



# NZFCNA Newsletter

## 2013 Conference News

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Dr Chris Perkins, the keynote speaker this year at our annual conference, opened up the topic of 'The Spirituality of Older People'. Her Power-Point presentation is available on the internet under the section on conferences. Her expertise as Director of the Selwyn Centre for Spirituality and Ageing which promotes research and education in this topic, shone through. As FCN's we care for and are supported by many older people in our church communities. However when cognition changes as with dementia, there are added challenges to ensuring that we can engage spiritually with them. Chris' book, 'Dementia: What You Need to Know' is a use-

ful guide for caregivers and health professionals. You can purchase it as an e-book too.

It was fascinating to hear the 'stories' from three of our members of examples of their experiences working in their different ministries. You can read their inspiring accounts on the website: Valma working in Dannevirke, Judi in Tauranga and Jane in Nelson.

If you missed the Good Sorts interview featuring FCN, Noreen Wright on TVNZ, then you can view that on the website too.

A fuller account of the conference is available under the conference section and we now look to next year when a

two day conference is planned for Wellington. Watch out for future details.



### Special points of interest:

- Conference 2013 update
- New Board
- Foot clinic in rural setting
- The value of studying as a FCN
- Prayer pills

## Board Elected for 2013-2014

Please pray for those elected to the new Board for the coming year. Shirley Allan has agreed to continue in her new role as National Administrator, and was elected formally to the Board to this secretary/treasurer role. Diane Webster also elected

will continue to support Shirley as she continues to 'learn the ropes'. Diane will continue in the new position as National Outreach Coordinator. Other members elected to the Board were: Annie Masima, Joan Macmanus, Helen Vaughan

(who is returning from Australia) and Isabel Mordecai. Elaine Tyrrell continues as Board Advisor. We welcome Judi Turnbull who will join Board meetings to learn more how the Board functions with a view to standing for office in the future.

**'It has developed into a valuable service within the wider community to ensure peoples health care needs are met. '**

## *Rural Foot Clinic*

Katrin Kaiser writes:

As a Parish Nurse I am taking care of people's feet, and while I am doing this I find the level and depth of conversation is fabulous. I take the role as a listener and observer.

The people that I offer this care to are mostly elderly, many live on their own, have limited transport or are not mobile enough to leave home easily.

The service is offered at the local rest home, in people's own homes and at a regular clinic held once a month in the church hall. It evolved naturally out of a need for elderly people to access foot care. I now see between 20 and 50 people per month. I refer to a Podiatrist who visits the community twice a month.

Within our community I hold a unique position as I work 4 days a week at the local Medical Centre and people know and trust me. I have very good contacts to local organisations and can refer accordingly. People can access me easily either at home, at church or at work.

The Foot Clinic is held once a month, between 1-3pm and I am assisted by a volunteer who can transport people if the need arises. People get greeted as they arrive, some have appointments, others just turn up and wait their turn. They use this time to socialise and catch up with others they may not have seen for some time.

When their turn comes, I undertake an assessment of their feet and ask about their general health during the last month. Many ask questions about their health and medications. If there is any concerns about other health issues, I refer them onto their GP and often help them to arrange an appointment.

I offer advice on day to day foot care



and advocate moisturising creams and have a laugh as well.

My assistant volunteer offers a foot spa after I have finished and people really appreciate this treat.

We now have many regular customers who come every month. The time can be used most effectively for health promotion like flu immunisations, importance of regular Blood Pressure checks if indicated, correct use of their Inhalers, dietary advice and many other things.

I advertise special promotions offered through the Medical Centre. I can also refer to other local services such as Primary Health Care Organisation, Physiotherapist, Occupational Health, Counselling, Social Worker, Support Links and other services offered in our community.

When I see people in their own homes people talk more about their health worries more intimately. The assessments I undertake can be more thorough as I can see them in their own environment, I can see them mobilising, assess if the house is warm or if there are any issues within the home that could be a hazard for them, e.g steps with no rails. I promote a personal alarm where I see a need for it.

Predominantly I see a larger number of women who are seeking to maintain their independence for as long as they are able. I can help to ensure that they have all services in place

they need and often I am also able to connect with their family members who can contact me with any queries or concerns and I can refer them then to the right service.

People can clearly identify that this service is provided by the Anglican Church and money offered as payment goes directly to the church to help to maintain the service.

At the foot clinic people will access the open church to utilise the space for prayer. People ask for home communion or at times for someone to call on them.

Sometimes people seek prayer and ask me to pray with them.

It has developed into a valuable service within the wider community to ensure peoples health care needs are met. It has provided me with an opportunity to follow people through from assisted living in their own home to rest home care. I am able to liaise with their family as a support worker to ensure peoples needs are met in as timely a fashion as possible.

