



IN TOUCH

Newsletter of the Lutheran Nurses Association of Australia

Vol 31 No 7

November 2020

November meeting cancelled

Due to the current COVID-19 lockdown conditions in South Australia, the postponed Annual Meeting of the Lutheran Nurses Association scheduled for 3 November has been cancelled. The reports are printed in this issue of *IN TOUCH*. They will be reviewed and adopted by the executive as soon as this body is able to meet. Current executive members will remain in office until next year.

President's Report 2020

Prepared for presentation to the AGM scheduled for 28 September.

The year 2020 has proven to be a challenging year on many fronts, and the Lutheran Nurses Association of Australia has not gone unaffected. In this International Year of the Nurse and Midwife, the COVID-19 pandemic has seen the necessity of suspending face-to-face meetings for the majority of the year. Our only meeting, besides this one [September], was in February with Merry Bennett and Margaret Manual presenting on Kairos' work with women in prison.

It has also been my first year as president; one in which I couldn't have made the necessary decisions regarding meetings and reporting without the ongoing support of the executive committee and the members. Together we have made our way through to holding our first meeting in seven months, which is something we can all be very proud of. Thank you to Dianne Proeve (vice-president), Pastor Chris Gallasch (Spiritual Counsellor), Vicki Minge (Treasurer), Rose Howard (Secretary) and Lynette Pech and Sylvia Hutt (additional members of the executive committee).

A special Thank You needs to go to Robert Wiebusch, who has continued the important work of the LNAA and Pastoral Care Nursing by way of the *IN TOUCH* newsletter. Together with the LNAA Facebook page, this has been a vital way our members have kept in touch and received information on events and educational opportunities. Without the newsletter, I feel that LNAA would have slowly left the radar of many of our members to a point that would have been difficult to come back from.

There was cause for celebration during May, with the announcement of the inaugural Lutheran Nurse of the Year Award on the 12th of May, the International Nurses Day and the 200th anniversary of Florence Nightingale's birth. Congratulations to Angela Uhrhane of Wodonga, Victoria, for being awarded this award; and to Lynette Wiebusch of Adelaide for being honoured with honorary LNAA life membership.

This award has seen LNAA noticed across Australia, with articles published in *The Lutheran*, *Lutheran Women*, the LCA Online News and the Victorian/Tasmanian District E-news, as well as being reported on *Facebook*.

Following the awards, there was also interest from Bethlehem Women's Guild in Adelaide to have a guest speaker talk about the work and support of the LNAA. This took place on 10 September, when Pastor Wiebusch gave a Powerpoint presentation. An invitation was also received to give a presentation to a regional gathering in Clare, but this has been held over to next year.

LNAA continues to use the facilities of the LCA SA/NT District Office at a small fee, despite an offer from Bishop Henderson to use the LCA National Office for free. It was decided that the current location is well known to members and has all the required facilities, including toilets, kitchen, technology to assist with guest speaker presentations and free parking.

Our meetings can continue under the current COVID-19 management plan of the District Office. Contact tracing records will need to be kept for all those attending the annual general meeting and open forum tonight.

I think that we can all look to the future with optimism, as we see our State and the greater part of Australia come out from under the cover of COVID-19. Through it all, we have been upheld in the knowledge that God the Father has his plan

for us, and that with his help and guidance we can tackle any challenge. Thank you all for your continued prayers and messages of support. The reason LNAA is so very important is to provide this Christian support to all working and retired nurses and midwives and students as we face the challenges of providing health care in an often unforgiving environment. This year especially I have held onto the verse: *'Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours'* (Mark 11:24).

Let us all look forward to whatever the future holds for us personally, professionally, and for the Lutheran Nurses Association of Australia!

Megan Materne RN
President LNAA 2020

Pastoral Care Nursing Report 2020

Since last July, the Parish Nurse Council of the Lutheran Church Missouri Synod (LCMS) has been using an adapted version of the Distance Education *Introduction to Parish/Pastoral Care Nursing* course that Lynette and I developed from the three-day course we had originally written and presented in Queensland, Victoria and South Australia.

