

April 2021

Dear Old Lyme and Lyme neighbors,

The year just past was one we will always remember — the year of COVID, masks, and social distancing. For the Old Lyme Visiting Nurse Association, masks were the year's major project. We held our inaugural drive-through mask distribution at the Lyme-Old High School, then gave out additional masks at events throughout the summer, at our annual fall Flu Clinic (another drive-through event), and into the winter.

The year 2020 witnessed other changes. After serving with us since 2014, Karen Veselka, our Town Nurse, retired. We are delighted to welcome her successor, Denise Piersa, RN, who began her tenure at (of course) a mask distribution event.

Amid these changes, the OLVNA continued to hold office hours at the Lymes' Senior Center, but once COVID descended on us, the visits took place by phone or outside the center. Although our nurse has remained available for home visits to residents who need them, most have preferred that she coordinate their care remotely.

As the only VNA in southeastern Connecticut that offers free homecare visits, we thank all our contributors for their support. Your tax-deductible contribution will enable us to fund existing services and establish new ones. For more information about our work, please call Executive Director Cindi Taylor at 860-434-1222. And be sure to check out our new website, <https://www.oldlymevna.org/>.

With appreciation,

Holly Lyman
OLVNA President

Directors

Elsie Childs, <i>Treasurer</i>	Patsy McCook
Connie Cliffe, R.N.	Jean Read
Caroline Delehanty	Carol Ridgway, <i>Secretary</i>
Pam DiNapoli	Michelle Speirs
Sarah Gleason, <i>Vice President</i>	Ellen White
Holly Lyman, <i>President</i>	Muffy Whitley

Executive Director: Cindi Taylor

VNASC Clinical Director: Mary McMahon, M.S., R.N.

Town Nurse: Denise Piersa, RN

Honorary Director: Mary Jo Nosal, Old Lyme Selectwoman

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, 11 am - 1 pm

860-434-7808

When you are discharged from the hospital, we hope you will request services offered by the Visiting Nurse Association of Southeastern CT

860-444-1111

In addition to furnishing post discharge care, the VNASC can coordinate with Medicare, Medicaid, and other insurance to arrange home visits by skilled nurses, physical, occupational, and speech therapists, certified home health aides, and medical social workers.

INTERESTED IN VOLUNTEERING?
Call Cindi Taylor 860-434-1222



Caring for All Ages
since 1922

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Mailing address:

P.O. Box 56, Old Lyme, CT 06371

www.oldlymevna.org

Goodbye and Hello

Last summer our beloved Town Nurse, Karen Veselka, retired after 47 years of nursing and receiving numerous accolades, including Old Lyme's first Kindness Award. In her place, we welcomed Denise Piersa, who has worked for many years with the Visiting Nurse Association of Southeastern Connecticut.



Denise Piersa, RN

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 and with other medical personnel to coordinate skilled care through

our partner agency, the Visiting Nurse Association of Southeastern Connecticut. 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.

Office Consultations

For many years, our Town Nurse has held office hours at the Lymes' Senior Center, typically on weekdays at around noon. Although in 2020 the Senior Center was forced to close, the Town Nurse's office has remained open for phone calls. That office is now open weekdays from noon to 1; residents should call ahead of time — the number is 860-434-7808 — so the nurse can see them outside. We're aware that much of this could change before long, so we encourage you to check out our new website for updates, <https://www.oldlymevna.org>,

INNOVATIONS AND TRADITIONS

Mask Distribution

In response to the COVID-19 crisis, we teamed up with the Lymes' Youth Service Bureau to hand out disposable masks and resource cards at Lyme-Old Lyme High School. This was our first drive-through event — and a great success. Many thanks to all who helped! Since then we've handed out masks at our clinics, at the primaries, the Senior Center's Fiesta Parade, the Back-to-School Drive-Through, Old Lyme Social Services, 9-Town Transit, and the Old Lyme Post Office.



Annual Flu Clinic

Our Annual Flu Clinic turned into a drive-through event as COVID-19 continued into the fall. While residents stayed in their cars, we gave regular-strength flu shots, paper face masks, and resource cards. Many thanks to Ledge Light and the Medical Reserve Corps!



Food Support

Since 2004 we have supported a discretionary fund that assists local programs for people with immediate food needs. We also continue to donate holiday food gift cards and supplement our local food banks.

Scholarship Awards

We provide scholarships to distinguished local high school graduates who plan to study healthcare. We also help administer healthcare scholarships for the Mary Hubbard Noyes Memorial Scholarship Fund. In 2020, scholarships were awarded to Darin Hamou, Grace Hanrahan, Renate Kuhn, and Katelyn Wells.

Congratulations to all of you! The world needs dedicated health professionals. High school seniors who are interested in these awards should contact their guidance department in early January.

High School Blood Pressure Clinic

In the spring we offer blood pressure readings for students, faculty, and staff at the Lyme-Old Lyme High School. We look forward to resuming this tradition!

Meetings and 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 meetings, held at 1 pm on the second Monday of each month except July and August.



We recently launched our first website. Take a look at our history, our programs, and our latest news at <https://www.oldlymevna.org>