

Board of Directors

Gail Barber, RN	Holly Lyman, <i>Vice President</i>
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Pam DiNapoli	Carol Ridgway, <i>Secretary</i>
Sarah Gleason, <i>President</i>	Michellée Speirs
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Honorary Director

Selectwoman Martha Shoemaker

Associate Directors

Connie Cliffe	Faith Kozikowski, RN, MSN, CNML
Caroline Delehanty	Kris Magnussen, MSN, RN
Aleta Gleason	Patsy McCook
Allyson Gleason	Pauline Maynard, RN
Connie Knauff	Jean Read

Administration

Cindi Taylor, *Executive Director*
Karen Ort, BSN, RN, *Clinical Supervisor*
Denise Piersa, RN, *Town Nurse*

Volunteer Opportunities

As a volunteer organization, we are always looking for new members, either Directors or Associate Directors. Directors attend meetings, vote on proposals, organize and lead projects. Associates help with projects that interest them. All residents are welcome to attend our board meetings, held at 1 pm on the second Monday of each month except July and August.

INTERESTED IN VOLUNTEERING?

Call Cindi Taylor 860-434-1222

OLD LYME VISITING NURSE ASSOCIATION, INC.

We are the hometown VNA for Old Lyme and Lyme, offering services to improve health, safety, and well-being for all ages.

**OLVNA Office Hours
at the Lymes' Senior Center**
26 Town Woods Road
Old Lyme, CT 06371
Monday-Friday, 11 am - 1 pm
860-434-7808

GOOD TO KNOW

When you are discharged from the hospital, we hope you will request the services of our partner agency, the Visiting Nurse Association of Southeastern CT.

The VNASC can coordinate with Medicare, Medicaid, and private insurance to arrange services at home:

- skilled nurses
- physical, occupational, and speech therapists
- certified home health aides
- medical social workers.

860-444-1111



**Caring for All Ages
since 1922**

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860-434-7808

Mailing address:
P.O. Box 56
Old Lyme, CT 06371
oldlymevna@gmail.com

April 2023

Dear Old Lyme and Lyme neighbors,

The Old Lyme Visiting Nurse Association's 100th year anniversary was a time for new perspectives. We had a wonderful time reviewing our history and that of our community. If you haven't seen one of our history boards, they're still on display around town.

More importantly, we've been focusing on how best to serve our community going forward.

Our Town Nurse Denise Piersa embodies our core mission in providing individual care. In addition to holding office hours, she makes home health assessment visits and coordinates skilled care as needed. As things returned to normal, Nurse Piersa increased her office hours but still remained available for phone consultations and outdoor visits for residents who prefer that approach.

In addition to Town Nurse service, our group works as a whole to provide education and health services to the community. Our annual flu clinic is now well established as a drive-through event. We were glad this year to expand our work with other community groups on health education and scholarships.

We've also been focusing on services for those with extreme needs. For many years we've provided food support, and this year we stepped up that effort. We've also been trying to determine how to help with more complicated needs such as mental health and substance abuse recovery. We're aware of exciting progress in these fields, but many in our community are still challenged. How can we help? We're open to suggestions from everyone... especially those with first-hand experience!

As the only VNA in southeastern Connecticut that offers and coordinates free homecare services, we thank all our contributors for supporting us. Your tax-deductible contribution will enable us to fund existing services and establish new ones.

With appreciation,

Sarah Gleason
OLVNA President

OLVNA ~ Serving and Enriching our Community

Independence at Home

For residents who are sick or convalescing at home, our Town Nurse can make monthly house calls for health assessment and promotion. With HIPAA permission, she can also consult with family members.

If skilled care is needed, our nurse can coordinate through our partner agency, the Visiting Nurse Association of Southeastern Connecticut. These skilled services do incur a fee, but the cost is usually covered by Medicare, Medicaid, or private insurance. The goal of this service is to enable residents to age safely and independently in their own homes.



Education for Everyone

To offset the shortage of medical workers, we recently began offering scholarships specifically for local adults who plan to pursue nursing and other medical studies at a local college.

We continue to provide scholarships to local high school graduates who plan to study health care. We also help administer health care scholarships for the Mary Hubbard Noyes Memorial Scholarship Fund.

In 2022, scholarships were awarded to Nicolette Hallahan, Lauren Creagan, Abigail Manthous and Mackenzie Bussolotti. Nicolette Hallahan also received the Mary Hubbard Noyes Memorial Scholarship to pursue her healthcare career.



Annual Flu Clinic

For the past three years we have held our Annual Flu Clinic as a drive-through event at the Lyme-Old Lyme High School. While residents stayed in their cars, we gave regular strength flu shots. Because of the success of this event, we will continue this drive-through service. Many thanks to all the people and organizations who contribute time, talent, and expertise to make this possible!



Office Consultations

For many years, our Town Nurse has held office hours for residents at the Lymes' Senior Center, on weekdays from 11 to 1. These appointments are open to all residents free of charge. Walk-ins are welcome but residents are encouraged to call ahead of time. The Town Nurse phone number is 860-434-7808.



Board of Directors

Our board works as a group to learn about community health needs, with frequent guest presentations. Residents are always welcome to attend our meetings. We also support public health lectures, usually at the Lymes' Senior Center. We encourage suggestions for future topics.

Food Support

For many years we have donated food gift cards. We've recently expanded this service so that cards are distributed four times a year through Lyme and Old Lyme Social Services, the Lymes' Youth Service Bureau and the Lymes' Senior Center. We were also proud to "sponsor" a row at the Lyme Old Lyme Food Share Garden, which helps support healthy nutrition in the community.

Be sure to visit our website at: www.oldlymevna.org