



# IN TOUCH

Newsletter of the Lutheran Nurses Association of Australia

Vol 33 No 6

November 2022

## LPNI tour to Alice Springs



LPNI tourists at Alice Springs Lutheran church

For many of the 17 participants in this year's Lutheran Parish Nurses International study tour to Alice Springs in September it was a first-time visit to Australia. They came from Palestine (Bethlehem), Singapore, USA and Australia.

Among the tour group were Aimee Jambor, the first nurse to complete the US version of the LNAA Introduction to Parish Nursing course, and Jennifer Khoo from Singapore, who was the first nurse to complete the international version. Jennifer was accompanied by her husband, Pastor Jimmy Khoo.

The day after arrival was an excursion to Hermannsburg, with brief stops to walk into Simpson's Gap, and to view the monument to famous Lutheran artist, Albert Namatjira.

Historian David Hewett led the group around the historical precinct explaining the functions of the various buildings – school, tannery, and isolation ward. Following lunch linguist

David Roennfeldt and his wife Lilly introduced tourists to various bush plants used by Aboriginal people for medicinal purposes. A highlight of the tour was to have six members of the Aboriginal choir sing a number of Christian hymns in the old church.

On Saturday a day-long seminar saw Ministry Support Worker, Paul Traeger explain the geographic and language scope of the Lutheran church's Finke River Mission among over 6000 Aboriginal people who identify as Lutheran in the southern part of the Northern Territory and extending from the Queensland border to just over the Western Australia border. These people live in more than 40 communities and are served by 20 Aboriginal pastors and four Support Workers, as well as Aboriginal and non-Aboriginal leaders and trainee pastors. Malcolm Willcocks described the challenge of working in a cross-cultural context.



With Aimee and Jennifer



At Albert Namatjira monument



In former tannery, Hermannsburg

## 2 *INTOUCH* November 2022

Following morning tea, RN Naomi Heinrich talked about her role as Central Australia Regional Executive Director for Northern Territory Health and Belinda Petersen talked about health among Australia's indigenous people.

In the afternoon, RN Fred Miegel spoke about his experiences in establishing palliative care in Alice Springs, and Belinda introduced a video, *Take Heart, Deadly Heart*, which describes the effects of Rheumatic Heart Disease on indigenous people, and steps being taken to eliminate this disease.

In the closing session, the tourists shared what for them had been the highlight of their nursing career. Responses varied widely, from seeing health care develop in Papua New Guinea to establishing a Parish Nurse ministry in Bethlehem. One common theme was the privilege of helping bring new life into the world. The seminar closed with prayer, led by Pastor Jimmy Khoo of Singapore.

On Sunday morning, Olga Radke explained the use of the various buildings around the church compound. Her late husband had been missionary at Hermannsburg. Following bi-lingual Pitjantjatjarra/English worship, and a barbecue lunch hosted by the Finke River Mission, came a tour of Yirara College – a unique secondary boarding school for Aboriginal students from remote areas.

On Monday tourists visited the historic Alice Springs telegraph station which was the birthplace of Alice Springs. It was one of 12 along the 3200-km telegraph line that was completed in 1872, linking Adelaide Darwin, and then by undersea cable to the rest of the world.

Then it was on to the School of the Air that provides education for children living on remote Outback stations, and finally to the Royal Flying Doctor centre to learn about the 'Mantle of Safety' this service provides in Outback Australia, and the part played by a Lutheran, Alf Traeger, who invented a radio transmitter that could be powered by pedals.

The RFDS provides 24-hour aeromedical services that can reach anywhere in Australia, no matter how remote. It offers telehealth consultations, fly-in/fly-out clinics, mobile dental services, patient transfers, and other services. With a fleet of 79 aircraft, on 23 bases, the RFDS has more than 1000 patient contacts daily.

On the final day tourists visited the Alice Springs Desert Park to see many of Australia's marsupials – some well known, others such as bettongs and miniature hopping mice, quite unknown. A lunch-time visit to the spectacular Standley Chasm – a very narrow gorge in the West Macdonnell Ranges – and a visit to the Araluen Art Centre, which contains paintings by Albert Namatjira and members of his family, brought the day and the tour program to a close.



Dianne Weber in RFDS aircraft



Belinda Petersen



In Simpson's Gap



Olga Radke with Pastor Rodney Malbunka



Paul Traeger



Pedal radio



Malcolm Willcocks



Holy Communion

## ‘House Model’ aged care

At the September LNAA meeting, Megan Oudshoorn (pictured below), spoke about the ‘House Model’ of aged care that has recently been introduced at Lutheran Homes Group facilities in Adelaide. Megan is the General Manager of Residential Care at the Lutheran Homes at Hope Valley in suburban Adelaide.

