

PUBLIC HEALTH NURSING BOARD

During the 2018/2019 fiscal year, the Public Health Nursing Board (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 for FY 2019/20. Mary Lenzini, BSN, MA, CHCE is the agency's president and Tina Belmont, BSN is town nurse. VNASC continues its affiliation with Yale New Haven Health.

The PHNB budget for 2019/20 submitted to and approved by the selectmen remains the same as last year at \$42,653 of which \$26,617 is earmarked for the VNASC nursing contract, \$14,836 is earmarked for primary and secondary public health services by other providers, and \$1,200 for administrative expenses.

The VNASC continues to be successful in providing nursing care to our residents at minimal cost to the Town. Alternate funding sources were utilized whenever feasible, with town funds allocated only as a last resort. During FY 2018-19 total cost to the Town of VNASC nursing services was \$26,617 which met the contractual agreement budget of \$26,617. The VNASC provided another \$84,551 of nursing services, covered by alternate funding sources. Of the \$14,836.00 budgeted for nursing services not covered by the VNASC contract \$14,800.00 was spent.

PHNB Funding Activity	Actual Spending	Below / (Over)
<i>VNASC Contractual Nursing</i>	<i>\$ 26,617</i>	<i>\$0</i>
<i>Administrative Expenses</i>	<i>\$ 1,314</i>	<i>\$(114)</i>
<i>Un-contracted PH/ Nursing</i>	<i>\$14,800</i>	<i>\$36</i>
<i>Total Spending FY 18/19</i>	<i>\$ 42,731</i>	<i>\$(78)</i>
<i>VNASC Services Paid by Other</i>	<i>\$84,551</i>	<i>NA</i>

The VNASC provided a variety of health/nursing and outreach services paid by town funds for the residents of Old Saybrook during the fiscal year ending June 30, 2019. Services provided were: cholesterol and diabetes screening, diabetes education, blood pressure clinics and counseling, flu shots, foot care clinics, stroke screening, fall prevention, medication supervision, health counseling and referrals. The total number of people served by these programs was 521; total visits by these clients were 1,111. There were 19 outreach home visits for the purpose of evaluation, education and advocacy.

In FY 2018/19 the PHNB continued to fund nutrition education in town. Nutritionist Kathy

Cobb, MS, RD, offered a program called “Grub Club” to middle school students; she presented 21 cooking sessions from September 2018 through May 2019. Students were taught the importance of eating a balanced diet of healthy foods and how to prepare them. The program is one of the most popular after-school programs with 52 students participating this past year. The cost of “Grub Club” was \$700. Please read more about this innovative program on the PHNB webpage located on the Town’s website at www.oldsaybrookct.gov under Boards and Commissions/Public Health Nursing Board. The second nutrition program the PHNB helped fund was the Kidz Lunch Bunch where a free summer lunch was offered four days weekly for four weeks. There were 334 meals served and a daily average of 21 kids participated. The PHNB provided an \$800 grant to support this program; please read more about this Kidz Lunch Bunch on the PHNB webpage.

The PHNB partnered with Old Saybrook Social Services by providing grant money for two important areas of need. In FY 2018/19 the PHNB allocated two grants, \$3,500 for emergency medical care and \$2,000 for personal health and hygiene supplies. In FY 2018/19, 468 Old Saybrook residents were served by the emergency medical program; these individuals have complicated health issues and lack the resources to pay for their medical/healthcare.

The Emergency Medical Fund was utilized for: emergency prescription refills, transportation to doctors, chemotherapy and radiation appointments, as well as dressings and medical supplies, etc. Last year’s hygiene fund grant served 876 Old Saybrook residents offering them assistance with health/hygiene supplies. The program helped purchase things like hand sanitizer, toothpaste, soap, diapers (adult/infant), wipes, feminine hygiene products etc. None of these items can be purchased with Food Stamps or WIC coupons. The PHNB provided two grants for next FY 2019/20, \$2,500 for emergency medical care and \$4,000 for health/hygiene supplies.

Since 2011, the PHNB has worked in collaboration with other local health professionals to alleviate an identified gap in dental services/care to residents of Old Saybrook. In FY 2018/19, the PHNB allocated \$5,500 for this purpose. In 2018/19 the Dental Fund also received two public donations, \$200 from the Lions Club of Old Saybrook, and \$2,500 from Middlesex Community Foundation. There were 176 town residents helped by the dental fund in 2018/19. The PHNB granted \$2,500 to the dental fund for FY 2019/20.

In FY 2018/19, the PHNB received two requests for grants from Old Saybrook Youth & Family Services. The first was from the Youth Action Council, requesting a \$3,000 grant to help fund the “Assets in Action Program.” The PHNB provided a \$3,000 grant. The second grant request was for funding to support the Prevention Corps Mission in Connecticut to provide proactive

community education to prevent and decrease opioid and prescription drug abuse and seek innovative ways to combat the opioid crisis in Old Saybrook. The PHNB provided a \$1,300 grant.

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

Endowment	Funds
Flanagan Fund	\$82,873
Nightingale Fund	\$13,000
Morris Fund	\$13,221
Total	\$110,086

To supplement the Nightingale Scholarship Fund, the PHNB sponsored its annual appeal in March 2018. Appeal letters were mailed to the residents and businesses of the Old Saybrook area; this year’s appeal raised \$4,665. These funds combined with the interest generated from our endowment allowed the nursing board to offer nine \$2,000 scholarships this year totaling \$18,000. The scholarships were awarded to Maeve Foley, Timothy Jacoboski, Madeline Kaweck, Abigail Lafreniere, Claudia Spedding, Kathryn Spotts, Jessica Stratton, Jewelina Taylor, and Kelsey True. All recipients plan to attend an accredited nursing program this fall. The PHNB also paid \$10,000 in scholarship funds to the 2018 Nightingale Scholarship recipients: Kathryn DeAntonis, Nellie LaMay, Grace Scherber, and Katherine Schumann, all graduates of Old Saybrook High School. These recipients completed their first academic year in their respective nursing/medical programs.

The PHNB had one application to the Flanagan Adult Scholarship this year; Amber Scherber was granted \$2,500 to help her complete her BSN studies.

PHNB meetings are regularly scheduled at 7:00 p.m. on the second Thursday of each month except for the months of July and August. Meetings are held in the Old Saybrook Town Hall. Please visit the Public Health Nursing Board webpage on the Town of Old Saybrook website for more detailed information.

Diane Aldi DePaola, RN, *Chair*