



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

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

Faith Community Nurse Journal

June 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:

- 5 Linda Wiig
- 10 Mary Hepola
- 15 Jeannine Faldet
- 17 Linda Susens

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
- Refreshment as we look towards warm weather and “green spaces”
- Protection for those in the Armed Services

MONTHLY MEETING

Meeting on Thursday, June 11th
Noon to 2pm
First Covenant Church
2101 W 2nd Street, Duluth

GUESTS:

Sarah Beehler, PhD, BCPA, CSA: From Zenith Health Associates.
I met her at an Alzheimer’s Event. She helps people navigate systems.

Essentia Community Paramedics will come and explain what they do.
How can we be a part of or enhance their health services?



SPIRIT OF WELCOME

Divine Guest,
I lovingly welcome you with openness of my entire being.
I desire to receive people who are strangers with
this same spirit of graciousness.
Free my mind when it locks out others.
Disarm my heart of any armor it wears.
I open the door of my heart to you.
TODAY: *I disarm my heart.*

Joyce Rupp: from *Open the Door*, pg 159



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

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

AUGUST:

National Breastfeeding Month:
www.usbreastfeeding.org

National Immunization Awareness Month:
www.cdc.gov/vaccines/events/niam/default.htm

Children's Eye Health and Safety Month: media@aao.org

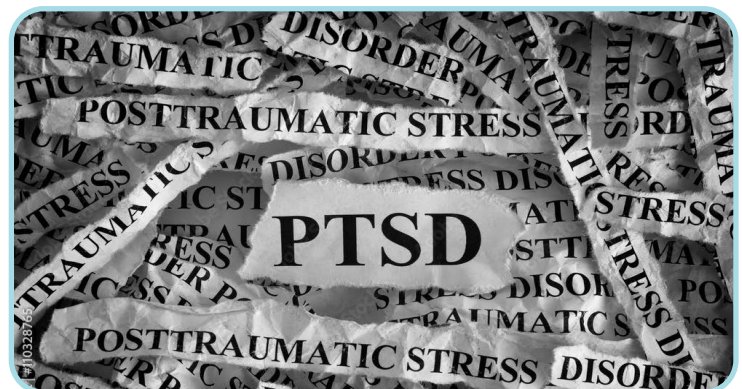
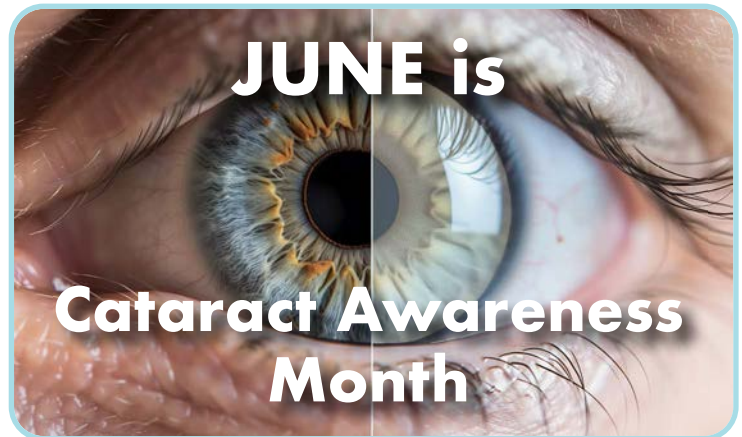


A Special Thank You

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 April - June will be due in July. Feel free to keep sending them in. Thank you to all who have submitted stats throughout the year.



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

UPCOMING EVENTS/ EDUCATIONAL OPPORTUNITIES

June 4: Advance Care Planning Facilitator Certification;
Contact Patti Palmer at Essentia: patti.palmer@EssentiaHealth.org
Deadline was 5/22, but ask to be on list for next session

June 11: Parish Nurse Meeting: See page 1 for guests.

No Meetings July and August

July 21: APNA Board Meeting 4:30-6pm

September 10: First Meeting of Fall Season

Saturday, September 26: Save the date!
35th Anniversary Celebration at
Gloria Dei Lutheran Church, Duluth

MEETING NOTES FROM MAY

Mary Bovee B.S., MBA, Business Development Manager at BrightStar Care of Duluth, joined us to share about this new homecare agency. Mary shared that BrightStar is new to this area and they offer Companion Services, Overnight services, Nursing care services (wound care, infusion, etc), Private Duty RN, no minimum hours. Will take long-term care insurance and Private Pay. They are also eligible service for Veterans. The area served is NE MN and NW WI. Contact Mary if more information needed: 218-210-0983 or email her at: Marianne.bovee@brightstarcare.com. Direct dial is 218-355-0534.

SUNDAY MAY 17 WAS OUR FUND-RAISER AT TEXAS ROADHOUSE IN DULUTH.

Many Thanks to the volunteers that helped at our Table and all of you who shared the information. The receipts were still being tabulated at this printing.

OUR WEBSITE HAS BEEN UPDATED: Take note that if you cannot get the newsletter or want to share it, they will now be on the website as well. www.arrowheadparishnurses.org

BLOOD PRESSURE CARDS: If you need a new supply of Blood Pressure cards (for people to keep track of their blood pressure). Contact Pam (parishnursenemn@gmail.com).



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

No sessions this month.

UPCOMING FOUNDATIONS CLASS OPPORTUNITIES

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)

FCNNTC is having website issues—contact them for upcoming classes at 651-204-0904. Their next Foundations Course will be Sundays in October & November (1:30pm to 6pm) and two Fridays 9am to 4:30pm. Fee is \$435. Go to <https://pci.jotform.com/fcnnct/fall2026foundations> or Contact Sondra at 763-478-1027

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

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.

Summer Sessions:

Thursday June 4 (12pm to 1pm), Thursday July 16 (12pm to 1pm), Tuesday August 11 (12pm to 1pm). 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).

THRIVENT Reminder: Consider Year-End Donations

Are you a member of Thrivent Financial who is eligible to direct Choice 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!*

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.



*I find this hymn a prayerful reminder of God's love for us throughout our day.
This summer, may you refresh your soul knowing
God's Love surrounds you.
And Again – thank you for all you do.*

May God's Love be Fixed Upon You

(Hymn #669, Covenant Book - Words, John Dalles/ Music, John Gross)

May God's love be fixed above you, overshadow you with grace:
May God's love stand firm beneath you, welcome you with glad embrace.

May God's love advance before you, vigilant of all your ways;
may God's love keep watch behind you shielding you through all your days!

Alleluia! Alleluia! Glorify the Lord with Praise!

May God's love be close beside you, qualify you for life's race;
may God's love live deep within you, with assurance of his grace!

May God's love remain upon you, and your faithfulness repay,
with a peace the world can't give you, neither shall it take away!

Alleluia! Alleluia! Glorify the Lord this day!



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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