

June 2013

Winter



NZFCNA NEWSLETTER

Chairperson report

At the beginning of last year, one of our nurses, Phil Preece was interviewed, together with other health providers, as part of a research study of the Golden Bay area, where she lives and works. The question was asked of those aged over 55 years: 'where do you want to live when you get older?' and the study explored the factors impacting on people's ability to grow old in the place of their choice. The fact that Phil works so much with older people partly reflects the statistical evidence that nearly half of the area's population will be of retirement age in the next 10-20 years. Within our churches, we see two aspects of work with older people: that they are often the ones volunteering to fulfil roles within the ministry and they often make up a high proportion of those needing extra support from our pastoral care teams. Parish nurses need to be skilled in responding to this age demographic and indeed may themselves be newly retired. In re-

sponse to a request from last year's conference, the focus this year in Auckland will be on the spirituality of older people. We are privileged to have Dr Chris Perkins as our keynote speaker as besides being an experienced gerontologist, she heads up The Selwyn Centre for Ageing and Spirituality. Her book, 'Dementia: A New Zealand Guide' is an excellent resource for health professionals and is newly released in an e-version.

I encourage you to attend our one day conference on Saturday 7th September; have the opportunity to network with other parish nurses (FCN's) and consider coming early to attend a mini conference Chris is running on the Friday, 6th September where New Zealanders will be sharing their research on ageing. Mary and Joseph learnt from Simeon who had waited patiently into his old age to witness to the Messiah. He was able to declare when he saw

Jesus as a small child in the temple in Jerusalem:

*'For mine eyes have seen thy salvation, which thou hast prepared before the face of all people;
a light to lighten the Gentiles, and the glory of thy people Israel.'*
Luke 2: 30-32

I invite you to join me in gaining deeper insight into the wisdom and needs of this age group.

*Shalom
Elaine*



Continued support from the Selwyn Foundation

We are pleased to announce a grant from the Selwyn Foundation in Auckland whose mission directions match well with ours. We have been awarded \$2000.00 towards special activities.

It is important that we look locally and nationally, and among our various denominations for funding so we ensure a steady income stream. With most organisations it is required to have special projects, as most will not support on-going running expenses. Thus, a local project would be attractive to local funders, especially where clear outcomes that match with those of the funding partner.

National news

**Outreach
liaison
coordinator
A new role for
Diane Webster**

A new role

The board has established a new role with the aim to assess how the Faith Community Nurses ministry is developing in nurses individual churches. This role has been developed out of concern for the future of Faith community nursing in the church. The board wishes to support and address any concerns for the nurse and the church in this new ministry. Historically the issues of ownership and responsibility of the role of Faith nursing has not been well set up and has lead to frustration due to a lack of support from church governance. Therefore this new

role will be looking at the process of establishing Faith nursing for the long term sustainability of the ministry requiring both nurse and church governance to work together in partnership to develop this ministry.

**We look forward
to working with
you in this ministry
and thank God for
all the wonderful
skills you bring**

New national administrator

After praying for someone suitable for this role, we are thrilled to advise our members that Shirley Allan has agreed to work with us on a trial basis until the AGM in September. Shirley worships in the Catholic church in Wanaka where she assists with the

Children's Liturgy. She is also self employed as a gardener but works as a volunteer at the local Salvation Army shop and with the primary schools walking school bus. She is willing to learn our systems but has the advantage of coming from a nursing background as well as having worked in

accounting and office administration. *Welcome Shirley!*

From the Nelson Diocesan magazine

July this year marks 15 years since the seed of parish nursing was planted in the Diocese of Nelson. Since then three nurses have successively worked at the Cathedral and there have been six others ministering in other parishes. Our current nurses are funded by a Trust fund dedicated to the specific care of older people and so that is their focus. The concept has grown and gained ground within the Anglican Church of Aotearoa. It has spread throughout other Christian churches so there is a well-established national ecumenical organisation known as the New Zealand Faith Community Nurses Association (NZFCNA) to which our nurses belong. You can find out more about this ministry at www.faithnursing.co.nz

Raewyn, Jane, Phil and Rachael each bring different gifts to their ministries and link with the hospitals, GP practices, residential care facilities and various health organisations within the region. With our network within the country, referrals can be made so that individuals can linked with churches and agencies even when they have to relocate. Recently a parish nurse in Tauranga asked us to support a church member from her region who was hospitalised whilst on holiday in Nelson. So parish nurses respond to needs in many ways often using the resources of their volunteers, pastoral care teams, hospital chaplains and ministers. Jesus set us an example to preach, teach and heal (Matthew 4:23) and charged his first disciples to heal. The Church still has a healing ministry which is unique. As in mediaeval times, when the church provided physical nurture and spiritual healing by giving hospitality and fellowship in prayer, parish nursing was conceived in the 20th century to provide true holistic care. The health service of today focusses its limited resources on physical and mental issues. Parish nurses are as concerned with spiritual needs as they are with physical and mental ill health. Within the community of the Christian church they seek to support individuals to be healthy in body, mind and spirit.

This report is abridged.

International news

'Faith in Health and Healing: Integrating the church with health services' Held in Coventry, UK

The Anglican Health Network is an integral part of the Anglican Communion with world-wide membership

The three themes of the conference presentations were:

- Health, dying and human flourishing
- The healing ministries of the Church and amongst individuals and communities.
- The church in the governance and delivery of health services.

In summary

• The role of faith in health and healing is a vital ingredient in offering a holistic and compassionate service. Nurses who work as faith nurses need to continue to work with faith and in connection with one another to do the work God has called us to do.

