

April 2022

Dear Old Lyme and Lyme neighbors,

“Caring for all ages since 1922”. For a century, the Old Lyme Visiting Nurse Association has provided health services to local residents. As medicine has changed, so have we!

Our Town Nurse Denise Piersa embodies the OLVNA's core mission in providing individual care. In addition to holding office hours, she makes home health assessment visits and coordinates skilled care as needed.

In response to the COVID pandemic, Nurse Piersa provided more services by phone, most hands-on clinics were suspended, and our annual Flu Clinic became a drive-through event. We were also pleased to help with the town's coronavirus response by distributing face masks and test kits.

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

Directors

Gail Barber, RN	Holly Lyman, <i>Vice President</i>
Elsie Childs, <i>Treasurer</i>	Jean Read
Caroline Delehanty	Carol Ridgway, <i>Secretary</i>
Pam DiNapoli	Michellée Speirs
Sarah Gleason, <i>President</i>	Ellen White
Linda Legassie	

Executive Director: Cindi Taylor
VNASC Clinical Director: Mary McMahon, M.S., R.N.
Town Nurse: Denise Piersa, RN

Many thanks to our Associate Directors!

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, 12 noon - 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



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since 1922

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

INTERESTED IN VOLUNTEERING?

Call Cindi Taylor 860-434-1222

OLVNA ~ Serving and Enriching our Community

Office Consultations

For many years, our Town Nurse has held office hours at the Lymes' Senior Center, typically on weekdays from 11 to 1. As of March 2022, the nurse's office is open weekdays from noon to 1, but residents should call ahead of time – the number is 860-434-7808. Much of this could change before long, so we encourage everyone to check for updates on our website, www.oldlymevna.org.



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 caregivers and family members and coordinate skilled care through our partner agency, the Visiting Nurse Association of Southeastern Connecticut (paid for by Medicare/Medicaid/private insurance). The goal is to enable residents to age safely and independently in their own homes as long as possible. During the COVID pandemic, most residents have preferred phone calls to visits – and outdoor visits to inside ones.



Annual Flu Clinic

For the past two years we have successfully 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. Many thanks to Ledge Light and the Medical Reserve Corps!



COVID Response

We've assisted with Old Lyme's COVID response by distributing 10,000 face masks and helping with COVID test kit handouts. We've also been posting COVID and other health-related news on our website, www.oldlymevna.org.



Food Support

For many years we have donated holiday food gift cards through Old Lyme's Social Services and the Lymes' Senior Center. We also support the "FINE" program, in memory of board members Fred Cliffe and Irene Carnell, which supplements our local food banks.

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

Scholarship Awards

We provide scholarships to local high school graduates who plan to study in the healthcare field. We also help administer healthcare scholarships for the Mary Hubbard Noyes Memorial Scholarship Fund. In 2021, scholarships were awarded to Isabella Hine, Gabriel Lavoie, Madelyn Maskell, and Emma Meekhoff. Congratulations! High school seniors interested in these awards should contact their guidance department in early January.

100 Years and Counting

Founded in 1922, we originally focused on high infant mortality and health-hygiene instruction as well as home health care. With medicine's advances, we have gradually shifted towards preventive care and community education through partnerships with town organizations.



Volunteer Opportunities

As a volunteer organization, we are always looking for new members. No medical background is needed. All residents are welcome to attend our board meetings, held at 1 pm on the second Monday of each month except July and August.

