

# SUPPORTING HANDS NURSE-FAMILY PARTNERSHIP QUARTERLY NEWSLETTER

Supporting Hands



Pictures from  
a few park  
meet-up  
events!



## 2026 PARK MEET-UP EVENTS

Once again, our team held multiple Park Meet-Up events, for current clients & recent graduates of our program. We hosted events throughout the service area, with this year's events being held in Alexandria, Glencoe, Granite Falls, Pipestone & Willmar. Staff & clients enjoyed fun filled afternoons with playtime, crafts, sensory experiences, educational opportunities, snacks and socialization.

### What are clients saying about their experience with SHNFP?...

- "My nurse has always been there for me and my family."
- "I feel much more confident as a parent because of this program."
- "The support and resources have made a real difference for us."

# Welcome TO THE TEAM!

Please join us in welcoming our newest team member, Nicole (Nikki) Traen! She will be joining our team on September 21st & will serve clients in the Lincoln, Lyon & Yellow Medicine areas. She joins our team with over 20 years of experience.

Welcome Nikki!



[WWW.SHNFP.ORG](http://WWW.SHNFP.ORG)

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## CONNECT WITH US

**EXECUTIVE DIRECTOR, NIKKI PROSCH; 605-520-4807;**  
[NIKKI.PROSCH@SHNFP.ORG](mailto:NIKKI.PROSCH@SHNFP.ORG)

**NURSE SUPERVISOR, KATIE JENSEN; 320-287-2585;**  
[KATIE.JENSEN@SHNFP.ORG](mailto:KATIE.JENSEN@SHNFP.ORG)

**NURSE SUPERVISOR, LACEY SEVERSON; 320-815-9441;**  
[LACEY.SEVERSON@SHNFP.ORG](mailto:LACEY.SEVERSON@SHNFP.ORG)

## NURSE HOME VISITORS

- **KAREN EDER** - SIBLEY; 320-522-4439;  
[KAREN.EDER@SHNFP.ORG](mailto:KAREN.EDER@SHNFP.ORG)
- **RAQUEL MORALES** - KANDIYOHI, REDWOOD, RENVILLE;  
507-530-5008 [RAQUEL.MORALES@SHNFP.ORG](mailto:RAQUEL.MORALES@SHNFP.ORG)
- **RENAE GIBSON** - LINCOLN, LYON, MURRAY, PIPESTONE,  
ROCK; 507-430-7765; [RENAE.GIBSON@SHNFP.ORG](mailto:RENAE.GIBSON@SHNFP.ORG)
- **SARA STAPLES** - GRANT, POPE, STEVENS, TRAVERSE;  
320-460-0886; [SARA.STAPLES@SHNFP.ORG](mailto:SARA.STAPLES@SHNFP.ORG)
- **AMANDA JENSEN** - DOUGLAS, GRANT, POPE;  
320-815-6124; [AMANDA.JENSEN@SHNFP.ORG](mailto:AMANDA.JENSEN@SHNFP.ORG)
- **TESSA ERICKSON** - BIG STONE, CHIPPEWA, LAC QUI  
PARLE, SWIFT, YELLOW MEDICINE; 320-894-6897  
[TESSA.ERICKSON@SHNFP.ORG](mailto:TESSA.ERICKSON@SHNFP.ORG)
- **DIXIE JOHNSON** - MEEKER; 320-522-2224;  
[DIXIE.JOHNSON@SHNFP.ORG](mailto:DIXIE.JOHNSON@SHNFP.ORG)
- **JODY WHARTON** - KANDIYOHI; 320-979-9062;  
[JODY.WHARTON@SHNFP.ORG](mailto:JODY.WHARTON@SHNFP.ORG)
- **LOIS PETERS** - MCLEOD; 320-522-4674;  
[LOIS.PETERS@SHNFP.ORG](mailto:LOIS.PETERS@SHNFP.ORG)
- **SOLVEIG NEWBERG** - KANDIYOHI; 320-349-0839;  
[SOLVEIG.NEWBERG@SHNFP.ORG](mailto:SOLVEIG.NEWBERG@SHNFP.ORG)
- **NIKKI TRAEEN** - LINCOLN, LYON, YELLOW MEDICINE;  
[NIKKI.TRAEEN@SHNFP.ORG](mailto:NIKKI.TRAEEN@SHNFP.ORG)



## FROM THE FIELD - WORDS FROM A RECENT NFP GRADUATE

*"Words cannot express how much your support, guidance and friendship have meant to me over the past 2.5 years. My nurse saw me through my difficult and stressful pregnancy, college, milk supply issues and helped me see everything I'm doing right. In a world of social media, comparisons, and mom shaming, she was my guiding light. She helped me get back to myself and believe in the great mom that I am. I'm so grateful for the role she played in my life and will continue to play in the lives of so many other women."* - SHNFP Graduate

## DID YOU KNOW... THERE IS ANOTHER DAY TO CELEBRATE MOMS, BESIDES MOTHER'S DAY? NATIONAL LAZY MOM'S DAY!

FIRST FRIDAY IN SEPTEMBER



NATIONAL LAZY MOM'S DAY DELEGATES EVERYDAY MOM JOBS TO SOMEONE ELSE. ALL MOMS KNOW THAT THE WORK OF BEING A PARENT IS NEVER DONE. WHEN POSSIBLE, FINDING SOMEONE TO WATCH THE CHILDREN FOR A FEW HOURS OR HELP IN OTHER WAYS IS WORTH IT. SOMETIMES ALL A MOM NEEDS IS A NAP OR SOME QUIET TIME WITH A GOOD BOOK. OTHER TIMES, SHE MAY NEED CONNECTION WITH FRIENDS OR FAMILY.

SO, REMEMBER A MOM ON SEPTEMBER 4<sup>TH</sup> AND LEND HER A HAND. LET HER REST, RECHARGE AND DO WHATEVER FILLS HER CUP AGAIN!



For more information or to make  
a referral to SHNFP, contact:

320-287-2585 or

complete the

[Online Referral Form](#)

[WWW.SHNFP.ORG](http://WWW.SHNFP.ORG)

SERVING FIRST-TIME PARENTS IN BIG STONE, CHIPPEWA, DOUGLAS, GRANT, KANDIYOHI, LAC QUI PARLE, LINCOLN, LYON, MCLEOD, MEEKER, MURRAY, PIPESTONE, POPE, REDWOOD, RENVILLE, ROCK, SIBLEY, STEVENS, SWIFT, TRAVERSE AND YELLOW MEDICINE COUNTIES