



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

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

Faith Community Nurse Journal

October 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!

October Birthdays:

6th: John Moe
10th: Mary Ann Kult
25th: Julie Phaneuf-Hill

Keep in Your Prayers:

- Pray for those that have this ministry on their hearts; to serve their faith community.
- The future of Parish/Faith Community Nursing Continued Safety for our communities and the world at large
- Renewed starts for fall programming our Faith Communities
- Thank you for all the support for our 35th Anniversary

MONTHLY MEETING

Thursday, October 8th
Noon to 2pm
First Covenant Church
2101 W. 2nd Street
in Lincoln Park

Guest: Katherine Klovstad,
Injury Prevention Coordinator, Aspirus/St Luke's
She will present Stop the Bleed-Tourniquet Training

As we move into a new "season" - here are some reminders
from Joyce Rupp:

AUTUMN

The season of vulnerability when the great arms of oak stretch
their summer leaves to the
wild October winds
All that has been life and green is stripped from strong trees,
and the tall, wide branches
seem to be deathly wounded.
This is the season of vulnerability when the trees open wide to
wounding, when all their summer
security is given away to another season.

TODAY: I learn from trees how to accept endings.
(*Anchors for the Soul*, Joyce Rupp "Fresh bread")



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

Health Literacy Heroes



Together, We Make a Difference

OCTOBER:

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

October 3: Alzheimer's Association Walk Month - Duluth

www.alz.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!

www.nationaltoday.com OR www.awarenessdays.com

There are so many more this month!

PLEASE SEND STATISTICS

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

NOVEMBER:

Bladder Health Month:

www.Urologyhealth.org

American Diabetes Month:

Askada@Diabetes.org

Lung Cancer Awareness Month:

www.Lung.org

National Alzheimer's Disease Awareness Month:

www.Alz.org

National Family Caregivers Month:

www.Awarenessdays.com

November 19; Great American Smoke Out Day:

www.Cancer.org

November 21: International Survivors of Suicide Loss Day:

Survivingsuicideloss@Afsp.org



DECEMBER:

Safe Toys And Celebrations Month:

Media@Aao.org

December 1: World Aids Day:

www.Worldaidsday.org

December 1 -7: National Handwashing Awareness Week:

www.Henrythehand.org

December 6-12: National Influenza Vaccination Week:

Fluinbox@Cdc.gov

December 7-11: Older Driver Safety Awareness Week:

www.Aota.org

OTHER HELPFUL RESOURCES:

Isolation Assessment Tool: www.connect2affect.org

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

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

October 8: Parish Nurse Meeting - See Page 1

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

October 13: Spiritual First Aid for Intergenerational Trauma. Sponsored by Lutheran Faith Community Nurse Association \$30 for members/\$50 for non-members. See info in newsletter.

October 20: APNA BOARD MEETING 4:30pm to 6pm at First Covenant Church

October 22: Community Connect at Damiano Center, Duluth - see info in community info

November 12: Parish Nurse Meeting; watch for detail in next month's newsletter.

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.
Faith Community Nurse Network of Twin Cities. (Fall session is now in session) The APNA has funds available to financially assist you for this preparation.

LUTHERAN FAITH COMMUNITY NURSE ASSOCIATION

OCTOBER 13TH EVENT: Spiritual First Aid for Intergenerational Trauma- presented by Dr Jamie Aten. / 6 to 8 pm central time. \$30 for members/\$50 for non-members 2 CEUs. To register for this event please follow this link: <https://lutheranfcna.org/event-6819649>

UPDATE FROM SEPTEMBER MEETING:

Sheina Showen, BAN, RN, PHN, Disease Prevention and Control, from St Louis County. Sheina came with Sheina who is tasked with updating the St Louis County Website and also assisted Sheina Showen. Sheina Showen can be reached at 218-725-5291 showens@stlouiscountymn.gov If you need any handouts/fliers, etc. This is a short summation of topics she covered.

Measles: Very contagious and can be contagious up to 2hrs in space of exposure. 17 cases noted in MN, mostly in metro area - currently Pennsylvania is a "hotspot" with 159 cases/158 were unvaccinated. Immunizations are slightly down. The proposed "3-separate shots" will not be ready for a while. The public health dept is following the vaccine schedules of the Am Academy of Pediatrics, Am Academy of Family Practice, and Am College of Obstetrics.

