

2023 ~ here for the long haul

RDNA Tapestry of Caring

District nursing, once ubiquitous in Maine, is a 94+ year-old tale of community nursing in the Rockland area ~ independent and locally supported. Our enduring strength relies on the quality of our nursing staff, the trust of our clients and their families, and the commitment from our community. Our independence affords the nurses the flexibility to effectively adapt to an ever-changing health care environment, focusing on the non-acute, in-home nursing needs of vulnerable residents.

Through Covid and beyond, our staff has continuously provided services ~ safely and with steady increased need. The Board and Endowment Committee have ceaselessly worked to ensure RDNA's continued stability and sustainability, with volunteers helping to carry the load through these turbulent times. RDNA is a 501(c)(3) agency.

Community donations sustain this essential service



Agency Facts



2021 Knox County Census Data

- ~ 25% of residents were 65+
- ~ of whom, 44% lived alone
- ~ mean Social Security was \$22,364

For residents 75 and older:

- ~ 35% had 3 or more chronic health conditions
- ~ 1 in 5 who were single lived below the poverty level

RDNA nurses are serving at capacity, annually visiting 200 un-duplicated residents living independently in Rockland ~ Thomaston ~ Owls Head ~ Warren ~ St. George ~ South Thomaston ~ Cushing ~ Union

Average client age is 82

77% of clients are 75 or older

46% are 85 or older, with the oldest clients 102

Nursing staff consists of a Clinical Care Director (RN) and (part-time) 4 RNs and 2 LPNs

Combined 220+ years of nursing experience

*"... anything I can do to help make more of your nursing services available."
client son*

Nursing services include

- ~ Medication management ~ Foot care ~ Blood draws ~ Vital sign checks ~ Pre-draw insulin syringes ~ Wound care ~ Injections ~ O2 checks ~ Health assessments ~ Community health/home instruction ~ 4 monthly b/p clinics

All clinical services are provided by licensed nursing staff

Monthly average: 150 visits, driving 630 miles

Funding

RDNA Operations

Income (FY 2022/23)

42% Community donations (including towns)

23% Grants

21% Endowment

14% Client Fees

0% Medicare, MaineCare, Insurance reimbursements

Expenses

\$0.88 of every dollar received for agency operations is returned to the community in service, and remains in the midcoast area.

2,500+ outreach and fundraising hours are donated annually.



~ visit our web-site in the spring for 2024 Basket Social details ~

This season the garden really came into its own, full of textures, colors and intrigue. We encourage you and your family to take a stroll. Do let us know if you are interested in helping to care for the beds.

This garden is in memory of RDNA's founding nurse, Eliza Steele, RN, in honor of community nursing, overseen and maintained by volunteers, and sustained through designated community donations.

RDNA is the garden fiscal agent.



Next Generation Foundation of Maine

2023 *Eliza Steele* Award

In recognition of the "exceptional integrity and hard work" demonstrated by the RDNA Board, Endowment Committee and staff in building the endowment. The Foundation stated RDNA has "done a fantastic job leveraging significant donations to the endowment fund, AND, has given permanency to Eliza Steele's legacy."

This unexpected acknowledgement is simply breathtaking!

2023 Rose Hip Basket Social

Eliza Steele Memorial Garden, MacDougal Park, Rockland

What a delightful August day we spent with neighbors and friends at the garden ~ selling donated baked goods from 40 bakers in RDNA communities, raffling much sought after baskets with intriguing gifts from 28 local businesses, and chatting about RDNA. For the first year, community "Doughnators" filled the Rose Hip basket in support of community nursing.

Our hearts are full with gratitude.



Extraordinarily well done!

We thank and congratulate our dear friend, Walker Hutchins, for his 40+ years of service with RDNA, and with the RDNA Board. You keep inspiring us to stay strong and true to our roots.

RDNA is a 501(c)(3) agency ~ caring for the community since 1929