

NAANA News

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NORTH AMERICAN ANTHROPOSOPHIC NURSES ASSOCIATION
NAANA

NAANA goes to AHNA national Conference Rancho Mirage, CA June 5-10, 2017

Special points of interest:

- * IPMT graduates ANS's
- * AHNA receives presentation at national conference
- * Calico nurses advance RE skills
- * Homecare book available
- * BAANG nurses meeting

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Laurie Schmiesing and Eira Klich-Heartt were accepted for a podium presentation at the American Holistic Nurses Association national conference in Rancho Mirage. The presentation was entitled "Anthroposophic Nursing : Conscious nursing through the use of the Twelve Nursing Gestures".

The conference had a theme of re-shaping Health and Wellness. There were presentations about organizational culture, stress reduction, integrative nurse coaching, essential oils, leaky gut syndrome and more.

One session which spoke to me was the movie screening of **Numen: The nature of plants**. It was very well done by many prominent people in the botanical and herbal field. It can be

accessed through Amazon streaming.

Our session was very well attended. Although the participants, were not directly familiar with anthroposophical medicine, they did relate well to the concept of centering ones self prior to working with a client, listening to the inner mood from the handoff and the concept of enveloping vs. uprightiness. They appreciated the descriptions of the 12 nursing gestures following the inspiration and mood of the zodiac. We received many interested nurses, all making good connections with one another, and there was even a suggestion that our material should be published! Our NAANA cards were well received along with flyers for next years AN IPMT training.

For any NAANA members interested in



Laurie Schmiesing and Eira I. Klich-Heartt at the 2017 AHNA conference

presenting at next years AHNA conference June 5-10, 2018 in Niagara Falls, NY proposals must be submitted to www.ahna.org by October 15, 2017. There is a limit of 3 proposals per group. Who is interested? We can help.

Obtaining Compress materials

Compress materials can be made from cotton muslin or raw silk, with matching outer wool wraps. The cotton/silk should be well washed to remove any sizing. Wool can be found at thrift stores in the form of old sweaters or blankets. For adults the size is 12" width and 60-72" length. Compress clothes can be made from

diapers, or cheesecloth 36x54". Fever leg wraps are cut like ace-wrap bandages; for adults 7" width and 72" length. Serging the cut ends lends a nice touch. Ideally they are used by one patient only—they can be washed and reused for the same patient.

For compresses where the materials

will be discarded cheesecloth or 4x4's or paper toweling work well and are sanitary. We now have a great resource for these materials from Homecare Supplies by Kathleen Smith at her online store: home-care-supplies.com

Email: Kathleen@texrepro.com

IPMT 2017

This years IPMT was held from April 22 -29, 2017 at Rudolf Steiner College, Fair Oaks, CA. Once again various therapies came together to study and deepen our knowledge of anthroposophical therapies.

For nursing this was a very special year, with Rolf Heine who came from Germany to work with us and the physicians together on external compresses. Several new techniques have



evolved, such as putting the dry mustard in paper toweling which can be

discarded. Or using cotton socks for the fever leg wrap!

Bay Area Anthroposophical Nurses Group—BAANG! By Teresa Ferrari

The Bay Area Anthroposophic Nurses Group (BAANG) formed after the 2013 IPMT, initially with 6 Bay Area nurses. We met every month for about a year, then experienced difficulty finding time that worked for everyone. Yet, we all had a clear intention to continue to meet. We gathered again in 2015 and have been adding other Bay Area nurses to the group and continue to meet monthly. Announcement of the meetings goes out to 13 Bay Area and Sacramento area nurses (and 1 massage therapist) and there is a core group of 4- 6 that attend most meetings. Sometimes only 2 or 3 of us are able

to meet, yet we work to keep this monthly rhythm steady. The truth is that holding to monthly meetings gives us the much welcomed spiritual support of our ongoing group work which is key to the growth of AN. We try to set our meeting dates each quarter so we have 3 known dates.

