

**Arrowhead
Parish Nurse
Association**
Support. Educate. Encourage.

Arrowhead Parish Nurse Association
PO BOX 16328, Duluth MN 55816
www.arrowheadparishnurses.org

Faith Community Nurse Journal

April 2026



THIS IS OUR
35TH
ANNIVERSARY YEAR!

PEER GROUP

*“Trust in the Lord with all your heart ...
He will make your paths straight.”*
Proverbs 3:5-6

Remember those in prayer on their birthday.
What a wonderful gift!

April Birthdays:

6 Traci Moreland
20 Bev Pehkonen
22 Mareta Beise
30 Greta Crowe

Keep in Your Prayers:

- Pray for those that have this ministry on their hearts; to serve their faith community.
- Continued Safety for our communities and the world at large
- Guidance in Health Ministries in the New Year

MONTHLY MEETING

Meeting on Thursday, April 9
Noon to 2pm
First Covenant Church
2101 W 2nd Street, Duluth 55806



GUESTS:

Cheryl Zupec, Care Transition Coordinator for St. Croix Hospice: will introduce herself and Bree Mattson, their new Manager of Clinical Services (MCS) They will provide an overview of St. Croix and speak to the clinical side of what they do in identifying those appropriate for hospice.

RISEN CHRIST,

You came through the locked doors of the fearful disciples' house.
Come through the locked doors of my inner dwelling place.
Bring your enveloping peace to where I am most in need of it.
I open the door of my heart to you.
I open the door.

“Open the Door: A Journey to the True Self” by Joyce Rupp (2008)



2026 BOARD MEMBERS

Pam Franklin BSN, Parish Nurse
Parish Nurse Coordinator/Executive Director
Arrowhead Parish Nurse Association

Nicole Wilke RN, CNP
St Luke's Internal Medicine
(President)

Nancy Turchi RN,BSN,PHN
Parish Nurse, St. Mary Star of the
Sea Catholic Church
(Vice President)

Karen Bastianelli, PharmD, BCACP, FAPhA
Retired UMD Pharmacy Program
(Treasurer)

Michelle Hoffmann MSN, RN, HNB-BC
Assistant Professor,
Undergraduate Nursing Program CSS

Karen Wright RN, BSN, PHN
Director of Nursing - Patient Flow
Essentia Health East Market

Suzy Van Norman, PHN,
St Louis County Public Health

Julie Shelton DNP, APRN, CNS
Community Health Services,
Fond du Lac Services Div.

RESOURCES

PROGRAM PLANNING HELPS:

Just a few suggestions, go to www.health.gov
OR nationalwellness.org

APRIL:

April 1: National Take Down Tobacco Day:
(it began as Kick Butts Day)
www.takedowntobacco.org/

National Autism Awareness Month:
info@autism-society.org

National Child Abuse Prevention Month:
info@childwelfare.org

Oral Cancer Awareness Month:
info@oralcancerfoundation.org

April 7: World Health Day
www.who.int/world-health-day/en/

April 16: Annual National Healthcare Decision Day
www.honoringchoices.org

April 25: National Prescription Drug Take Back Day
www.takebackday.dea.gov

April 24-30: World Immunization Week
www.cdc.gov, also www.who.int

MAY:

Mental Health Month:
www.mentalhealthamerica.net/may

Arthritis Awareness Month:
www.arthritis.org

Food Allergy Action Month:
www.foodallergy.org/life-with-food-allergies

Melanoma/Skin Cancer Detection and Prevention Month:
www.aad.org/public/spot-skin-cancer/programs/skin-cancer-awareness-month

National Stroke Awareness month:
www.cdc.gov/stroke/index.htm



April is
ORAL CANCER
Awareness Month

**CHILD ABUSE
PREVENTION
MONTH**

May 4: Melanoma Awareness Day:
<https://www.aimatmelanoma.org>

MAY 6 -12: National Nurses week:
THEME "Empowered Nurses Save Lives"

May 11-17: National Women's Health Week:
www.womenshealth.gov/nwhw

May 12: National Women's Checkup Day go to
www.womenshealth.gov for more info!