The aim, she said, is to focus on what residents are able to do and what they want to do whilst receiving care, in line with the Aged Care Quality Standards focus on resident outcomes and right to choice.

Megan described the steps leading up to the new model, which promotes residents’ individual experience and **not** an institutional experience. These included engaging consultants, conducting staff and consumer focus groups, visiting other comparable institutions and researching other models.

She said there are seven experiences that are integral to residential care. These are:

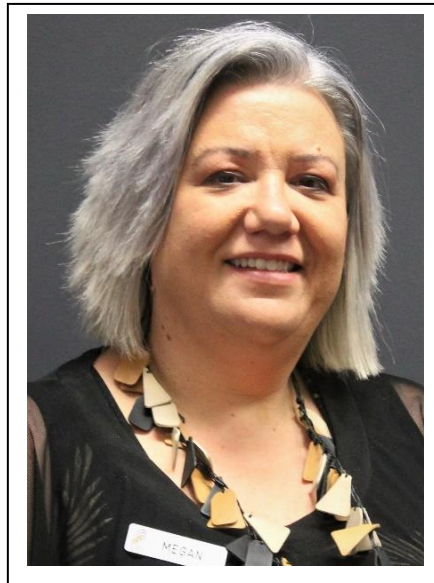
- Presentation of self
- Eating
- Personal enjoyment
- Bedroom experience
- Family and community connections
- Staff experience
- End of life

Under the new model, LHG residents wake up in their own time, and can choose when to shower and what to wear. Breakfast is available over a period of time – not at a set time for all residents. They are encouraged to eat in the dining room, but do not have to finish by a set time. Tray service is provided if residents choose to dine in their room. All meals are prepared on site and residents are encouraged to participate in the menu choice.

Regular cleaning is done by a cleaner, but residents are encouraged to participate in activities such as dusting, watering the garden, or folding towels, as they choose. Staff ensure that residents’ clothing is clean, but encourage independence in folding and putting clothing away, or help some residents to undertake ‘light’ ironing.

Social interaction among residents and participation in community activities is encouraged, as is physical activity. The culture of residents is recognised in the meals offered, and the gender of carers.

Residents are helped to personalise their room by choosing their own quilt covers, pictures and



ornaments, and their night routine. Family and friends are encouraged to participate in ‘house’ life.

In the new structure, a clinical team oversees all medications, but credentialed staff deliver these, minimising use of trolleys so as to create a ‘home’ feel. House team staff focus on non-medical interventions, but can monitor residents on a day-to-day basis, and can pick up on signs that indicate pain, infection, weight loss, falls, deteriorating health and report these to the clinical staff. They supervise regular exercise, reminiscence and validation therapy to reduce agitation or disruptive behavior. They are able to build a close relationship with residents. This becomes particularly important as the resident’s end of life approaches, when spiritual needs become most important.

House Team Leaders are the main contact for family members. They work in close collaboration with an EN or RN. The House Team Members who work under these leaders are multi-skilled care companions who provide day-to-day, individualised support for residents.

The House Team has the autonomy and flexibility on how they run the house, in consultation with residents and families, to meet the needs of the residents. This helps to create the atmosphere of living in a ‘family home’.

The overall aim of the new model is on what residents **are able** to do and ‘what they *want* to do while receiving care, and to support residents choices, abilities and independence.

Megan also responded to questions about the merger of Lutheran Homes at Fullarton, Glynde and Hope Valley into one entity known as Lutheran Homes Group (LHG). LHG’s head office is now in Franklin St, Adelaide.

## From the President

People generally are rejoicing at the removal of isolation requirements, reduction of mask-wearing, and what looks like the return of life as we knew it before COVID-19 hit our shores.

However, this can prompt new anxieties for health-care professionals and at-risk people, as they rely on the general population to make their own decisions about staying home when unwell. As we continue to work through the many changes due to the pandemic, both at work and home, it's important to continue to recognise and manage our stress levels to avoid professional burnout.

This month, the Nurse & Midwife Support network ([nmsupport.org.au](http://nmsupport.org.au)) has an article outlining some things we can do to create a space of calm in our lives. They suggest starting to plan to de-stress even before the day has begun. One way to do this is to create a space with your favourite things, music, pets and friends. Just knowing you're going home to a warm and cosy space made just for you can ease things during the day and offer something to look forward to, like a reward for getting through. Plan an easy meal you love or make it a take-out night!

