



New Zealand Faith Community
Nurses Association



FCN HANDOVER

James 2:17
"Faith by itself, if not
accompanied by action
is dead."

JUNE 2017

Board Report

Dear Members and Friends

The Board continue to meet monthly by skype, usually on the second Tuesday of the month.

Conference planning is well on the way. We will be having two sessions of nurses' stories, if you would like to tell your story please get in touch with Shirley or Helen. You would be one of three in a 45 minute session. Annie Masima has invited us to dinner provided by the ladies of her church, this will be a treat and I, for one, am very much looking forward to it.

The Board has recently applied for a grant from a trust that specialises in Christian leadership, it takes a great deal of work to prepare an application and even finding trusts whose criteria we fit is not a straightforward task. Please let us know if you are aware of any trusts that we could apply to.

Betty Jenkins and I returned to Laidlaw College in May to present to some of the students, having been there on the Thursday before Easter but unable to

speak because the bad weather forecasts meant that the college had to close early. We had a great session and now request that you pray that this will bear fruit when the students go into ministry.

NZFCNA now has an invitation to speak at St John's College in August, thanks to Charles Tyrrell for making the introduction.

We are still seeking another one or two Board members – if you know anyone who has time, enthusiasm and a heart for what we are doing please let us know.

May God continue to use you and bless you in your FCN work.

Shalom
Helen



Helen and Betty at Laidlaw College with Charles Erlam from the college.

NZFCNA Annual Conference 2017

Applying Christ's Call to Faith Community Nursing in 2017

Keynote Speaker

Revd. Dr. Helen Wordsworth RN, RM, RHV (tutor), RNT, MTh, DMin, QN.

Helen works part-time for Parish Nursing Ministries UK, as Founder/Director, with particular responsibility for church relationships, advocacy, education, international links and European development.

Friday 8th and Saturday 9 September 2017

Selwyn Heights Retirement Village, 42 Herd Road, Hillsborough, AUCKLAND

For full program and registration details go to our website www.faithcommunitynursing.nz

NZFCNA is the Christian charity
that equips nurses to serve their local community.
NZ Charities Commission Registration number CC45052

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News from Christchurch FCNs

We were very sad to record the death of Andrew Starky on April 15th, the husband of Kathryn, who was a former parish nurse in Temuka. Andrew and Kathryn have been serving in ministry at St Michael's and All Angels in Christchurch, Andrew as vicar there.

And also very sad to record the death of Steve Askins, the helicopter pilot who died fighting the fires on Christchurch's Port Hills in February. Steve's mother is Lesley Askins, who was a founder member of NZFCNA in Christchurch and was a wonderful mentor to many nurses. She and her husband Paul are in ministry in Kaiapoi, Paul as the Baptist minister there.

In April Ronnie Ellis attended a Ministries of Pastoral Care conference in Tauranga. This work is based on the ministry of the late Leanne Payne, encouraging Christians to come into their full birthright as Christians, accessing the fullness of forgiveness available to us when we truly and humbly confess our sins to Jesus, and thus allowing us to step into freedom. Ronnie shared her

experience of confessing her sin to others, and how their witness to her confession made her really understand the nature of sin, how Jesus had completely paid for it by his death, and the statement to her by the witnesses of her full forgiveness gave her a deeper grasp of this reality.

Also she discussed the practice of journaling to enable us to know Christ's presence – meditating on a passage of scripture, writing down what you want to express to Jesus as a consequence, and then waiting on God and journaling any response; this encourages our intuitive and imaginative heart to flourish alongside our rational head.

Carol Renouf has been involved with the Riccarton Project since its inception, helping drive it, and a recent documentary about this successful project has recently been made, with the purpose of allowing other communities to use this model. Carol stresses that the secret to success is people's willingness to work humbly alongside each other.

The link to the documentary is <https://vimeo.com/215110097>.

Lynne Ainsworth continues to oversee the nursing in a residential facility for elderly nuns, and loves her work which uses all her gifts.

