

S U M M E R 2 0 1 0



Church4Health

Church Resources Network



*A vibrant network representing a multi-denominational Christian culture
- working for and serving the aged care community*

A new seasonal newsletter from FutureAge Care

Welcome to the new Church4Health newsletter from FutureAge Care!

FutureAge Care is a Christian organisation that supports the aged care and disability care communities. We provide diversional therapy services, pastoral care, training and resources.

Last November a group of us met at the first Church Resources Network evening, which was held over 2 evenings at Koorong Christian Bookstore. It was my vision that we meet and share our experiences working and volunteering in the aged care sector, along with some training relating to our working roles (pastoral care, chaplaincy, recreation activity staff etc). There was some very positive feedback from the network meetings and we'd like to expand on this during 2010, with some more training events and get-togethers, backed up with some useful training segments. All this..and Koroong kindly have committed to providing those attending with gift vouchers again so that you can shop after the evening sessions for Christian resources, or keep your voucher for purchases later in the year!

I'd really like for the network to develop and shape to suit what you would like to get out of it. So please feel free to continue to provide feedback, training requests and we're also looking for people to provide contributions to this newsletter and to the evenings this year. I'm so inspired by people's passion, commitment and dedication to aged care and am really excited about sharing the journey with you this year! – Jennifer Freeman, FutureAge Care

dates for the diary...

Thurs Feb 25th Network Evening

Topics include:
leadership &
mentoring, dementia
activities, stories from
the field. See page 3...

Thurs Mar 25th Network Evening

Action – Reflection:
what to do when
our resident is non-
verbal.
Observation skills



Circulars

If you have access to electronic newsletters or circulars that you think might be of interest to our group, please let us know. Newsletters that focus on aged care, pastoral care and related topics of interest can help to enlarge our world and inform us on what's going on outside our own roles. It can also help us to feel a sense of connectedness to others in similar roles and gives us a sense of the bigger picture.

The Aged Care Channel provides training and education programs for aged care staff. They also transmit a range of Christian programmes for residents. If you don't have access to the channel or your organisation doesn't subscribe to it, you can still order high quality copies of the programmes on DVD from their library. Prices start at just \$10!

www.agedcarechannel.com.au

Click on "Program Guides" and then click on "Resident Programs"



Psalm 1

Psalm 1 is an encouraging Psalm to read when feeling persecuted for our righteousness. “*Doing the right thing*” within the workplace is not always warmly received: attempting to fulfil a resident’s true needs, or suggesting a possible solution to a workplace challenge, or walking away from the gossip table...we aren’t living in heaven yet and sometimes people’s reactions is a stark reminder of that fact. Or maybe you work in a peaceful environment but have colleagues who struggle with tougher treatment by others in their area of work. **Psalm 1 says:**

*Blessed is the man
Who walks not in the counsel of the ungodly,
Nor stands in the path of sinners,
Nor sits in the seat of the scornful*

Verse 3 says that whatever we do - it shall “prosper” and the final verse reminds us that God sees us and that he knows us.

Whatever challenges you may face with those around you in the workplace, you can be assured that you are **blessed** by God and that what you undertake for God shall **prosper**. Planted like a tree and flourishing near rivers – not a pool of stagnant water with barely enough to survive; Psalm 1 says we shall **bear fruit** in due season and our leaf shall not wither.

Our prayer for you today is that you will know the comfort of God and the blessings of His promises for those who stand up for righteousness within our aged care communities.



TV and online resources –

The Australian Christian Channel has a wealth of programmes, interviews, worship, inspirational testimonies, conference highlights and so much more. They also have a comprehensive website with access to daily devotionals, resources and interesting topics, such as an article on coping during Christmas by Rusty Wright. Why not hop online and find out more: www.acctv.com.au

A Spirituality multisensory box is what I use sometimes when I want to promote opportunities for a resident with dementia to explore with me their deeper thoughts, inner hopes and fears through themed tactile, sensory items. It might be that the resident’s personal history does not document a specific religion. It might be that as a Christian I feel intuitively that there is desire or need within the person and the opportunity for me to be with them on a pastoral level.