I am blessed with this service and I truly enjoy being able to see the person holistically: spiritually, physically and mentally. It offers a unique opportunity to minister to their basic needs.

## Prayer Pills

Raewyn Parkes writes:

On my first visit, it was sitting at the back of the kitchen table, well out of the reach of sunlight. It was towards the end of the visit that Annie gave me the pill bottle, telling me to read the label carefully.

Dosage: Take as needed for spiritual renewal,  
For best results meditate daily.

Active ingredients: Food for Faith.

Physician: JESUS CHRIST.  
Encouraged to open the pill bottle, I found small cards with a Bible promise on each of them.

*"neither death, nor life, nor angels, nor principalities, nor things to come...*

*shall separate us from the love of God in Christ Jesus, our Lord."*  
Romans 8:38-9

The pill bottle with its prayer pills was Annie's gift to me at the beginning of my work as a

parish nurse. It lives in my bag and when prompted, out it comes with its prayer pills. The promises from our faithful, promise-keeping, unchanging, loving God to us his people.

*Annie is a fictitious name to maintain confidentiality.*



## Praying for Parish Nurses Worldwide

Maureen Daniels, from the Church Health Center, shared this prayer in the July 2013 e-letter from IPRNC:

**"Teach me to listen, Holy Spirit, for your voice-  
In busyness and boredom,  
In certainty and doubt,  
In noise and in silence.  
Teach me (O God), to listen. Amen." (John Veltri)**

*From Taste and See: Prayer Services for Gatherings of Faith,*

**If you wish to receive the World Forum e-letters, then write to Elaine who will forward them to you.**

## With gratitude we celebrate the life of Helen Westberg

On Tuesday, April 16, this year, the wife of Rev. Dr. Granger Westberg died peacefully at 99 years of age. Those of us who attended many Westberg Symposia in Chicago and St. Louis

remember her presence along with her husband and children. While Helen rarely gave speeches, her quiet, yet faithful presence always demonstrated her love and care for her family and the ministry the

Westberg Family continues to support. Remember Helen as you celebrate her and Rev. Westberg's legacy.



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**We're on the web**

**[www.faithnursing.co.nz](http://www.faithnursing.co.nz)**

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**Christian nurses promoting health and caring in the community.....**



**NZFCNA**

### *This and That.....*

*An online foundation course on cultural competency, designed specifically for health workforce professionals, was released in July. The multimedia, interactive course provides an understanding of New Zealand's culturally diverse population, with an in-depth emphasis on Maori culture. Each training module is supported by videos, video transcripts, additional reading resources and library references. For more information, and to register, go to [www.mauriora.co.nz](http://www.mauriora.co.nz)*

*Another website worth checking out: <https://www.healthed.govt.nz/>*

*Christians Against Poverty as mentioned at conference by Wendy Rose, FCN in Tauranga—check out [www.capnz.org](http://www.capnz.org)*



*Watch out for the October LOGIC, the journal of the NZ College of Primary Health Care Nurses, for an article on Spirituality written by Carol Renouf, an FCN in Christchurch.*

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## *The Benefits of Study as a FCN*



**Janet Hogan**  
Clinical Nurse Manager,  
West Coast DHB and  
FCN with Salvation Army,  
Greymouth

Janet has completed a research paper on the possibility of using the faith community nurse model in the aftermath of the Christchurch earthquake. This article can be found in full on our website.

Of the value of study as an FCN she writes: 'In 2007 I felt the call of God to start preparing myself for full time service. I commenced part-time study through Laidlaw College, Centre for Distance Learning. Although the Diploma of Biblical Studies can comfortably be done over four years, I found other commitments required me to take six.

Core subjects included Interpretation of the Bible, Theol-

ogy (two papers), Formation (one's journey), Old and New Testaments. There was a variety of optional papers. Those I undertook included Church Leadership, Early NZ Church History, Mercy, Justice and Social Transformation and Pastoral Cares in Life Crises.

I have always considered my nursing profession as a stepping stone into a ministry role. Faith Community Nursing is one way this could be achieved. For "parish nursing is a form of ministry which links professional primary healthcare with Christian mission".

Of the ten papers I undertook the two that complimented

my nursing most were Pastoral Cares in Life Crises and Mercy, Justice and Social Transformation.

Therefore I would encourage FCN's to carefully consider study options available. For professional development today can be undertaken in a variety of ways e.g. full time, part-time, study days / blocks, distance learning, e-learning, article reviews etc. There is also a variety of Learning Institutes offering relevant papers. It is worth remembering when choosing papers that some churches may sponsor them.'