FLU: The higher dose for compromised is a Trivalent: (2 for A, and 1 for B). The new MRNA Flu vaccine (MFlusiva) is in limited accessibility and recommended for adults over 50. FluMist for Home use is available online for ages 2-40, can be purchased on their website: www.flumist.com. It does not need a Dr's order and there is a shipping fee.

She also touched on STI, Cyclospora outbreaks (not bad in MN) it is recommended to stay away from alfalfa sprouts. Rabies, mainly from bats in bedrooms (cabins/tents), Watch for vaccination Clinics this fall for free/low cost vaccines. Sheina provided a One-Hour Continuing Education on these updates.

NURSES HONOR GUARD (MN AND WI):

Watch for an email for the Nurses Honor Guard Annual FALL Gathering at First Covenant Church.

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).

Contact Pam at parishnursenemn@gmail.com.

LOCAL/STATE UPDATE ON CLASSES AND OPPORTUNITIES:

DRIVERS WANTED FOR MEALS OF WHEELS

sponsored by AEOA.

Contact Kirsten Ryden; cell: 218.409.5991

Arrowhead RSVP Coordinator

Duluth, Lake and Cook Counties

1346 West Arrowhead Road #106

Duluth, MN 55811



Delivery Drivers Needed

Want to make a big difference in seniors' lives? We are in **URGENT** need of volunteer delivery drivers in the **DULUTH** area.

Sign up TODAY!
Senior Nutrition office 218.735.6899
www.aeo.org/get-involved/volunteer

Meals on Wheels volunteer drivers Becky and Peggy are all smiles ready to deliver meals.

AEOA **MEALS ON WHEELS**

COMMUNITY CONNECT:

October 22 10am - 2pm at Damiano Center in Duluth

There is always a financial need for financial donations for this ONE-STOP event for those in need. If you'd like to send a check - it can be made out to Damiano Center but list "Community Connect" in the info line.

Our address is: 206 W 4th St. Duluth MN 55806

OR donate online at: <https://wl.donorperfect.net/weblink/weblink.aspx?name=E359184&id=2>

And just add "Community Connect" in the memo.

Many thanks and the Flier is attached to this mailing:

Seth Currier, Executive Director

The Damiano Center

ADVANCE CARE PLANNING FREE ONLINE CLASSES:

It is so important to have proactive conversations and have a healthcare directive completed *before* a crisis occurs. Fall sessions: Tuesday October 13th, Noon to 1pm and Tuesday November 10th Noon to 1pm.

For more Information contact Wanda Paulsen RN at 218-786-1310, if you would like to refer someone.

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

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



MNSURE UPDATE: CHANGES TO BE AWARE OF

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.

REMINDER

Senior Linkage Line has rebranded: Now will be Minnesota Aging Pathways. The website is now: <https://mn.gov/aging-pathways/>
Same phone; 800-333-2433.

AS THE HOLIDAYS APPROACH AND FAMILIES GATHER

Here are some other resources to know about.

****Yvonne Michaud Novak** was one of our past guests and offered these reminders:

She noted the importance of having documents in place.
Advance Care Plan, POA and POA for Health- as well as a Will.

Last year she shared the statistic that 30% of caregivers pass away before the loved one they are caring for. Not everyone is prepared for the loss.

She is willing to come to church groups for a presentation as well as answer questions. Her service area is our region of Parish Nurses as well as NW WI. **Here is her Contact Info:**
Office Address 202 W Superior St, #303, Duluth 55802
218-720-2888 (Office) Yvonne@Ymnlaw.Com or email her office staff, Lyndsey Frantz: Lyndsey@Ymnlaw.Com

**** Also as families gather - Use That Time To Connect With Loved Ones About Advance Care Planning - "It's Time To Talk Turkey"**



FENTANYL KITS AVAILABLE FROM ST. LOUIS COUNTY

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

- Fentanyl Test Kits are used for testing for the presence of fentanyl.

If you are interested in the test kits, please contact Pam Franklin.

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!



This Hymn came to mind as we enter the Season of color

For the Beauty of the Earth

For the beauty of the earth, for the glory of the skies,
for the love which from our birth, over and around us lies.

For the wonder of each hour of the day and of the night,
hill and vale and tree and flower, sun and moon and stars of light.

