

# NAANA News

## Board of Directors

President— Karen Alderfer  
Vice Pres—Elizabeth Sustick  
Secretary—Sue Clee  
Treasurer—Jane Moore/Ben Matlock  
Membership—Teresa Ferrari  
Education - Anke Smeele  
Development - Laurie Schmiesing  
Public Relation/Outreach—Elizabeth Sustick  
Member at Large — empty



NORTH AMERICAN ANTHROPOSOPHIC NURSES ASSOCIATION  
**NAANA**

## RE in Copake 2018 by Karen Cano

### Special points of interest:

- \* RE course
- \* Other educational offerings
- \* New edition of Essentials of Homecare
- \* Foundation Course 2019 to get AHNA CEU's
- \*

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The Rhythmical Einreibungen (RE) Foundation course was held October 18th-22, 2018 at Camphill Village in the wooded hills of Copake, NY. We were surrounded by a breathtaking tapestry of autumn colors. The course was led by one of the village's own, Anke Smeele, a Specialist in Anthroposophic Nursing and RE. Those of us in attendance included nurses: Susan Moss, Lynn Hotaling, Catalina Perez, Trisha Waters, and Erin Philp; medical doctor: Zarema Jagizarov; Camphill Copake householders: Sara White and Eileen Tau; Tri-form coworker and Spacial

Dynamics therapist: Maggie Paholak; and caregiver: Karen Cano. The course focused on the whole leg, sitting back treatments and an introduction to the RE quality criteria. The course itself was a living example of the latter. We spent a good amount of time in the out-breath which gave us space to respond to what we had received. We had unhurried walks around the village and tea breaks in Anke's sun room (also unhurried, in spite of our earnest attempts!). The practice of eurhythmly with Jeanne Simon-



MacDonald was another avenue by which we could enter into the quality criteria of RE. We experienced the concepts of levity and gravity and ongoing



Nurses in attendance at the RE Foundation Course, Copake 2018

awareness using the soles of our feet. Thinking deeply through images, such as the sculptures of the Russian Beggar by Ernst Barlach and The Winged Victory of Samothrace, I think we came to understand something previously veiled underneath the concept of rhythm. In the out-breath we pull back our wings and stand in an upright posture, listening and gathering strength from the space behind us. In the in-breath, we move our pelvis away from the patient and with

Article cont on page3



## IPMT 2019

Please consider joining us in beautiful Chestnut Ridge New York for the Foundation Course in Anthroposophic Nursing, to touch base with nurses and physicians from around the country, gain new inspiration and renew your Self and your practice. While this course is a part of the path for certification, nurses or care givers who do not seek certification and those who have already completed certification are also invited to attend. More information on the certification process and requirements is available on the website [www.anthroposophicnursing.org](http://www.anthroposophicnursing.org).

We are happy to confirm that Dr. Christoph von Dach, DNP a very experienced Anthroposophic nurse teacher, researcher and innovator will be joining us as our lead presenter. We will also hear from Dr. Carmen Eppel, an Anthroposophic physician, who specializes in women's health. For our second-year students or those who have attended in the past, Albert Schmidli, Anthroposophic pharmacist will also be speaking this year.

Please, also share with like-minded family members, friends and colleagues the possibility of attending either the Orientation Day to get more information, or the week itself

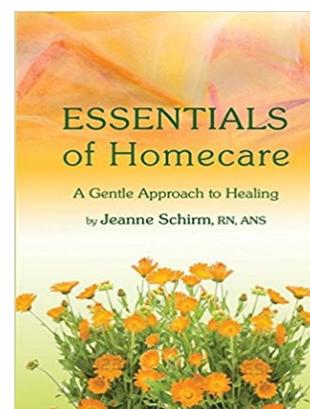
for a deep dive into this Spiritual basis for nursing. Let's make nursing Body, Soul and Spirit alive in America! For more information please go to our website [www.anthroposophicnursing.org](http://www.anthroposophicnursing.org) or email Susan Moss or Laurie Schmiesing Co-Directors for the Foundation Course at [naanatraining@gmail.com](mailto:naanatraining@gmail.com).

The course is accredited by the International Forum for Anthroposophic Nursing (IFAN) in the Medical Section of the School of Spiritual Science at the Goetheanum in Dornach, Switzerland. IFAN represents national profession Anthroposophic Nursing Organizations worldwide.

For registered nurses attending the Foundation Course in Anthroposophic Nursing: This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credential Center's Commission on Accreditation.

**Approved to award 31.5 CNE** through 2/23/2020 AHNA approval #1321

*Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients*




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Art is a realm where  
the spirit is  
transferred into the  
sense-perceptible  
world..

R. Steiner

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## Essentials of Home care second edition—Jeanne Schirm, ANS

I have just published the 2<sup>nd</sup> edition of Essentials of Homecare: A Gentle Approach to Healing. The first edition was a collection of writings formed into a booklet that I gave to parents when I taught a homecare course. The 2<sup>nd</sup> edition has an expanded emphasis to focus on a healthy lifestyle with homecare procedures. "Build the Foundation" is a section which includes topics such as warmth, rhythms, nutrition, movement, and nourishing the senses which emphasize a healthy foundation. It also gives detailed

step by step information on homecare procedures. To address many of the hindrances to our health in our time I have also included a number of articles in the appendix on warmth, rhythms, vaccination, EMF, nutrition, and nourishing the senses. Some of the articles are written by myself, but also includes articles by Dr. Kelly Sutton, Dr. Debra Gambrell, Dr. Tiffany Baer, and Dr. David Gershan.

