



# *Whole Health*

*Newsletter of the  
Australian Faith Community Nurses Association Inc*

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## *‘Soul friends’*

Welcome to the first edition of *WholeHealth* for 2012. I hope your year has started well. In the Banham household, 2012 started with a rush. We celebrated our second daughter’s 21<sup>st</sup> birthday, and at the same time I recommenced fulltime work after many years working reduced hours. Time management has suddenly become a major focus in our lives. I no longer have as much time for those ‘little’ things that form the basis of my daily routine. All of a sudden I need to prioritise my family, loved ones and community, to stay balanced and Christ-focused.

Without realising it we may become focused on ourselves and take family and friends for granted. Or we expect so much of those around us while we complete that list or finalise the work project or whatever it is that is now taking all our energy and attention. It may not be intentional, but it happens to all of us at some point in our lives. Our worlds become so ‘I-centred’ we lose sight of who we are and where we’re meant to be. More importantly, we may lose sight of Christ.

Technology doesn’t help either. We’re surrounded by I-Pods, I-Phones and I-pads. We’re told we can’t function without all these gadgets, but in reality they isolate us. Please don’t take this the wrong way! I’m a great believer in electronic forms of communication. Email has simplified my life considerably, as has web-based learning. However, every day I’m forced to have a mobile phone and to be available. When out with friends and colleagues I often sit back and observe, while they continually check their phones or I-pads during what was supposed to be our time together. We have lost a level of communication and of understanding what is really happening with and to those present.

This brings me back to my first point: prioritising God, family, loved ones and those in our community. If we’re to prioritise the people we love, we must engage with them,

journey with them and be real to them. How do you become real? How can you stay Christ-focused? The early Irish Christians encouraged believers to have a ‘soul friend’. The ‘soul’ in Celtic thinking parallels biblical thinking and refers to the total self — the whole person: body, mind and spirit. Ray Simpson in his book, *Soul Friendship: Celtic insights into spiritual mentoring*, describes the soul friend as ‘the special friend who accompanies a person through life’s journey; is more precious than gold. Such a friend is one who has gone through troughs, who has been stripped to bare essentials, who experiences divine wisdom and love, is a constant resource, who is called to travel alongside and share this with another’.

Do you have a ‘soul friend’ to journey with you? Finding one means finding a friend who’s already a ‘soul friend’ of God. It’s finding another who enjoys a loving relationship with the Triune God — Father, Son and Holy Spirit who can lead you to the same.

I encourage you to remain focused on Christ, find yourself a ‘soul friend’ and enjoy the journey. Be real to those around you and more importantly be honest with yourself and with God. 2012 is a year of adventure, travel with your ‘soul friend’ and enjoy.

**Heather Banham, AFCNA Chairperson**



## Psalm 23

### — a Meditation

The Lord is my shepherd  
 — *that's relationship*

I shall not want  
 — *that's supply.*

He makes me lie down in green pastures  
 — *that's rest.*

He leads me beside still waters  
 — *that's refreshment.*

He restores my soul  
 — *that's healing.*

He leads me in the paths of righteousness  
 — *that's guidance.*

For his name's sake  
 — *that's purpose.*

though I walk through the valley of the shadow of death  
 — *that's testing.*

I fear no evil  
 — *that's protection.*

For you are with me  
 — *that's faithfulness.*

Your rod and your staff comfort me  
 — *that's discipline.*

You prepare a table for me before my enemies  
 — *that's hope*

You anoint my head with oil  
 — *that's consecration*

My cup overflows  
 — *that's abundance.*

Surely goodness and mercy shall follow me all the days of my life  
 — *that's blessing*

And I shall dwell in the house of the Lord  
 — *that's security.*

Forever  
 — *that's eternity.*

— Robert J Wiebusch

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Closing date for next issue: 10 July

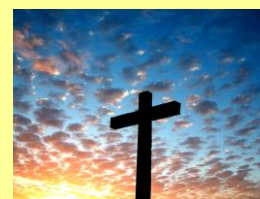


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## Disclaimer

*In no event will AFCNA be liable to anyone for any decision made, action taken by anyone in reliance on information in this newsletter.*





## Promoting Positive Ageing in SA

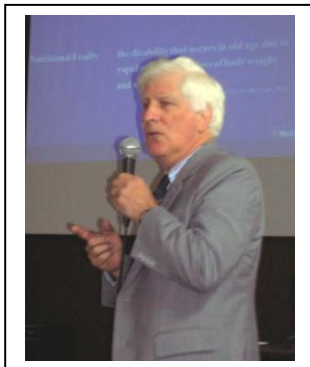
In October and November two health promotion seminars titled *Renovate your Life* were planned by Anne van Loon, the pastoral nurse and 'Alive' health ministry coordinator at Blackwood Hills Baptist Church in South Australia. The seminar consisted of eight master classes, with experts in the field covering issues that older people find puzzling.

The topics were based on questions the 'Alive' team have been asked over more than 10 years of health ministry. They generated wide interest in the community, with more than 100 people attending one or both seminar days.