Another suggestion is to use the commute to and from work as **your** time. Play **your** music loud (or soft)! Listen to that podcast you haven't had time for, and have your favourite beverage on hand! Even drive to work in your slippers!

Sometimes when we're going through a time of stress it's easy to lose contact with friends and family. It's so easy to lose sight of what and who are most important. There just doesn't seem to be enough time in the day. But it's at these times that we need those who love and know us best to be by our side cheering us on or just listening to us debrief. Make the plans and keep them. The planning itself can have the effect of reducing stress by giving you something different to look forward to.

Likewise, it's during these times, when we should be turning to God that we seem put God

to the side. Saying things like, 'I'm too tired to go to church', or simply putting on Netflix rather than reading his word. It's at these moments that we need to turn to God and give him our troubles; handing all our concerns to him in prayer.

*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though*

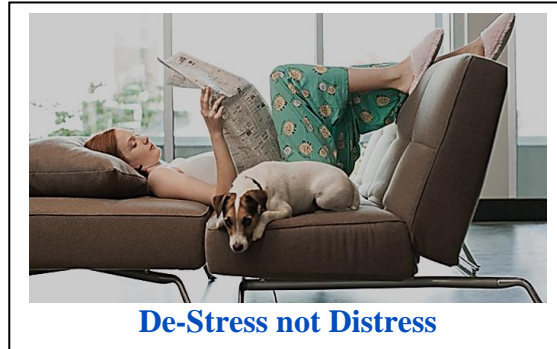
*its waters roar and foam and the mountains quake with their surging.* (Psalm 46:1-3)

As nurses, we're fortunate that there is so much scope of practice and many, many different and varied areas to work in. Nurses are no different from any other profession, and sometimes all that's needed is a change. Call it a 'sea change' if you will! Take the time to find out if you're doing what you are called to do. Look into your options, be that a new job or further study. The action of planning a better future can in itself take the sting out of the present situation and offer some relief.

Remember that there are people and supports out there designed to help you be the best person you can be. Nursing is our **profession**, not **who we are**. Debrief with your partner or work bestie. Contact the Nurse & Midwife support group on 1800 667 877. Contact or attend your local church. Come to or connect with the Lutheran Nurses Association at our next meeting. Or use your works Employee Assistance Programs! There is so much out there when you have the strength to look; and so many people just waiting to cheer you on.

Our next meeting will be Monday 28 November at 7.30[pm, at 137 Archer Street North Adelaide. All are welcome, and two hours of CPD is available for all working nurses. Why not come and spend some time networking with like-minded professionals, and share in the support we can offer at a face to face meeting.

**Megan Materne CN**



**De-Stress not Distress**

## Golf buggy for residents at *Eventide*

A grant of \$10 000 from *Strengthening Rural Communities* (SRC), supported by Ian Rollo Currie Foundation, enabled Eventide Lutheran Homes in Hamilton, Victoria to purchase a golf buggy that has been helping transport of residents with mobility and sight issues around the facility. This has been especially useful for building social connection among residents who previously may not have engaged with organised activities due to the difficulty of getting around.

The golf buggy has three seats, and can move residents around in a comfortable and protected way around the facility's gardens, the nearby golf course, and any other location residents wish to visit.



The purchase of the buggy has been an absolute success for not only the residents, but for the staff and volunteers as well. After 18 months of almost constant lockdowns, the volunteers and social activities staff have been very excited to see more activities in the facility and to see the enjoyment of the residents. Staff members have also been seen taking more ownership over projects and events within the facility.

In one recent instance, a resident was taken for a drive around a nearby golf course where he had previously played golf for 50 years. He was visibly moved by the experience of visiting the golf course once again.

SRC gives small remote, rural and regional communities across Australia the opportunity to access funds for a broad range of initiatives that benefit local communities.

Grants up to \$10,000 are available for a broad range of grassroots, community-led initiatives that directly and clearly benefit local communities that strengthen local people and places, with a preference for smaller communities (populations under 15,000).

To mark its 60<sup>th</sup> anniversary, Eventide Lutheran Home in Hamilton, Victoria (below), held a Traders Market on the afternoon of Saturday, 22 October at *Eventide* with a Devonshire tea. A thanksgiving service led by District Bishop, Lester Priebbenow, was held on the following day. A luncheon at *Eventide* followed the service.

To mark its 60<sup>th</sup> anniversary, *Eventide* held a Traders Market on the afternoon of Saturday, 22 October at *Eventide* with a Devonshire tea. A thanksgiving service led by District Bishop, Lester Priebbenow, was held on the following day. A luncheon at *Eventide* followed the service.



