



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

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

Faith Community Nurse Journal

May 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!

May Birthdays:

13 Margaret Rogers
23 Danny Johnson-Schiff
19 Becky Hogan
28 Pam Franklin

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, May 14th
Noon to 2pm
First Covenant Church
2101 W 2nd Street, Duluth

GUESTS:

Mary Bovee B.S., MBA, Business Development Manager at BrightStar Care of Duluth, will share with us about this new homecare agency.

Anne Bauer from Reflections, Outpatient Substance Use Disorder Treatment. Treatment services are provided via Telehealth and/or in-person. She will share about their program and how to access services.

It's National Nurses Month!
MAY 6 -12: National Nurses week
THEME: “Empowered Nurses Save Lives”
Thank you for all that you do.

BLESSING FOR YOU...

May your circle of understanding and caring persons be many,
And may you allow them to support and sustain you in sadness.

May you rest your heartache in the compassionate arms of God each day
And find comfort from this Enduring Love.

May you trust the hidden part of you where your resilience resides
And remember often the inner strength your spirit contains.

TODAY: I am grateful for persons who support me.

Joyce Rupp: from *That You've Gone Home*, pg. 177



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

Anne Romberg, RN,
Health & Wellness Coordinator,
CHUM Shelter

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

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

May 5: 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

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

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

JULY:

Healthy Vision Month:
www.nei.nih.gov

UV Safety Month:
www.va.gov

Juvenile Arthritis Awareness Month:
aforders@arthritis.org

July 28: World Hepatitis Day:
www.worldhepatitisday.info



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

Special Thank You

to Essentia Health for the financial support as we continue to serve those in need in our communities of faith and in our surrounding neighborhoods.

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

Statistics for January through March were due in April. Feel free to keep sending them in.

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

UPCOMING EVENTS/EDUCATIONAL OPPORTUNITIES

May 6 through 12: National Nurses Week: listen to Life 97.3 fm for special thank you!

May 7: CEU event, "Holy Transitions" sponsored by Lutheran FCN Network. See information in Newsletter

May 14: Parish Nurse Meeting (see Page 1)

May 17: Texas Roadhouse Dine to Donate event Sunday 10 am - 9 pm). **Volunteers needed** for 2 or 3 hours shift, whatever you can do that day!

Contact Pam: parishnursenemn@gmail.com
Thank you.

June 11: Parish Nurse Meeting TBD

No Meetings July and August

MEETING NOTES FROM APRIL

St Croix Hospice staff came to introduce themselves and remind us of all they offer. Cheryl Zupec the Care Transition Coordinator, brought with her: Ryan Neveau, PT; Megan and Bree RN. Each person shared their role in the company and their passion in working with Hospice. Some of the programs they shared: Voyage Program offers an RN on call 24/7, for those that are transitioning. Falls Prevention, Dementia, Heart Failure. Each person who is on their program receives RN services twice/week as needed, Home Health Aide, Companion/Respite, Social Worker and Chaplain. There is also a Musician and Massage therapist.

Cheryl noted that even if they are not in your area, to complete a referral form. It tells St Croix where the needs are. They also offer Community Education and would be willing to come to a Church Adult Forum and present on Hospice 101. She noted that only 48% of those on Medicare use this benefit.

Cheryl Zupec can be contacted at: 218-451-0799, czupec@stcroixhospice.com. The website for more information is: www.stcroixhospice.com.

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.

