

# PUBLIC HEALTH NURSING BOARD

## ANNUAL REPORT

### FISCAL YEAR 2011 / 2012

During the 2010/2011 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 2012/2013 submitted to and approved by the Selectmen is **\$42,653** of which **\$29,558** is earmarked for the VNASC nursing contract, **\$11,895** 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 2011/2012, the total cost to the town of VNASC nursing services was **\$27,909**, which was **\$703** below the contractual agreement of **\$28,612**. The VNASC provided another **\$70,413** of nursing services, covered by alternate funding sources. This is an increase in the care of acute and chronically ill Old Saybrook residents of 26%. Of the **\$12,841** budgeted for nursing services offered by all providers **\$12,259** was spent.

PHNB Funding Activity	Actual Spending 2011/2012	Below / (Over) The Budget
VNASC Contractual Nursing Services	\$27,909	\$703
Administrative Expenses	\$1,105	\$95
Un-contracted PH/ Nursing Services	\$ 12,259	\$ 582
Total Spending FY 11-12	\$41,273	\$1,380
VNASC services funded from other Sources	\$70,413	NA

VNASC health care services for the residents of Old Saybrook during the fiscal year ending June 30, 2012 paid by town funds included:

- **337.5** Nursing service hours for flu clinics, blood pressure screening, health counseling.
- **38** Flu immunization vaccines were administered.

VNASC was also able to secure alternate funding to provide the following services during fiscal year ending June 30, 2012:

- **805** 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 the Connecticut River Health District to provide flu clinics for residents of all ages. The Town Nurse continued a monthly diabetes 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.

As indicated previously, the cost to the town for these services was **\$27,909**. The relative disbursement of Town funds for these various activities is summarized in the following exhibit:

Activity	2011 / 2012 Spending
Free Care Visits	\$0
Health / Wellness Visits	\$1,033
Clinics	\$25,880
Clinic Supplies, Brochures	\$996
<b>Total Spending</b>	<b>\$27,909</b>

In FY 2011/12 the PHNB continued to offer a nutrition education series at the Old Saybrook Food 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 **\$625**.

In FY 2011-12 the PHNB received a request from Old Saybrook Social Services for a grant to assist Old Saybrook Residents with their medical/ health needs. These residents have 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 **\$6,500** grant to help these Old Saybrook residents.

Also, in FY 2011-2012 the PHNB received another request from Old Saybrook Social Services for a grant to fund the purchase of personal health and hygiene supplies for the un/under-insured residents of Old Saybrook. The board allocated **\$2,500** for this program.

Over the past few years, the PHNB working in collaboration with other local health professionals(CT River Area Health District, Y&FS, Social Services, VNASC, Food Pantry, Kathy Cobb, Nutrition Educator and Community Health Center, CHC) have been working to alleviate the identified a gap in dental services/ care to residents of Old Saybrook. The aforementioned group continues to meet regularly to address these issues and to date progress has been made. The CHC has offered on-going dental clinics at the Food Pantry and local churches; four local dentists have offered to give pro-bono care to needy Old Saybrook residents and the Old Saybrook Dental Fund has been established. The PHNB allocated **\$2,000** to the Dental Fund. The PHNB also received two public donations to the Dental Fund, \$1,000 from the Lyons Club and \$400 from the Women's Club.

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	\$102,610

Nightingale Fund	\$50,483
Morris Fund	\$16,221
<b>Total Endowment</b>	<b>\$169,314</b>

To supplement the Nightingale Scholarship Fund, the PHNB sponsored its annual appeal in March 2012 to the residents and businesses of the Old Saybrook area. The appeal was very successful raising **\$9,085**. These funds combined with the interest generated from our endowments allowed us to offer four 2012/13 scholarships totaling **\$11,000**. The scholarships were awarded to: Alyssa Giegerich, Joseph Tiden, Tenzin Wangchuk graduates of Old Saybrook High School and Alexia Zagouras a graduate of Hopkins School. The recipients will enter a nursing program or other related health programs this fall. The PHNB also paid **\$8,000** in scholarship funds to the 2011/2012 Scholarship recipients Sarah Bell, Tom Heinssen, Mary Kate Hoey and Allison Nagy who just completed their first academic year in their respective Nursing/Medical Programs.

The PHNB offered another nursing scholarship in FY 2011-2012 through the Flanagan Fund. The criteria for this scholarship are: the recipient is an adult Old Saybrook resident who successfully completed one year in a RN, BSN, MSN, or APRN nursing program, and shows proof of their intent to remain in the respective nursing program. This Flanagan scholarship for **\$5,000** was awarded to Erica Varley who is completing her BSN at Simmons College.

PHNB members are: Sharon Craft, Diane Aldi DePaola, David Frankel, Janet Hodge Burke, Mary Kennedy, Elizabeth Owen, Janet Temple, 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*