

PUBLIC HEALTH NURSING BOARD

ANNUAL REPORT

FISCAL YEAR 2009 / 2010

The mission of the Old Saybrook Public Health Nursing Board (PHNB) operating in collaboration with the selectmen and the Connecticut River Area Health District is to:

- Ensure nursing services are available to the frail elderly, economically disadvantaged, under-insured or uninsured residents of Old Saybrook.
- 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.

With regard to our first mission statement, our objective is to: 1.) ensure that the quality of health care service remains high; 2.) the needs of our community are met with comprehensive care; and 3.) that the health provider contract is cost effective.

During the 2009/2010 fiscal year the PHNB approved the renewal of the Visiting Nurses Association of Southeastern Connecticut Contract (VNASC) 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 2010/2011 submitted to and approved by the Selectmen is **\$42,653** of which **\$27,426** is earmarked for the VNASC nursing contract, **\$14,027** is earmarked for primary and secondary Public Health Services by other providers and **\$1200** 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 2009/2010, the total cost to the town of VNASC nursing services under the contractual agreement was **\$27,063**. The VNASC provided another **\$44,418** of nursing services, covered by alternate funding sources. Of the **\$6,220** budgeted for nursing services not provided by the VNASC **\$5,505** was spent. The PHNB was able to substantially under spend the budget for nursing services with a surplus of **\$10,253** by year-end.

PHNB Funding Activity	Actual Spending 2009/2010	Below / (Over) The Budget
VNASC Contractual Nursing Services	\$27,063	\$9,538
Administrative Expenses	\$1,000	0
Un-contracted PH/ Nursing Services	\$ 5,505	\$715
Total Spending FY 09-10	\$33,568	\$10,253
VNASC services funded from other Sources	\$44,418	NA

VNASC health care services for the residents of Old Saybrook during the fiscal year ending June 30, 2009 included:

- **14** Nursing visits for the care of the ill, frail elderly, mental health support, maternal child healthcare and communicable disease control.
- **8** Homemaker hours to assist patients with their household chores so that they can remain at home.
- **390** Nursing service hours for flu clinics, blood pressure screening, health counseling.
- **15** Flu immunization vaccines were administered.

VNASC was also able to secure alternate funding to provide the following services during fiscal year ending June 30, 2009:

- **396** Visits for nursing, physical therapy, occupational therapy, and/or speech therapy, home health aide and/or homemaker services.

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 Youth and Family Services and the Social Services Department. In partnership with the Connecticut River Health District, the VNA assisted with H1N1 vaccinations. The Town Nurse began a monthly diabetes support group at the Estuary. She also attends Early Childhood Education Council meetings to identify at risk families who may need town services. This year the Town Nurse participated in the planning for the Old Saybrook Bee Well Challenge.

As indicated previously, the cost to the town for these services was **\$27,063**. The relative disbursement of Town funds for these various activities is summarized in the following exhibit:

Activity	2009 / 2010 Spending
Free Care Visits	\$1,464
Health / Wellness Visits	\$325
Clinics	\$25,018
Total Spending	\$27,063

In FY 2009-10 the PHNB funded a new and innovative nutrition education series at the Old Saybrook Soup Kitchen Pantry. Kathy Cobb, MS, RD provided several “hands on” nutrition education programs to Soup Pantry participants. The programs have been well received by those attending, and the costs of these classes were **\$1,505.43**.

Also in FY 2009-10 the PHNB received a request from Old Saybrook Social Services for a grant to assist several Old Saybrook Residents with their medical/ health needs. These residents had complicated medical and health issues, very limited financial resources and no health insurance. It was apparent to the PHNB that without some outside financial support, these resident’s health issues would most likely deteriorate putting them at risk of hospitalization or worse. The PHNB funded a **\$4000** grant to help these Old Saybrook residents.

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 two private endowments – The “Flanagan Fund” and the “Nightingale Fund”. The following table summarizes the current financial condition of these funds.

ENDOWMENT	FUNDS AVAILABLE
Flanagan Fund	\$107,148
Nightingale Fund	\$48,948
Total Endowment	\$156,096

To supplement the Nightingale Scholarship Fund, the PHNB sponsored its fifth annual appeal in March 2010 to the residents and businesses of Old Saybrook. The appeal was very successful raising **\$6,895**. These funds combined with the interest generated from our endowments allowed us to offer four **\$2,000** 2010/11 nursing scholarships, one more than last year. The scholarships were awarded to Tsamchoe Dolma, Marissa Finnegan, Christina Heinssen, and Jonathan Drobiarz: 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 **\$6000** in scholarship funds to the 2009/2010 Scholarship recipients Catherine O’Brien, Katherine Aube, and Matthew Smith who just completed their first academic year in their respective Nursing/Medical Programs.

The PHNB provided **\$1,200** to the Old Saybrook School Nurses in 2009/10, which was used for nursing staff education.

PHNB members are: Sharon Craft, Diane Aldi DePaola, David Frankel, Kathy Ferrantelli, Robert Hallisey, Mary Kennedy, and Joseph Termine. PHNB meetings are regularly scheduled at 7:00 p.m. on the second Thursday of each month of the year with the exception of the months of July and August. Meetings are held in the Old Saybrook Town Hall.

Diane Aldi DePaola, *Chairman*