

Pastoral Healthcare Network - Australia



Wesley Centre, 100 Yarra St., Geelong VIC. 3220

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WINTER 2012

web: <http://sites.google.com/site/pasthcnw/>

Pastoral Healthcare Network Australia

Who are we ?

A registered Health Promotion, not for profit organisation providing Primary Health Care and holistic health promotion and education, whilst intentionally nursing the spirit.

What do we do ?.....

We **Listen** !; We are **Available** !; We **CARE** !

How do we work?.....

- **Pastoral Nurse Clinics**

Every Thursday during school terms (for appointments phone 5249 5799)

- **Health Ministry Associates Team**

2nd & 3rd Thursday each Month - 10-12pm

- **TLC Pampering Days**

4th Saturday Each month 1 -3 pm (to book phone 5229 7954)

- **Prayer Shawl Blessing** & distribution

4th Thursday monthly 1.30 -3pm

HEALTH MINISTRY ASSOCIATES - PASTORAL MINISTRIES:

Here we are in the last 2 months of the year and it is time to thank all our wonderful Health Ministry Associates (HMAs). Without you, we would not function!

Thursdays are so important on our calendar when we come together, have a short prayer, morning tea, and work on preparing the gifts of Healing Hearts, Prayer Shawls, Grief Notes, etc. And of course there is always great catching up on news about those present and those unable to be there for different reasons.

Our '**TLC**' Days, which are designed to give people some pampering, are always welcomed and here we owe a great debt of gratitude to Shayne Sullivan who provides our venue, Geelong Natural Therapies at 36 Shannon Avenue as well as her many skills including Bowen Therapy. The afternoons are hosted by our HMAs who offer hand and foot massage, afternoon tea and of course they are always great socializing occasions! Blood pressure screening from our Pastoral Nurse has been of benefit also, recommending a follow up with a doctor, if indicated.

We had our final Prayer Shawl meeting for 2012 last week. Members bring the Shawls they have made since our last meeting to be blest along with the Healing Hearts. We share stories and letters from those who have received them, pray for the knitters and those who will receive them in coming months, enjoy afternoon tea, and again it is a good time to socialize.

In the week following our last meeting we were surprised to receive a letter from a priest in **Tanzania** requesting "... 70 shawls for distribution to the sick. I am a priest working in the Mbeya Diocese where people are very poor but very devoted to the religious devotion. I ask you to support us with the shawls



which we will distribute to the sick people as we visit them in the hospitals, according to our mission". Because of the climate in Tanzania, we have decided not to send knitted shawls, but make them out of washable double sided fleece material.



During **Seniors Week** last year we offered an expanded TLC Day at Wesley Hall. This year we were honoured when "Give where you live" recommended us to help run a **High Tea** and associated fund-raising activities for a mother of 3 young children who has



early onset Alzheimer's disease. Over \$5,000 was raised and again we were most grateful for the use of the Wesley Hall with the usual great co-operation from their staff together with the research nurse and staff, from the referring health practitioner.

One of our faithful Health Ministry Associates keeps us well stocked with a great variety of coloured hand-made Healing Hearts. We were amazed last week with her delivery of 440!! Another HMA faithfully sends out Grief Notes at 1, 3, 6 and 12 monthly intervals to those who have been recently bereaved, along with Healing Hearts and Prayer Shawls.

Thank you all; Blessings on you ...
Sr Carmel O'Dwyer R.S.M.

News Items:

Spiritual Care: "Oscar's Story"

Sometimes in life Spiritual Care is the only thing that helps make sense and helps one move on as we read

an excerpt from Oscar's story as told by his Mum Tennielle, after her stillbirth.

"I remember that day as a happy day, finally meeting our son and excited to show him to our families. At times I thought that I could keep the door of our room closed forever, the three of us could live our life from there, and Oscar would be with us, physically forever. Everything for Oscar was blue, a blue jumpsuit, hat, bunny rug and a blue elephant, a gift from his Auntie. Later that day we were introduced to a midwife who I sensed wanted to help us create memories of our little family.

