

2022

HEALTH & PROSPERITY
PHILANTHROPY ANNUAL REPORT



A BRIGHTER FUTURE

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Thank You, Laura Martino!

Laura Martino retired in December 2022 after a 27-year career with Middlesex Health. While she led many departments and special projects during her tenure, Laura was first and foremost a leader of our philanthropy program and well known by our donors and in our community.

Laura spearheaded many philanthropic campaigns that helped to build and grow critical facilities and strengthen patient services at Middlesex Health. She credits her relationships with donors for her success.

Sarah Moore, who worked closely with Laura for the past decade, is her successor and now serves as Middlesex Health's executive director of development. Thank you, Laura, for the incredible legacy you have built for Middlesex Health and our community.



Office of Philanthropy

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middlesexhealth.org/donate



Dear Friend,

At Middlesex Health, we are building a brighter future.

In an ever-evolving health care environment, our staff responds with teamwork and collaboration to provide the highest level of compassionate care.

We are pleased to share with you Middlesex Health's annual report, Health & Prosperity. This report highlights the new projects and initiatives that you've helped make possible over the past year.

We thank our community for everything they do to help fulfill health care needs both now and in the future. We are grateful for this support.

With gratitude,

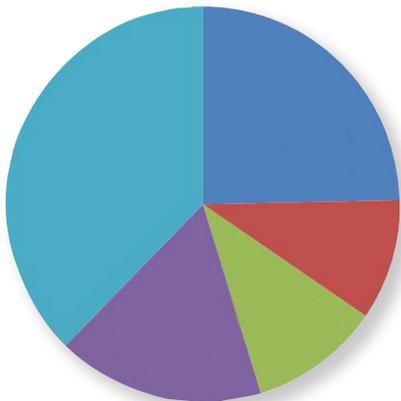
Vincent G. Capece, Jr.
President/CEO



Sarah Moore
Executive Director, Development

Giving by Fund

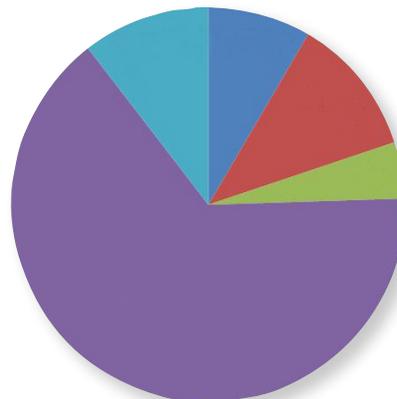
Total \$2,320,450



	Brighter Future Campaign	\$874,617
	Unrestricted	\$572,087
	Cancer Center	\$395,766
	Other	\$248,412
	Hospice and Palliative Care	\$229,568

Giving by Constituency

Total \$2,320,450



	Individuals	\$1,509,552
	Businesses	\$264,671
	Trust & Estate	\$242,594
	Foundations	\$186,025
	Organizations	\$107,608

2022

MIDDLESEX HEALTH BY THE NUMBERS



148,532

Number of people who received care from Middlesex Health

1,608

Number of patients referred for a Mayo Clinic Care Network eConsult (an electronic second opinion)
(October 2016 – September 30, 2022)



12,386

Number of ambulance transports

10,077

Number of children, adolescents and adults who are served by outpatient, crisis, telepsych and inpatient mental health and psychiatric services annually



