
ENTERPRISES, LLC

The Roe Group Enterprises, LLC encourages you to browse its website for books, learning modules, and other opportunities to advance your knowledge and skills.

[Click Here to Browse The Roe Group Enterprises](#)

## ADVERTISE

*Reach nurses, other healthcare providers, and consumers!*

Wholistic  
NOW!®



[Click Here!](#)

---

## Wholistic NOW! is on Facebook



Become a member of our community. Visit often for updates, tips, and inspiration.

[Come Join Us!](#)

---

**Let your colleagues and friends know about this helpful resource.**

**Wholistic NOW! is a no-cost subscription.**

**[Sign Up Today](#)**

**If you are interested in previous issues of Wholistic NOW! go to [Newsletter Archive](#)**

---

© 2019 Wholistic NOW!  
Fall 2019

**This Newsletter is the property of *The Roe Group Enterprises, LLC*. Its content may not be copied, emailed, or posted to a listserv without the copyright holder's express written permission.**

### **DISCLAIMER**

The information in this newsletter may contain certain information in a variety of forms, that are intended to provide guidance with respect to medical, healthcare, or business related issues. None of this information or the documents or the guidance provided therein shall be construed as the medical or business advice or guidance of this newsletter or its owners. You must not rely on the information provided in the written sources contained herein as an alternative to medical advice from your doctor or other professional healthcare provider or business advice from your financial or business advisor. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you have any specific questions about any business matter you should consult your financial advisor or other business professional. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information provided in this newsletter.