Nursing Council Audit

I was one of the 5% of nurses randomly selected for audit recently. I was given seven weeks to get the material back to Nursing Council. I commenced work on the day I received it and I am very glad that I did. As I needed to obtain evidence from third parties it is worthwhile getting going as soon as possible; with both of my employers I needed to follow up to get the letters from them stating how many hours I had worked.

As I am practising both as a RN and as a nurse manager (in my NZFCNA Board role) I needed to fill out two lots of competencies and also have another person complete one for me in both those fields.

Fortunately I have kept good records of all my education and had also written certain evidence down against some of the competencies.

What have I learned from this and what can I pass on?

Keep a record of all your education, each year

remove those from more than 3 years ago.

Get someone to help you work your way through the competencies, often you are doing all sorts of things that just need matching to the competency. Another experienced nurse will be able to help you do this.

If you don't understand what Nursing Council is asking for, phone or email to get clarification. I needed to do that at least twice. Keep a record of your unpaid hours, fortunately I started to do this not long into my term on the Board; as the majority of my hours came into the FCN category I was very pleased that I had done it.

A big thanks to Elaine Tyrrell for completing the peer audit for my NZFCNA role, she was very thorough and very quick.

I am delighted to say that I have successfully completed the audit, I received the certificate about three weeks after I submitted the evidence.

Helen Vaughan RN
NZFCNA Board Chairperson



Christian nurses are in a unique and privileged position as they are bilingual in faith and health. As nursing professionals they can serve an important role in the community, promoting health and well-being through education, advocacy and care management as well as providing pastoral support through a church fellowship.

An article from Cambridge News
By Viv Posselt
31 March 2017

Seniors' expo draws the crowds

More than 300 people attended the March 24 Expo for Seniors at the Cambridge Baptist Church, making this year's event even more successful than the inaugural expo in 2015.

Delighted organisers Delia Edmeades and Helen Vaughan put together the 2017 event with some slight variations on the first. There were no seminars this time around, but a higher number of exhibitors were said to have enjoyed a steady stream of enquiries during the four-hour event.

Delia said most people spent between an hour to an hour-and-a-half working their way through the exhibits, time no doubt made considerably more pleasurable by the fact there was a café offering respite throughout.

“Exhibitors said there was plenty of interest, and there seems to have been a lot of networking done between the exhibitors themselves,” she said. “It certainly seemed busy throughout.”

She said the New Zealand Fire Service were apologetic at not being able to run their mobile demonstration kitchen as had been planned, but were reportedly “very happy” with the high number of people who said they had working smoke alarms

in their homes.

“We also received funding from FreshChoice's community fund to help in running the expo – we are very grateful for that.”

Delia said the numbers of people attending Friday's biennial expo was higher than anticipated, and about 100 up on the previous event. There are no plans to turn the expo into an annual event, she said.

The women will now turn their attention to running the second Men's Health Expo in 2018.



Expo organisers Delia Edmeades and Helen Vaughan (right) (photo from Cambridge News)

A new ministry of health document

Te Ara Whakapiri: Principles and guidance for the last days of life

Published online: 12 April 2017

Te Ara Whakapiri: Principles and guidance for the last days of life outlines the essential components and considerations required to promote quality care at the end of life for all adults in New Zealand. It also provides examples of useful approaches and tools that will serve as aids for the development of national and/or local resources as part of implementation.

The guidance document is based on an extensive evaluation of the available literature and is informed

by local research. This ensures it is applicable to the unique context that is Aotearoa New Zealand.

The document has been endorsed by key professional health organisations in New Zealand. It marks a major step towards ensuring that all health care services across the country are focused on delivering the very best care for people who are dying and for their family/ whānau whatever the setting.