The US version was developed in response to an invitation from Dr Marcia Schnorr, and in consultation with her. She wrote an additional module relating specifically to the LCMS. Dr Schorr supervises this course in the USA and coordinates a quarterly *Zoom* meeting for students and graduates. At her invitation I have been able to participate in these meetings and meet the students. At the time this report was compiled, eight nurses in seven States had completed the course, one was still to complete it, and three others were considering enrolling. Comments and responses from participants have been most flattering.

Following the 'success' of the US version of this course, a broadly 'international' version was developed. The first person to enrol in and complete this version of the course is Jennifer Chua Bee Kiaw, from Singapore. Jennifer is the wife of a pastor at the Bedok Lutheran church there. Her participation in the course was featured in an article posted on the LCA International Mission website this month.

Jennifer was scheduled to come to Alice

Springs in July as a scholarship recipient for this year's Lutheran Parish Nurses International study tour. Unfortunately, this tour had to be cancelled, due to the COVID-19 pandemic. Her scholarship has been carried forward to next year's tour to Washington DC and Williamsburg in the United States.

While the response to these developing courses has been most encouraging, it has been really disappointing that no Australian has enrolled for the course, and no new appointments have been made for several years. There has also been no further development in discussions with Australian Lutheran College with a view to somehow linking the *Introduction to Pastoral Care Nursing* course with its Certificate program, possibly by giving credit for 'prior learning' to those who have completed it.

At 30 June the balance in the LCA Parish Nurse Trust Fund at the Lutheran Laypeople's League was \$10 143.53. Only two donations memorialising friends or loved ones were received in the 2019-20 financial year, and interest of \$158.64 was credited to this account

at the end of May, reflecting lower interest rate paid by the LLL in the current financial climate. Of this, \$30.00 was transferred to the LCA Parish Nurse Education Fund, which now stands at \$5448.16.

Only two parish visits were made in the year – to Naracoorte and Kingston, in January. Lynette’s admission to residential care in July 2019, and moving house just before Christmas was followed up in the new year by the closure of churches due to COVID-19. To compensate somewhat, electronic promotion was increased.

LCA Parish Nurse News goes as an insert to *IN TOUCH* to existing and past Pastoral Care Nurses and their pastors, to various church leaders, and to others interested in this ministry.

Angela Uhrhane, the Pastoral Care Nurse at Lutheran Aged Care Albury and the LCA’s Pastoral Care Nursing coordinator, was named the inaugural Lutheran Nurse of the Year. She was also elected to the board of the Australian Faith Community Nurses Association and continues to serve as a member of the LCA’s Committee for Ministry with the Ageing, where she has been able to promote the Pastoral Care Nurse ministry.

Five Australians participated in the 2019 Lutheran Parish Nurses International study tour

to Singapore in October. Unfortunately, the tour scheduled for Alice Springs in July had to be cancelled due to the COVID-19 pandemic. A record number had either registered or expressed interest in this tour at the time of cancellation. Next year’s tour will be to Washington DC and Williamsburg in USA on 15-21 September.

I have been asked to organise a combined tour to Alice Springs in Central Australia and Madang in Papua New Guinea for 2022, but current uncertainty around the world is making it finalise programs and timetables.

LPNI has a web site that includes a monthly devotion and health topic, to which Australians regularly contribute. This can be accessed at: lpni.com.

The impact of the COVID-19 pandemic has highlighted the valuable role a Pastoral Care Nurse can play in providing health education and wholistic care. It is my hope and prayer that more people might come to see the value of having a Pastoral Care Nurse serve alongside their pastor bringing unique skills and experience to the pastoral care offered to parishioners as well as to residents of the church’s aged-care facilities and members of the church’s school communities and the wider community.

