



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

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

Faith Community Nurse Journal

July - August 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!

July Birthdays:

11 Sharon Holte
23 Marcy Mateyka

August Birthdays:

27 Dedie Moore
31 Jean Bokinskie

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"

MONTHLY MEETING

NO Meetings for July and August -
Please take this time to refresh your "self" and your "soul".
Peace.



INNER GARDEN

Gracious Gardener,
How wondrously you care for my soil.
You send your waters of refreshment.
You fertilize me with your wisdom.
You warm me with your enduring kindness.
You keep drawing me toward your light.
New growth continually sprouts from the soil of my spiritual garden.
Flowers of creativity bloom. Herbs of joy flavor my days.
Vegetables of nourishment flourish.
You constantly care for my garden,
weeding it when weaknesses grow tall,
turning the soil when the ground is hard,
comforting and protecting me when enemies chew on my leaves.

Today: I thank the Gracious Gardener for tending my garden.

(Anchors for the Soul, Joyce Rupp - Prayers to Sophia)



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

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 SEND STATISTICS

Please send in any statistics that you have for the last quarter: April through June. This year again, working on placing a VALUE on what we do.

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

LOOKING AHEAD...

SEPTEMBER:

Fruits and Veggies - More Matters Month:
www.PBHFoundation.org

Healthy Aging Month:
media@aao.org

National Childhood Obesity Awareness Month:
publicinfo@acsm.org

National Head Lice Prevention Month:
npa@headlice.org - - - Don't forget we have the Lice Lounge here in Duluth!
2330 W 3rd Street. 507-338-3164

National Yoga Month:
www.yogamonth.org

Ovarian Cancer Month:
www.ovarian.org

Prostate Cancer Awareness Month:
www.zerocancer.org

Sept 13-19: National Suicide Prevention Week:
www.suicidepreventionlifeline.org

Sept 21-25 Falls Prevention Awareness Week:
www.ncoa.org & <https://agesafeamerica.com>



OCTOBER (to get you started):

October 3: Alzheimer's Association Walk Month - Duluth
www.alz.org

Health Literacy Month:
www.healthliteracymonth.org

Domestic Violence Awareness Month:
www.ncadv.org

National Breast Cancer Awareness Month:
www.cancer.org

National Liver Awareness Month:
www.liverfoundation.org

Oct 4-10: National Mental Illness Awareness Week:
www.nami.org

Oct 8: National Depression Screening Day: smhinfo@mentalhealthscreening.org

Oct 19-23: National Health Education Week:
www.sophe.org/NHEW.cfm

Oct 21: National Check your Meds Day!
mlafarge@consumer.org OR www.nationaltoday.com

There are so many more this month!

OTHER HELPFUL RESOURCES:

Isolation assessment tool: www.connect2affect.org

Journal of Christian Nursing: <http://ncf-jcn.org/resources/journal-christian-nursing>

UPCOMING EVENTS/ EDUCATIONAL OPPORTUNITIES

July & August: No scheduled Meetings

July 21: APNA Board Meeting 4:30- 6pm at First Covenant Church (2101 W Second St, Duluth)

September 10: Parish Nurse Meeting - Watch Newsletter for details.

September 26: SAVE THE DATE: 35th Anniversary "back to our roots" at Gloria Dei Lutheran Church in Duluth

October 8: Parish Nurse Meeting - Save the Date

October 8-9: St Louis County Health & Human Services Conference for more info go to: www.stlouiscountymn.gov/hhsconference.

FROM OUR JUNE MEETING

Sarah Beehler, PhD, BCPA, CSA: Founder and owner of Zenith Health Advocates. Sarah shared that she helps people navigate systems, billing and also Medicare advocacy. She can do an introduction visit to determine the needs/time required. Her services are private pay and I believe she is working on Medicare reimbursement. Sarah's contact info: 218-514-6693, sarah@zenithadvocates.com

Essentia Neighborhood Community Paramedics: Nolan Williams and Ellie Lau came to introduce themselves and all that they do. Their goals are to help those that are fragile due to health issues or isolation and monitor conditions before they get worse. They shared some of what they do: help with setting up people's medications, wound cares, preventative measures (BP, O2 sat) and connecting them to what they need.

