

PUBLIC HEALTH NURSING BOARD

During the 2014/2015 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. Mary Lenzini, B.S.N., M.A., CHCE is the agency's president. The PHNB budget for 2015/2016 submitted to and approved by the selectmen is \$42,653 of which \$29,409 is earmarked for the VNASC nursing contract, \$12,044 is earmarked for primary and secondary public health services by other providers, and \$1,200 for administrative expenses.

The VNASC has been very successful in providing nursing care to our residents at minimal cost to the Town. Alternative funding sources were utilized whenever feasible, with town funds allocated only as a last resort. During 2014/2015 FY, the total cost to the Town of VNASC nursing services was \$29,409 which was equal to the contractual agreement budget of \$29,409. The VNASC provided another \$24,918 of nursing services, covered by alternate funding sources. Of the \$12,044 budgeted for nursing services offered by all providers \$11,814 was spent.

PHNB Funding Activity	Actual Spending 2014/15	Below / (Over) The Budget
VNASC Contractual Nursing Services	\$29,409	\$0
Administrative Expenses	\$1,164	\$36
Un-contracted PH/ Nursing Services	\$11,814	\$230
Total Spending FY 14-15	\$42,387	\$266
VNASC Services Funded from other Sources	\$24,941	NA

VNASC health/nursing care services for the residents of Old Saybrook during the fiscal year ending June 30, 2015 paid by town funds included:

- 20.75 Nursing service hours spent in outreach home health visits
- 65 Nursing hours spent in community outreach and health education and advocacy
- 39 People were served at the Cholesterol Screening Clinic at the Estuary in 82 visits
- 26 People were served in the BP/Diabetic Screening Clinic at the Estuary in 78 visits
- 9 People were served at the Diabetic Support Group at the Estuary in 41 visits
- 12 People were served at the BP Screening Clinic at Saybrooke Village in 60 times
- 18 People were served at the Foot Care Clinic at Saybrooke Village in 70 appointments
- 84 People were served at the BP Screening Clinic at Acton Library attending the clinic 221 times
- 115 People were served Nurse Outreach Clinic at the Food Pantry in 255 sessions
- 227 People were served at the Nurse Health Counseling Clinic at the Estuary for 587 visits.

The VNASC provided cholesterol screening, diabetic screening, and blood pressure checks at the Estuary Center as well as blood pressure screenings and health education programs at the Saybrooke Village. In addition, the Town Nurse, Tina Belmont, attended the Soup Kitchen Food Pantry each week to offer health counseling. She also provided blood pressure screenings at the Acton Library. The VNASC participated in the Estuary Health Day and worked closely with the Connecticut River Health District to provide flu clinics for residents of all ages. The Town Nurse continued a monthly diabetes screening and support group at the Estuary and began a nurse-managed clinic at the Estuary Senior Center. This clinic is open to anyone who needs health guidance/education. She also attends Early Childhood Education Council meetings to identify at-risk families who may need town services. This year the Town Nurse continued participation in the planning and implementation of the Dental Initiative, organizing mobile dental health

clinics and identifying Old Saybrook residents in need of assistance of dental care and/or financing. The Town Nurse worked closely with Old Saybrook Youth and Family Services, assisting with teaching a Babysitting Course for middle school students, working at the Holiday Giving Program, and assisting with the monthly Help Day. New services include oral cancer screenings and colorectal cancer education. Supplies for these clinics were provided through the Lawrence & Memorial Cancer Center. A very popular foot-care clinic is being held at the Old Saybrooke Village twice per month. As indicated previously, the cost to the Town for these services was \$29,409.

In FY 2014/15 the PHNB continued to offer nutrition education at the Old Saybrook Food Pantry, Saybrooke Village, and Youth and Family Services. Kathy Cobb, MS, RD, provided several hands-on nutrition education programs at all locations. The programs have been well received by those attending; the costs of the nutrition classes were \$2,424.

In FY 2014/15 the PHNB again received a request from Old Saybrook Social Services for grant assistance to help needy Old Saybrook residents in FY 2015/16 with their emergency medical/health needs, emergency prescription refills, health equipment, and hygiene supplies. These residents have complicated medical and health issues, very limited financial resources, and no health insurance, and it was apparent to the PHNB that without some outside financial support these individuals were at risk of hospitalization or worse. The PHNB funded a \$6,000 grant for emergency medical care and \$3,200 grant for hygiene supplies/equipment.

Since 2011, the PHNB has been working in collaboration with other local health professionals (CT River Area Health District; Social Services; VNASC; Food Pantry; Kathy Cobb, nutrition educator; and Community Health Center) to alleviate the identified gap in dental services/care to residents of Old Saybrook. The aforementioned group continues to meet to address these issues and progress has been made. The PHNB allocated for FY 2015/16, \$200 to the Dental Fund, and also received a public donation to the Dental Fund of \$500 from the Lions Club of Old Saybrook.

In FY 2014/15 the Nursing Board received a request from Old Saybrook Youth & Family Service-Action Council for a \$1,500.00 grant to help fund the “Assets in Action Program”. The PHNB provided a \$1,500.00 grant from the Morris Fund.

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—the “Flanagan Fund”, “Nightingale Fund”, and the “Morris Fund”. The following table summarizes the current financial condition of these funds:

Endowment	Funds Available
Flanagan Fund	\$91,648
Nightingale Fund	\$44,668
Morris Fund	\$14,721
Total Endowment	\$151,037

To supplement the Nightingale Scholarship Fund, the PHNB sponsored its annual appeal in March 2015 to the residents and businesses of the Old Saybrook area. The appeal was very successful raising \$6,205. These funds combined with the interest generated from our endowments allowed the nursing board to offer four 2015/16 scholarships totaling \$11,000. The scholarships were awarded to: Megan Sullivan, Erin Featherstone, Ashley Savino and Christine Gosselin, all graduates of Old Saybrook High School. The recipients will enter a nursing program or other related health programs this fall. The PHNB also paid

\$10,000 in scholarship funds to the 2014/2015 Nightingale Scholarship recipients, Keanna Chang, Micheala Efinger, and Nicole Valente who just completed their first academic year in their respective nursing/medical programs.

The PHNB also awarded Adam Stillman the Flanagan Adult Nursing Scholarship of \$5000.00. Mr. Stillman is attending Utica College School of Nursing where he is enrolled in an accelerated degree program to earn a BSN.

PHNB members are: Sharon Craft, Linda Demas, Diane Aldi DePaola, Mary Kennedy, Don Mill, Elizabeth Owen, Janet Temple, and Joseph Termine. PHNB meetings are regularly scheduled at 7:00 p.m. on the second Thursday of each month with the exception of the months of July and August. Meetings are held in the Old Saybrook Town Hall.

Diane Aldi DePaola, *Chairman*