Robert J Wiebusch, Manager,
LCA Pastoral Care Nursing Ministry

IN TOUCH Report 2020

When the COVID-19 pandemic forced LNAA meetings to be cancelled, *IN TOUCH* was published monthly and printed at home. To offset the additional costs this entailed, copies were distributed electronically to all whose email addresses I had. It is to be hoped that at least many of these will be happy to continue to receive electronic copies.

This year has seen a focus on the 200th anniversary of the birth of Florence Nightingale, the International Year of the Nurse and Midwife, as well as the COVID-19 pandemic.

Thanks to Sylvia Hutt and Megan Materne for their regular and thoughtful ‘President’s Page’, and to those who contributed in other ways.

For the majority of members, *IN TOUCH* is their only contact with LNAA. It also provides a link to church leaders and department heads, as well as to Lutheran nurses overseas. It has been gratifying to receive many expressions of thanks and appreciation from readers.

Robert J Wiebusch

† PARISH NURSE TRUST FUND MEMORIALS

Rev Martin Clarence Freund 02/05/1938-22/10/2020

Vernon Stanley Lienert 07/03/1941-04/11/2020

Treasurer's Report 2020

Statement of Income and Expenditure for Year Ending 30 June 2020

INCOME \$		EXPENDITURE \$	
Membership fees	1240.00	LNAA expenses (Promotion and <i>IN TOUCH</i> magazine)	591.42
Interest	99.85	Parish Nurse Expenses	12.32
Donations	5.00	Venue Hire	100.00
Stale cheques	50.00	Guest speaker gifts/charities	120.00
		Donations	100.00
TOTAL INCOME	\$1394.85	TOTAL EXPENDITURE	\$923.74
OPENING BALANCE 1 July 2019			\$6279.77
CLOSING BALANCE 30 June 2020			\$6750.88

Vicki Minge, Treasurer

I certify that the above financial statement accurately presents the financial position of the Lutheran Nurses Association of Australia as at 30 June 2020 and the results of its operations for the year ended 30 June 2020.

Graham R Herrmann BBus(Accty), FCPA (Retired), JP, Honorary Auditor

R U OK at *Eventide*

Each year, 10 September is RUOK? Day. It provides an opportunity to take a moment to check in on those around us and ask the simple question: R U OK?

At Eventide Lutheran Homes in Hamilton, Victoria, the CEO, Tim Pitt-Lancaster, supplied gift bags for all staff with a few treats and a voucher for coffee. There was the customary morning tea and a few laughs, with the staff getting into the spirit of the day by wearing something yellow (pictured, left). Pictured, right, are Janette Black and Sharyn Broadwood, spreading the word. Photos: Donna Gunn



Lutheran Community Care changes name

South Australia's 50-year old Lutheran Community Care is transitioning its name and brand identity to *Lutheran Care*. The new logo reflects LC's ethos as a vibrant, comprehensive and growing agency, serving the most vulnerable and needy in our society. It represents people of many cultures working in unity and harmony to create a wheel that turns to symbolise progression. The warm colours represent the dawn of a bright and hopeful new day. In Queensland, the equivalent body is known as Lutheran Services.



How *Trinity* coped with COVID

When a pandemic such as COVID-19 strikes, our world is turned upside down. How we respond in and to these new circumstances can make a huge difference not only to us, but especially also to those we care for. As creatures of habit most of us don't cope well with change. Parish Nurses and Pastoral Carers were having to find new ways to deliver care in their specific environments and locations.



Trinity Pasadena is a retirement village attached to Trinity Lutheran Church in suburban Adel-aide, with a team of pastoral carers and deacons. With residents confined and isolated and physical visiting restricted, maintaining contact and giving support needed a different approach. Suddenly technology became the 'hero' to save the day! Telephones and emails were and still are the main means of contact.

