



PRESS RELEASE

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FOR IMMEDIATE RELEASE:

2018 Officer & Board Election Results

The American Holistic Nurses Association announces the winners of the 2018 elections. For Officers and Board Members, Elizabeth Scala MSN/MBA, RN, HNB-BC of Jarrettsville, MD was elected as the President-Elect; Jane Foote, EdD, MSN, RN of Rochester, MN was elected Treasurer; Karen Avino, EdD, RN, MSN, AHN-BC, HWNC-BC of Wilmington, DE and Stasi Lubanksy, DNP, ANP-BC, HN-BC, CDE of New York, NY were elected to the Board of Directors, Karen Fink, BSN, HNB-BC, LMT, CLL of Willoughby, OH and Maxine Higgs, RN, MSN, AHN of Fort Lauderdale, FL were elected to the Nominating Committee. These newly elected officials will take office on June 1, 2019.

About Elizabeth Scala – President-Elect

Elizabeth Scala, MSN/MBA, RN, HNB-BC, earned a Bachelor's in Psychology and a Bachelor's in Nursing from the University of Delaware and an MSN/MBA from Johns Hopkins University. She is currently the Research Program Coordinator for The Johns Hopkins Hospital. Elizabeth is the founder of The Art of Nursing, owner of Living Sublime Wellness, LLC, a Board Certified Holistic Health Practitioner, Reiki Master, Health Coach, keynote speaker, and author. Her best-selling publication continues to be her book, 'Nursing from Within'. Elizabeth hosts the podcast 'Your Next Shift' and is a past co-host on RNFMRadio. As the American Holistic Nurses Association (AHNA) Nurse Entrepreneur Chapter Leader, Elizabeth has spoken at several chapter meetings across the mid-Atlantic region. Her most recent speaking engagement was as the Keynote Speaker at the AHNA Regional Conference in Las Vegas, Nevada (November 2018).



Elizabeth Scala, MSN/MBA, RN, HNB-BC

About Jane Foote – Treasurer

Jane Foote, EdD, MSN, RN, CNE is currently the Program Director for Academic Affairs at Mayo Clinic in Rochester, Minnesota. She retired as a tenured full professor and department chair at Winona State University in July 2018 after 27 years of Minnesota State higher education service. Jane is co-chair of the Southern Minnesota Chapter of AHNA. Financial experiences include 10 years of managing a 4 million dollar budget as a Dean at Minneapolis Community and Technical College from 1998-2007, and a 1.8 million dollar budget for HealthForce Minnesota from 2007-2013.



Jane Foote EdD, MSN, RN, CNE

About Karen Avino – Board of Directors

Karen Avino, EdD, RN, MSN, AHN-BC, HWNC-BC earned her EdD in Educational Leadership, an MSN in Health Service Administration and a Bachelor's of Science in nursing from the University of Delaware. Karen is newly retired as nursing faculty from the University of Delaware where she taught Holistic Nursing and Integrative Health for the past 20 years. Past life experiences include Maternal Child Health, Community Health Leadership, and Board of Director roles. She is currently self-employed working as a Holistic Nurse Consultant with organizations, and as an Integrative Nurse Coach in practice providing integrative therapies within individual and group coaching sessions. Karen is adjunct faculty for Florida Atlantic University's graduate level Advanced Holistic Nursing Program. She is Associate Faculty for the International Nurse Coach Association teaching live programs in retreat settings. Within AHNA, Karen has been on past Conference Planning Committees, was the Faculty/Student Enews Editor, and is presently the AHNA Chapter Leader in Delaware serving for the past 10 years. Karen is founder of the Integrative Holistic Nurse Academy, providing live and online courses on Holistic Nursing and Integrative Nurse Coaching topics. She is also a co-editor and an author of *Holistic Nursing: A Handbook for Practice*, (7th Ed.) and the *Core Curriculum for Holistic Nursing* (2nd Ed.). Karen is a Reiki Master, Clinical Meditation and Imagery, and HeartMath Practitioner.



