

THE LINK

ATLANTIC NCF NEWSLETTER

DECEMBER, 2012

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29 Bedell Ave.

Saint John, NB, E2K 2C1

December 2012

Dear Friends,

Greetings at Christmas. We are now in the Christmas season – the time when God took on human form and was born as a tiny infant, who would grow, minister, teach, heal, suffer and die that we might have a restored relationship with our God. The study in this edition focuses on the story of Joseph and his response to the angel's message about the coming of Jesus. As you celebrate Christmas this year, try to take some quiet time to reflect on the meaning of Christ's birth and how we can best respond to unspeakable gift that God has given to us. God gave us His son – the baby born in the manger that would grow to become our example, the one who would teach us, show us the Father's love, and give himself for us that we too might know that love in our lives and might never be alone. Thanks be to God.

Betty Hitchcock

Of the Father's love begotten, Ere the worlds began to be,

He is Alpha and Omega, He the source, the Ending he,

Of the things that are, that have been, And that evermore shall be,

Evermore and Evermore

STUDY FOR DECEMBER

Matthew 1:18 to 25 [from the New Revised Version] a story of the birth of the Messiah

18 – Now the birth of Jesus the Messiah took place in this way. When his mother Mary had been engaged to Joseph, but before they lived together, she was found to be with child from the Holy Spirit.

19 – Her husband Joseph, being a righteous man and unwilling to expose her to public disgrace, planned to dismiss her quietly.

20 – But just when he had resolved to do this, an angel of the Lord appeared to him in a dream and said “Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit.

21 – She will bear a son, and you are to name him Jesus, for he will save his people from their sins.”

22 – All this took place to fulfill what had been spoken by the Lord through the prophet:

23 –“Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel,” which means, “God is with us.”

24 – When Joseph awoke from sleep, he did as the angel of the Lord commanded him; he took her as his wife,

25 - But had no marital relations with her until she had borne a son, and he named him Jesus.

Study: Matthew 1: 18 – 25

Read again this familiar passage, this time concentrate on Joseph.

What was happening in his life?

What did he see? Hear? Feel?

What was his response?

Vs. 18 – What do we learn of Joseph in this verse?

Vs. 19 – What was Joseph's initial thought? Why?

Vs. 20 – What did he do about his thought in verse 19?

Consider the appearance of the angel. What were the angel's first words to Joseph?

Vs. 20 and 21 – Why did the angel tell Joseph not to fear?

- What do we learn of Jesus in these verses?

Vs. 22 and 23 – What had been the prophecy?

- What is the meaning and significance of the word "Emmanuel"?

Vs. 24 and 25 – What was Joseph's response to the dream?

Overall, consider the part that Joseph played in the life of Mary and Jesus before the birth. What difference does this make for us today? What example does Joseph give for us to follow?

O that birth for ever blessed!
When the virgin full of grace,
By the Holy Ghost conceiving,
Bare the savior of our race.
And the Babe, the world's Redeemer,
First revealed his sacred face.
Evermore and evermore.

NCF CANADA IS NOW OFFICIALLY HERE!!!!

For many years NCF Canada existed as a branch of IVCF Canada. A while ago the decision was made to start the process of establishing a separate entity for Nurses Christian Fellowship in Canada. A committee began working on incorporation – a lengthy process, which is now complete. We now have official status as a charitable organization. Please visit the national website at www.ncfcanada.ca Browse around and get to know the new organization. Join the prayer list, read back issues of newsletters, see what exciting things are happening! The national chair is Judith Fanakan, nationalchair@ncfcanada.ca The secretary treasurer is Fronica Yiu. Please pray for these nurses as they share in ministry. **Donations for the work of Nurses Christian Fellowship and should now be sent directly to Nurses Christian Fellowship Canada c/o Fronica Yiu**

38 Clydesdale Rd., Markam, ON, L3R 3S9

Cheques should be made out to Nurses Christian Fellowship Canada [not NCF]

You may also contribute directly on line at the national website.

Either way, you will receive an official tax receipt for donations.

In Atlantic Canada there is a committee to assist with the work of NCF. Please consider whether God is calling you to consider working with this committee. The present committee would welcome inquiries from interested nurses. Please contact Jan Locket [506 847 7629], Marg Winchester [506 6936555] or Betty Hitchcock [506 648 9794]

PRAYER REQUEST

Give thanks for the newly incorporated Nurses Christian Fellowship Canada and pray that God would raise up His servants to minister in this organization and those that would support the work with prayer and financial donations.

Submissions for The Link

Submissions are always welcome. If something has been meaningful to you, please think of sharing it with others – submit it for inclusion in the Link. You are invited to submit articles, letters, poems, etc. to be included in future issues of the Link. Please send submissions to Betty Hitchcock, 29 Bedell Ave. Saint John, NB, E2K 2C1 or email to betty.hitchcock@rogers.com

The following is from a presentation given to a group of NCF graduates by Margaret Winchester, co-chair of the Atlantic NCF Committee at the Kennebec Nursing Home in November.

