

About the Presenter...

Veda Andrus, EdD, MSN, RN, HN-BC

Veda Andrus is Vice President, Education and Program Development for The BirchTree Center for Healthcare Transformation located in Florence, Massachusetts.

She was Founding President and CEO of Seeds and Bridges Center for Holistic Nursing Education beginning in 1983, where she co-created The Certificate Program in Holistic Nursing and other professional development continuing education programs. Dr. Andrus is past President and International Director for the American Holistic Nurses Association and is the recipient of the 2004 Holistic Nurse of the Year award. She served as the Delegation Leader for the first Holistic Nursing Delegation to China and Mongolia in 1994 through the Citizen Ambassador Program of People-to-People International.

Dr. Andrus is on the Board of Directors for the American Holistic Nurses Credentialing Corporation and on the Editorial Review Board for the Journal of Holistic Nursing. She has authored many articles and book chapters, including recent chapters on Holistic Leadership for the 2nd edition of the *Core Curriculum for Holistic Nursing* and for the upcoming 7th edition of *Holistic Nursing: A Handbook for Practice*.

Contact Hours: This educational activity has been approved for **7.8** contact hours by the California Board of Registered Nursing, Provider No. 13717.



718 Teaneck Road | Teaneck, NJ 07666

SPIRITUALITY IN NURSING

ReAwakening the Heart

*Caring & Renewal
in Nursing Practice*

Wednesday, October 21, 2015

8:00 a.m. – 4:00 p.m.
Marian Hall, Rooms 3 - 5

Presented by:



Holy Name Medical Center
Center for Professional Practice Excellence

Learning is Infinite

Caring is the heart and soul of nursing.

It is what inspires and motivates us to minister to others in today's environment. It is especially challenging for us to care with all our heart. The pace of our modern healthcare system seems to accelerate daily. We often push beyond our physical and emotional limits to be there for our patients. Sometimes at great costs to ourselves.

In this day-long retreat, we'll focus on the importance of nurturing the nurse. We begin by looking at the essential but often neglected balance between caring for self and others. Away from our busy routines, we'll create time for reflection and connection in a community of nurses. We'll examine the factors that contribute to the day-to-day and long-term stresses that affect us and employ simple and realistic ways to regain our caring focus during the hurried pace of the day.

Spend the day learning in a relaxed and supportive environment. Take home tools you'll use forever.

- A practical approach to creating a balance between caring for self and caring for others
- An introduction to complementary and integrative modalities that enhance nursing practice
- A philosophical and scientific foundation for the mind-body-spirit connection
- An opportunity to remember the joys and rewards of nursing

Engage your heart...
Renew your spirit...
Remember what you
love about nursing.

Planning Committee

Catherine Alexander, MSN, RN-BC
Education Specialist, HNMC

Jennifer Bianchi, MSN, RN-BC
Education Specialist, HNMC

Inez Brandon, MSN, RN, OCN, CHPN, CNL
Nurse Manager, HNMC Regional Cancer Center

Johanna Gorab, RNC, FACCE, IBCLC
Coordinator, Parent Education, HNMC

Linda Lohsen, BSN, RN
Director, Center for Healthy Living, HNMC

Lori Perlstein, DNP, RN-BC, NEA-BC
Director of Professional Practice, HNMC

Claudia Rivas, MSN, RN-BC
Education Specialist, HNMC

Lorraine Santangelo, MSN, RN, HNB-BC
Faculty, HNMC School of Nursing

PARKING: Free parking for non HNMC employees and shuttle to hospital is provided off-site. Participants must park at the Holy Name Medical Center designated event lot at the Teaneck Marriott at GlenPointe, 100 Frank W Burr Blvd, Teaneck, NJ 07666.

ReAwakening the Heart

REGISTRATION

MAY BE COPIED • PLEASE PRINT

NAME

ADDRESS

CITY

STATE

ZIP

TELEPHONE

EMAIL

FACILITY

FEES:

HNMC employee: \$100

Non-employees: \$135

Fee includes continental breakfast, lunch and contact hours.

Enclosed is my check in the amount of \$ _____
made payable to: **Holy Name Medical Center**

Mail registration and check to:

CJ Goldbetter
Center for Professional Practice
Holy Name Medical Center
718 Teaneck Road
Teaneck, NJ 07666
(201) 833-3218

**Registration is finalized with payment.*

Registration Deadline: October 2, 2015