<http://www.health.govt.nz/publication/te-ara-whakapiri-principles-and-guidance-last-days-life>

“Faith Community Nurses aim to encourage, promote and provide effective health ministries within their churches and wider community”

Seven ways to help a person die well

I once nursed a young woman who had a stroke causing ‘locked in syndrome’ which is the complete paralysis of voluntary muscles. She was dying very slowly and doctors had discussed her prognosis with her. Her husband came into the hospital every day and sat with her. He found it difficult to speak to her. He knew she could hear and understand, but her inability to respond to him made communication challenging. Each night he left the unit stooped and weighted by the burden of grief. I would go in to see his wife and she would be distraught, crying without tears (due to the locked in syndrome). Her end of life journey was distressing to watch. This experience demonstrated to me that a good death is not just about pain relief and symptom control. There are things we can do that facilitate a person’s good death. Here are seven things I have learned:

1 Do talk about the diagnosis.

Talk with the person about the life-limiting diagnosis even if it is uncomfortable. We may be so scared of saying ‘the wrong thing’ that we end up saying nothing. Professor Robinson (2013) a respiratory consultant physician at Sir Charles Gairdner Hospital in Perth, notes that family and friends of newly diagnosed cancer patients often provide information about “new” and “alternative” treatments in an effort to be positive and hopeful. He notes this can bring short-term comfort, but it may also increase anxiety and a sense of failure when the person’s health continues to deteriorate.

2 Provide appropriate and wanted support.

I have heard the comment “Let me know if there is anything I can do to help” so many times, and while the sentiment is well intentioned, it seldom results in supportive action for the dying person. Not many people will actually ring you and ask for assistance. It is more useful to say “I would really like to support you. How can I be most helpful to you at this time?” It may even be appropriate to take the initiative and suggest something you could do that might be appropriate. If it is not invading the person/family’s privacy, you can go ahead and proactively provide an act of kindness, for example shopping, house-help, mending, gardening, transport, meals, relieve the family carer, pay for the carer to have a massage, etc. Finally, if you say you will do something, make sure you do it, and ensure that it doesn’t add to the family’s pressures.

3. Keep your conversations broad.

Do talk about the diagnosis and the prognosis, but remember not to focus entirely on the person’s



Let's talk about it

health condition. This is true for all people living with chronic conditions and deteriorating health. The person is more than aware of their diagnosis and we want them to live well until they die, so talk about family, current affairs, work, clubs, sport—anything you would normally have spoken about.

Remember the good times you have had together and the adventures you have shared.

4. Thank the person for who they are.

As death becomes imminent it is helpful to thank the person for the things they have done for you, your church and your community. Saying thank you lets the person know that their life matters to you and others. Tell them about the things for which you are grateful and the personal qualities you admire in them. It can help to have similar discussions with the family, so they have the pleasure of reminiscing about their loved one’s life journey. It will help them to see that others have also experienced good things with their family member.

5. Encourage the person to write letters of love.

Professor Robinson (2013) gives every patient diagnosed with cancer in his care this advice “Plan for the worst but hope for the best.” He encourages people to do the things they want to do, such as visit special places and people.

An approach like this enables people to do things like write a memoir, letters to their children and grandchildren to open on their 21st birthday, explaining their love for their grandchild. Doing this will bring tears of sadness to the person as they write their letter, but it helps to achieve a good death.

Cont....

Seven ways to help a person die well

continued

If the person cannot write for any reason, you may scribe it for them while they dictate the content. Alternatively, they may speak their letter as a voice or video recording. My father spoke his final goodbyes to us on audio-tape and it was a treasured gift that helped me cope with my grief.

Encourage the person to write the letters while they can, because life-limiting disease can cause fatigue, and as it progresses the person may become affected by medication and/or physical symptoms that render them unable to do this.

Letters are a gift that enables a person to die well. They can also provide the grieving family and close friends with hope and direction after the person dies. Robinson (2013) says "...in some curious way, the lives of the family of the person who has died, are enriched by having had that intensely personal and open, caring experience of an open expression of love".