Making sure nobody was left out had to be organised and this included congregational members many of whom are also elderly. With so much negativity and constant bad news, encouragement and keeping people connected was a very important challenge. ***'Love one another as I have loved you'*** (John 13:34) was the central message, as well as our Lord's assurance that he would be with us no matter what.

People in the village and congregation responded by leaving gifts of baked biscuits, cakes,

fruits, and flowers, plus caring cards or notes to each other and especially those with little or no family support. Shopping and other support such as doctor appointments were organised for anyone without family support, and people got to know each other better. As restrictions eased some residents joined each other for a 'cuppa', initially outside of course.



Trinity *Caring and Sharing* newsletter was a new initiative to keep people involved and connected. People were asked to write or contribute articles and photos about themselves or other relevant matters to a stated theme such as Mothers Day or International Nurses Day. This was edited, collated and sent via email on a Wednesday each week or fortnight. Those without emails received a printed copy. After some encouragement the response was amazing! People wanted to tell their stories, and soon everyone learned so much more about each other. *Trinity's* ethnically diverse community also contributed articles when requested. Everyone benefited!

Pastoral carers, as well as supporting each other also assisted Pastor Huckel by doing scripture readings and saying prayers in some on-line church services.

In April, Pastor Huckel began dining-room visits to residents in the serviced apartments. The visits included a Bible reading, and some singing led by Pastor Huckel with his guitar. It was an opportunity to check with residents each week to see how they were doing emotionally and spiritually.

As residents began to share their feelings with him about coronavirus restrictions, his wife, Sal, suggested that he resurrect his song-writing skill that he had used as a music therapist. He put the idea the residents, who were both curious and willing to give it a go.

He recorded what residents were saying about their thoughts and feelings and, from the middle of May, began to group these comments into verses, pre-



senting each draft to the residents for comment. Engagement by residents in the word formation made the process of writing the music easier.

Over three more weeks I came to the residents with a new melody and chords and got them to sing to guitar accompaniment, getting their feedback on the melody, the song's 'sing-ability', or how high or low the music should be. Finally, after a few changes, the words came together:

God is still God

Words: Trinity Place Serviced Apartment residents. Music: Pastor Matt Huckel. 18 July 2020

<p>1. So sick of isolation, Waiting patiently for it to pass. Missing the grandkids, missing my loved ones, But at least I have some time to think.</p> <p>Refrain Even though I may not know, The reason for it all, God is still God, And He'll catch me when I fall.</p> <p>2. Before the virus came and everything changed I was just getting back on my feet. But although it's been hard to adapt, I am doing better than I thought.</p>	<p>3. I'm dwelling on the things I'm missing, There are those having a harder time. Thankful that I live right here, With great staff who go the extra mile.</p> <p>4. I've been missing lots of things but there's still hope Restrictions have kept me safe. But God is saying: Be still and know, Be still and know that I am God.</p> <p>5. More time with God has been a gift from Him, I appreciate the little things. God's presence is in the moment, His kindness is felt all around.</p>
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When the residents were happy with the music and had got to know it quite well, we arranged an official recording for 9 July. One of our talented musicians, Yohana, added piano to Pastor Huckel's guitar accompaniment. Sal did the recording. Everyone sang together with such joy. The engagement and atmosphere was wonderful, and residents were proud and happy also knowing that they would be provided with their own CD of the song!

Overall, this was a very successful project, not only in terms of giving residents a focus as they patiently waited for coronavirus restrictions to be eased, but because song writing was an excellent container for all their feelings and thoughts.

Whatever their thoughts, whether positive or negative, the music could hold those things together and express their feelings so well. At the end of the project Pastor Huckel reminded the residents that they had actually composed a psalm rather than just a song.

A psalm like those in the Old Testament contains laments, complaints, and thankfulness to God. It acknowledges God's place in our broken world and expresses the timeless truth that no matter what we go through or suffer in life: God is still God and he'll catch us when we fall.

