



**Town of Arlington
Office of the Town Manager**

Adam W. Chapdelaine
Town Manager

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MEMORANDUM

DATE: January 15, 2021

TO: Board Members

SUBJECT: Appointment to the Council on Aging

This memo is to request the Board's approval of my appointment of Sheila Connerney, Arlington, MA, as a member on the Council on Aging, with a term expiration date of 01/31/2024.

A handwritten signature in blue ink, appearing to read "Adam W. Chapdelaine".

Town Manager

SHEILA CONNERNEY, ANP-BC

OBJECTIVE

Experienced and licensed Nurse Practitioner with fourteen years of experience working with geriatric patients in the home, assisted living, and long-term care setting. Seeking a clinical role to continue to serve and care for elderly patients and their families. Thoughtful management of complex needs. Compassionate and respectful communication with patients, families, and the interdisciplinary team caring for them.

PROFESSIONAL EXPERIENCE

Atrius HealthBoston, MA

Nurse Practitioner June 2014 - July 2020

- ❖ Served the complex needs of frail elders at home in the nurse practitioner-run Intensive Home Based program at Atrius Health/Harvard Vanguard Medical Associates.
- ❖ Managed acute and chronic health conditions such as congestive heart failure, COPD, diabetes, pneumonia, and falls.
- ❖ Provided stability and close monitoring for a panel of patients during transitions in care, ie hospital to home.
- ❖ Discussed goals of care and worked with patients, families, and interdisciplinary team members to meet their goals and expectations.
- ❖ Provided telephonic urgent care for ill elderly patients through the innovative Care In Place program for all of Atrius Health.

Beacon/Amedisys Palliative CareBoston, MA

Nurse Practitioner April 2013 - November 2013

- ❖ Provided home-based palliative care to patients with complex medical needs, including advanced cancer, chronic pain, heart failure, and COPD.
- ❖ Conferred with primary care physicians and oncologists to provide symptom-based care for their patients. Managed opioid conversion and titration for various types of pain.
- ❖ Transitioned patients to hospice care when appropriate.
- ❖ Selected for extensive palliative care training upon hire, including the on-line Duke University Palliative Care curriculum, the Art and Science of Palliative Nursing conference in May 2013, and the Hospiscript Pharmacy conference in June 2013.

Elder Service Plan of the North ShoreBeverly, MA

Nurse Practitioner November 2005 - April 2013

- ❖ Provided primary care to frail, community-dwelling elders in the Program for All-Inclusive Care of the Elderly (PACE). Also rounded on skilled and long-term patients at nursing homes on the North Shore.
- ❖ Model of care focused on multi-disciplinary approach to preventative health measures, promotion of optimal functional status, rehabilitation of members requiring short-term facility stays, and initiation of palliative care for members at end of life.
- ❖ Frequently treated patients with diabetes, chronic pain, congestive heart failure, COPD. In addition to direct patient care, responsible for educational offerings to PACE staff and contracted skilled nursing facility staff.

Massachusetts General HospitalBoston, MA

Staff Nurse, Respiratory Acute Care Unit May 2004 - November 2005

- ❖ Acute care unit with critically ill adult patients requiring mechanical ventilation and cardiac telemetry following surgery or due to multiple system failure.
- ❖ Provided frequent pulmonary assessments, neurological checks, family support, and general patient care for patients being weaned off mechanical ventilation.

NP STUDENT CLINICAL EXPERIENCE

MGH Senior CenterBoston, MA

Student Nurse Practitioner Spring 2005

- ❖ Conducted history and physicals on well and frail elders in a busy geriatric primary care office.
- ❖ Learning focused on an understanding of dementia, prescribing and titrating medications, and the interpretation of on-site bone density tests.

Uphams Elder Service PlanDorchester, MA

Student Nurse Practitioner Spring 2005

- ❖ Assessed and examined geriatric clients at adult day health program for low-income elders.
- ❖ Performed health screenings and episodic physical exams at the center as well as at clients' homes.

Elder Service Plan of the North ShoreLynn, MA

Student Nurse Practitioner Fall 2004

- ❖ Provided primary care to PACE program clients with complicated, chronic medical conditions.
- ❖ Treated clients for episodic illnesses and determined the need for short-term nursing home placement or rehabilitation.

UMASS Memorial EHSWorcester, MA

Student Nurse Practitioner Fall 2004

- ❖ Triageed UMASS Memorial Hospital employees with work-related injuries.
- ❖ Diagnosed and treated musculoskeletal complaints by completing a detailed history and focused physical exam.
- ❖ Performed new employee physicals on clients ranging in age from 18-60.

VA Medical Center, Primary CareManchester, NH

Student Nurse Practitioner Spring 2004

- ❖ Performed comprehensive physical exams on US military veterans to establish primary care at the VAMC in Manchester, NH.
- ❖ Provided a wide variety of health assessments and health screenings for patients with multiple chronic medical conditions.

EDUCATION

MGH INSTITUTE OF HEALTH PROFESSIONSBoston, MA

*Master of Science in Nursing*May 2005

Dual concentrations in *Gerontology and Adult Primary Care*

SMITH COLLEGE Northampton, MA

*Bachelor of Arts in American Studies*May 1997

LICENSURE/CERTIFICATIONS

Adult NP Certification, ANCCSeptember 2005

Massachusetts RN/NP LicenseFebruary 2004

BLS/CPR/AED for Healthcare Providers, AHARenewed 2018

PROFESSIONAL ACTIVITIES

Member, Massachusetts Coalition of Nurse Practitioners2005-Present

End-of-Life Nursing Consortium (ELNEC)2005

Speaker, Schwartz Center Rounds December 2003

HONORS/AWARDS

Clinical Innovation Team Award Nominee, Atrius November 2018

Rebecca Colvin Prize for Exceptional Scholarly Project May 2005

Entitled "*Application of Three Theories and the Construct of Self-Efficacy to Exercise Behavior Initiation in Older Adults*"

Sigma Theta Tau International Honor Society of Nursing Inducted 2004

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TOWN OF ARLINGTON
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January 7, 2021

Sheila Connerney
Arlington, MA 02474

connerney.sheila@gmail.com

Re: Appointment: Council on Aging

Dear Ms. Connerney:

As a matter of the standard appointment procedure, the Select Board requests that you attend a virtual meeting of the Select Board conducted by remote participation, on Monday, January 25th at 7:15 p.m.

It is a requirement of the Select Board that you join this virtual meeting. This will give the Board an opportunity to meet and discuss matters with you about the area of activity in which you will be involved.

Information which includes the link to the meeting will be available at the bottom of the Select Board Agenda as well as on the Town Calendar when the meeting is posted Thursday, January 21st by 7:00 p.m.

Please contact this office by e-mail, lcosta@town.arlington.ma.us, if you have any questions.

Thank you.

Very truly yours,
SELECT BOARD

A handwritten signature in cursive script, reading "Marie A. Krepelka".

Marie A. Krepelka
Board Administrator