**Plan now to nominate someone for Lutheran Nurse of the Year 2023**

**Nominations may be submitted any time from now on.**

**For a Nomination Form, contact LNAA Secretary, Rose Howard,**

**[rosekazz@gmail.com](mailto:rosekazz@gmail.com) or 0410 463 649**

**or Rev Robert Wiebusch [revbob@ozemail.com.au](mailto:revbob@ozemail.com.au) or 0497 898 696**

## Lutheran nurse's service recognised

Retired Pastoral Care Nurse Shirley Klinge of Laidley in Queensland, was featured in the going GREYT series in the September issue of *The Lutheran*.

From childhood, Shirley had nursing in mind as a career. She went from school into dental nursing until she was old enough to undertake nursing training.

The article by Helen Brinkman referred to Shirley's 10 years as Director of Nursing at the *Tabeel* Lutheran aged-care facility in Laidley, her Pastoral Care Nurse role in the Laidley congregation, and her Pastoral Care Nurse and chaplaincy roles at Faith Lutheran College.

It reported that Shirley has also run a child-care centre, worked in a hospital casualty department, and been an in-home nurse.

She is currently an elder in her congregation, president and treasurer of the Laidley Lutheran women's fellowship, and convenor of the

congregation's funeral catering committee, and volunteers in palliative care chaplaincy when the regular chaplain is on leave.



Shirley is also chairperson of the Moreton Zone of Lutheran Women of Queensland, a role which has involved her in visiting every congregation in the zone to support church women there. She is pictured above with the committee (third from left in back row).

*The Lutheran* article also referred to Shirley's award of LNAA life membership in 2020.



## Newsbrief

According to a recent press report, within five years Australia is facing a shortfall of more than 100 000 care workers, with the number expected to double by 2050. About 79 per cent of Australia's 460 000 care workers are women, and more than 40 per cent were born overseas.

Lutheran Homes Group has relocated its senior staff from offices at Glynde and Fullarton Lutheran Homes to a Corporate office at 25 Franklin St in Adelaide. At the same time, a new logo has been adopted and is being rolled out on signs and vehicles.

As at 31 October, 14 Registered Nurses had completed the US version of the LNAA *Introduction to Parish Nursing* by Distance Education

course. Two of them, Aimee Jambor and Karen Eck, participated in the September study tour to Alice Springs.

Federal budget papers show that public hospital funding will be cut by \$2.4 billion over the next four years to 2025-26. The cuts are the equivalent of cancelling about 121 220 hip replacements and 103 500 knee replacements. In the 2020-21 financial year, 31.7 per cent of knee replacement patients waited for more than a year for their surgery.

This year, the Fred Hollows Foundation celebrates 30 years of providing eye care to Aboriginal and Torres Strait Islanders and people in more than 256 poor countries around the world. Over that time the foundation has restored sight to



more than three million people. In 1990, Fred was named Australian of the Year.

You can honour the memory of a departed loved with a memorial gift to the LCANZ Pastoral Care Nurse Foundation. A slip that can be placed inside your sympathy card to advise of your memorial gift is available by contacting [robert.wiebusch@lca.org.au](mailto:robert.wiebusch@lca.org.au).

The Foundation is a permanent fund, the interest from which finances promotion of Pastoral Care Nursing, and Pastoral Care Nurse education.

# Notes and News

No 157 November 2022

## Nursing as a Vocation

In 2021 Dr Carol Lueders-Bolwerk of Concordia University (CU), in Wisconsin USA distributed a survey to nurses and student nurses to capture how parish nurses and other nursing groups perceived their role as a calling. The survey tried to capture participants' understanding of religion, and how belonging to a particular religion or denomination can influence one's perception of calling. Questions related to faith affiliation or religious preference/identity, attendance at worship, importance of faith in life and age participants felt a call into nursing.

'Calling' was defined as a person's belief that she/he is called to a particular kind of work. Following is a summary of their findings.

Interpretive frames useful in understanding calling among nurses and nursing students include professionalisation in nursing, Luther's conception of calling, scripture, and developmental stages.

### 1. Professionalisation

Over the last century, nursing has evolved, causing a shift from a calling to professional orientation. Nursing curricula focus on a medical model emphasising the mind and body with little content on spirituality. The concept of vocation is usually not part of the curriculum. As a first step, as faculty at a religious affiliated educational institution, the researchers surveyed students attending CU and found that vocation does play a role in why students chose nursing, though there were students who denied the importance of vocation. At CU students are introduced to vocation, their calling into nursing.

### 2. Luther's conception of calling

Martin Luther developed an understanding of vocation in opposition to the mediaeval Roman Catholic view. In the Catholic view, a calling only pertained to being called to the church including the priesthood. In Luther's explanation of calling, people have many callings and one of them is to be called to one's occupation. As the majority of participants were Lutheran, Luther's theology of vocation may have impacted their perceptions.