The appendix also includes other helpful information such as the healing plants, home-care supply list, supply ordering information, homeopathic

remedies for inflammatory illnesses and more. One of the avenues the book has already taken is to be sold to patients in anthroposophical offices. Several physicians have already purchased some for this purpose. They can also be sold at work-shops where this type of information is also needed. For individual copies, they may be purchased through Create Space where I self published, or from Amazon.

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## Vice President’s message—Elizabeth Sustick

*“The point of gathering stillness is not to enrich the sanctuary or the mountaintop but to bring calm into the motion and commotion of the world” ~Pico Iyer*

Dear Community of Anthroposophic Nurses and friends of NAANA, Pico Iyer, an inspiring individual, recommends a practice of “stillness,” which he defines as happiness, since it allows us to lose ourselves and forget time. Stillness is the gift of space in which we turn our experiences into lasting insight, find our true paths, and make sense of the world.

With gratitude for all you do to make our world a more human and dignified world.

For NAANA  
Elizabeth Sustick



## Development Report

### Annual Giving Update

We wish to offer our thanks to all the members who donated to our first annual giving campaign. Our goal was \$5000, we have achieved this mark with donations and pledges. We had 100% participation from our Board of Directors. We also had many friends of NAANA donate including a past conference presenter, doc-

tors and happy clients. These funds help sustain NAANA’s growth and will allow us to do more outreach, webinars for members, conference attendance to spread the word, update the website, and much more. If you have not yet made a donation, it’s not too late. Donations can be made online at [www.anthroposophicnursing.org](http://www.anthroposophicnursing.org) under the donate tab or mailed to

NAANA P.O. Box 44, Copake, New York, 12516  
With Gratitude,  
Your Development/Membership team  
Laurie, Teresa, Eira and Tina

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**Anthroposophic nursing for a renewal of nursing, of wellness for nurse and client .**

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## Rhythmical Einreibung—cont. from page 1



Learning the leg and back strokes  
RE course Copake 2018

our slightly cupped hand we offer them what was received.

Teresa Ferrari, Anthroposophic Nurse Specialist, at the West Coast, once made a comment to me about the “art of community”. I reflected on this idea after my first day at the village. I had walked into an uncommon place where human beings

lived in extended families and in the service of one another. The more I observed and experienced, the more the complexities became apparent. I was witnessing a prodigious feat of love, imagination, and skill. I know one thing: it was education for my heart.

In his autobiography, Rudolf Steiner said that “Art is a realm where the spirit is transferred into the sense-perceptible world.” In that sense, I experienced Anke’s teaching as Art as well. Her knowledge, gentleness, and careful way of listening were the kindling that ignited our individual inner warmth from the start and carried us to the end collectively glowing in warmth.

## Editors’ note—Eira

As the winter sun sets low and quickly in the sky I must look inward, needing to find my own light. Anthroposophic nursing has always given me that light. It has allowed for a heartfelt connection with patients and colleagues as well as focusing on wellness and not treating disease processes. Our activities are growing, several courses in RE are being offered, our annual Foundation Course has received nursing credits by the AHNA, who is ANCC accredited. Staying connected with American Nursing organizations as well as having international accreditation is important for our organization. Finding ways that we can connect with our work will develop the infrastructure we need as an organization to continue to sustain ourselves. I look forward to the initiatives and programs offered in 2019.

And now the days are getting longer, and my chickens are laying!!

Eira I. Klich-Heartt



## NORTH AMERICAN ANTHROPOSOPHIC NURSES ASSOCIATION NAANA

New Address!

PO Box 44

Copake, NY 12516

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.

### Continuing Education Workshops - For AN, ANS, RE and RES

Caring through warmth and  
rhythm.

We're on the Web:  
<https://anthroposophicnursing.org>

*It is only with the heart  
that one can see rightly,  
what is essential  
is invisible to the eye.*

Antoine de Saint-Exupery

**Save the Date**

Oct. 28 - Nov. 3, 2019

Continuing Education  
for AN, ANS, RE and  
RES graduates

**Chestnut Ridge, NY**  
with Rolf Heine

*Details on conference  
to be announced soon*

*For further information  
please contact us at:*

[anthronursing@gmail.com](mailto:anthronursing@gmail.com)



Other Educational events— [https://anthroposophicnursing.org/courses\\_events](https://anthroposophicnursing.org/courses_events)

[RHYTHMICAL EINREIBUNGEN SPECIALIST COURSE PART 6](#)

11 Feb 2019 • Camphill Village Kimberton Hills, Kimberton, PA

[FOUNDATION COURSE IN RHYTHMICAL EINREIBUNG PART 3](#)

18 Feb 2019 9:00 AM • Corte Madera, San Francisco

[RE FOUNDATION COURSE PARTS 1A & 1B](#)

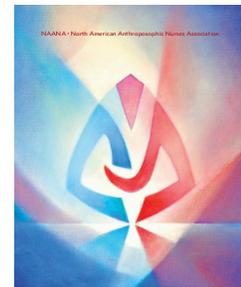
1 Mar 2019 • Fellowship Community, Spring Valley, New York

[Introductory Workshop - Foundations of Anthroposophic Nursing](#)

27 Apr 2019 8:30—3:30 Chestnut Ridge, NY

[2019 Foundation Course in Anthroposophic Nursing](#)

27 Apr 2019—4 May, 2019 Chestnut Ridge, NY



IPMT registration for 2019 is open!  
Register early

Send short articles to [ehcartt@yahoo.com](mailto:ehcartt@yahoo.com) with Anthronewsletter in the title