May 22: National "Don't Fry Day":
www.skincancerprevention.org

JUNE:

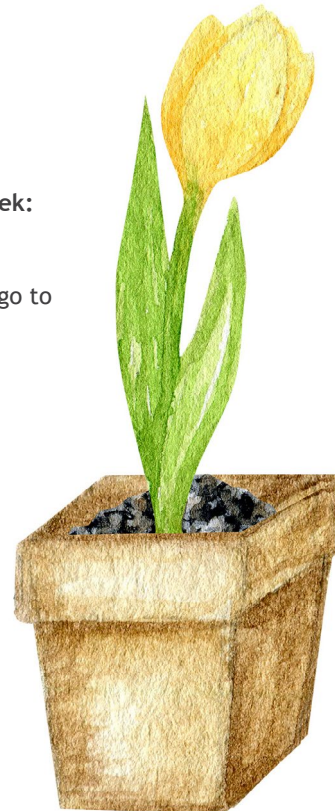
Men's Health Month:
www.menshealthmonth.org

Cataract Awareness Month:
www.preventblindness.org

National Safety Month:
June 14 -21: Men's Health Week:
www.menshealthweek.org

June 21-27 National Lightning Safety Awareness Week:
weather.gov

June 27: National PTSD Awareness Day:
www.ptsd.va.gov



Any Changes?

If you have changed your RN Status, not renewed your license, have decided to "leave your role" OR you have recruited a New RN to assist you! Please let me know so our Professional Listing can be updated. If you did not renew your license but are still assisting others - email me!!

Thank you so much -Pam

Please remember to keep statistics as we put a value to all we do.

Statistics for January through March are due this month (April).

Thank you to all who have submitted stats throughout the year.

UPCOMING EVENTS/EDUCATIONAL OPPORTUNITIES

April 7: “How to have Difficult Conversations” sponsored by the Lutheran FCN Association.

April 8: Advance Care Planning Facilitator Certification; 8am to 2:30pm. Contact Patti Palmer to register (call 218-786-1830 or Patti.palmer@EssentiaHealth.org) Register by March 27

April 9: PN Meeting at Noon (See page 1)

April 16: National Healthcare Decision Day
Host a Ducks In A Row Event

April 21: APNA Quarterly Board Meeting

April 23, May 21, June 18: FCN Refresher Course (1 day/month) Sponsored by FCNN of Twin Cities (info in newsletter)

April 28-30: Westberg Symposium- all Virtual this year (Info in newsletter)

May 14: Parish Nurse Meeting TBD

June 11: Parish Nurse Meeting TBD

Summer Opportunity: Faith Community Nursing Refresher Course - must attend all 3 days. Starts April 23. \$180 fee. Questions? Call Sondra Weinzierl at 763-478-1027. Scholarships are available as needed.

MEETING NOTES FROM MARCH

Diane Seiloff Yourczek, RN, BSN, PHN DP & C Program Coordinator for St Louis County.

Diane is the program coordinator for the Infectious Disease Prevention and Control Unit with public health. Diane shared updates and statistics on communicable diseases and sent this link to subscribe to our provider and partner newsletter, if anyone is interested, is here [St. Louis County Minnesota](#). Once there, enter email address and if new, you will need to make a password. You will then be able to choose what to subscribe to (there are several St. Louis County topics that you can subscribe to). Choose Provider and Public Health Newsletters. Feel free to pass along my contact information below. She is more than happy to answer questions and just be a resource for you all. I'll send pertinent updates regarding community events such as Partners in Prevention and Community Connects.

Here is Diane's contact info:

Office: 218-471-7609

seiloffd@stlouiscountymn.gov

www.stlouiscountymn.gov

For those of you in Lake, Carlton, Cook, Pine Counties, I will try to get links to those as well.

HIGHLIGHT ON US! YES! THIS IS OUR 35TH YEAR.

Parish Nursing, nationally began in 1987 out of Lutheran General Hospital, Park Ridge, Illinois with Dr. Rev. Granger Westberg. He originally envisioned parish nursing as a partnership between health care systems and congregations - to link resources of the health care system to the faith community. His work was based on his belief that medicine transcends the physical because true healing involves the body, the soul and the mind.