Karen Avino, EdD, RN, MSN, AHN-BC, HWNC-BC

About Stasi Lubansky – Board of Directors

Stasi Lubansky, DNP, ANP-BC, HN-BC, CDE earned her DNP at SUNY Stony Brook School of Nursing, her MS at Columbia University School of Nursing, BSN at New York Hospital-Cornell University School of Nursing, and her Diploma in Nursing at Buffalo General Hospital School of Nursing. She continues to work full time as an adult nurse practitioner at Weill Cornell Internal Medicine Associates. Stasi was recently promoted to Instructor of Education in Medicine at Weill Cornell making her the first clinical nurse practitioner to receive a faculty appointment in the medical school. Stasi is Board Certified in several areas including Holistic Nursing, Aromatherapy, as a Diabetes Educator and Tobacco Treatment Specialist. She is a member of several professional associations and has published in the Journal of Smoking Cessation and the AHNA Beginnings magazine. She counsels and treats patients with diabetes as well as nicotine dependence, trains medical students, residents and other providers in both of these areas while maintaining her primary care practice.



Stasi Lubansky, DNP, ANP-BC, HN-BC, CDE

About Karen Fink – Nominating Committee

Karen Fink BSN, HNB-BC, LMT, CLL, earned a BSN/Summa Cum Laude from the University of Cincinnati and a Massotherapy Diploma from the National Institute of Massotherapy. Karen has multiple certifications including holistic nursing, reiki master, and is an advanced laughter leader. Her holistic practice occurred mainly at Cleveland Clinic. She is an adjunct massage instructor for Cuyahoga Community College. National and state committees she serves on include The State of Ohio Medical Board Massage Therapy Advisory Committee, AHNA's Education Provider Committee, AHNA's 2018 Annual Conference Planning and Opening Ceremony Committees and The Federation of States Massage Therapy Board's Licensure Renewal Committee. Karen has presented multiple podium and poster presentations, including multiple AHNA national conferences, International Patient Experience Summits in Cleveland, and the APS (American Pain Society) Scientific Summit. Her most recent publication was in the Journal of Pain: Abstracts: Presented at the APS Scientific Summit. She is co-writing a manuscript to introduce a new instrument to evaluate values-based, pain management decision-making. She developed, managed, and instructed The Cleveland Clinic Center for Health Sciences Course: Manual Therapies for the Hospitalized Patient that educated registered nurses in the art of holistic manual therapies at Cleveland Clinic. Karen has been nominated for the Cleveland Clinic Health Sciences Educator Award twice and four of her poems have been published in Stethos, the Cleveland Clinic Humanities Journal.



Karen Fink, BSN, HNB-BC, LMT, CLL

About Maxine Higgs – Nominating Committee

Maxine Higgs MSN, RN, AHN earned her Masters of Advanced Holistic Nursing at Florida Atlantic University. She is currently a Registered Nurse at West Boca Medical Center, PICU. Maxine also co-chairs the local AHNA Chapter and is currently working on Level 5 of her Healing Touch Certification. Some of Maxine's accomplishments include being one of the first team of mentors for new graduate nurses, having initiated change for Advanced Holistic Nursing Masters Degrees to be included in employee tuition reimbursement, and Grand Round presentations to include holism with increased awareness on Spirituality and Spiritual Care.



Maxine Higgs, MSN, RN, AHN

About AHNA

At its founding in 1981, the American Holistic Nurses Association (AHNA) adopted as its primary mission, the advancement of holistic healthcare by increasing awareness and promoting education, as well as personal community-building among nurses, other healthcare professionals and the public. This nonprofit professional membership organization is the definitive voice for holistic nursing for registered nurses and other holistic healthcare professionals around the world. Holistic nursing focuses on integrating traditional, complementary and alternative treatment opportunities to improve the mind body and spiritual health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of holistic healthcare professionals. AHNA currently services more than 5,000 members through 146 local chapters/networks in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

For additional information, contact:

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