

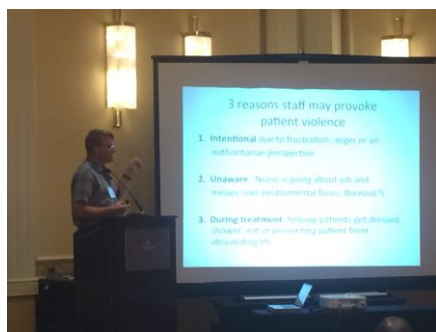


### Message from Brenda

This has been a very busy fall and it has been great to be able to reconnect with so many of you!!!

### Fall NJ Chapter Conference:

So much to write about! Our conference on September 12<sup>th</sup> was a great success, providing 6.5 CEs to those who attended the full conference and the luncheon program. We are presently putting together next year's fall conference, so if you have ideas, please share them! We would love for anyone who wants to be on the conference planning committee to get in touch with us so we can fill you in on what we will be doing!

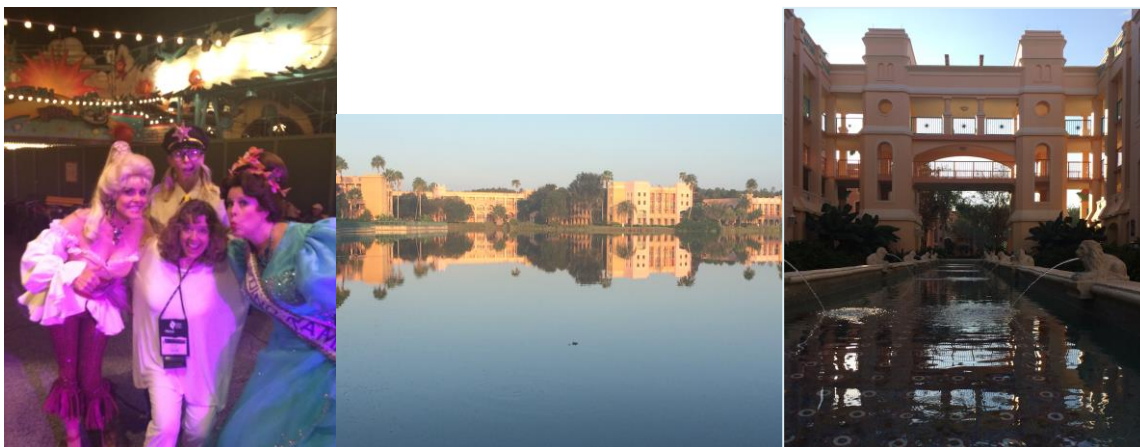


### National Conference: Disney World, Orlando, Florida



### NJ Chapter Member meeting

For those of you who were not able to join us in Florida last month, I hate to tell you, but it was the best conference ever! So much to learn, so many people to see, and great networking too! Not to say anything about the fact that Animal Kingdom opened their doors for only the APNA one evening filled with food, dancing and roller coaster rides!



Our own past president, Ben Evans, was honored for his service to the national board, where he has served as the secretary. As most of you know, Ben is currently the Institute for Nursing president and the president elect for the New Jersey Nurses Association. He has his hands full between teaching, leading and being the dad to all his critters (not including us!).



Next year, the annual conference will be held in Connecticut, so I am hopeful that we will rival Connecticut and New York for the most chapter participants!

Reiki anyone?

At the APNA New Jersey Chapter meeting, I was so pleased to meet so many of our members! I met Angela Brathovde who, like me, is a Reiki practitioner. We

discussed the idea of putting together a “Reiki share” evening, so if you are a Reiki practitioner, please let me know! Angela is also a Reiki master, and has agreed that we should teach more psychiatric nurses about reiki. So , we are putting together a Reiki 1 class , which will be held in northern NJ first. Reiki is the art of healing with energy. The Reiki 1 course teaches you how to use Reiki on yourself. There will be a small fee and no CEs, but if you are interested in learning about Reiki and willing to spend a few hours in Pompton Lakes, please contact Brenda. We have not determined any dates yet.



Angela Bradthovde – Reiki Master

Our President-Elect, Craig Sheppard, is in the process of organizing the recovery to practice program for the early spring! Keep your ears open for this wonderful, CE-filled program.

I have been talking to a transcendental meditation group about having an introductory course to TM. If this is a topic that would interest you, please let me know. TM has been used to reduce anxiety, panic, and has many metabolic benefits (lower BP, pulse). I have also been discussing the possibility of getting a sensori-motor psychotherapy – treatment for trauma – course set up in New Jersey. Again, if this is something that interests you, please reach out to me and let me know so I can set it up. The location will be identified to support the most participants.

Lastly, but definitely not least, we need a few good men and women who want to serve on the board of the APNA New Jersey Chapter. Please send me ([learn2chooseinc@me.com](mailto:learn2chooseinc@me.com)) your name and a brief explanation of who you are, your vision for the APNA New Jersey Chapter and why people should vote for you! The slate will be announced right after Thanksgiving and the voting will begin on December 1<sup>st</sup>!

Looking forward to a wonderful, event filled 2016! Happy Thanksgiving everyone!

Brenda  
President, APNA New Jersey Chapter  
[learn2chooseinc@me.com](mailto:learn2chooseinc@me.com)  
(973) 980-3112  
[www.apna.org/newjersey](http://www.apna.org/newjersey)