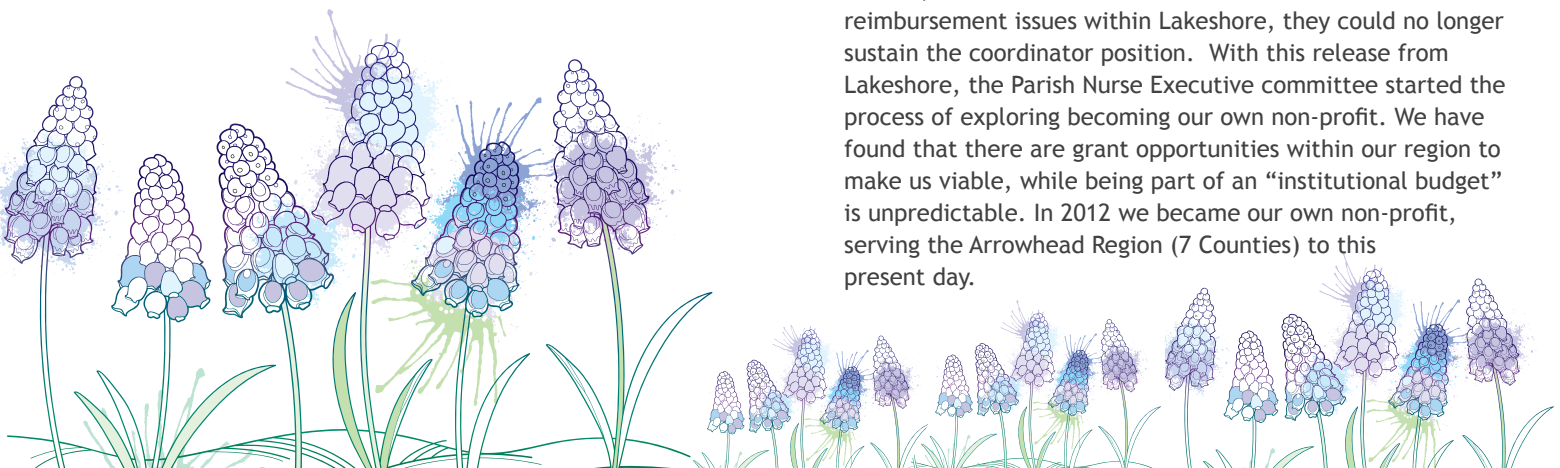
After his trial period of 6 churches in the Chicago area, the concept took off. Congregants loved having services (medical and spiritual care) within the context of their congregational setting.

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.fcinternational.org for more information to join or upcoming events.

LUTHERAN FAITH COMMUNITY NURSE ASSOCIATION

5th Annual Valborg Tollefsrud Educational Event

May 7: HOLY TRANSITIONS: *Spirituality, Aging and the Work of Accompaniment.* Presented by Rev. Dr. Lorraine E. Leist, BCC-PCHAC. 6-8pm. \$30 for LFCNA members/\$50 for non-members. For 2 Nursing Contact hours.

Register for this event: <https://lutheranfcna.org/event-6603209>

UPCOMING FOUNDATIONS CLASS OPPORTUNITIES

CONCORDIA: Just completed their Foundation Class.

FAITH COMMUNITY NURSE NETWORK OF TWIN CITIES

Foundations of Faith Community Nursing Courses: Course is completed.

Refresher Course for Faith Community Nursing:

IN PROCESS: Keep attendees in prayer.

15 CEUs updated based on the 2024 Revised Foundation

Curriculum: April 23, May 21,

June 18 (all Thursdays/All virtual)

<https://www.fcnnct.org/education/refresher-foundations-course/>

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 Session: Tuesday May 12 at Noon.

The session is one-hour.

To register, get more information OR refer someone contact Wanda Paulsen RN at 218-786-1310.

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).

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

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!*

*This is from 1991 but still is relevant today.
Blessed Be the Parish/Faith Community Nurse.*

Twelve Beatitudes for Parish Nurses

Nurses are “blessed” with a variety of gifts that make them uniquely attractive to congregation’s striving toward holistic health.

From: Solari-Twadell, A., Djupe, A.M. & McDermott, M.A. (Eds.). (1991)
Parish Nursing: The Developing Practice. Park Ridge, IL; National Parish Nursing Resource Center

1. Blessed be the parish nurses for they are caring!
2. Blessed be the parish nurses for they are available and accessible to most congregations!
3. Blessed be the parish nurses for they are knowledgeable about community resources and the process of referral!
4. Blessed be the parish nurses for they are cost effective!
5. Blessed be the parish nurses for they have a high tolerance for ambiguity!
6. Blessed be the parish nurses for they have had a generalist education and previous employment that have resulted in a broad variety of skills!
7. Blessed be the parish nurses for they are process oriented!
8. Blessed be the parish nurses for they are possessed with generosity of spirit, both of time and talent!
9. Blessed be the parish nurses for they are focused on priorities!
10. Blessed be the parish nurses for they are committed, dependable and persevering!
11. Blessed be the parish nurse for they have a heritage and tradition of pioneering!
12. Blessed be the parish nurses for they are believers ... in God, clients, nursing, herself and in a better world; here and in the hereafter!

*Thank you for ALL that you do in the Ministry of Health and Healing
With Deep Appreciation!*



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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