They follow up with people after discharge from the hospital setting (only 20% of info is retained after discharge). They are available to serve those in their homes in the 40 mile radius around Essentia; also covering Cloquet (through the Essentia clinic there). Nolan and Ellie were exploring how we could partner; even if it was just a simple BP check and some visit time. If they have a client that lives near a church with an FCN/ PN they could give Pam a call and see if that nurse would be able to connect. Referrals to "them" is through physicians, Social Workers and nurse on line. THEY also have gone into Superior.

Contact info: nolan.williams@essentiahealth.org; elizabeth.lau@essentiahealth.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.fcniinternational.org for more information to join or upcoming events.

UPCOMING FOUNDATIONS CLASS OPPORTUNITIES FOR FALL 2026

Faith Community Nurse Network of Twin Cities.

Foundations course dates are set for Fall, Sundays 10/4/26, 10/18/26 and 11/1/2026 from 1:30 to 6:30pm and Friday 10/23/26 and Monday 11/9/26 from 9am to 4:30pm: Go to the noted link to register.

<https://pci.jotform.com/fcnntc/Fall2026Foundations>

\$435.00 - Contact Sondra Weinzierl for more info. 763-478-1027

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).



LOCAL/STATE UPDATE ON CLASSES AND OPPORTUNITIES:

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:

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

Upcoming classes: Thursday July 16, 12 noon to 1:00pm and Tuesday August 11, 12 Noon to 1:00pm. To register visit the website: www.essentiahealth.org.

For more Information contact Wanda Paulsen RN at 218-786-1310.

MNSURE UPDATE:

Changes occurring end of June, and changes for Medicaid starting in 2027:

- Work or community engagement requirements
** see below
- More frequent renewals (every 6 months)

Changes for Medicaid starting in 2028:

- Less retroactive coverage
(one or two months instead of three)

The changes in 2027 impact ONLY:

- People ages 21-64, Not pregnant, no dependent children
- Not getting MA on basis of disability

****Work or other qualifying activities at least 80 hours per month**

- Community service or work program at least 80 hours per month
- At least half-time enrollment in an educational program

OR

- A combination of these activities for 80 hours.

Contact a MNSure Navigator if you have questions and remind those you know who are on MA to WATCH their mail for any instructions.

Any questions or need a location for a Navigator, contact Megan Bremmon at Megan.Bremmon@ghci.us.

Lake Superior Community Health Center now offers assistance for those transitioning on to MEDICARE: 218-722-1497.

BY REQUEST, A REPEAT RESOURCE FOR FOOT CARE:

Jessica Lupien, RN Provides Routine Foot Care. The cost is \$50 per visit, and she currently does not bill insurance (private pay only). Jessica provides routine foot care, including basic nail trimming, nail thinning, callus and skin care and general foot maintenance. If she notices anything concerning, she may suggest that clients check in with their PCP or specialist. She does not diagnose, treat medical conditions, or perform medical procedures.

218-556-8073 (business phone number)

healingsolesfootcarern@gmail.com

To Schedule a visit- it can be done directly through my Calendly link here: <https://calendly.com/healingsolesfootcarern/30min>

I've had some people in my congregation use her services and she was very thorough ~Pam.



FENTANYL KITS AVAILABLE FROM ST LOUIS COUNTY

St. Louis County has funding for and will be ordering Fentanyl Test Kits and Rx Disposal Kits via the University of Minnesota Extension.

- Fentanyl Test Kits are used for testing for the presence of fentanyl.
- Rx Disposal Kits are kits used to destroy prescription medications which then allows you to dispose of this right into the trash, rather than bringing to a certified Rx drop box, which is also safer than flushing unused medications.

If you are interested in either one of the kits, please contact Pam Franklin.



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.

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](https://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!*



Summertime Meditation

“During our inner summer, we know we are growing. There’s a robust surge of spiritual vitality. We long to be faithful to our truest self. The desire to become more healed and whole grows stronger in us. During this time, we often sense the presence of divinity within ourselves and others . . .”

From: “The Circle of Life” Joyce Rupp and Macrina Wiederekehr

God Renew Us by Your Spirit

God, Renew us by your Spirit! Come in gladness, hearts console!
Grant us joy so we may share it! Oh, restore us; make us whole!

God, revitalize our mission! Bless your church from pole to pole! May we overcome division!
Oh, restore us; make us whole!

God, revive each congregation! Be our enter and our goal!
Help us join in adoration!
Oh, restore us; make us whole!

God, refresh your whole creation! Timeless is salvation’s role! Grant us boundless celebration!
God, restore us; make us whole!

(Hymn #604, John Dalles, William Walker’s Southern Harmony)



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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