



NORTH AMERICAN ANTHROPOSOPHIC NURSES ASSOCIATION  
**NAANA**

CARING THROUGH WARMTH AND RYTHYM

**NAANA News**  
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 2021

IN THIS ISSUE

## From the President

by Elizabeth Sustick

Ardent striving in building a community of nurses, caregivers and teachers forms the basis of the strategic planning of the NAANA Board.

This requires enthusiasm and awakening of new energy to strengthen and make whole our unfolding efforts.

Can you help the board of NAANA to become more fruitful?

We are organized around an evolving structure of workgroups and committees mandated to develop and promote our vision, mission and goals.

Your engagement can make a difference in further development. Please consider a conversation with us to explore how your contribution can support NAANA.

And to those members who are engaged in board and committee efforts, we are truly grateful.

For the Board,

Elizabeth Sustick, President and

Charles Mattlock, Treasurer

### Board of Directors

President— Elizabeth Sustick

Vice Pres—Laurie Schmiesing

Secretary—Rianne Clark

Treasurer—Charles Mattlock

Education – Laurie Schmiesing

Development - Tina Galgon-Herr

Public Relation—Elizabeth Sustick

# AHA Annual Meeting

by Adam Blanning

Dear AHA colleagues,

Please join us for the Anthroposophic Health Associations' Annual General Meeting on Thursday, August 19th at 8:30pm EST/7:30pm CST/6:30pm MST/5:30pm PST. The meeting will run about 90 minutes. We are excited to share updates about plans for upcoming outreach webinars for patients (with contributions from all of our AHA member associations!), support for a new round of fall regional meetings, new board members, and the development of new AHA board leadership structures.

As in previous years, we need to have 10% of our membership in attendance in order to vote on new board members, as well as to

approve membership and financial reports. Since our membership numbers in the 300's, if you are not able to join the call, please email us back and assign your proxy vote to one of the board members.

The AHA board members are:

Lael Stimming (at-large)

Allissa Gaul (naturopathy, SPAN)

Mary Ruud (eurythmy, ATHENA)

Judy Lucas (treasurer, rhythmical massage, RMTA)

Tonya Stoddard (psychology, AAP)

Joan Bahner (art, AAATNA)

Helen Lubin (speech, ATS)

Annette Lampson (singing, ATSANA)

Elizabeth Sustick (vice-president, nursing, NAANA)

Daciana Iancu (medicine, PAAM)

Sheila Johns (music, NAAMTA)

Adam Blanning (president, medicine, PAAM)

Another email with specific reports on membership, finances, and upcoming activities will be sent out a week ahead of the meeting, but please mark your calendar now. We hope you can join us.

Warm greetings to all,

Adam Blanning, for the AHA board

Agenda 2021 Annual General Meeting (August 19, 2021).docx



# Empirical Spiritual Assessment

by Laurie Schmiesing, RN, MSN,  
ANS, RES

In June, I presented for the American Holistic Nursing Association (AHNA) virtual conference. The title of this talk was: Empirical Spiritual Assessment – the Four

Elements and the Four-fold Nature of the Human Being.

The presentation description was: In the past, healing was based on the four elements within the human being. Working in the present with this paradigm leads to a method of assessment that is both empirical and spiritual. Through the tenets of Anthroposophic Nursing, we can objectively assess the human being – body, soul and spirit.

## Emphasized Observation

I believe one of the big gifts of Anthroposophic Nursing to other holistic nursing practices is how Steiner emphasized observation. Through this practice and anthroposophic understanding, we can learn to observe both the sensible factors of health and how the supersensible aspects reveal themselves through what we see, touch or experience.

The presentation received very positive feedback from holistic nurses who had never heard about Anthroposophic Nursing as well as those who had some knowledge of it. Holistic nurses share many similar understandings; although, many come from training in or embrace a variety of paradigms. It strengthens Anthroposophic nursing when we reach out, interact, share and increase our understanding of new modalities and how holistic nursing is understood and embraced in America. This gives insight to important questions such as, “What is being asked of Anthroposophic Nursing in America today?” One answer to this question is: to bring spiritual knowledge down into the practical day to day aspects of nursing and life, to deepen our connection to true practice and integration of this path of wisdom, in order to keep the practice of nursing truly human.

# Why Anthroposophic Nursing? Why now?

by Eira Klich-Heartt, DNP, CNS, ANS, RE

What is it about anthroposophic nursing that is unique and valuable? Why is it important to have this training in America? Upon working to apply for continuing education credits through AHNA, we are having to come to terms with who our audience is for the foundation course, and in the larger sense for our organization.

How does our Anthroposophic nursing support the traditional American nursing education? Where does it expand and supplement our current knowledge? And why is it important to keep these concepts alive, and in what form?