Upon hearing me say to Mark, "I can't remember questions for the doctor, or cannot make sense of my emotions", she came back with a decorated folder for us to use as a journal. Later that day, a prayer shawl arrived, in baby blue of course. The midwife explained to us that we could remove the "Jesus I trust in you" medal attached to the fringe, but we decided it was a lovely gift and perfect the way it was. The shawl was long enough to wrap around Oscar and we were able to



hold him in this shawl while in hospital. With the shawl were some little felt hearts. The hearts and shawl, we found out are made by people who pray for the recipients and are given to have and hold, while cherishing the memory of lost loved ones. The hearts came with a lovely poem attached.

We tucked these little blue hearts into Oscar's hands and it was our way of asking him to hold our heart and we would hold his. When we left hospital we took our little hearts that he had held for us and left one, tucked in with him. Mark and I each have one with us, which we carry every day. Upon leaving hospital I wore the shawl for at least a week, at home, at Oscar's "party" and even now it lies across our bed every evening,

wrapping us in Oscar's love.

Stillbirth is a devastating outcome to what should be a happy and joyous time. There were health care professionals who realised they were unable to change the outcome for us, they were unable to take our pain and suffering away with any medical assistance, yet sought to care and comfort us in other ways to help ease the pain and create lasting memories. While this did not take our pain away it provided mementos and memories of our son. And memories and mementos are the most precious things we have.



I have since created some small felt elephants, about the same size as the hearts. Oscar's elephant he received in hospital resonated with me because 'elephants never forget'. To us it is important to remember all our children, those to come and our baby who is here with us in spirit only."

THANKING VOLUNTEERS/DONORS:

We give thanks for our wonderful group of **volunteers**, and would like to acknowledge their years of service to the PHNA.

7 Years - Service

Sr Carmel O'Dwyer , Marg Gifford, Shayne Sullivan, Leonie Rastas, Maree Burn, Marg Haines, Rose Hoey, Fr Vic Farrugia, Maria Dreessens

Donations..

We thank our Generous **donors** who have given us both financial and in kind support throughout the year.

Patty Bergin, Sally McLaine, Bernadine Charles, Colbrow Homecare, Aging with Dignity, Wesley Centre for Life Enrichment, St John of God Healthcare, Marjorie & Lyn Heritage, Nora Fox, Michael King, Marina Scott, Pam McIntosh, Michael Nolan, Mary Ryan, Glenda Smith, Karen Heinrich, Marian Mullahy, Monsignor Murray, Noreen Bourke, Lorraine Thornton, J. Williamson, Cynthia Rossack, Helen

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O'Connor, Heather Austin, Rhona Tomlinson, Lynne Chrimes, Richard Austin, Maree Mills, Mary Roache, Lorna Irvine, Anthona Henderson, Jennifer McKean, Soroptomists Geelong, Cheryl Gravett, Shayne Sullivan, Kevin Slattery, Mr & Mrs E. De Coul, Jane Hirst, Sarrena Shaw, Colleen O'Toole, Denise Cockayne, Noreen Haberman, Ellen & Belinda Bailey.

Congratulations to our very hard working Nurse coordinator, Leonie Rastas who recently added another



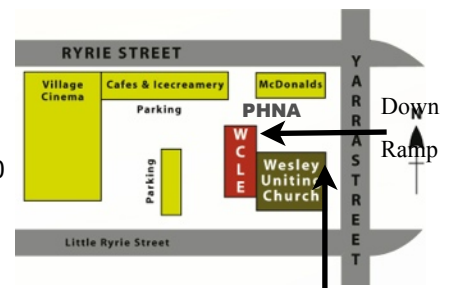
qualification to her formidable list, when she graduated with a Graduate Certificate in Higher Education. The award was presented by General Peter Cosgrove AC.MC Chancellor, Australian Catholic University. Her study will assist in the creation of an online Pastoral Nurse training program.

PASTORAL NURSING REPORT

We have welcomed a number of new nurses to our pastoral team: Marg Armitage, Mary Ryan, Marg Bushell, Lyn Heritage in the past months.

Several nurses from across Australia expressed interest in Pastoral Nursing at the Proclaim Conference in Sydney and a Catholic Parish Nurse Network is being established to resource nurses with information to help establish more health ministries within Parishes. A professional development day is scheduled at St Augustines Parish in Bourke St Melbourne for new Nurses and interested health ministry associates.