At the meeting following the 2017 IPMT we had a long discussion about our process and made some choices as to how we want to structure our time together. We decided to continue to read the Living Physiology book by Karl Koenig. It begins with 3 Chapters on the organs and this coincides with 3 of us in the RES training where we

are working more intently to gain a deeper understanding of the organs. We also committed to leaving enough time for external application work and/or RE.

We are striving to prepare ourselves with the readings to have a livelier discussion as well as have practice time for compresses and RE that relate to the organ we are discussing. In June, the group discussed the lung and the planet Mercury, practiced the mustard compress, and reviewed the RE asthma back stroke., as well as the use of the Lavender and Thyme oils. We also talked about the relationship of kidney and bladder to the lung

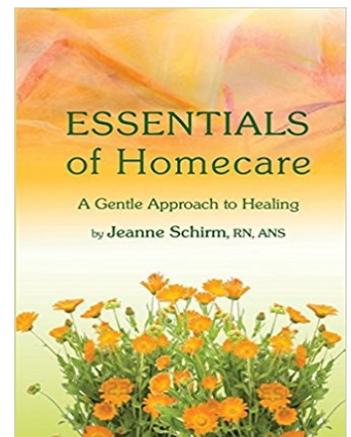
“Caring for the ill in the home requires a healing, loving, enveloping presence to facilitate the healing process.”

Essentials of Home care—Jeanne Schirm, ANS

Our own Jeanne Schirm has authored a wonderful book, Essentials of Home-care. The book is intended to provide readers with basics of anthroposophic home care. Jeanne is known for her work with warmth and offers several suggestions for bringing that to the home. The book offers a wonderful loving, healing way of caring for family in the home on a daily basis during times of stress or illness.

The book starts out with an overview of considerations for providing care, prevention and skin care before delving into compresses using the external plant treatments. This book is available from Amazon.com, the publisher or from Jeanne directly. She offers a discount for bulk orders or those teaching home care courses.

Her email is holistice48@gmail.com



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President's message—Karen



Greetings from the Board President. I am excited to share what is happening at the board level by way of our first newsletter. We as a board labored over our first strategic plan this winter/spring. One of the threads running through this strategic plan is growing

our membership by way of reaching out to known colleagues and gaining new peers. It is our intention to meet the needs of patients and to develop relationships with the broader integrative medical community. We want to focus on future generations of practitioners and teachers aiming for greater spiritual and moral clarity of what our times are asking of us. I hope you feel free to contact me with your questions or concerns.

All the best,
Karen Alderfer
610-310-7897
Karen.alderfer@gmail.com

Editors' note—Eira

Welcome to our first edition of the NAANA News. I hope to be able to have material for biannual submissions and would like to capture the information going on in our busy lives that are of interest to all of our nurses. In order for this newsletter to appear biannually I need submissions twice a year on a variety of topics which I will attempt to format into some interesting reading. For Spring/Summer I would need material by Jan. 5 and for Fall/Winter I would need material submitted by Aug. 5 each year. Presidents and committee reports could be standing items. Think of what you would like to read. Articles only need to be 100-200 words sent in a Word Document to eheartt@yahoo.com. With warmth,

Eira I. Klich-Heartt



Flowing hands for
Rythmical Einreibung

Development Report

NAANA's Development Committee is up and under way. We will have our first annual giving campaign in 2017. Please consider making NAANA one of the organizations that you choose to support with a monetary gift this year. We hope to have funds to expand outreach and education because we know nursing with soul and spirit matters. We have the tools nurses

need to care for their own and their client's spiritual needs.