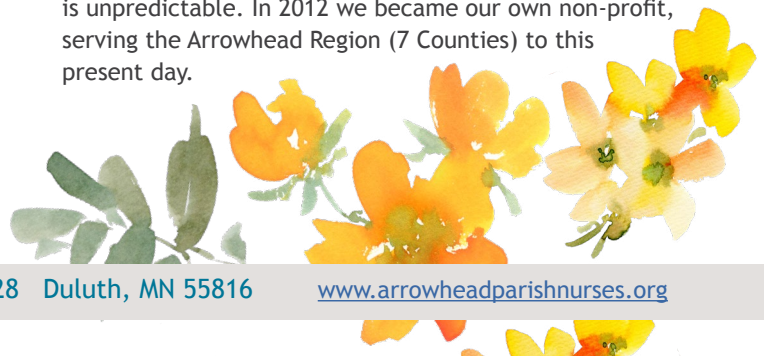
After his trial period of 6 churches in the Chicago area, the concept took off. Congregants loved having services (medical and spiritual care) within the context of their congregational setting.

Since then, the International Parish Nurse Resource Center (now called Westberg) is now based out of the Church Health center in Memphis, TN.

In 1997, this nursing role has been identified as a specialty practice by the American Nurses Association (ANA) and the Health Ministry Association (HMA), thus providing Scope and Standards of Practice for Faith Community Nurses (FCN - a designation used to embrace all faiths).

About this same time (1987) - Winnie Gustafson's (an RN from Gloria Dei Lutheran Church in Duluth) son had heard Dr Westberg at a conference and brought this concept home. She found that those she served also embraced the concept of a nurse in the congregation, and in 1991 the Parish Nurse movement started in Duluth along with 7 other congregations. The Parish Nurses were originally under the auspices of Churches United in Ministry (CHUM). As the number of Parish Nurses grew in the Arrowhead Region, we were asked to become a part of Lakeshore, Inc.; an elder services housing and care agency, under the umbrella of Ecumen. They paid for the coordinator's salary and offered in-kind services (office, mailings, phone, computer, etc.), they also had a Director of Development that assisted us in obtaining grants for special projects.

In 2011, with economic cutbacks and Medicare reimbursement issues within Lakeshore, they could no longer sustain the coordinator position. With this release from Lakeshore, the Parish Nurse Executive committee started the process of exploring becoming our own non-profit. We have found that there are grant opportunities within our region to make us viable, while being part of an “institutional budget” is unpredictable. In 2012 we became our own non-profit, serving the Arrowhead Region (7 Counties) to this present day.





NATIONAL & STATE FCN/PARISH NURSE UPDATE

WESTBERG FAITH COMMUNITY/PARISH NURSE NEWS

To get more Information from the National Level - go to: www.spiritualcareassociation.org/nursing

On the tab at TOP RIGHT click on NURSING and select from the drop box of items. *The Perspectives* magazine is back offering: Featured Topics, Research, Tool box items, etc.

FAITH COMMUNITY NURSES INTERNATIONAL

This is also a membership organization for which CEU events are offered. Go to www.fcniinternational.org for more information to join or upcoming events.

LUTHERAN FAITH COMMUNITY NURSE ASSOCIATION

Watch website for future educational events- April 7th next CEU event

UPCOMING FOUNDATIONS CLASS OPPORTUNITIES

CONCORDIA: Keep participants in your prayers as they wrap up March/April 2026 Course. The Parish Nurse Ministry Program of Concordia College in Moorhead, MN will be offering the Foundations of Faith Community Nursing course March 5, 12, and 19 (on-line via ZOOM) and April 9, 10, and 11 (in-person at First Lutheran Church, 619 N. Broadway, Fargo, ND, 58102). The program is open to licensed RNs who are interested in personal growth and/or starting a health and healing ministry within a faith community.

FAITH COMMUNITY NURSE NETWORK OF TWIN CITIES

Foundations of Faith Community Nursing Courses: Currently in process.