Conducting a program such as this is well worth FCNs considering for their health ministry. We used the theme *Renovate your Life* because it was topical, with many home renovation shows on television providing people with 'how to...' information to put into practice.

The first Master Class — *Renovate your Body* — was conducted by Dr Robert Penhall, the Director of the Department of Geriatric and Rehabilitation Medicine at the Royal Adelaide Hospital. He also holds positions at the University of Adelaide, and Department of Medicine at Flinders University.

Dr Penhall (right) spoke of the importance of good nutrition to help an ageing body, because the physiology of ageing leads to muscle loss (sarcopenia). He emphasised the importance of exciting and tasty food that had sufficient protein that could be taken several times per day to maintain both appetite and intake, especially in the frail aged. Supplements that can be taken include the minerals iron, calcium, magnesium and zinc; B-vitamins, folate and vitamin D.



The second master class continued the theme *Renovate your Body*, and looked at the importance of core body strength for falls prevention.

Claire Baldwin, a physiotherapist at Flinders Medical Centre and PhD candidate at Flinders University, shared practical and manageable ways everyone can maintain exercise and fitness to continue to promote muscle strength and energy production. This in turn prevents injury, enabling older people to stay independent longer.

In the afternoon our third master class considered how to *Renovate your Last Wishes*. In this session, Heather Banham, a Registered Nurse working at the Queen Elizabeth Hospital, who is also a patient advocate for the *Respecting Patient Choices*® program, provided up-to-date information about *Advanced Directives*, explaining their purpose and how to complete such a form.



This was followed by a final master class (above) led by Ray Frost, a senior partner in leading Adelaide Law firm: *Renovate your Legal Position*. Ray demystified issues such as power of attorney and discussed the importance of a will to secure your future legally by using two audience members to provide their life wisdom to his building case scenario. People left certain of the need to keep their wills up to date.

On the second day, held a month later, the first master class was *Renovate your Finances*. Financial planner, Michael Balogh, from Genesys Systems, shared tips about pensions and entitlements for seniors, budgeting and



## Promoting Positive Ageing in South Australia

financial planning possibilities that may secure your income in a changing financial landscape. He was followed by Julie Johinke from *Resthaven Inc*, who gave a master class titled *Renovate your Accommodation*.

Julie talked us through many community-based support packages and aged care accommodation options that are available to older people when they need/want it, and the ways to access the right support at the right time.

The afternoon master class, *Renovate your Living*, began with Scott Berry from the 'Independent Living Centre' giving an entertaining presentation of the many equipment options available to help people in the activities of daily living. His suitcase was like Mary Poppins' bag; it kept serving up new

and useful gadgets that people enjoyed trying out.

The final master class, titled *Renovate your Spirit*, was conducted by Karen Gibbs, a health-care chaplain who is also studying spiritual direction. She discussed spirituality and the activities one could undertake to nourish one's spirit to sustain love in and for life when the body begins to weaken. God still has a purpose for us, and will walk alongside us throughout all the seasons of our lives.

If anyone wants more information about these seminars I would be pleased to share details.

—Dr Anne van Loon

Blackwood Hills, SA

([annevanloon@internode.on.net](mailto:annevanloon@internode.on.net)).

## Changes to Professional Indemnity Insurance Requirements for FCNs

The Australian Health Workforce Ministerial Council approved a new standard regarding Professional Indemnity Insurance (PII) to take effect from 10 January 2012. Nurses and mid-wives must not practise their profession unless they are covered by appropriate PII arrangements. The registration standard applies to registered and enrolled nurses, nurse practitioners and registered midwives, but does not apply to students of nursing and midwifery or non-practising nurses and midwives. It therefore applies to all practising FCNs.

The standard requires FCNs to have PII arrangements that cover the full scope of their practice. They may not practise without PII. Appropriate PII can be arranged to cover the FCN's scope of practice and the particular level of risk associated with that practice. The FCN should check they have correct insurance cover with their denominational insurer. The Board recommends considering:

- a) **civil liability cover** (covers responsibility for the payment of damages for loss or injury eg arising from a breach of duty of care);
- b) **unlimited retroactive cover** (means PII arrangements that cover the insured against claims arising out of, or as a consequence of, activities that were undertaken in the course of the practitioner's

professional practice, prior to the date of commencement of the insurance); and

- c) **run-off cover** (means insurance that protects an FCN who has ceased a particular practice against claims that arise out of, or are a consequence of, activities that were undertaken when he/she was practising).

The FCN is responsible to understand the nature of the cover under which they are practising. Self-employed FCNs must have run-off cover (except midwives practising privately who are exempt). FCNs who hold insurance cover in their own name are required to retain documentary evidence of their insurance arrangements, and to provide it to the Nursing and Midwifery Board on request.

AFCNA does not provide PII cover.





