

**PUBLIC HEALTH NURSING BOARD
ANNUAL REPORT
FISCAL YEAR 2012 / 2013**

During the 2012/2013 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 2013/2014 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 2012/2013, the total cost to the town of VNASC nursing services was **\$29,736**, which was **\$178** below the contractual agreement of **\$29,558**. The VNASC provided another **\$62,704** of nursing services, covered by alternate funding sources. This was a slight decrease in the care of acute and chronically ill Old Saybrook residents of \$7,709. Of the **\$11,895** budgeted for nursing services offered by all providers **\$11,660** was spent.

PHNB Funding Activity	Actual Spending 2012/2013	Below / (Over) The Budget
VNASC Contractual Nursing Services	\$27,736	\$178
Administrative Expenses	\$1,344	\$(144)
Un-contracted PH/ Nursing Services	\$ 11,660	\$ 235
Total Spending FY 11-12	\$42,740	\$269
VNASC services funded from other Sources	\$62,704	NA

VNASC health care services for the residents of Old Saybrook during the fiscal year ending June 30, 2013 paid by town funds included:

- **333.25** Nursing service hours for flu clinics, blood pressure screening, health counseling.
- **307 Flu** immunization vaccines were administered; the PHNB was not required to subsidize any flu vaccines this FY.

VNASC was also able to secure alternate funding to provide the following services during fiscal year ending June 30, 2013:

- **338** 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. New services include oral cancer screenings and colorectal cancer education. Supplies for these clinics were provided through the L&M 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 **\$27,736**.

The relative disbursement of Town funds for these various activities is summarized in the following exhibit:

Activity	2012/ 2013 Spending
Free Care Visits	\$0
Health / Wellness Visits	\$1,469
Clinics	\$23,328
Special Programs	\$4,939
Total Spending	\$29,736

In FY 2012/13 the PHNB continued to offer a nutrition education at the Old Saybrook Food Pantry and expanded the nutrition education programs to the elderly residents at Saybrooke Village. Kathy Cobb, MS, RD provided several hands on nutrition education programs at both locations. The programs have been well received by those attending; the costs of the nutrition classes were **\$1,160**.

In FY 2012/13 the PHNB received a request from Old Saybrook Social Services for grant assistance to help needy Old Saybrook residents 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 **\$2,500** 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, CHC) 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 11 Mobile Dental Health Clinics serving over 55 needy Old Saybrook residents. The PHNB allocated **\$2,000** to the Dental Fund, and also received a public donation to the Dental Fund of \$1,000 from the Lions Club. Efforts continue to bring the Mobile Dental Clinics into the schools.

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	\$99,839
Nightingale Fund	\$49,190
Morris Fund	\$16,221
Total Endowment	\$165,343

To supplement the Nightingale Scholarship Fund, the PHNB sponsored its annual appeal in March 2013 to the residents and businesses of the Old Saybrook area. The appeal was very successful raising **\$8,005**. These funds combined with the interest generated from our endowments allowed us to offer five 2013/14 scholarships totaling **\$11,000**. The scholarships were awarded to: Christine DeAntonis, Emilie Green, Dawn Pandiani, Dana Pendleton, and Kelsey MaKay Root, 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 **\$11,000** in scholarship funds to the 2012/2013 Nightingale Scholarship recipients Alyssa Giegerich, Joseph Tiden, Tenzin Wangchuk and Alexia Zagouras who just completed their first academic year in their respective Nursing/Medical Programs.

In FY 2012-2013 the PHNB awarded the second Adult Flanagan Nursing Scholarship to Jessica Davis; she received **\$5,000** complete her Masters Degree in Pediatric Nursing at Yale University. Jessica is an Old Saybrook High School Graduate.

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*