Spirituality Multisensory Box

People find meaning in many diverse ways. One common element to consider is nature: nature and its elements are believed to be representative of God by some, as Mother Nature by others, the umbrella of all life and nature is referenced to in some natural therapy modalities. For me – I think of God as I’m sure many of us do as Christians. The bible says in Romans 1:20 that - *we have all seen God through creation and what He has made*. One may watch a nature documentary, or enjoy the rain, marvel at the ocean surf and sometimes feel warmed within the heart at the sight of a rainbow or insects at play.

Sensory item ideas: leaves, flowers, shells and fossils, aromas, photographs, small wind chimes, sheepskin/faux fur samples, a small mirror, reflective words on cards or stones eg *future, hope, friends, love, peace, journey, dreams, faith, belief, harmony, soul, spirit*



A bit about me ... Jennifer Freeman

I grew up in England in East Anglia and was a Server at the local Anglican Church called St Michaels. Even back then as a child I was drawn to visiting the elderly and my Mum was a home carer who took me to visit some of her clients during school holidays. After working for Social Services in England I went travelling and ended up living in Australia with my husband. I worked in various roles in aged care here in Sydney, from assistant nursing and personal carer to recreation activities and then into Diversional Therapy.



I undertook an introductory CPE unit (Clinical Pastoral Education) in rehabilitation through Rozelle Hospital and my supervisor was Catherine Briggs. Catherine was the Chaplain at the Royal Rehabilitation Centre at the time, which is where the CPE was conducted and we have become good friends over the years. I then undertook a basic unit of CPE with the Rev Les Underwood, who was Chaplain at the Lottie Stewart Hospital. This hospital was also valuable experience for me as it had a variety of care services and residential units: aged care, secure dementia, spinal ward and Huntington's disease.

For 5 years I coordinated the aged care ministry for Hillsong Church at Waterloo. This ministry is called Embrace and provides companion visits, social activities and church services for residential aged care facilities. I then handed on the baton in 2006 so that I could wholly concentrate on FutureAge Care and the many projects and areas that this business encompasses. My big interest this year is to network with others and to assist some of the organisations that face a variety of challenges in constructive ways. I really want to listen to God's will this year for my areas of service.

Do you have a story?...or some reflections and words of wisdom to inspire and challenge us? Email me if you have an article that could contribute to the vision of this newsletter.

Aged Care >>>Church Resources Network: presentations, networking and training activities

Thurs 25th Feb 2010 - Koorong Christian Bookstore at West Ryde, Sydney, time: 6:30-8pm.

Topics: 1) **Leadership & mentoring in a multicultural environment** – Australia is a wonderfully multicultural country and it is also a country where some healthcare staff have not had any or very little foundational education in the Christian faith, its church denominations or pastoral care for the aged. Come to this presentation and learn some simple and important keys to help mentor and carefully support those who need to know more about Christianity and pastoral care for the support of those within their care.

2) **Christian activities for dementia**; Notes & Koorong Bookstore discount voucher for every attendee.

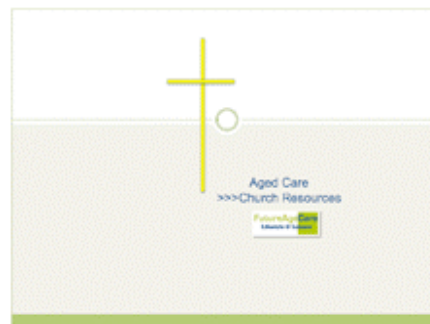
Thurs 25th March 2010 - Koorong at West Ryde, 6:30-8pm

Topic: **Chaplaincy and Pastoral Care - what to do when our resident cannot speak.**

A person's verbal responses plays a central role in Action and Reflection. Learn more about non-verbal responses, "micro responses" and how to reflect on an encounter with a person with very low-level responses. Notes and practical session and Koorong Bookstore voucher for every attendee.

We've advertised these evenings in our FutureAge Care subscriber's newsletter and it will be exciting to see the group grow and develop this year. I thought we could have a couple of evening meetings and then take a break and meet up again later in the year.

The bookstore is open until 9pm on the Thursday evenings and so you can also take the opportunity to utilise your visit to the store with your voucher or save it for a rainy day!