Compiled from notes provided by
Kris Reeve and Pastor Matthew Huckel

COVID Forum

The LNAA meeting in September – the first since February – gave attendees the chance to discuss the impact of COVID-19 at home and at work. President, Megan Materne, led the discussion, beginning with a ‘show and tell’. Using vice-president Diane Proeve as a model, she demonstrated the various layers of additional protective clothing she is required to wear at Lyell McEwen hospital. She was herself still in uniform, having come straight to the meeting from work.

Because of exposure to radiation, Megan is required to wear a lead-lined aprons and vest. However the potential for exposure to COVID-19 means she now has to wear two protective gowns, and two pairs of gloves, as well as shoe covers, head covers, surgical caps, and face masks. A ‘buddy’ helps her dress, and this can take 35-45 minutes ‘door-to-needle’ time. The routine that is used was developed from a model used in Italy.

Disrobing at the conclusion of a procedure also follows a fixed pattern, with items being rolled up in the gown, and then sent off to be burnt. Eye-protection is the last item removed. She then takes a shower, before preparing for the next procedure. She could have to shower up to three times a day. Hand hygiene is constant.

In the discussion that followed, the following pints were noted.

- Some people’s life span has been shortened due to cardiac or renal issues resulting from COVID-19.
- Some nurses, too, may be fearful of COVID-19. It is important that they have the opportunity to discuss any fears they may have with colleagues or managers, or with a chaplain.
- Most people in Australia who contracted COVID-19 were in the 20-29, 50-59, or 60-69 age group.
- The vulnerability of residents in aged-care facilities suggests that more RNs and ENs are needed on staff, and that more training is desirable for care staff.
- While nurses care for critically ill patients, it is important that they care for themselves.
- A positive result of the COVID-19 pandemic has been the greater recognition of the nursing profession.



On the lighter side

Did you hear about the person who became a Christian because he heard about faith healing? He could no longer afford medical insurance!



An operation that takes a doctor an hour to perform may take the patient years to describe.



Sign in an optometrist's window: *Eyes examined while you wait*

NZ approves euthanasia

At the referendum, held in conjunction with the 17 October general election, over 65 per cent of New Zealanders voted to legalise euthanasia and assisted suicide. The legislation will come into effect next November. NZ citizens or permanent residents with a terminal illness indicating they have less than six months to live, will be able to access euthanasia on the sign-off of two doctors.

LNAA Program

Venue for regular meetings: LCA/SA District Office, 137 Archer Street, North Adelaide

30 Nov 7.30pm Meeting cancelled because of COVID-19 lockdown

Details of future meetings to be advised

Visit our Facebook page: @lutherannursesassociationaustralia

LNAA office bearers

President: Mrs Megan Materne, 48 Saltram Pde, Oakden, SA 5086 ☎ 04 0391 9061

Vice-President: Mrs Diane Proeve, 20 Annesley Ave, Trinity Gardens SA 5068 ☎ 04 7550 9048

Secretary: Mrs Rose Howard, 2 Glen Eyre Crt, Aberfoyle Park SA 5159 ☎ 08 8270 1575

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

IN TOUCH is published six times a year. News items, letters, articles, jokes suggestions for topics, are welcome. **Editor:** Robert Wiebusch, 200/1215 Grand Junction Rd, Hope Valley SA 5090 ☎ 08 8336 3936 ☎ 04 9789 8696. Email. Deadline for next issue: **15 December 2020.**

Membership renewal for the 2020-21 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 may be given as a reference. This should be included when notifying the treasurer.

LNAA MEMBERSHIP RENEWAL FORM 2020-2021

NAME: _____ DATE: _____

ADDRESS: _____

EMAIL ADDRESS; _____

TELEPHONE: () _____ NURSING STATUS: _____

My membership fee of \$25.

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

Reference: _____

In future, please send me electronic copies of *IN TOUCH*

SIGNATURE: _____

LNAA TREASURER: Vicki Minge, 16 Douglas St, Lockleys, SA 5032 pvminge@hotmail.com