

# Donor Impact Report

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OFFICE OF PHILANTHROPY

DECEMBER 2021

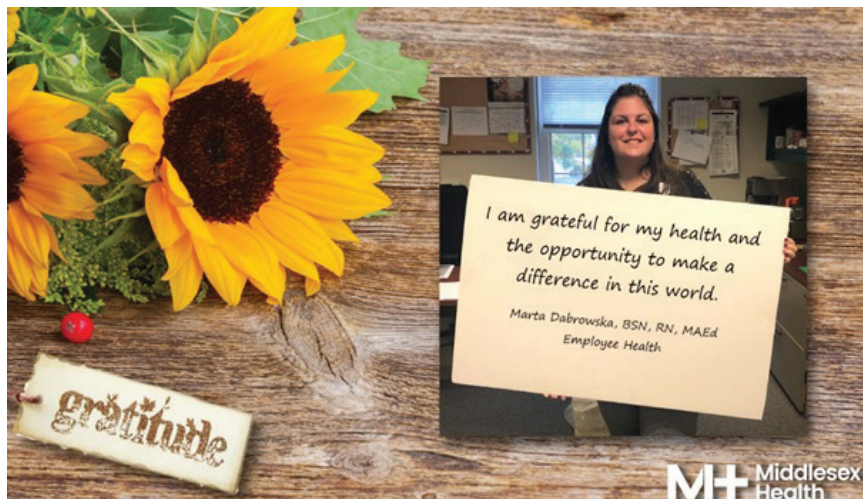
Dear Friend,

Our health system family is looking toward the coming year with hope, after an unprecedented time for our community. As a donor, your continued support has helped lift spirits this year, as well as sustain important projects for years to come. I am pleased to share this report with you, highlighting the multiple ways that your commitment has helped us make a remarkable impact on our community. Thank you so much for your compassion and generosity.



Best regards,

Laura A. Martino  
Vice President, Marketing, Development  
and Community Programs



▲ Middlesex Health celebrated National Gratitude Month in November.

## Gratitude Brightens Up Middlesex Health

An attitude of gratitude was on full display throughout November at Middlesex Health in celebration of National Gratitude Month. In multiple ways, our employees thanked each other and shared their gratitude. One highlight was the “Leaves of Gratitude” display in the lobby of Middlesex Hospital, where staff, patients and visitors wrote notes of appreciation on paper leaves, transforming a dedicated wall into a panorama of fall colors full of positive messages.

(continued on back page)



▲ An employee delivers meals purchased with donations from the Food for the Frontline Fund, to colleagues.

## Food for the Frontline Provides 1,400 Meals

Middlesex Health established the Food for the Frontline Fund to collect monetary donations from the community to purchase meals and snacks from local restaurants and retailers for Middlesex Health frontline workers.

Thanks to our generous community, we collected \$21,559. Your donations helped us order 1,400 meals and 500 snacks from 16 restaurants, caterers and specialty food shops for employees in multiple departments and locations on all three shifts. These meals were delivered in January and February 2021 when employees were caring for the highest number of COVID-19 patients at Middlesex Health since the pandemic began.

Your acts of kindness lifted our team’s spirits and nourished them during a busy and challenging time.



▲ A Middlesex Health mammographer shows the new radar localization machine (on the left) alongside a 3D mammogram machine (on the right).

## Technology to Pinpoint Breast Cancers During Surgery

New technology, now available at Middlesex Health, offers breast surgeons another option for locating nonpalpable breast abnormalities (both cancerous and not) as well as axillary lymph nodes, which are evaluated to determine if a cancer has spread. When appropriate, radar localization can be used instead of wire localization when marking tumors and lymph nodes in the breast prior to surgery. A few days before surgery, radiologists place radar reflectors or markers in the breast using mammogram or ultrasound imaging. These markers are located by breast surgeons during surgery through the use of radar technology. The radar localization technique eliminates the wire protruding from the breast prior to surgery.

Dr. Andrea Malon, breast surgeon and medical director of Middlesex Health Cancer Center, says that this technique is particularly compelling for performing targeted axillary dissection (removal of axillary lymph nodes). There is no other way to perform this technique otherwise.

## Volunteers Show Sew Much Love for Cancer Patients

Twelve Middlesex Health staff members and community volunteers have been busy crafting more than 150 pillows since April 2021 to support cancer patients at Middlesex Health Cancer Center. The handmade pillows are used by people who have had mastectomy or lumpectomy surgery. The pillows tuck underneath the arm to help promote comfort and healing of sensitive areas postoperatively.

"Each patient that has received a pillow states how comfortable they are and how appreciative they are of those who give a small bit of themselves and their time to keep patients comfortable in the hospital," said Valerie Ling, clinical nurse leader on the oncology unit at Middlesex Hospital. "They love the patterns, and somehow, we always seem to match the right pattern to the patient, and it makes them feel like these pillows were selected just for them. Thank you from the bottom of our hearts!"

Another staff member had similar thoughts. "The patients love these pillows," they said. "Their faces light up when we bring them a pillow. Patients are so excited that they get to bring these home and keep them. It is a small, yet very positive thing for them during a very uncertain time."



▲ Mastectomy pillows, handmade by volunteers, make a difference to patients recovering from breast surgery.





▲ Middlesex Health Cancer Center hosted a drive-through Survivor's Day event to celebrate cancer survivors, those recently diagnosed with cancer, their families and the community.