THE IMPORTANCE OF NURTURING FAITH AMONG OUR RESIDENTS IN NURSING HOMES

PHILOSOPHY OF NURSING SERVICE

The Nursing Department supports and recognizes the overall philosophy of Kennebec Manor. The care given to our residents is an expression of Christian concern and is based on a continuance of our Lord's earthly mission. Our Christian mission is the promotion of health and wellbeing, prevention of illness and care of the ill. The Nursing Department fosters holistic care which encompasses biopsychosocial and spiritual dimensions.

Our aim is to be acutely aware of each resident's individuality and to holistically care for each resident skillfully and professionally. It is our desire that emotional and spiritual needs are met with an attitude of mercy and compassion as we endeavor to serve as a Christian witness.

It is our desire to meet the needs of those under our care without prejudice, regardless of gender, race, colour, creed or financial status. We recognize the need to provide an atmosphere conducive to stimulating, motivating and maintaining the physical, emotional, social and spiritual dimensions of our residents.

It is our ultimate desire to base our philosophy on the words of our Lord from Matthew 25:40 – "Inasmuch as ye have done it unto one of the least of these ye have done it unto Me".

Jesus said: "I am leaving you with a gift – peace of mind and heart. And peace I give is a gift the world cannot give, so don't be troubled or afraid." (John 14: 27)

KENNEBEC MANOR ADOPTS THE EDEN ALTERNATIVE

The Eden Alternative was created in 1991 by Dr. Bill Thomas in upstate New York. Dr. Thomas was searching for a new paradigm of care for residents in nursing homes who were suffering from loneliness, helplessness and boredom. He and his team found inspiration in nature. Dr. Thomas writes “We’ll bring in 100 birds, two dogs, four cats, three rabbits and a flock of laying hens Then we’ll plow the lawn and start a large organic vegetable garden outside our residents’ windows.”

The definition of long term care was changed forever!

4 years ago, both Kennebec Manor and Kingsway Care Centre adopted the Eden philosophy. The Eden philosophy is actually a “way of being” which transforms the institutional approach to caring for the frail and elderly into human habitats. What are human habitats? Human habitats are environments full of children, spontaneity, plants, children, faith experiences, music, light, activity and nature.

The Eden philosophy focuses on resident directed care, not just resident focused care. Have you ever thought of what the difference is between resident focused care and resident directed care? Resident focused care concentrates on caring for the residents’ holistic needs which include biopsychosocial/spiritual needs. Decisions are primarily made by the health care team. Resident directed care, on the other hand, actually goes beyond this approach! It encompasses holistic care however care is largely managed and directed by the resident and/or family. Resident directed care goes beyond the “old school”, “top down” approach where the health care professionals are the dictators of how, when and where care is provided.

The Eden philosophy emphasizes that medical care is the servant of quality resident care and not the master of care. The Eden philosophy identifies 3 plagues of Nursing Home life: loneliness, helplessness and boredom.

The first plague identified within the Eden philosophy is loneliness.

- 1.) Loneliness – The pain that we feel when we want but cannot have companionship. This is different from being “alone” where one can be alone however not experience the pain of loneliness. The antidote for loneliness is loving companionship.

Loneliness is a longing for love, companionship and a sense of belonging. Many of our seniors have few or no family members to visit them. Many family members and friends have died. Staff often comment “We are the only family they have.” Residents find great comfort from the scriptures where they can walk with the Lord in companionship.

The following are some examples of scripture which assist our residents in relieving a sense of loneliness:

Psalm 25:15-16 "Mine eyes upon the Lord continually are set; For He it is that shall bring forth my feet out of the net; Turn unto me thy face and to me mercy show; Because that I am desolate, and am brought very low."

Matthew 28:18-20 "And Jesus came and spake unto them, saying, "All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world."

John 14:18-20 "I will not leave you comfortless: I will come to you. Yet a little while, and the world seeth me no more; but ye see me: because I live, ye shall live also. At that day ye shall know that I am in my Father, and ye in me and I in you."

Hebrews 13: 5-6 "Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee nor forsake thee."

Psalm 73: 23-25 "Nevertheless continually, O Lord, I am with thee: Thou dost me hold by my right hand, and still upholdest me. Thou, with Thy counsel, while I live, wilt me conduct and guide; and to Thy glory afterward receive me to abide. Whom have I in the heavens high but Thee, O Lord, alone. And in the earth whom I desire besides Thee there is none."

Scripture is paramount in our residents' lives. It gives comfort, diminishes feelings of sadness, enhances a sense of connectedness with God and helps them to feel less isolated.

Our residents also love to sing and listen to hymns. They are eager to hear them incorporated in any sing song or celebration, including monthly birthday parties, an evening with Debbie Harrity or country music sing alongs! They request favourite hymns that offer a connectedness and relief from loneliness which include: "Great is Thy Faithfulness" ("Great is Thy faithfulness" O God my Father, there is no shadow of turning with Thee; Thou changest not, Thy compassions, they fail not; As Thou hast been Thou forever wilt be."); "Guide Me, O Thou Great Jehovah" (Guide me, O Thou great Jehovah, pilgrim through this barren land; I am weak, but Thou art mighty; Hold me with Thy powerful hand; Bread of heaven, bread of heaven, feed me till I want no more, feed me till I want no more.) "What a Friend We Have in Jesus" ("Are we weak and heavy laden, cumbered with a load of care? Precious Saviour, still our refuge; Take it to the Lord in prayer. Do Thy friends despise, forsake thee? Take it to the Lord in prayer; In His arms He'll take and shield thee, Thou wilt find a solace there.")