For the worth of ear and eye, for the heart and mind's delight,
for the mystic harmony linking sense to sound and sight

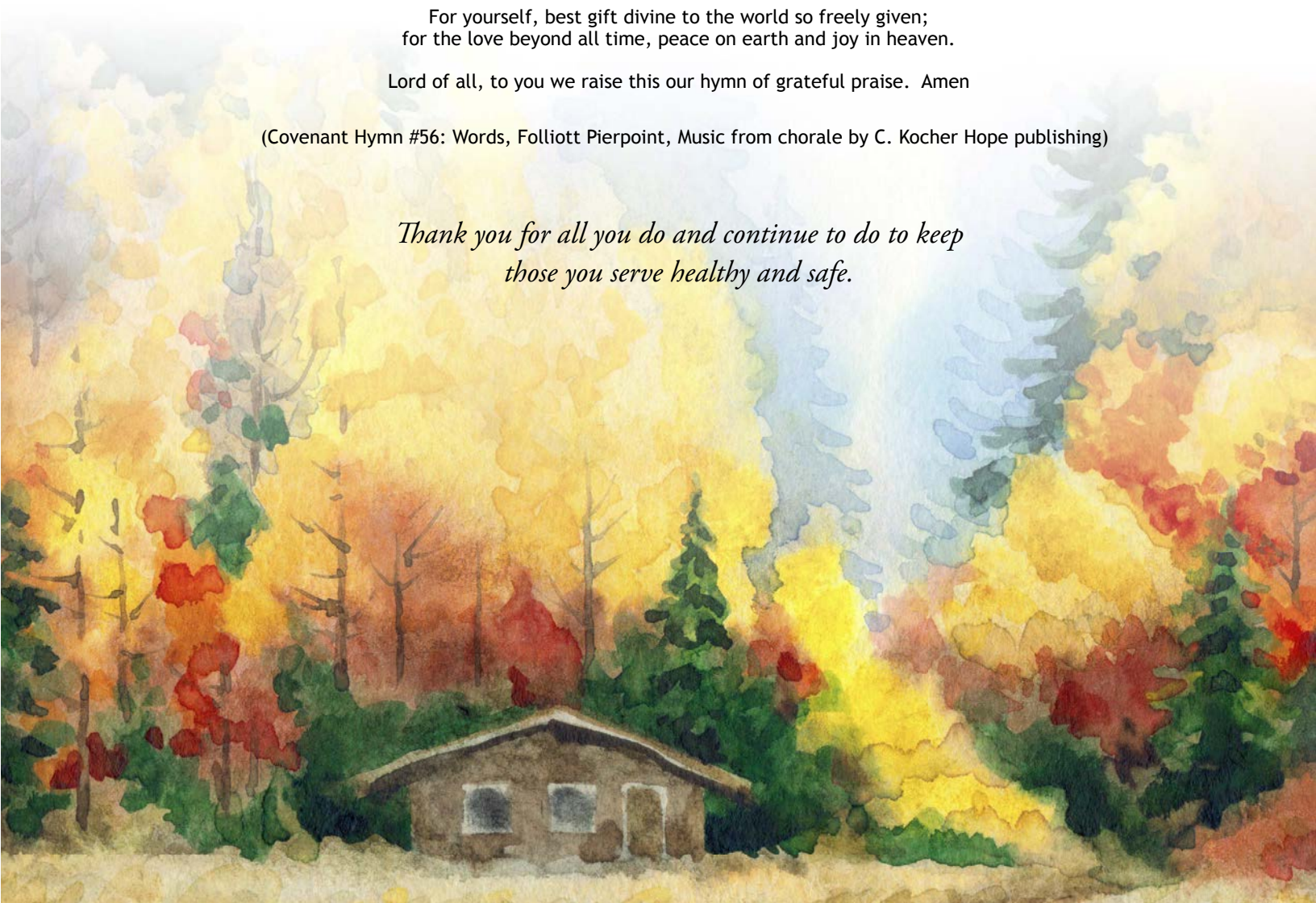
For the joy of human love, brother, sister, parent, child,
friends on earth and friends above; for all gentle thoughts and mild

For yourself, best gift divine to the world so freely given;
for the love beyond all time, peace on earth and joy in heaven.

Lord of all, to you we raise this our hymn of grateful praise. Amen

(Covenant Hymn #56: Words, Folliott Pierpoint, Music from chorale by C. Kocher 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