Refresher Course for Faith Community Nursing: 15 CEUs updated based on the 2024 Revised Foundation Curriculum: April 23, May 21, June 18 (all Thursdays/All virtual)

To register: go to the link below - Cost is \$180
<https://www.fcntc.org/education/refresher-foundations-course/>

If you find a Foundations Course, you would like to attend, the APNA has funds available to financially assist you for this preparation. Contact Pam at parishnursenemn@gmail.com

NURSES HONOR GUARD (MN AND WI)

The Twin Ports Area FCN/Parish Nurses have developed/ implemented the **Nurses Honor Guard**. It is a military-like ceremony consisting of the Nightingale Tribute recited during the funeral or memorial service for RNs and LPNs who have passed.

If you have a friend who is a nurse that may have passed in a different state or region - here is the National Coordinator's contact: **Honor Guard Coalition, Jody Schneider, President of NNHGC, 859-802-1161
Jschnei101087@gmail.com

There has also been some interest in providing a "Living Tribute" If you are interested in being a volunteer or would like more information - feel free to contact Pam (Parishnursenemn@gmail.com).



NURSES HONORING NURSES
Order Your National Nurse Honor Guard Lapel Pin Today!

Click the link to order:
Order form.
<https://forms.gle/FBU3e2E9qjntcjDp8>
1 inch UV printed lapel pin with black rubber clutch. Image above. Price is \$10 each plus shipping. Please contact Amy Malcom at orderofthewhiterosenhg@gmail.com or President Jody Schneider at nnhgc2024@gmail.com for questions.

LOCAL/STATE:

ADVANCE CARE PLANNING FREE ONLINE CLASSES FOR FAMILIES:

It is so important to have proactive conversations and have a healthcare directive completed before a crisis occurs.

Spring Sessions:

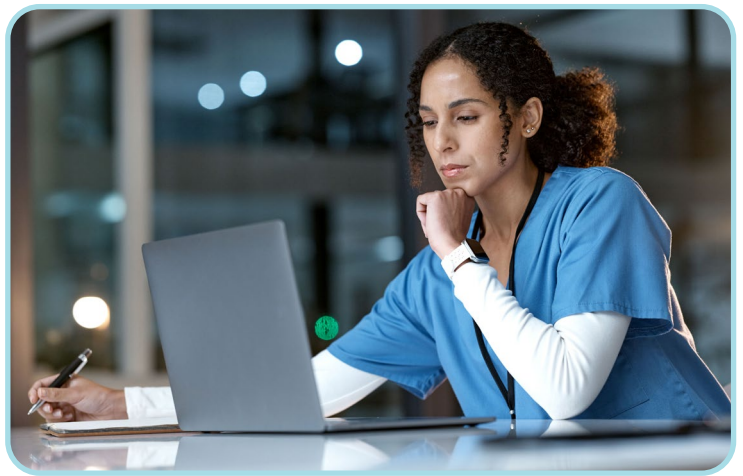
Thursday April 16 at Noon

Tuesday May 12 at Noon

Each session is one-hour. To register, get more information OR refer someone contact Wanda Paulsen RN at 218-786-1310