## Survivor's Day Drive-Through Event

On June 6, more than 100 Middlesex staff and community members volunteered to cheer on cancer survivors at National Survivor's Day, an annual celebration of life for those who have survived cancer.

Due to the pandemic, the Cancer Center could not hold its traditional brunch, but it still felt it was important to recognize cancer survivors, those recently diagnosed with cancer, their families and the community. The team held a drive-through event at the Middlesex Health Outpatient Center in Middletown, symbolic of the journey that patients and their loved ones go through during a cancer diagnosis, treatment and survivorship.

During the event, cars were decorated in celebration. Grateful cancer survivors and their guests were greeted by doctors, nurses, social workers, dietitians, medical assistants, therapists, members of the cancer center clinical team and volunteers. They received goodie bags, which included packets of flower seeds, that were made possible by the generosity of many businesses and individuals in our community through the Seeds of Hope program.

"The first cancer survivor to drive through had tears in her eyes as she thanked the Cancer Center staff, and this set the tone for a wonderful day of gratitude and celebration," says Justin Drew, director of Middlesex Health Cancer Center. "I'm thrilled that the spirit of the day allowed us to celebrate our cancer survivors in this way."

## Vaccinating Our Community

As the COVID-19 pandemic continues, we've learned more about the importance of vaccination. The three COVID-19 vaccines available in the United States — Pfizer, Moderna and Johnson & Johnson — are all safe and effective. They help reduce the risk of getting and spreading the virus that causes COVID-19.



It takes significant resources, teamwork, coordination and planning to vaccinate large numbers of people quickly and efficiently. To date, Middlesex Health has administered nearly 46,000 first and second doses and more than 3,300 additional doses at its facilities. It has even traveled to administer vaccines to Pratt & Whitney employees.

Middlesex Health began vaccinating frontline workers on December 15, 2020 and has followed state and federal guidelines regarding vaccine eligibility — now vaccinating those as young as 5. It has held vaccine clinics in Middletown and Westbrook and vaccinated patients who receive services from Middlesex Health Care at Home as well as patients in Middlesex Health Primary Care and Family Medicine offices.

### Vaccines By the Numbers

As of November 17, 2021, Middlesex Health has administered:

- 23,285 first doses
- 22,580 second doses
- 3,327 additional doses

Date the first COVID-19 vaccine was given at Middlesex Health: December 15, 2020

## What to Expect in 2022

**Spine Surgery Technology** — We will invest in intraoperative CT, the latest technology approved by the FDA to assist spine surgeons in the operating room, which streamlines procedure times, increases precision and reduces associated risks.

**A New Home for Behavioral Health** — Psychiatric and behavioral health services for all ages, prenatal through older adults, will be consolidated from nearly a dozen separate buildings and locations to one site with a welcoming and healing environment.

**Center for Integrative Medicine and Wellness** — Construction will begin to allow for expansion of our complementary therapy program for patients and community members. These therapies include massage therapy, acupuncture and reflexology, which can alleviate symptoms of many diseases, including cancer.

**Clinical Trials & Genetic Counseling** — Patients have access to numerous industry and scientific clinical trials, which are advancing our knowledge of cancer treatment as well as genetic counseling and testing to identify any hereditary risks for cancer.

**Technology to Treat Brain and Endometrial Cancers** — We will add quality assurance technology in order to treat multiple brain tumors in one session using stereotactic radiosurgery (SRS) and update our high dose rate (HDR) brachytherapy applicators to treat endometrial cancer.

**Mayo Clinic Care Network** — It is the seventh year of Middlesex Health's membership in the Mayo Clinic Care Network, which gives our physicians and patients access to the knowledge and expertise of a world-renowned institution.



▲ Nurses in Middlesex Health's Special Care Nursery show a new isolette that is used for newborns who cannot yet maintain their own body temperature.

## New Isolettes for Special Care Nursery

Our nursery got an upgrade this year thanks to our generous donors. We replaced all eight isolettes with a state-of-the-art model. Middlesex Health operates a Level II Special Care Nursery, which cares for newborns that require special medical attention—usually for a short period of time—because they were born prematurely or have a mild to moderate illness. The Neonatal Hospitalist Team, which includes doctors, nurse practitioners, physician assistants, and supportive care providers, provides specialized inpatient care for newborns. The isolettes are used for newborns who cannot maintain their body temperature. The temperature inside the isolette is slowly lowered until the newborn can regulate their body temperature on their own.

Nearly 1,000 babies are born at Middlesex Health annually and approximately 200 newborns require additional care in the Special Care Nursery. As a Baby-Friendly USA® Certified hospital, Middlesex Health prioritizes bonding between mother and baby, with baby staying in the room with mom, whenever possible.

### Gratitude Brightens Up Middlesex Health *(continued from front page)*

"What's been fun is to see the staff brighten up," says nurse Lynn Jansky. "Gratitude is a very simple, yet powerful tool to bring feelings of joy."

A patient shared the following to thank their primary care provider: "Thank you so much for your wonderful care and welcoming ways. I feel very fortunate that you are my primary care physician!!!"

Gratitude can lead to better healing, as research shows that it enhances mood, decreases stress and improves overall well-being.

We always welcome your notes of thanks and appreciation which we share with the Middlesex Health team.