Enhancing Our Culture of Caring for Self, Patients, and Environment
Thursday–Friday, September 13-14, 2018
The Colony Hotel
140 Ocean Avenue, Kennebunkport, Maine

PRESENTED BY:

SAINT ANSELM COLLEGE
CONTINUING NURSING EDUCATION
Committed to Advancing the Practice of Nursing
8th ANNUAL CONFERENCE
New England Holistic Nursing

FEATURED SPEAKERS

JANET QUINN, PHD, RN, FAAN, Director, HaelanWorks, Lyons, CO; Faculty Associate, Watson Caring Science Institute; Adjunct Professor, University of Arizona College of Nursing

NANCY EMERSON LOMBARDO, PHD, CEO, Brain Health and Wellness Center; Adjunct Research Assistant Professor of Neurology, Boston University Alzheimer's Disease Center and School of Medicine

DISTINGUISHED FACULTY

CAREY S. CLARK, PHD, RN, AHN-BC, RYT, Associate Professor, University of Maine at Augusta; President, American Cannabis Nurses Association

NANCY CARLSON, RN, BSN, NC-BC, Joyful Healing, LLC, Arlington, MA

MINDA DWYER, MSN, ANP-C, Nurse Practitioner/ Clinical Quality Auditor, OptumHealth, Mechanicville, NY

MATTHEW HAND, DO, Director, Pediatric Nephrology and Integrative Medicine, Elliot Hospital, Manchester, NH

JANE LACHANCE, MA, BSN, RN, NC-BC, Tour Guides for Health, Beverly, MA

KATIE O’CONNELL, ERYT, AHP, AYT, Ayurvedic Yoga Therapist, Owner, Dragonfly Yoga, N. Sandwich, NH

HEATHER TALLMAN RUHM, MD, Bedford, NH

CHRISTIAN TETER, PHARMD, BCPP, Neuropsychiatric Pharmacist, Psychopharmacology Consulting, Portland, ME

LISA C. WITHROW, APRN, NP-C, ACHPN, Palliativity Medical Group, Bedford, NH

PLANNING COMMITTEE

AMY GUTHRIE, MS, RN, Saint Anselm College, Manchester, NH

CAREY S. CLARK, PHD, RN, AHN-BC, RYT, University of Maine at Augusta; President, American Cannabis Nurses Association

ANN FOURNIER, PHD, MS, MSN, RN, ACNP-BC, AHN-BC, CNE, Saint Anselm College, Manchester, NH

ALICE KINSLER, MA, A.T.R., Manager, Therapeutic Arts and Activity Services, Concord Hospital, Concord, NH

GALE LYMAN, BSN, RN, HNB-BC, AHNA Chapter Leader, The Lyman Center, Amesbury, MA

JOANNE ROWLEY, MS, PMHCNS-BC, HNB-BC, MGH Revere HealthCare Center Revere, MA; MGH Institute for Health Professions, Boston, MA

SANDRA VAN GUNDY, MED, BS, RN, Plymouth State University, Plymouth, NH

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## CONFERENCE AGENDA

### WEDNESDAY, SEPTEMBER 12, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>4:00–5:30 PM</td>
<td>Early Registration</td>
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| 7:00–8:30 PM | Yoga Nidra and Self-Healing: The Art of Conscious Relaxation (optional) ... Katie O’Connell  
Yoga Nidra is an ancient and powerful healing modality found in the oldest philosophical yoga texts, and that offers the participant a deep state of rest and relaxation. |

### THURSDAY, SEPTEMBER 13, 2018 • CONFERENCE DAY 1

<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>7:30–8:15 AM</td>
<td>Registration and Coffee</td>
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<tr>
<td>8:15–8:25 AM</td>
<td>Welcome and Opening Remarks</td>
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<tr>
<td>8:25–8:30 AM</td>
<td>Opening Ritual: A Call to Presence</td>
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| 8:30–10:00 AM | KEYNOTE: Cultivating Habitats for Healing: Holistic Nurses Transforming Systems ........................................... Janet Quinn  
Habitats for Healing are optimal healing environments in which nurses and other healthcare professionals thrive and patients and families receive quality, whole person care that facilitates both healing and curing. This presentation provides an overview of this model and proposes a critical role for nurses in re-imagining the health care system for the future. |
| 10:00–10:15 AM | Self Care Nourishment for Body~Mind~Spirit                             |
| 10:35 AM–12:05 PM | Choose either A or B                                                  |
| 12:05–1:20 PM | Lunch (included)                                                      |
| 1:20–2:50 PM | PLENARY 1: Cannabis as a Holistic Herbal Medicine ............................. Carey Clark, Christian Teter, Lisa Withrow  
This session will explore cannabis from several different interprofessional perspectives, and provide participants with a clear overview of the use of cannabis as holistic medicine. |
| 3:05–4:35 PM | Choose either C or D                                                  |
| 5:00–6:00 PM | Poster-viewing Session                                               |