Prayer Corner

I'm stirring up the desire and discipline to really seek God this year through prayer for the aged care industry within Australia. I realise that I have a church and friends that can also pray and lift up requests and concerns to God. We don't have to do everything ourselves and it's a really good idea to make use of all the offers of prayer available to us. You might know a Christian who is an intercessor or who has a great gift for praying, fasting and seeking the Lord on behalf of others. Your church might have a prayer request box or a website where you can submit a prayer request. For privacy reasons you don't have to specify individual's or organisation's names and details: God knows what we want before we even ask Him – Matt 6:8

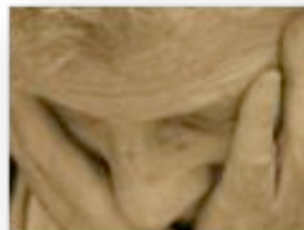
Perhaps you can join with me this year in stirring up the desire for prayer about our aged care communities and for specific blessings and intervention from God that is needed in your world. It could be directly related to your role and area of service, or for your colleagues, for the organisation's finances, or for some in-house current challenge for example. Remember to rely on others to pray on your behalf who are part of your church and intercessory team where possible.

Prayer Corner



Multisensory Health™ &
Sound for Health™

Training solutions with Divine assistance...



I was rather saddened last year by some increased exposure I have had to residential care environments where people are living quite isolated and excluded because they are non-verbal and have very high care needs. It's very easy to even unintentionally neglect those who cannot speak up for themselves and who have very low level responses to staff communication and interactions. Like many of us, one can feel overwhelmed about these ongoing challenges and a sense of hopelessness about what to do. Complaining and being critical of the lack of care has its place as long as we are able to suggest some solutions where possible. I felt quite challenged by scriptures such as these:

Proverbs 31:8 (New Living Translation):

"Speak up for those who cannot speak for themselves; ensure justice for those being crushed"

And Isaiah 1:16-18, Psalm 82:3

What I felt God wanted me to do during 2010 is to offer training to a range of aged care staff and to continue writing and highlighting certain healthcare topics in my Empower e-Newsletter and through my website. Areas of particular concern and interest are combating sensory deprivation through awareness of the symptoms and contributors and demonstrating how to connect and interact confidently with non-verbal residents with very high care needs. If you would like to read more about the Multisensory Health™ and Sound for Health™ training and therapies, please go to:

<http://www.futureagecare.com/workshops.php>

God showed me that each person attending represents a whole organisation and that with this revelation I can create the best training opportunities possible to target the organisation as a whole. I hope to achieve this with detailed training materials, a CD or DVD resource to keep and practical training to inspire and build the person's confidence as they learn.

Of course, a lot of prayer backed up with the "works" so that faith and works together can help to achieve this goal!

If you would like to contribute an item suggest a topic or theme for this e-newsletter please contact:



jennifer@futureagecare.com

Ph 61 02 98775208 Fx 61 02 85804821

Mail: FutureAge Care PO Box 3446 Putney NSW 2112 Australia

www.futureagecare.com

ABN 73 254 573 622

FutureAge Care – Training Programs Booking Form

1) **Sound for Health™** **Mon 22nd Feb** Chatswood 10-2.30pm \$145.00 p/person

Names of those attending _____

2) **Multisensory Health™** **Weds 3rd March** Chatswood 10-2.30pm \$145.00 p/person

Names of those attending _____

3) Church resources Network >>>Aged Care

Evening presentation **Thurs 25th Feb** West Ryde \$25.00 p/person

Evening presentation **Thurs 25th March** West Ryde \$25.00 (*\$45 for both nights)

Names of those attending _____

Method of payment: *please tick*

Credit Card or Paypal payment must be made online at www.futureagecare.com

Cheque/Postal Order posted to us

Direct Deposit (we will contact you with our banking details)

Please forward us an invoice to arrangement payment* *payment must be paid prior to the day*

Total Amount:\$ _____ *(There is no GST charge)*

Organisation Name _____

Address _____

Contact Ph _____ Email _____

Contact Name _____

* You will be sent confirmation and map of location, parking, times etc.

Please fax, email or post this form/payment back to us:

FutureAge Care **Fax 02 8580 4821**

PO Box 3446, Putney NSW 2112

Enquiries: ph 02 9877 5208 e: jennifer@futureagecare.com

ABN 73 254 573 622