

## PUBLIC HEALTH NURSING BOARD

During the 2013/2014 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 2014/2015 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 2013/2014, the total cost to the Town of VNASC nursing services was \$29,558, which was equal to the contractual agreement of \$29,558. The VNASC provided another \$39,150 of nursing services, covered by alternate funding sources. Of the \$11,895 budgeted for nursing services offered by all providers \$10,422 was spent.

PHNB Funding Activity	Actual Spending 2013/2014	Below / (Over) The Budget
VNASC Contractual Nursing Services	\$29,558	\$0
Administrative Expenses	\$1,166	\$34
Un-contracted PH/ Nursing Services	\$ 10,422	\$1,473
Total Spending FY 11-12	\$41,176	\$1,507
VNASC Services Funded from other Sources	\$39,150	NA

VNASC health care services for the residents of Old Saybrook during the fiscal year ending June 30, 2014 paid by town funds included:

23.5 Nursing service hours spent in outreach home health visits.

65.5

Nursing hours spent in community outreach and health education and advocacy.

58 People were served at the Cholesterol Screening Clinic at the Estuary.

60 People were served in the BP/Diabetic Screening Clinic at the Estuary.

28 People were served at the Diabetic Support Group at the Estuary.

39 People were served at the BP Screening Clinic at Saybrooke Village.

24 People were served at the Foot Care Clinic at Saybrooke Village.

12 People were served at the Caregiver Support Group at the Estuary.

231 People were served at the BP Screening Clinic at Acton Library.

8 People were served at the Nurse Managed Clinic at the Estuary.

186 People were served Nurse Outreach Clinic at the Food Pantry.

561

People were served at the Nurse Health Counseling Clinic at the Estuary.

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 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 \$29,558.

In FY 2013/14 the PHNB continued to offer 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. She also added nutrition education programs for school-age Old Saybrook residents whose families use the food pantry to supplement their food/nutritional needs. The programs have been well received by those attending; the costs of the nutrition classes were \$1,922.

In FY 2013/14 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) to alleviate the identified gap in dental services/care to residents of Old Saybrook. The aforementioned group continues to meet regularly to address these issues and progress has been made. The PHNB allocated \$850 to the Dental Fund, and also received a public donation to the Dental Fund of \$500 from the Lions Club of Old Saybrook. 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:

<b>Endowment</b>	<b>Funds Available</b>
Flanagan Fund	\$97,603
Nightingale Fund	\$50,013
Morris Funnd	\$16,221
Total Endowment	\$163,837

To supplement the Nightingale Scholarship Fund, the PHNB sponsored its annual appeal in March 2014 to the residents and businesses of the Old Saybrook area. The appeal was very successful raising \$6,240. These funds combined with the interest generated from our endowments allowed us to offer three 2014/15 scholarships totaling \$10,000. The scholarships were awarded to: Keanna Chang, Micheala Efinger, and Nicole Valente, 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 2013/2014 Nightingale Scholarship recipients, Christine DeAntonis, Emile Green, Kelsey Pandiani, Dana Pendleton, and Kelsey Root who just completed their first academic year in their respective nursing/

medical programs.

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*