### FRIDAY, SEPTEMBER 14, 2018 • CONFERENCE DAY 2

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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| 6:30–7:15 AM | Morning Meditation (optional) ......................................................... Sandra Van Gundy, MEd, BS, RN  
Please join us for a guided morning meditation to enhance your concentration and focus. |
| 7:30–8:00 AM | Registration and Coffee                                               |
| 8:00–9:30 AM | PLENARY 2: Resilience Strategies for Sustaining Nurse-Caring ................. Janet Quinn  
In this session, we will explore a holistic/integrative approach to on-the-job self-care for enhancing nurse resilience. |
| 9:30–9:45 AM | Self Care Nourishment for Body~Mind~Spirit                             |
| 10:15–11:45 AM | Choose either E or F                                                   |
| 11:45 AM–1:00 PM | Lunch (included)                                                      |
| 1:00–2:30 PM | PLENARY 3: What Science Tells Us about Nutrition and Healthy Brains ...... Nancy Emerson Lombardo  
This plenary will cover the latest scientific advances in nutrition and healthy brain functioning. |
| 2:30–2:35 PM | Closing Ritual: A Call to Reflection and Connect                       |
2018 NEW ENGLAND HOLISTIC NURSING GENERAL INFORMATION

LOCATION: The Colony Hotel, Kennebunkport, Maine. This 1914 Grand Oceanfront hotel is included in the national Trust’s Historic Hotels of America. Spectacularly situated on the rock promontory overlooking the Atlantic Ocean and the mouth of the Kennebunk River, it has a heated salt-water swimming pool, private, safe, surf beach, and gorgeous organic gardens. It’s located within walking distance (1 mile) of the charming village of Kennebunkport.

HOTEL INFORMATION: A block of overnight rooms have been reserved at the special conference rate of $105 garden side and $155 ocean side per night plus tax; includes a full breakfast. Make reservations directly with the hotel – ask for the Saint Anselm College block. Overnight room reservation deadline: July 29, 2018. Thereafter, rooms and group rate may no longer be available. For additional information and directions, please contact The Colony Hotel at 800-552-2363 or www.thecolonyhotel.com.

GROUP DISCOUNT: If five or more people from the same agency register at the same time for the same conference, you may deduct 20%. Mailed registrations must arrive in the same envelope. Faxxed registrations must arrive together. Not combinable with Early Registration Discount.

EARLY REGISTRATION DISCOUNT: In order to receive Early Registration Discount, payment in the form of a check, Visa or MasterCard must accompany registration form and be in our office by August 9, 2018. All payments must be received by the start of the conference or a personal check/cash/credit card will be necessary to attend. Not combinable with Group Discount.

CANCELLATION/REFUND POLICY: Registrants who are not able to attend or send a substitute can obtain a refund of registration fees, minus a $60 processing fee. A written request must be received by August 27, 2018. REFUNDS WILL NOT BE ISSUED AFTER THIS DATE – NO EXCEPTIONS.

CONFIRMATIONS: Your confirmation will be emailed to you. Since some concurrent sessions will be limited in size, early registration is advised.

2018 NEW ENGLAND HOLISTIC NURSING REGISTRATION

Name (please print clearly or type) ____________________________________________________________________________

Home Address _____________________________________________________________

City __________________________ State_________ Zip (Essential) _______________

Credentials _______________________________________________________________

Phone (______) __________________________

Email (REQUIRED) _________________________________________________________

Handout link will be sent to this email address.

Employing Agency __________________________________________________________

Address _________________________________________________________________

City __________________________ State_________ Zip (Essential) _______________

METHOD OF PAYMENT

_______________________________________________________________

Check enclosed made payable to Saint Anselm College in the amount of $_____________

Purchase Order # ______________________________________________________

I authorize the use of my credit card: _____ VISA _____ MasterCard

Account # _______________________________________________________________

Exp ______________________________________________________________

Amount Authorized: $_____________ Date ________________________________

Signature ____________________________________________________________________________

CONFERENCE HANDOUTS: A link will be emailed to all participants 10 days prior to the start of the conference.

TAPING is not allowed.

CONTACT HOURS: This conference carries up to 14.5 contact hours.

MORE INFORMATION/SPECIAL NEEDS: Please call 603-641-7086. You may also visit www.anselm.edu/cne.

TARGET AUDIENCE: This conference is ideal for nurses and healthcare providers interested in exploring practical applications to integrate holism and conventional care.

CONCURRENT SESSION SELECTIONS (REQUIRED)

Assignments will be made on a FIRST COME, FIRST SERVE basis.

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<thead>
<tr>
<th>Date</th>
<th>Session</th>
<th>1st Choice</th>
<th>2nd Choice</th>
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<tbody>
<tr>
<td>Wednesday, September 12</td>
<td>Morning choice</td>
<td>A or B</td>
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<tr>
<td>Thursday, September 13</td>
<td>Afternoon choice</td>
<td>C or D</td>
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<tr>
<td>Friday, September 14</td>
<td>Morning choice</td>
<td>E or F</td>
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CONFERENCE FEES

NOTE: Conference fee includes continental breakfast, lunch, and breaks.

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<tr>
<th>1-day Registration</th>
<th>2-day Registration</th>
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<td>EARLY: by Aug. 9</td>
<td>REGULAR: after Aug. 9</td>
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WWW.ANSELM.EDU/CNE