The second plague identified within the Eden philosophy is helplessness.

- 2.) Helplessness – The pain that we feel when we always receive care and never give care. Offering the opportunity to give care is the antidote for feelings of helplessness. Think back to times when you felt helpless. How did you feel? Who helped you through the challenges of helplessness? What activities enhanced feelings of purpose and usefulness?

So often, health care professionals provide care because it has been “ingrained” in their training and previous work experience as their duty to give care. Often, resident independence is discouraged because staff feel that they can provide faster and more efficient care (ie. bathing, feeding, ambulating). Resident feelings of helplessness are exacerbated.

Fostering independence and creative ways of “giving” enhance feelings of purpose and meaning in our residents’ lives. At Kennebec Manor, some of these ways are: feeding and caring for our 2 cats, caring for the birds, delivering newspapers, deciding upon their own daily routine, setting the dining room tables, folding laundry, providing companionship for lonely residents, helping in the Activity Department, managing the daily weather board, baking cookies/muffins/pies and helping with Bible study groups.

Colossians 3:17 “And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.”

Romans 8:24 “For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, then do we with patience wait for it. Likewise, the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”

Scripture helps our residents to feel more empowered. One can sense in those residents a peacefulness, a renewed freshness of appreciation and a love of creation. Our staff and volunteers are instrumental in providing opportunities to assist residents to make decisions and choices.

One of the hymns that helps to inspire hope and empowerment is: “Great is Thy Faithfulness” (“Pardon for sin and a peace that endureth, Thy own dear presence to cheer and to guide; Strength for today and bright hope for tomorrow, blessings all mine, with ten thousand beside! Great is Thy faithfulness! Great is Thy faithfulness! Morning by morning new mercies I see; All I have needed Thy hand hath provided – “Great is Thy faithfulness,” Lord, unto me!”).

The third plague identified within the Eden philosophy is boredom.

- 3.) Boredom – The pain that we feel when our lives lack variety and spontaneity. The antidote for boredom is a stimulating environment rich with activity and spontaneity.

Studies involving individuals with Alzheimer’s Disease link boredom with several other concerns including depression, anxiety, apathy, wandering and agitation. The prevalence of boredom for individuals in Nursing Homes is high.

Fostering meaningful activities is paramount in relieving feelings of boredom. Utilization of the nursing process to assess, plan, implement and evaluate is important. At Kennebec Manor, many of our residents have been very active in their church

communities. This varies from singing in the choir, pastoring, being a member of a church group, playing the church organ, knitting hats for newborns, engaging in Bible study groups, assisting the poor and volunteering their talents. It is very important to gather information from the resident and their families to develop a plan of care that includes meaningful activities.

The term “praise” is derived from a Latin word meaning “value” or “price”. To give praise to God is to proclaim His merit and worth. Praising our Lord in many different ways helps to stimulate our residents and re-confirm meaning in life and death. This is done through prayer, Bible studies, church services, memorial services, hymn sings, pastoral visitation and many other ways.

Psalm 145:1-3 “O Lord, Thou art my God and King; Thee will I magnify and praise: I will bless thee and gladly sing unto Thy holy name always. Each day I rise I will Thee bless, and praise Thy name time without end. Much to be praised, and great God is; His greatness none can comprehend.”

In summary, the Eden philosophy offers a wonderful opportunity to nurture resident’s faith and maximize the quality of life for our residents and their families. Providing opportunities to worship, pray, reflect and praise the Lord are endless. By embracing the Eden approach to care, we can be creative when using our faith to alleviate loneliness, helplessness and boredom.

The Activity Department, led by Dorothy Martin, is instrumental in planning and coordinating activities which nourish our residents’ faith. Our staff are sensitive, helpful and thoughtful when providing resident care. Thank you also to Reverend Brenda Schyf, associate pastor of Life Care Ministries, who provides such a valuable ministry to all of us. Brenda is the Director of Mission at Kingsway Care Centre and Kennebec Manor. She oversees the Kingsway Prayer Ministry through weekly prayer gatherings each Thursday at 1200. She is a valuable link in communicating the prayer needs of congregation and our Nursing Home residents.

Marg Winchester

JANUARY RETREAT

Our January retreat will be held on Saturday January 12 from 10am to 3 pm at Betty Hitchcock’s home – 29 Bedell Ave. Saint John, NB. 648- 9794 This year we will explore the topic of “Casting Your Care” Please plan to join us for this time of fellowship and learning together. Lunch will be provided. If you are in the Saint John area or can come for the day, we would love to have you join us.

Betty