### 3. Scripture

The Bible describes God calling people to particular work. Although scripture seldom uses the word 'call' to describe God's guidance to work, it does refer to what we usually mean by vocational

calling. There are many bible verses that deal with feeling called. Adam and Eve were 'called' to work in the Garden of Eden (Genesis 1:27-28). People are called to belong to Christ, witness for him, and to participate in work. God leads people and guides them to a vocation. Some examples include:

- In Jeremiah 29:11, God reminds us that he has plans for us that will give us hope and a future.
- Proverbs 19:21: The Lord's purpose prevails.
- 1 Peter 2:21: To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.
- 2 Peter 1:10a: Make every effort to confirm your calling and election.

### 4. Developmental stages

Most parish nurses have retired from their previous nursing positions, yet want to continue to direct their energies into other meaningful activities. Retired nurses have valuable skill sets, experience, wisdom and knowledge that they want to continue to use. The church and other faith-based settings provide opportunities for service.

### AFCNA continues



Facing closure at the end of last financial year because of lack of funds, the Australian Faith Community Nurses Association received two substantial 'last-minute' donations that have enabled it to continue in a limited way in the meantime. AFCNA was constituted and incorporated in May 1997, with the purpose of providing support, encouragement and promotion of community health care through the agency of registered nurses working in conjunction with faith communities

## Holy Land tour

Each year, Dr Marcia Schnorr, chairperson of Lutheran Parish Nurses International, coordinates a tour to the Holy Land. Next year's tour, 21-29 September, will include three days in Bethlehem networking with Raeda Mansour's Parish Nurse ministry there, as well as visits to biblical sites in Israel. Further info: [marcyschnorr2009@gmail.com](mailto:marcyschnorr2009@gmail.com)



## LNAA Program

**Venue for regular meetings: LCA/SA District Office, 137 Archer Street, North Adelaide**  
**28 Nov 7.30pm Bronchiectasis – Erik Tikoft RN Ret**  
**06 Feb 2023 7.30pm Vascular Research – TBA**

Visit our Facebook page: @lutherannursesassociationaustralia

## LNAA office bearers

**President:** Mrs Megan Materne, 48 Saltram Pde, Oakden, SA 5086 ☎ 04 0391 9061  
**Vice-President:** Mrs Dianne Proeve, 20 Annesley Ave, Trinity Gardens SA 5068 ☎ 04 7550 9048  
**Secretary:** Mrs Rose Howard, 2 Glen Eyre Crt, Aberfoyle Park SA 5159 ☎ 04 1046 3649  
**Treasurer:** Mrs Vicki Minge, 16 Douglas St, Lockleys, SA 5032 ☎ 08 8352 8819  
**Extra Members:** Mrs Sylvia Hutt, 6 Brook Dr, Aberfoyle Park, SA 5159 ☎ 04 1785 4873  
Mrs Lynette Pech, 51 Alabama Ave, Prospect, SA 5082 ☎ 04 1889 2131  
**Spiritual Counsellor:** Rev Chris Gallasch, 1215 Grand Junction Rd, Hope Valley, SA 5090;  
☎ 08 8265 8001

## IN TOUCH

*INTOUCH* is published six times a year. **Editor:** The Rev Robert Wiebusch, 200/1215 Grand Junction Rd, Hope Valley SA 5090 ☎ 08 8336 3936. Email: [robert.wiebusch@lca.org.au](mailto:robert.wiebusch@lca.org.au) Deadline for next issue: **15 October 2021.**

## Membership renewal for the 2022-23 financial year is now due

Kindly return the form below, together with your cheque, to the LNAA Treasurer, Mrs Vicki Minge. Funds can be transferred electronically to: BSB: **704942** Account name: **Lutheran Nurses Association of Australia.** Account number: **155449** If you transfer funds electronically, please advise the Treasurer. Your name or postcode should be included when notifying the advise the Treasurer. Your name or postcode should be included when notifying the treasurer.

### LNAA MEMBERSHIP RENEWAL FORM 2022-2023

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

TELEPHONE: ( ) \_\_\_\_\_ NURSING STATUS: \_\_\_\_\_

My membership fee of \$25 enclosed.

I arranged electronic transfer of my membership fee of \$25 on: \_\_\_\_\_

Reference: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

LNAA TREASURER: Vicki Minge, 16 Douglas St, Lockleys, SA 5032 [pvminge@hotmail.com](mailto:pvminge@hotmail.com)