## AGEING AND SPIRITUALITY CONFERENCE

Registration is now open for the 6<sup>th</sup> National CAPS Conference that will be held on 26–28 September 2012, at University House in Canberra. Entitled *Ageing and Spirituality: Linking the Generations*, it focuses on:

- Preparing for positive and healthy ageing
- Baby boomer ageing: exploring the myth and addressing the reality
- Palliative care and older people
- The lived experience of dementia and mental illness

The conference aims to bring practitioners, researchers and older people together to share, and to examine:

- Ageing and positive wellbeing across the lifespan
- Issues of positive living with chronic ill health and disability
- Changes experienced in ageing related to loss and grief
- Integration of spiritual care into holistic programs of care for older adults
- Finding meaning in longer life, baby boomer ageing and responding to change
- The use of story in supporting continued growth, well-being and resilience in later life
- Contemporary information and skill sharing strategies for working with people who have dementia and their carers, and palliative care.

If you are interested in attending this conference, please register by visiting:

[http://www.lido.com.au/registration/reg\\_event\\_1.aspx?id=b2b732bg3323](http://www.lido.com.au/registration/reg_event_1.aspx?id=b2b732bg3323)

Enquiries can be directed to Kevin Teo at 02 6272 6205, or e-mail [kteo@csu.edu.au](mailto:kteo@csu.edu.au)

### Mutual support for FCNs

As Faith Community Nurses we work in isolation, therefore sharing experiences and learning from one another is vitally important. One barrier that prevents us doing this is geographical distance from one another. However modern technology — Skype — that is available free of charge (as long as you have a computer and good broadband access) can help us overcome this problem.

The board of AFCNA conducts its business with some members together in a room and others taking part by Skype. This works well, even if we cannot see each other. If you would like to be put into contact with other FCNs who are in your area so you can get together — either physically or virtually — to support each other please contact me so I can facilitate this. I am also happy to Skype or to talk on the phone if you would like individual support. Please contact me by email in the first instance.

— **Helen Vaughan**, National Mentor, [afcna@afcna.org.au](mailto:afcna@afcna.org.au)

### Facebook page created

AFCNA has recently joined forces with the New Zealand Faith Community Nurses Association to create a linked Facebook page. This page is used to pass on news and relevant information and is another way for us

keep in touch with one another. Please visit the page and click on 'like'.

<http://www.facebook.com/pages/Australian-and-New-Zealand-Faith-Community-Nurses-Associations/209155325784354>



## Courses at Australian Lutheran College

*Graduate Diploma of Theology in Faith  
Community Nursing  
Diploma of Theology (Counselling)*

New this year are two Vocational  
Education and Training courses:  
*Certificate IV in Christian Ministry and  
Theology  
Diploma of Management*

Courses are available by flexible education  
or on campus. For further information:  
The Administrator  
School of Theological Studies, ALC  
104 Jeffcott Street, North Adelaide SA 5006  
☎08 8267 7400 Email: [alc@alc.edu.au](mailto:alc@alc.edu.au)  
Website: [www.alc.edu.au](http://www.alc.edu.au)

## AFCNA fellowship day and Annual Meeting

Adelaide, 25 August  
Interstate members unable to attend in  
person will be able to do so by Skype.

If you have a Skype address, please let the  
AFCNA national mentor know by emailing  
[afcna@afcna.org.au](mailto:afcna@afcna.org.au)

## NZFCNA Conference

Christchurch, 21-23 September  
More information available shortly.

## Introduction to Pastoral Care Nursing course

15–17 June 2012  
(Friday evening–Sunday afternoon)

**Zion Lutheran Home  
Nundah, Qld**

Sponsored by the  
**Lutheran Nurses Association of Australia**  
For more info: [lynette.wiebusch@lca.org.au](mailto:lynette.wiebusch@lca.org.au)

## Prayer Corner



Dear Lord

Thank you that you look at me with your  
eyes of love.

Today as I meet with others, grant me the  
privilege of looking at them through your  
eyes of love so that together we may share  
the joy of knowing acceptance, forgiveness  
and renewal of spirit.

In Jesus' name. Amen.

## Prayer requests

If you have prayer requests for yourself, your  
ministry, or anything else, you are invited to  
forward them to the AFCNA prayer team,  
led by Theo Tersic, at [afcna@afcna.org.au](mailto:afcna@afcna.org.au)

## I Say ...

'I do not at all understand the mystery of  
grace — only that it meets us where we are  
but does not leave us where it found us.'

— Anne Lamott

## In a word



'We wait in hope for the Lord;  
he is our help and our shield. In him our  
hearts rejoice, for we trust in his holy name.'

*Psalms 33:20, 21*

## Membership renewal

The AFCNA financial year is from 1 July  
to 30 June. Full membership is \$30.00. It  
gives full access to the AFCNA website,  
voting rights and discounts for AFCNA  
events.

Associate membership (\$20.00) is for re-  
tired nurses and health professionals, stu-  
dents and other interested persons.

If you have not renewed membership for  
the current year, please send your renewal  
to the treasurer, Judy King, promptly,  
as possible.