Fr Vic Farrugia has invited us to provide some sessional Parish nursing within his Parish at St Augustines. He was the first Parish Priest in the Archdiocese to pilot



the ministry back in 1999 so its good to be back working with him.

Our new office space meeting and rooms at Wesley have opened many more opportunities for health promotion and education sessions.

A very successful **Blood Pressure screening** session was held after worship services during National Stroke week and was accessed by 30 grateful parishioners. We also issued hand outs relating to Blood pressure control and stroke detection and management.



Our nurses are always available to accompany patients to Doctor's appointments as another set of ears and/or advocates.

Pastoral Nurse Expo

A most successful Expo for Healthcare nurses was hosted by PHNA at the Wesley Centre, with around 20 participants. Fr. Vic Farrugia was an inspiring keynote speaker as he related his considerable experience in this field.



His topic was 'Wholeness and Wellness - the fruit of forgiveness'. In his inspiring talk, he covered points including forgiveness in the Christian context and looked at some of the health effects of bitterness and unforgiveness

Five Wishes

Sessions have continued and our 'Australianised' version is proving very effective. Recently, a session was held at the Community Health Centre in Newcombe, with a focus on people



suffering various forms of brain injury.

Two clients have been visited at home to assist with the preparation of their five wishes booklet.

NZFCNA Conference

Leonie attended a NZFCNA (New Zealand Faith Community Nursing Association) conference in Christchurch, NZ in September and gifted the Tongan community with a prayer shawl for newly baptized Benjamin. It was sobering to walk amongst the aftermath of the devastating earthquake and hear some of their stories of courage and faith. We are indeed a lucky country.

Leonie Rastas - Nursing coordinator

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Like all voluntary organisations, we rely on the generosity of benefactors. We welcome donations which can be forwarded to our office.

Membership fees are very reasonable and also support our activities. Full membership fee is \$65, Concession is \$40 and the 'Friends of PHNA' fee is \$25. A membership form accompanies this newsletter if it has been emailed. Otherwise, please call the office and we will post one out to you.

Coming Events:

Date	Event
Nov 15th	PHNA Nurses Clinic / Team meeting
Nov 16th	APNRC Prof. Dev. Day
Nov 22nd	PHNA Nurses Clinic
Nov 24th	TLC day 1-3pm
Nov 26th	PHNA AGM
Nov 29th	PHNA Nurses Clinic
Dec 6th	PHNA Nurses Clinic
Dec 13th	PHNA Nurses Clinic

Education & Resources

We promote health in Mind, Body and Spirit for both individual and community groups through:

1. Hosting the Australian Parish Nurse Resource Centre
2. Health Expos and Health Seminars.
3. Nurturing and education at our 'Time out for TLC' (tender loving care) days for carers and those suffering in any way.
4. Facilitating "Five Wishes", a planning and documentation tool for spiritual, religious, emotional & cultural needs for reference in the event of serious illness or accident.
5. We provide faith community information forums education and resources for Pastoral Nurses.
6. Sales of "Healing Hearts", Parish Nursing books, Prayer Shawls, Sign Chi Do DVD's.
7. Meditation & Pre Surgery CD's



Pastoral Healthcare Network

Australia Inc ABN 53 032 134 976

MEMBERSHIP FORM 2012 - 2013

- Full Membership: \$60.00 Concession: \$40.00
[Full association membership entitlements – subject to approval]
- Friends of PHNA: \$25.00 [No voting rights but regular communications]
- Donation: _____ [Donations of \$2.00 and over are tax deductible]
- Please tick if you require a receipt

Name: _____

Address: _____

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Email: _____

Payment Method: Cash Cheque Credit Card Direct Credit

Cheque to be made payable to "Pastoral Healthcare Network Australia"

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[Please note: American Express cards cannot be accepted]

Card Number: _____ **Exp. Date:** _____/_____

Signature: _____

Direct Credit:

Bank: Bendigo Bank

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Acct. Name: Pastoral Healthcare Network Australia Inc

Acct. No: 131929580

Reference: Your name

.... or forward the membership form and payment to:

The Secretary

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