Research shows that nurses have interest in supporting their clients spiritually, but don't always have the tools. Anthroposophic understanding provides a clear framework for how this happens—this is exciting and important work. We are a non-profit 501c3 organization, making

donations tax deductible. Please, consider us this year. Donations can be made via mail by making your check out to NAANA and mailing to:

PO Box 65

Kimberton, PA 19442

**Anthroposophic
nursing gives us
the tools to
support our
patients' physical
and spiritual
paths to healing.**

Rhythmical Einreibung Level IV—Corte Madera, CA by Rianne Smeele



Learning the organs through clay modeling sessions at the RE Level IV

The "Calico" (California and Colorado) nurses met for five days in sunny California this past February for part four of their Rhythmical Einreibung (RE) training. Part four commences the specialist portion of the RE training and is the first of three courses required for the specialist level. Guided by Anke Smeele, RN, ANS, RET the Calico nurses explored different organs within the body – heart, liver, kidneys, spleen, and bladder – and

learned about the einreibung treatment for each organ. Additionally, they learned about the Pentagram einreibung treatment. To enhance this learning, eurythmy and clay modeling sessions were provided. It was a busy week full of learning, laughter, warmth, and rhythm! The Calico nurses look forward to continuing their RE educational journey throughout the year and plan to meet for part five again in California, Feb. 2018.



NORTH AMERICAN ANTHROPOSOPHIC NURSES ASSOCIATION NAANA

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Caring through warmth and rhythm.

We're on the Web:
<https://aamta.wildapricot.org/NAANA-anthro-nurses>

The North American Anthroposophic Nurses Association is a professional organization working out of indications given by Ita Wegman and Rudolf Steiner in the framework of anthroposophic medicine. It strives to give individualized personalized care, seeing the individual as part of nature, the cosmos and spirit. The organization belongs to the international organization of nurses, IFAN, under the Medical Section in Dornach, Switzerland.

Weekend Workshops - Foundations of Anthroposophic Nursing

Introductory workshops will be held Jan 20, 2018 in San Francisco, CA, and April 21st 2018, at Chestnut Ridge, NY. Join us for a special experience for nurses and caregivers new to the ideas of Anthroposophic Nursing who have interest, but are not ready or able to do the week of training at this time. The workshop is on a Saturday with discussions and an introduction and experience of Anthroposophic nursing care.

Participants attending in Chestnut Ridge are invited to stay for the opening evening of the week long training and attend day one to find out more about this mode of conscious nursing care and deep understanding of the human being and the health/illness continuum.

For more information:

Website:
www.aamta.wildapricot.org/NAANA-anthro-nurses
Email: naanatraining@gmail.com

Anthroposophic Nurses' Training Comes to the East Coast

In 2018 the IPMT is beginning a new cohort on the East Coast. The training will take place in Chestnut Ridge, NY, April 21-28, 2018.

The nurses training will incorporate entry level introduction to anthroposophic nursing through an understanding of Rudolph Steiners view of 3 fold and 4 fold man, as well as active plant studies and practical application of studies using compresses, warmth, and beginning rhythmical einreibung.

Rolf Heine will return for continued work with external applications along with other speakers such as Georg

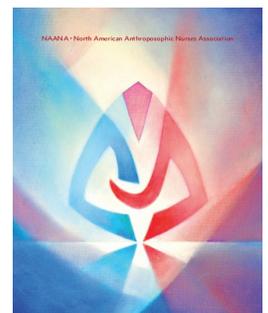
Soldner MD, pediatrician, and Marion Debus MD, oncologist from the Goetheanum, Switzerland.

Laurie Schmiesing and Susan Moss will be the course directors for the incoming nursing cohort. Elizabeth Sustick will continue with the ANS students, as well as Christoph von Dach returning to mentor the students.

Registration will begin early in 2018, make sure to register and obtain housing early. For more information please contact course directors Elizabeth Sustick, Laurie Schmiesing or Susan Moss at naanatraining@gmail.com

Register at

<https://aamta.wildapricot.org/event-2657696>.



IPMT coming to East Coast—mark your calendars now!

Send short articles to anthronursing@gmail.com for our next newsletter as soon as you can, perhaps for a Winter edition? Deadline Jan. 5, 2018 for Spring/Summer 2018 editions.