Arrowhead Parish Nurse Association
Support. Educate. Encourage.

Faith Community Nurse Journal

November 2026

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

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!

November Birthdays:

5th: Julie Jagim
6th: Joan Rich
30th: Barb Poulter

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
- Health care availability for those that need care. Generous and Thankful attitudes as we head into the Holiday Season.

MONTHLY MEETING



Thursday, November 12th
Noon to 2pm
First Covenant Church
2101 W. 2nd Street

Guest: Sarah Oswald NP from St Croix Hospice will present on Preventing Falls.
One contact hour will be provided.



A THANKSGIVING BLESSING

May your basket of blessing surprise you with its rich diversity of gifts and opportunities for growth.

May all that nourishes and resources your life bring you daily satisfaction and renewed hope.

May you slow your hurried pace of life so you can be aware of, and enjoy, what you too easily take for granted.

May you always be open, willing, and ready to share your blessings with others.

May you never forget the Generous One who loves you lavishly and unconditionally.

TODAY: I count my blessings.

(*Out of the Ordinary*, Joyce Rupp pg.191)





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



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 19th: Great American Smoke Out Day:
www.Cancer.org

November 21: International Survivors of Suicide Loss Day: Survivingsuicideloss@Afsp.org

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.





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

JANUARY 2027:

Cervical Health Awareness Month:
www.nccc-online.org (free Materials available)

National Birth Defects Prevention Month:
www.nbdpn.org/national_birth_defects_prevent.php

National Glaucoma Awareness Month:
www.aaa.org/eysmart

Thyroid Awareness Month:
www.thyroidawareness.com

National Radon Action Month:
https://www.epa.gov

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

November 10: Fall Gathering for Nurses Honor Guard. 10:00am to 11:30am at First Covenant Church. RSVP to Pam at parishnursenemn@gmail.com

November 10: *From Isolation to Belonging: Practical Tools for Faith Communities to Heal the Loneliness Epidemic*. 6-8pm CT, Sponsored by Lutheran Faith Community Nurse Association. Flier attached in Email. $30 for members/$50 for non-members (2 Contact Hours). Register at https://lutheranfcna.org/event-6850151

November 12: Parish Nurse Meeting; see page 1.

December – No Parish Nurse meeting

2027: January 14: Parish Nurse Meeting – Happy New Year!!

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

UPCOMING FOUNDATIONS CLASS OPPORTUNITIES FOR FALL 2026

Faith Community Nurse Network of Twin Cities. They just completed a course this Fall and there may be more coming up in the spring. If you find a Foundations course you would like to attend, **the APNA has funds available to financially assist you for this preparation.**



UPDATE FROM OUR OCTOBER MEETING

Katherine Klovstad, Injury Prevention Coordinator at Aspirus/ St Luke's, provided us with **Stop the Bleed- Tourniquet Training.** The program she trained us on is accredited through the American College of Surgeons. She started by reminding us that bleeding injuries can be very graphic and life threatening. When an artery is involved, a person can bleed-out in 3-5minutes if no pressure is applied. Once you start to hold pressure – DO NOT let up to run to call 911.

Make sure someone else is available to call 911. If responder needs more materials to pack the site – ask bystanders to assist in finding items. 99% of those injured, if direct pressure and tourniquet is applied, WILL survive.

Participants practiced holding pressure on demo-sites, packing a site and continuing to hold pressure as well as tourniquet application. Kate is available to provide training to any groups (large/small). Pam had her come to her church to provide a training for hunters and gun-owners, to be able to respond quickly and without hesitation.

Kate's contact info for Stop the Bleed Trainings: 218-249-3020 or contact her at katherine.klovstad@aspirus.org

For more information or to purchase supplies: https://www.stopthebleed.org/

NURSES HONOR GUARD (MN AND WI)

November 10, 10am to 11:30am Nurses Honor Guard Annual FALL Gathering at First Covenant Church 2101 W Second Street. – If you would like attend on that day, just email Pam at parishnursenemn@gmail.com.

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)

LUTHERAN FAITH COMMUNITY NURSE ASSOCIATION

NOVEMBER EVENT: *From Isolation to Belonging: Practical Tools for Faith Communities to Heal the Loneliness Epidemic.* 6-8pm CT, Sponsored by Lutheran Faith Community Nurse Association. Flier attached in Email. $30 for members/$50 for non-members (2 Contact Hours)
Register at https://lutheranfcna.org/event-6850151

Presented by: Rebekah Simon-Peter, pastor, visionary, coach, and consultant

In 2024 Ms. Simon-Peter authored an article: How the church can end the loneliness pandemic. She "is a visionary leader, acclaimed author, and dynamic speaker dedicated to empowering individuals and faith communities to embrace their divine potential. The author of seven books, including Believe like Jesus: rising from faith in Jesus to the faith of Jesus; Forging a new path; and Dream like Jesus, Rebekah challenges and inspires others to move beyond discipleship into apostleship—boldly co-creating miracles with god." (excerpted from her website)

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



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.

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.





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.



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"

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!

In Our Households

In our households, heavenly Father, bless the bonds that make us one.
May our love reflect your loving, may your will be always done.

Send your Spirit to inspire us and to teach your discipline,
May our acts and conversations show your peace and joy within.

Help us make our homes a haven, quick with hospitality,
Move us Lord, to serve each other with true love and charity.
Amen

(Hymn #708 Covenant Hymnal, MJ Post and Royce Eckhardt 1996)

Have a blessed Thanksgiving and First Sunday of Advent.
Thank you for all you do.
Peace



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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