

Community Nurse of Thetford, Inc. Report for 2016

Community Nurse of Thetford, Inc. (CNT) was started as a non-profit organization a little over 1 year ago. Since then our nurse, Cindy Grigel, RN, BSN, has made 144 home visits to 21 individuals or families; 9 of those individuals were elderly persons living alone, and 10 were individuals or families needing guidance about how to care for an ill spouse or elderly parents. In addition to home visits, Cindy talked with quite a few individuals and family members on the phone or via email. Other contacts with residents occurred “about town”, at TEN luncheons, and at the Senior Coffee Klatsches (cosponsored by TEN and CNT—all welcome). The guidance given included:

- ✓ Teaching individuals how to take their medications correctly
- ✓ Discussing how to manage illness conditions and problems of aging in daily life
- ✓ Serving as a liaison between families and medical care providers
- ✓ Advising families regarding how to help elderly parents continue living safely in their homes
- ✓ Making mobility and safety suggestions

The guidance provided reduced client and family stress for almost all those she saw, helped prevent medication-related side effects, and prevented emergency department visits.

CNT services have been provided at no cost to families thanks to donations from local trusts, foundations, and donors. To continue providing service to those in our town who clearly need aging and illness support beyond what the mainstream health system provides, CNT will persist in applying for grants and is seeking a town appropriation for \$3,500.

CNT received tax-exempt 501(c)3 status in October; this means we can directly receive tax-deductible donations. Please do visit our website: <http://communitynurseofthetford.weebly.com/>

Board of Directors: Gail Dimick, Sue Farrell, Pril Hall, Joanne Sandberg-Cook, Sarah Jo Brown