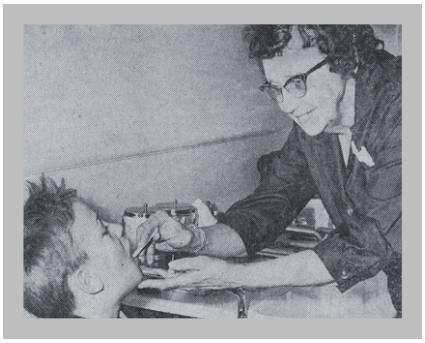
2025 ~ bridging the generations



Since 1929, one of RDNA's unique strengths endures through the wealth of stories about generations joining together and keeping RDNA strong. This is not simply the passing of the baton, rather a bridging from the past, with today, toward the future. We are collecting and posting a series of these stories on our Facebook page and web-site. They are a call to help build the RDNA bridge for today. *We thank you!*

~ together we each have a role to play in making a difference ~

community nursing today

- RDNA nurses annually visit ca 200 (unduplicated) residents, making 2,000 in-home visits, driving 10,000 miles in Rockland, Thomaston, South Thomaston, St George, Owls Head, Cushing, Warren and Union
- clients are able to stay with the agency for as long as needed, since RDNA does not receive Medicare, MaineCare or insurance reimbursements ~ clients are typically with the same nurse for years
- RDNA nursing capacity is *absolutely* maxed out ~ since Sept 2024, only 17 new clients have been able to be admitted (significantly lower than in previous years), while a waitlist endures
- operating costs are rising, yet strong community support has kept RDNA service fees stable

ROCKLAND DISTRICT NURSING ASSOCIATION, INC.

RDNA nursing services include

medication management ~ foot care ~ blood draws
vital sign checks ~ pre-draw insulin syringes
wound care ~ injections ~ health assessments
O2 checks ~ community health/home instruction
4 monthly b/p clinics

All clinical services are provided by licensed nursing staff

RDNA nursing statistics

- average client age is 82
- 88% of clients are 80 or older, with the oldest clients 104
- 75% are female, most living on their own
- over 70% of visits receive financial assistance
- nursing staff consists of a Clinical Care Director (RN) and (part-time) 3 RNs and 1 LPN with combined 160+ years of nursing experience

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Leadership Team ~ Peta vanVuuren *(Agency Director)* Lise Duda, RN *(Clinical Care Director)*
Board ~ Anna Ware *(Pres)* Anne Norman *(Sec)* Kathy Roth *(Treas)* Renee Heal Mark Lewis Meg Sawyer
Walker Hutchins *(Emer)* *Endowment Committee* ~ Sue Baines Bree Douty Deirdre Felton

PO Box 1713, Rockland, ME 04841 tel. 207.594.4522 www.rocklanddistrictnursing.org

funding

RDNA operations (FY 2024/25)

Income

43% community donations (including towns)
23% endowment
18% grants
16% client Fees
0% Medicare, MaineCare, insurance payments

Expenses

- $0.86 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

"I wish I could do more because the need is immense. From working in this community these past 15 years, I have seen so many folks ~ our neighbors ~ who we don't even realize need care and attention that is either otherwise not available or cost prohibitive."
RDNA nurse

we need your help to

spread the word ~ never underestimate the power of the story

- share RDNA stories ~ especially with newcomers
- tell neighbors and friends about RDNA
- visit the Eliza Steele Memorial Garden (MacDougal Park on Broadway, Rockland) ~ honoring RDNA's founding nurse
- bring a friend to the annual Basket Social
- be a Basket Social doughnator ~ build a group

keep client fees stable and affordable
strengthen and sustainably increase RDNA nursing capacity

- donate ~ on-line, by mail, in person *(unfortunately RDNA is unable to accept supplies)*
- Sponsor~an~RDNA Mile (*on-line*) - monthly donations keep RDNA nurses on the road
- contribute to the RDNA Endowment
- include RDNA in your estate planning
- remember RDNA when considering QCD and stock disbursements/donations

visit our web-site in the spring for upcoming fall Basket Social details
curated garden bake sale ~ raffle ~ doughnators
community gathering in the Eliza Steele Memorial Garden

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