

**Annual Report of the Community Nurse of Thetford, Inc.
for the Town of Thetford
December, 2024**

Community Nurse of Thetford, Inc. is a 501(c)3 non-profit that serves all residents of Thetford. The intent of our organization is to fill gaps in service not currently being fully met by other health care support services. A few examples of frequent needs include education about new or existing medications or services, assistance with preparation for homecoming after scheduled surgery, or when support is needed in an ongoing way for family members navigating as caregivers for a loved one. We do not charge for the nurse's services, which frees both the individual or family being served, and the nurse, from reimbursement or financial concerns. It also allows our nurse to provide assistance, sometimes quite long term, after the VNA or other agencies have completed their involvement.

CNT continues to employ and support Sunny Martinson RN as our community nurse. She has been steadily expanding her involvement with residents and families. She serves Thetford residents only and seeks opportunities to meet residents and other providers. She has been active on the Listserve and at community events like Coffee Klatch and the Senior lunches. She has been actively involved in CNT's presentation of talks on falls prevention, Medicare/Medigap information and Alzheimer's this year.

Between January and August 2024, she had more than 800 encounters, which included home visits, phone calls/follow up, emails, and coordination of care with other providers. Interventions included emotional support, education about meds and symptom management as well as other available services. There are often additional calls and emails requesting information from individuals that are not current clients or residents. The primary source of contacts in Thetford continues to be self-referral but she has also received referrals from neighbors and family members. She currently averages 25-40 active clients in a month, a significant increase from last year. The position is currently budgeted at 12 hours/week.

Many of her encounters involve social needs and she is looking forward to working closely with the proposed Social Service Coordinator as well as Senior Solutions (our regional VT senior support organization). The nurse attends meetings with the other Upper Valley community nurses, and the Thetford Elder Network steering committee.

Our estimated budget for 2025 is \$26,950.00 of which the Town Appropriation is approximately 35% of the CNT budget. In addition to a generous appropriation from the town in recent years, we are supported by grants from local and regional sources as well as much appreciated private contributions from individual town residents.

Betsy Johnstone, board Secretary
Community Nurse of Thetford, Inc

Other board members:
Priscilla Hall, board President
Joanne Sandberg-Cook, Treasurer
Cindy Grigel
Wendy Cole