

PUBLIC HEALTH NURSING BOARD

During the 2019/2020 fiscal year the PHNB approved the renewal of the Visiting Nurses Association of Southeastern Connecticut (VNASC) contract providing nursing services to the residents of the Town of Old Saybrook, for FY 2020/21. Mary Lenzini, B.S.N., M.A., CHCE is the agency's president and Tina Belmont BSN is town nurse. VNASC continues its affiliation with Yale New Haven Health.

The PHNB budget for 2020/21 submitted to and approved by the selectmen saw a slight increase over last year at \$44,021 of which \$27,185 is earmarked for the VNASC nursing contract, \$14,836 is earmarked for primary and secondary public health services by other providers, \$1,000 for administrative expenses and \$1000 for clerical support.

The VNASC continues to be successful in providing nursing care to our residents at minimal cost to the Town. Alternate funding sources were utilized whenever feasible, with town funds allocated only as a last resort. During FY 2019-20 the total cost to the Town of VNASC nursing services was \$25,780 which was \$837 under the contractual agreement budget of \$26,617. The VNASC provided another \$75,725 of nursing services, covered by alternate funding sources. Of the \$14,836 budgeted for nursing services not covered by the VNASC contract \$13,505 was spent, \$1331 under budget.

PHNB Funding Activity	Actual Spending 2019/2019	Below / (Over) The Budget
VNASC Contractual Nursing Services	\$25,780	\$837
Administrative Expenses	\$2,254	(\$1054)
Un-contracted PH/ Nursing Services	\$13,505	\$215
Total Spending FY 18/19	\$41,539	(\$2.00)
VNASC Services paid by other Sources	\$75,725	NA

The VNASC provided a variety of health/nursing and outreach services paid by town funds for the residents of Old Saybrook during the fiscal year ending June 30, 2020. Services provided were cholesterol and diabetes screening, diabetes education, blood pressure clinics and counselling, flu shots, foot care clinics, stroke screening, fall prevention, medication supervision, health counselling and referrals. The total number of people served by these programs was 229; total visits by these clients were 971. There were 41 outreach home visits for the purpose of evaluation, education, and advocacy. Although the final quarter of the year was heavily affected by the Covid 19 Pandemic, Ms. Belmont town nurse continued to support residents by phone, helping isolated families get needed resources. The Home Healthcare Team continued making visits throughout Old Saybrook for those who were acutely and chronically ill including those discharged from the hospital after contracting Covid 19.

In FY 2019/20 the PHNB continued to fund nutrition education in town. Nutritionist Kathy Cobb, MS, RD. offered a program called "Grub Club" to Middle School students. This year the program was impacted by the pandemic. Kathy Cobb presented 11 cooking sessions from October to February 2020. Students were taught about healthy foods and learned how to prepare healthy meals and snacks for their families. The program is one of the most popular after school programs with 30 students participating this year. The cost of "Grub Club" was \$1,043. Please read more about this innovative program on the PHNB website. The second nutrition program the PHNB helped fund (\$250), was the Kidz Lunch Bunch, a free summer feeding program. This year "Kidz Helpers" became volunteers under the Old Saybrook Emergency Management Team. As such the volunteers distributed "Grab and Go" sandwich meals and milk to families in cars at the Old Saybrook High School. Eight Old Saybrook restaurants contribute the meals with milk to more 300 families at this writing. Please read more about this Kidz Lunch Bunch on the PHNB town website. K. Cobb also participated in Community Day on the Town Green; 500 people attended. Kathy offered mystery smoothies a healthy food alternative. The cost to the PHNB was \$73.00.

Old Saybrook Social Services requested grant funding from the PHNB for FY 2020/21. The Emergency Medical Fund program provides emergency prescription refills, transportation to doctors, chemotherapy, and radiation appointments, dressings and medical supplies, home health aide services, flu shots. The Hygiene Fund grant offered Old Saybrook residents assistance purchasing health/hygiene supplies, like hand sanitizer, toothpaste, soap, diapers (adult/infant), wipes, feminine hygiene products, all cleaning supplies, etc. Most of these items cannot be purchased with Food Stamps or WIC coupons. The PHNB provided two grants for next FY 2020/21, \$1000 for emergency medical care and \$2000 for health/hygiene supplies.

Since 2011, the PHNB has worked in collaboration with other local health professionals to alleviate a gap in dental services/care to residents of Old Saybrook. Individuals using this town fund are un/under-insured, most would not have dental care without this fund. In FY 2019/20, the PHNB allocated \$2,500 to the Dental Fund; the grant was renewed for \$5,000 for 2020/21.

In FY 2019/20 the Nursing Board received a request for a grant from Old Saybrook Youth & Family Service. The Youth Action Council requested a \$3,000.00 grant to help fund the “Assets in Action Program”. The PHNB provided this grant.

Our second mission is to enable the development and expansion of nursing resources by providing financial assistance for continuing education and scholarship programs at no additional cost to the Town. Our objective is to provide private funding for these programs without impacting the overall financial integrity of our existing endowment. We currently manage three private endowments - “Flanagan Fund”, “Nightingale Fund”, and the “Morris Fund”. The following table summarizes the current financial condition of these funds:

Endowment	Funds Available
Flanagan Fund	\$75,512
Nightingale Fund	\$13,572
Morris Fund	\$13,220
Total	\$102,304

To supplement the Nightingale Scholarship Fund, the PHNB sponsored its annual appeal beginning in January 2020. Appeal letters were mailed to the residents and businesses of the Old Saybrook area; this year’s appeal raised \$7,780. These funds combined with the interest generated from our endowment allowed the nursing board to offer three (3) \$2000.00 scholarships this year, totaling \$6,000. The scholarships were awarded to Mackenzie Cart, Cassidy Hallowell, and Julia Sultini. All recipients plan to attend an accredited nursing program this fall. The PHNB also paid \$16,000 in scholarship funds to the 2019 Nightingale Scholarship recipients. These recipients completed their first academic year in their respective nursing programs.

PHNB members are Sharon Craft, Mary Briscoe, Diane Aldi DePaola, Priscilla Funck, Maryann Iadarola, Mary Kennedy, Elizabeth Owen, and Joseph Termine. PHNB meetings are regularly scheduled at 7:00 p.m. on the second Thursday of each month excluding the months of July and August. Meetings are held in the Old Saybrook Town Hall. Please visit the Public Health Nursing Board on the Town of Old Saybrook website for more detailed information.

Diane Aldi DePaola, RN Chairman