



**Minnesota**

**Holistic**

**Nurses**

**Association**

**& Friends**

## **Cooperative Guidelines**

*In order to embrace the heart centered ethics and holistic philosophy of The Minnesota Holistic Nurses Association and Friends, the word "bylaw" has been replaced with the term "cooperative guidelines".*

### **Guideline 1. Status**

1.01 Minnesota Holistic Nurses Association and Friends (MinnHNA) is a non-profit, community-based, professional organization that exists as a networking and leadership chapter of the American Holistic Nurses Association. MinnHNA primarily serves the greater metropolitan area of Minneapolis and Saint Paul and welcomes all interested persons regardless of profession and location.

### **Guideline 2. Mission, Vision and Purpose**

2.01 Mission: MinnHNA is a non-profit, community-based leadership organization committed to connecting, collaborating, creating, challenging, and caring within an inclusive and diverse community; educating, transforming, and empowering those united in the philosophy and practice of holistic healing.

2.02 Vision: MinnHNA is an inclusive healing community that strives to nurture and **promote equity**, wholeness, peace, and inter-connection leading to a synergy of mutuality to transform healthcare through the holistic paradigm.

2.03 Purpose: The purpose of MinnHNA is

- to encourage and support MinnHNA members in modeling and promoting holistic health
- to be an active participant in the dismantling of structural racism
- to honor the ancient and historical roots of many of the healing and holistic practices used today
- to provide a space for networking with others who engage in holistic health
- to provide a safe and supportive environment for engaging in transformative or uncomfortable dialogue
- to become an organization that advocates for healthcare, which is inclusive and honors diversity and culture
- to champion and advocate for the advancement of the holistic health field

- to assist members in building skills to integrate self-care healing practices in one's own life as well as the lives of patients/clients, family members, friends, and in the community.

### **Guideline 3. Membership**

3.01 Nurses, healthcare professionals, non-healthcare professions, and all who support the philosophy of holism as well as the mission, purpose, and vision of MinnHNA are invited to join. Membership dues are collected yearly as determined by the Leadership Council. Everyone is welcome to be a member, regardless of ability to pay.

3.02 Categories of Membership:

- Active;
- Student;
- Senior;
- Emeriti Leadership Council;
- Scholarship

### **Guideline 4. Leadership Council**

4.01 The MinnHNA Leadership Council began with a consistent and dedicated group of holistic nurses who had a vision of creating a community of like-minded professionals for support, education, and promotion of holistic healthcare. From the beginning, the Leadership Council membership included non-nurses interested in and committed to advancing holistic health and healing principles. The Leadership Council integrates guiding principles of collaboration, cooperation, self-reflection, transformational and shared leadership, community responsiveness, and a culture where all voices matter.

4.02 The decision-making and ongoing guidance for MinnHNA programs and business affairs shall be the responsibility of the Leadership Council and be rooted in the values and voices of the members.

4.03 The responsibilities of the Leadership Council are long range planning, focused on meeting the needs of the organization in the following areas: education, inequities, finance, membership, networking, advocacy, and any other areas that support the mission, vision, and purpose of MinnHNA.

4.04 The Leadership Council will record and archive minutes of all meetings.

### **Guideline 5. Committees**

5.01 The Leadership Council committees and ad hoc committees will be created to support the mission, vision, purpose, and needs of MinnHNA. Committees include, but are not limited to:

1. Membership/Financial
2. AHNA Liaison
3. Public Relations
4. Political Action/Advocacy

## 5. Event Planning

5.02 Committees will include a minimum of one member from the Leadership Council to act in the role of liaison and oversee the work of the committee. The Leadership Council makes the final decision on expenditures outside of the approved budget.

5.03 Each committee will maintain records of proceedings and share with the Leadership Council.

### **Guideline 6. Communications**

6.01 Communication will occur through the website, email, and social media. Members can access the organization's brochure, annual letter from the leadership council, and schedule of events via the website ([minnhna.org](http://minnhna.org)). U.S. postal mail will be used only when necessary.

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