6. Keep up your connections.

Over years of nursing and pastoral care I have seen the dying person get a rush of people visiting them and their family in the few weeks after diagnosis/illness. However, as illness proceeds the supportive connections drop off, until few people connect at all. Be willing and available to spend time with the person and walk alongside the family for the long haul.

I have found it helpful to set a reminder in my diary because my life gets busy, but for the person who is housebound the days can be long. Setting a reminder helps me to make sure I don't forget the person in my own busy family/ministry/work schedule. I also find that at the end of life it is better to keep your visits frequent but short (unless you feel an

issue requires more time). Most people at the end of life only have enough energy for loved ones and immediate family. (If they don't have family, ensure your presence increases.) Know when it is time to move to very short visits and increase your care focus to the family via text message and phone call support.

7. Share conversations about faith.

Listen for cues about what they want to talk about



regarding faith. Keep encouraging them to draw strength from their faith. I have a list of Bible verses in my diary and in my phone that I find encouraging and I use them when visiting people. The most important thing is not to push anyone into talking if they are not ready. Just make sure they know you are willing to listen if and when the time is right. I always pray before I go in to visit, asking for the Holy Spirit's leading and wisdom. I offer to pray with the person and I have never had any person refuse the offer. I ask if there are specific things for which they want prayer. I use the time of prayer to thank God for the person and their family, to reiterate God's promises and then ask for the things we have discussed.

Anne van Loon RN PhD
Chairperson AFCNA 2017

Thanks to WholeHealth AFCNA's newsletter for these snippets.

New leadership for International FCNs
Maureen Daniels has retired from her role as Faith Community Nurse Specialist and leader of the World Forum for Parish Nursing at the Westberg Institute for Faith Community Nursing based at the Church Health Centre (CHC) in Memphis, Tennessee, USA. Maureen has been instrumental in commencing the World Forum for FCNs and has completed FCN training in many countries, most recently in Africa and Madagascar. She always

undertook her role with great sensitivity offering encouragement and understanding of the many issues confronting FCNs worldwide. NZFCNA thanks you Maureen and wishes you every blessing and improved health in your retirement.

We are excited to see that the international FCN support will continue under the capable direction of Rev. Dr Helen Wordsworth, a Baptist pastor and founding director of Parish Nursing Ministries UK. Helen will be visiting New Zealand for our conference this September.

OUR MISSION

NZFCNA will support Faith Community Nurses committed to working through faith communities to provide a ministry of holistic healthcare.

Building Dementia Friendly Church: Livability and the Alzheimer's Society publish new guidelines for church and faith communities

An updated version of building dementia friendly churches is now available free of charge from Livability

<https://www.livability.org.uk/livability-and-the-alzheimers-society-publish-new-guidelines/>



His Holiness Pope Francis: Why the only future worth building includes everyone

A single individual is enough for hope to exist, and that individual can be you, says His Holiness Pope Francis in this searing TED Talk delivered directly from Vatican City. In a hopeful message to people of all faiths, to those who have power as well as those who don't, the spiritual leader provides illuminating commentary on the world as we currently find it and calls for equality, solidarity and tenderness to prevail.

"Let us help each other, all together, to remember that the 'other' is not a statistic, or a number," he says. "We all need each other."



https://www.ted.com/talks/pope_francis_why_the_only_future_worth_building_includes_everyone?language=en

Estate Planning

We are grateful to those donors who remembered NZFCNA in their estate planning during the past year. Bequests to NZFCNA contribute significantly to our long-term financial well-being, and help us ensure the success of our programmes. Naming NZFCNA organisation in your will is not difficult, and you can designate any amount or % of your estate that you wish. As you make plans for your estate, we hope that you will consider a bequest to us.



Expressions of prayer

► Meditation

- ... is a prayerful reflection that begins above all in the Word of God in the Bible.
- Engages thought, imagination, emotion and desire in order to deepen our faith, convert our heart and fortify our will to follow Christ.
- Is a first step toward the union of love with our Lord. (CCCC 570)



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