



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

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

Faith Community Nurse Journal

September 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!

September Birthdays:

26 Rebecca May
29 Marcia Heyser

Keep in Your Prayers:

- Pray for those that have this ministry on their hearts; to serve their faith community.
- Prayers for this health ministry as we enter into the future of serving others.
- Continued Safety for our communities and the world at large.
- Pray for safe starts to the School Year for all ages.
- Renewed starts for fall programming our Faith Communities

MONTHLY MEETING

Thursday, September 10th
Noon to 2pm
First Covenant Church
2101 W. 2nd Street
Zoom link included in email

Our September Meeting guest will be **Sheina Showen, BAN, RN, PHN, Disease Prevention and Control, from St. Louis County**. She will offer a One-Hour Continuing Education updating us on Immunizations and Diseases. Sheina started working at St. Louis

County Public Health in April of 2026 in the Disease Prevention and Control unit. She is still learning the ropes and enjoying this new role immensely. She will be the immunization coordinator and the lead for TB case management and Newcomer Health, which encompasses the health needs of new arrivals to our county under the refugee, immigrant and status adjuster programs. She is also the liaison to the school nurses in the county, providing them with updates that are pertinent to school health.



SAVE THE DATE

*YOU ARE INVITED
to attend our*

35th Anniversary Celebration

Saturday, Sept. 26, 2026 • 1pm to 4pm

Gloria Dei Lutheran Church
219 N 6th Ave East, Duluth MN 55805

Service of Celebration at 1:30 pm followed by cake reception.



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.



UPCOMING EVENTS/ EDUCATIONAL OPPORTUNITIES

September 10: Parish Nurse Meeting. See details on page 1.

September 17: *Medical Cannabis Through the Lens of Science and Faith*, Sponsored by Lutheran Faith Community Nurse Association 6-8pm Central time. (2 contact hours) - Details in newsletter.

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.

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).

LUTHERAN FAITH COMMUNITY NURSE ASSOCIATION Upcoming Continuing Education Events

September 17: *Medical Cannabis Through the Lens of Science and Faith* Presented by David Mulkey, DNP, RN, CNE, CPHQ 2 Contact hours offered. 6 to 8pm CT, \$30 for LFCNA Members, \$50 for non-members.

Course Description: This presentation explores medical cannabis from both evidence-based and biblical perspectives to equip Faith Community Nurses with the knowledge, wisdom, and discernment needed for practice. First, the critical role of the endocannabinoid system in maintaining homeostasis will be highlighted. The historical evolution and modern clinical use of medical cannabis will then be examined, with an emphasis on current evidence related to therapeutic indications, patient outcomes, adverse effects, safety concerns, and potential risks. Go to: <https://lutheranfcna.org/event-6740571>

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).

NATIONAL & STATE FCN/PARISH NURSE UPDATE

WESTBERG FAITH COMMUNITY/PARISH NURSE NEWS

We welcome Efi P. Wilkins DNP, MSN, RN, PMH-BC, CNE to Westberg Institute. Efi is serving as our new Accredited Provider Program Director and can assist you with all things continuing nursing education related. Her email address is education@westberginstitute.org. Here's some information about Efi:

My name is Efi Wilkins. I have been a nurse for 27 years. My background is in community-based psychiatric mental health nursing and case management/homecare. I have earned a Master's and a Doctorate in Nursing Education. I am an Associate Professor of Nursing at Joyce University. I have been a Faith Community Nurse since 2020.

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.

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.



There were no meetings in July & August

LOCAL/STATE UPDATE ON CLASSES AND OPPORTUNITIES:

ADVANCE CARE PLANNING FREE ONLINE CLASSES:

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

Upcoming classes: Tuesday, September 10, 12pm to 1:00pm, Tuesday, October 13, 12pm to 1pm and Tuesday, November 10, Noon to 1pm.

To register visit the website: www.essentiahealth.org.

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



FENTANYL KITS AVAILABLE FROM ST. LOUIS COUNTY

St. Louis County has limited supplies of Fentanyl Test Kits to help reduce overdoses. If you are interested in these kits, please contact Pam Franklin



MNSURE UPDATE: CHANGES OCCURRING END OF JUNE

Changes for Medicaid starting in 2027:

- Work or community engagement requirements
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.