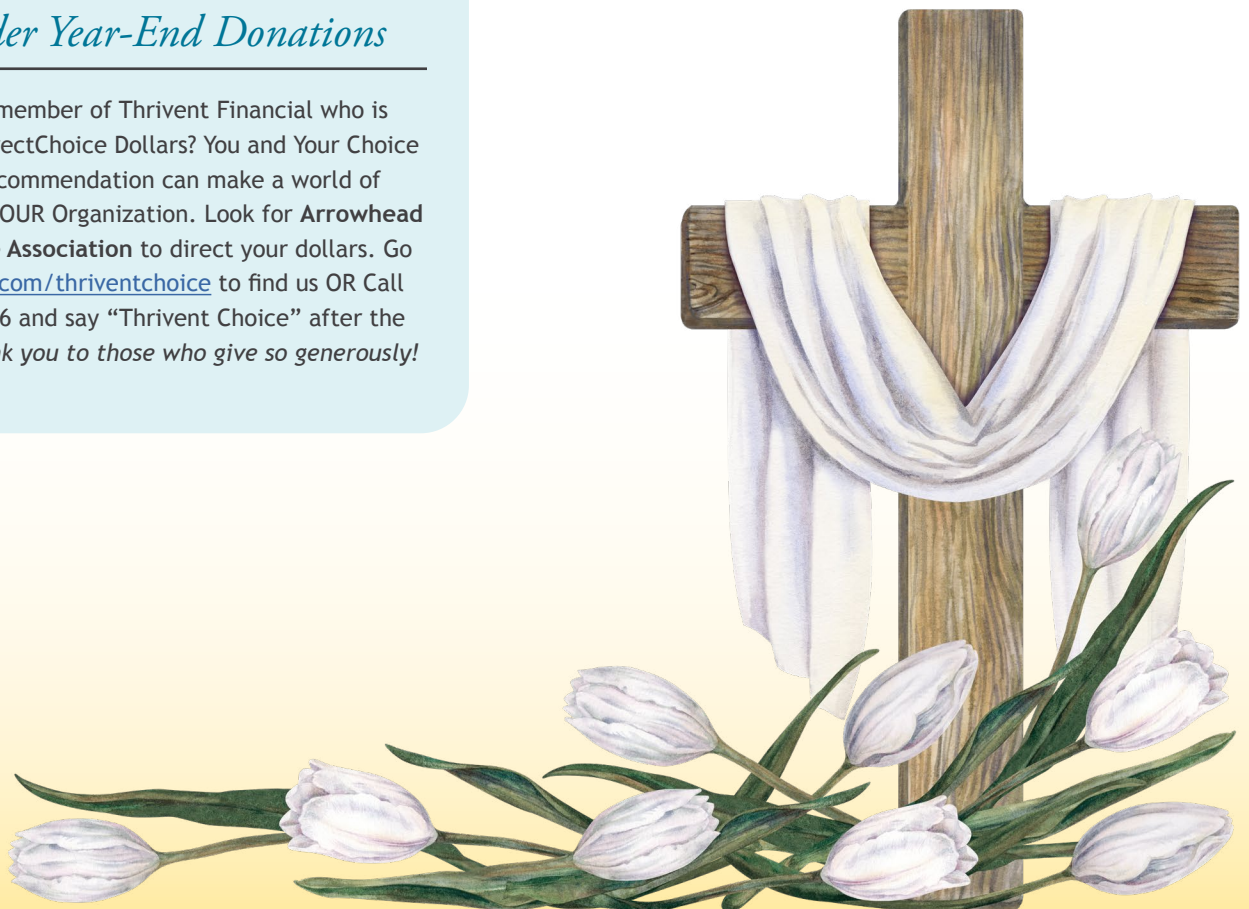
MN SURE/INSURE DULUTH:

If you have people that missed Open Enrollment. There is a path to coverage through taxes! See the handout attached to this newsletter and share with those you serve. Or go to insureduluth.org/help



THRIVENT Reminder: Consider Year-End Donations

Are you a member of Thrivent Financial who is eligible to directChoice Dollars? You and Your Choice Dollars recommendation can make a world of difference to OUR Organization. Look for Arrowhead Parish Nurse Association to direct your dollars. Go to Thrivent.com/thriventchoice to find us OR Call 800-847-4836 and say "Thrivent Choice" after the prompt. *Thank you to those who give so generously!*



Rejoice, the Lord is King!

Rejoice the Lord is King! Your Lord and King adore!
Rejoice, give thanks and sing and triumph ever more
Our Saviour, Jesus Reigns, the God of truth and love;
when he had purged our sins, he took his seat above.

Lift up your heart, lift up your voice! Rejoice, again I say rejoice!
His kingdom cannot fail; he rules both earth and heaven;
the keys of death and hell are to our Jesus given.
Rejoice in glorious hope for Christ the Judge shall come
to gather all his saints to their eternal home.

Lift up your heart, lift up your voice! Rejoice, again I say rejoice!

(Covenant Hymn #271: Words based on Phil 4:4, C. Wesley, Music: S. Nicholson)



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If I can be of any assistance, please feel free to contact me:
Pam Franklin, Parish Nurse Coordinator/Director
218-310-0613 (cell phone) or 218-722-5451 (First Covenant Church)
parishnursenemn@gmail.com