• The role of the nurse as an agent in the networking process is crucial. Nurses need to use their voice more clearly and with passion. This international forum made this possible and what a great opportunity to speak of one's faith, one's personal journey and to spread the word of what NZ faith nurses are doing.

• The role of the nurse as a healer using a basis of faith is crucial in meeting the needs of the client holistically and compassionately. However it is necessary to be reminded that a nurse is aware of building trust and have excellent listening skills. The use of inclusive language is important and also having a certain level of knowledge about the use of scripture appropriately within context can benefit or hinder the healing process. This conference was inspiring, empowering, exciting, and a great privilege.

Arohanui

Marie Preston (on R in photo) *A full report will be available on our website.*



Resources

Dementia: What You Need to Know

A comprehensive e-book at a reasonable price

As the population continues to age, so too the numbers of people with dementia and Alzheimer's grow. Inevitably, it will affect everyone in some way . . . as sufferers, or as carers, or as part of the wide circle of family, friends, professional and voluntary workers needed to support the main caregiver. The effects of dementia spread far into the community.

This comprehensive book has been written to give people

the information they need to understand and come to terms with this illness, and cope with the changes that occur as the disease takes its course. It explains what dementia is, the different forms it takes, how and where to get help, diagnostic tests, treatment and medication, and the services available. It examines the issues involved in both caring for a sufferer at home, and when the time comes to choose residential care. It is difficult for carers to achieve the right balance of reality and

hope. Dementia can be a grim condition, which progressively deprives people of the attributes they value. But in this book, old-age psychiatry specialist Dr Chris Perkins aims to help caregivers at all levels deal with it with acceptance and compassion, offering humane and respectful care to people with dementia. Dr Chris Perkins (FRANZCP) trained at Otago Medical School and worked as a GP in Wellington and Thames, before training in psychiatry in Hamilton and Auckland.

Orders to: RHNZ, 18
Poland Rd, Wairau
Valley, Auckland,
0627
Tel: +64 9444 7197
Price NZ\$19.99

Book review

BOOK REVIEW: The Bible Promise Book for Nurses

The Bible Promise Book for Nurses compiled by Cathy Marie Hake and Deborah Boore, published by Barbour Publishing Inc, 2004 is a great resource for Parish Nurses. This book is full of scriptures relevant to Nursing Practice. Since purchasing the book in 2005 I have constantly been encouraged in my role as a Parish Nurse.

I often use scriptures from this book to comfort, strengthen, support and pray with people I am working with and ministering to in my role as a Parish Nurse. This book is divided into sections and each section has scriptures relating to the topic. Recently I used a well known scripture for a person who had many issues. Psalm 46:1: *God is our refuge and strength, a very present help in trouble*" This scripture was a great source of comfort to the person concerned. I would highly recommend this book for others to use.

Jane Wulff Parish Nurse in Nelson for Nelson Cathedral and AtawhailHira parishes.



Keep in touch via Facebook

Don't forget to visit us on Facebook:
<https://www.facebook.com/pages/Australian-and-New-Zealand-Faith-Community-Nurses-Associations/209155325784354>
 Not only will you find local news, but also Australian news. We assure you that our members receive warm welcomes when visiting our Australian colleagues. This site also provides links to international groups and news. You can leave messages and enjoy the informality that Facebook provides. Note that there is a 'sign-in' section for members. You can also encourage others who may be interested in FCN but not yet ready to engage.

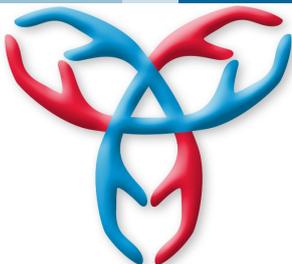


New Zealand faith community nurses' association

New Zealand Faith Community Nurses' Association

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What members have been doing

Recently retired senior member, Paula Baynes, writes:

I retired from nursing in September after 42 years. I turned 66 last year, so have had a good run. I was Parish Nurse for almost 4 years and starting in October 2009 also held a weekly exercise class for older people. I'm continuing to run this because it's been very popular with regular attendees. I recorded blood pressures and blood sugars after services; invited a speaker from the Arthritis Foundation to give a talk; organised a First Aid course given by The Red Cross, which attracted 21 people; invited a local priest to talk about spiritual healing and his own experiences and regularly wrote a short piece on a health topic for our church newsletter. I also visited the sick and elderly in the parish on a regular weekly basis, organised the admission of an elderly man into dementia care and regularly liaised with GPs, pharmacists, care agencies, etc. It was full on for the almost 4 years of my ministry. I also attended an Alzheimer's conference in Wellington, several seminars for LLMs provided by the diocese and helped organise the Wellington Conference in 2010 and our Regional Day last March.

Well done, Paula. We know you will continue to serve your people and your God.

What is Joan McManus doing in Te Awamutu?

I go to the Te Awamutu Christian Church Leaders Association breakfast monthly meetings as I am the note-taker so this gives me good communication with all the churches and was also involved in the Town Blessing event. We had about 50 people present and each group was called out for prayer. DHB nurses were present as well. It really was a simple message: *we want to thank you for being a part of our community and ask God's blessing on you in whatever way you are involved in Te Awamutu.* The mayor came as did government officials, sports clubs etc. Just as an extra I called all the churches' secretaries together for afternoon tea as they all work in isolation and they were able to compare newsletters, office safety etc. It proved beneficial for them.

Great work, Joan. Others will be inspired by these activities.



Conference 2013

Sharing a journey of faith

The spirituality of older people

Guest speaker: Dr Chris Perkins, director of the Selwyn Centre for Ageing and Spirituality

**Saturday 07 September
 At the Community of St Luke
 Remuera**

Put this in your diary—more information about costs etc will be out soon.