How can we reach nurses who may not have the privilege of working in an anthroposophic clinic, or even a hospital? Can our training offer something unique to nourish nurses and their patients in any setting? Can we meet our patients and care for them in a way which is in harmony with nature and the cosmos? I

believe that answering such questions will allow nurses to go deeper with their understanding of a humans' individuality in relation to their world.

These questions have been mulling around as I am still working with curriculum development in traditional prelicensure nursing education, and have some knowledge of other holistic nursing education.

The Education committee as well as the Development committee are looking to expand and keep our membership alive. In a country as large as America, and in a business as convoluted as healthcare in our country that is a challenge. I encourage all of us to look around us and be able to participate in a conversation around these questions. We can do that in committee meetings, one on one, or by responding with an article for our newsletter (hint, hint)!!

Join our team at Humanizing Medicine,

We are seeking an RN or LPN to help our infusion nurse for our integrative medicine practice. This job is full time M-F.

Our aim is to: Provide individualized Anthroposophic integrative **medicine** to our members through a Direct Primary Care model. Offer safe, evidence based **treatment** options to patients that may be more desirable than standard of care or integrate with standard of care.

Hiring qualified candidates now.

Responsibilities:

- Maintain a safe, clean, quiet, social, quality space with several patients in the infusion room and in isolation rooms. (12+ per day)
- Assist in preparation of IV infusions of mistletoe (viscum album), vitamin c, and other complementary medicines for our patients.
- Start IVs of mistletoe, vitamin C, and other nutritional infusions
- Assist with patient instruction for subcutaneous injection
- Continuous medical education in integrative Anthroposophic medicine
- Learn herbal compresses, therapeutic foot baths, and therapeutic oil application
- Perform vital signs, EKGs and other tests
- Help with stocking supplies

### Work experience

Ideal candidate is comfortable working with cancer patients as well as family practice patients. You will

be working closely with an RN in a busy work environment during infusions. BLS certified.

Hospital/clinic experience and oncology experience a plus. LPN or RN welcome. Port experience a plus.

Benefits include partially covered Health Share membership- we use Sedera, as well as at cost primary care needs.

**Please include a brief original paragraph along with your resume including why you would like this position.**

**Thank you,**

**Mark Hancock MD, MPH**

Job Type: Full-time

Medical Specialty:

- Medical-Surgical

COVID-19 considerations:

All in the clinic are in masks. Isolation rooms are in use. Special cleaning procedures are in use for Covid.

License/Certification:

- BLS Certification (Preferred)
- RN or LPN (Preferred)

Work Location:

- One location

EMR Used:

- Not listed / Other

Relocation Assistance Provided:

- No

Company's website:

- [humanizingmedicine.com](http://humanizingmedicine.com)

Work Remotely:

- No

COVID-19 Precaution(s):

- Social distancing guidelines in place

Sanitizing, disinfecting, or cleaning procedures in place

**HUMANIZING MEDICINE**

135 Maple Street

Building A

Decatur, GA

p (470) 891-8140

f (470) 575-2575

[office@humanizingmedicine.com](mailto:office@humanizingmedicine.com)

M-F 9am-5pm

# Membership Report

by Teresa Ferrari, BSN, ANS

Please find here the tally of our membership by region and state. We are hoping this will help foster local regional get togethers, studies and meetings.

The regions were organized by geographic possibility to gather

## 2021 NAANA Membership by Region

### East, Northeast & Canada

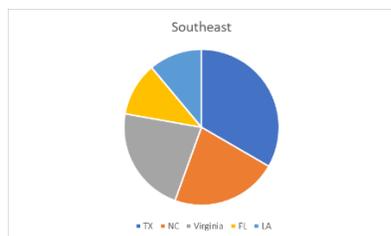
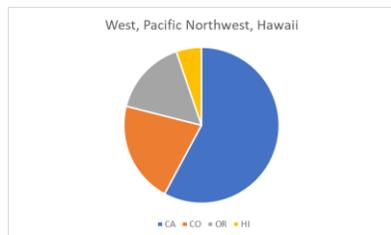
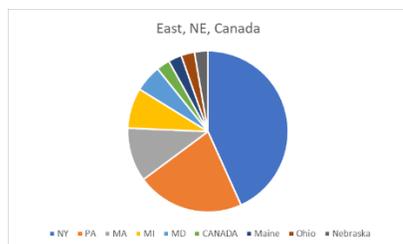
- New York 16
- Pennsylvania 8
- Massachusetts 4
- Michigan 3
- Maryland 2
- Canada 1
- Maine 1
- Ohio 1
- Nebraska 1

### West, Pacific Northwest & Hawaii:

- California 11
- Colorado 4
- Oregon 3
- Hawaii 1

### Southeast:

- Texas 3
- North Carolina 2
- Virginia 2
- Florida 1
- Louisiana 1



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