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!*



*As the fall season starts up and there are still many concerns
I decided to use this hymn that I had used last year.*

For the Healing of the Nations

For the healing of the nations, Lord, we pray with one accord,
for a just and equal sharing of the things that earth affords.
To a life of love in action help us rise and pledge our word.

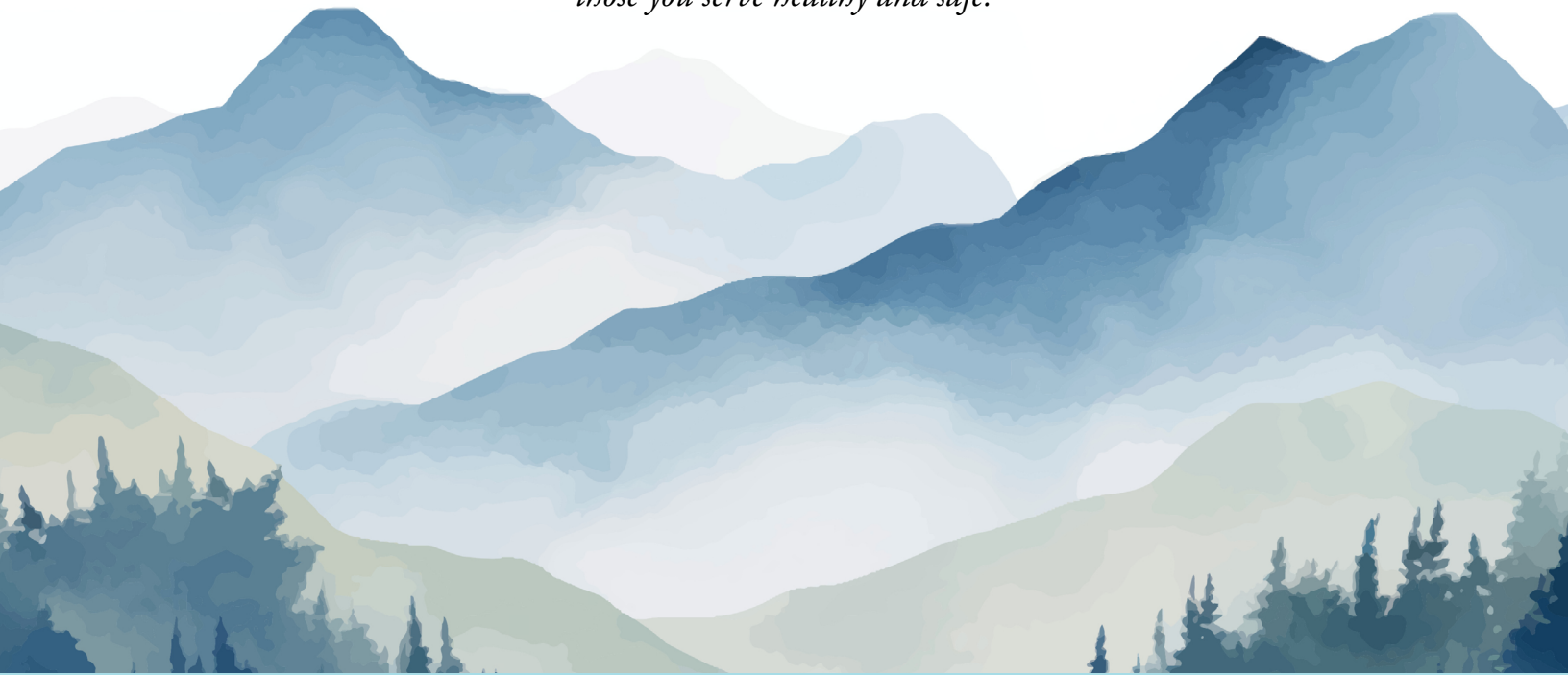
Lead your people into freedom. From despair your world release,
that, redeemed from war and hatred, all may come and go in peace.
Show us how, through care and goodness, fear will die and hope increase.

All that kills abundant living, let it from the earth be banned:
pride of status, race, or schooling, dogmas that obscure your plan.
In our common quest for justice may we hallow life's span.

You, Creator God, have written your great name on humankind.
For our growing in your likeness, bring the life of Christ to mind,
that by our response and service earth its destiny may find.

(Covenant Hymn #724, 1968 Hope Publishing)

*Thank you for all you do and continue to do to keep
those you serve healthy and safe.*



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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