\$158,091

Donated by Middlesex Health employees and volunteers

7,372

Number of surgeries



892

Number of babies born at Middlesex Hospital

3,501

Number of Middlesex Health employees

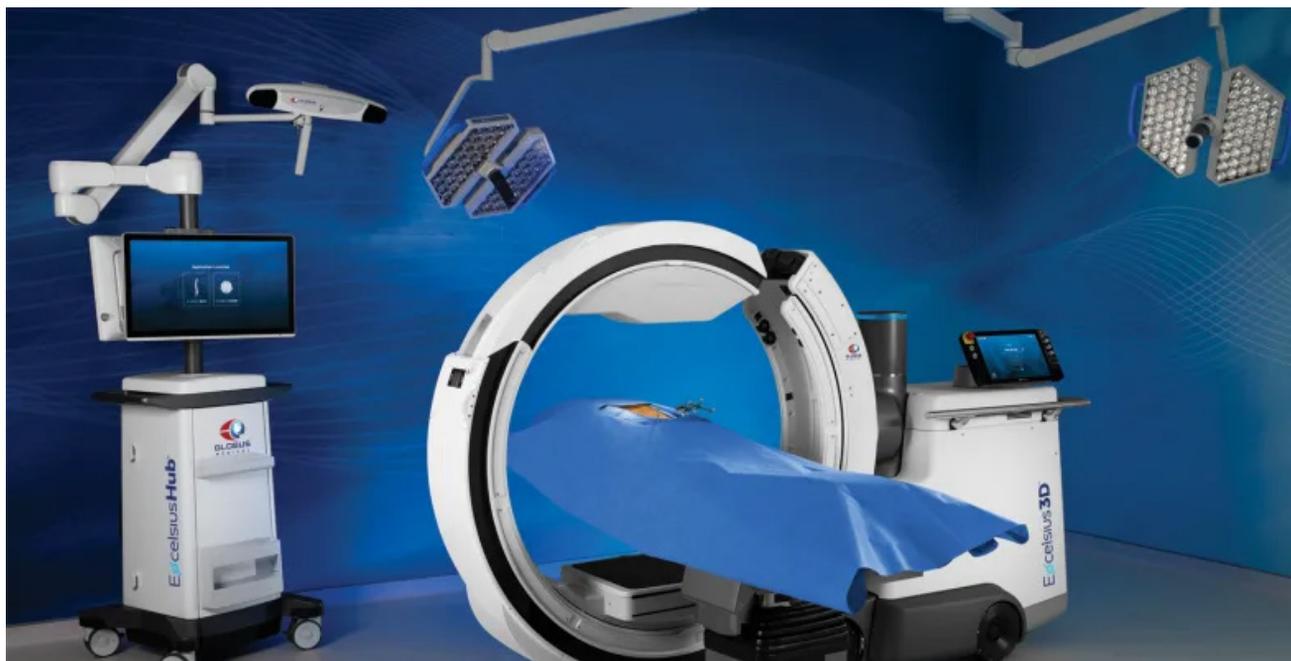


Photo credit: Globus Medical

▲ Globus Medical's Excelsius 3D™ is primarily used for spine surgeries.

New Device Benefits Spine Surgery Patients

In July 2022, Middlesex Health became the first health system in New England to use the Globus Medical's Excelsius3D™ intraoperative imaging device, a state-of-the-art technology used during spine surgeries.

This technology is important because it offers superior enhanced imaging. It also combines three imaging modalities — cone-beam CT scan, fluoroscopy and digital radiography — into one piece of equipment, minimizing the equipment needed in the operating room and decreasing the amount of time a patient is in surgery.

Globus Medical's Excelsius3D™ works in tandem with Globus Medical's ExcelsiusGPS™, which Middlesex began using in 2018 to view patient anatomy in real time during minimally invasive spine surgeries. Together, the technology is designed to improve the accuracy when placing implants, lower radiation exposure and shorten the length of a surgery.

While this technology is primarily used for spine surgeries, it can also be used for general orthopedic surgeries as well. While these surgeries were already safe and effective, Globus Medical's Excelsius 3D™ adds an extra measure of precision.

"This is an incredible tool, and we are fortunate that Middlesex Health continues to invest in the latest technology to ensure the best possible outcomes for patients," says Dr. Jeffrey Bash, a Middlesex Health spine surgeon.

The Mayer Center: Hope for Families

““ *We are making a difference
in their lives every day!* ””

Middlesex Health, with the help of donors, opened The Mayer Center in the fall of 2022 to help address the demand for developmental services for children and adolescents who face a wide range of challenges, including autism. The center offers comprehensive, individualized services in one location.

According to the U.S. Centers for Disease Control and Prevention, 1 in 6 children are diagnosed with a developmental disability and approximately 1 in 44 children in the United States are diagnosed with autism spectrum disorder.

“There are so many children who need extra support, and I’m honored to be helping them through my work at The Mayer Center,” says Samantha Aresco, a board-certified behavior analyst. “We are making a difference in their lives every day!”

The Mayer Center is named in recognition of Sally and George Mayer, an Essex couple who made a lead gift to the project’s capital fundraising campaign.

The Mayers are long-time supporters of Middlesex Health and they’ve served as health system corporators for many years. They have led and supported all of the health system’s major capital campaigns since the 1990s, helping to expand critical services from cancer care and emergency medical care to medical education.

When the Mayers learned Middlesex wanted to provide services for children with developmental needs, they led the way again, supporting a project that is deeply personal and meaningful to their family.



"Autism was this scary word 40 years ago. I felt this fear that I'm going to have a forever 'never right' child," says Sally Mayer. "There wasn't the knowledge and expertise that there is now. We've had the experience and know the need and how devastating it can be for parents who don't know where to turn or what to do next. This center offers a light at the end of a very dark tunnel."

The new center is 3,100 square feet and is located in renovated space at Middlesex Health's Essex Medical Building. It includes a sensory gym, private treatment spaces and group therapy space.

Services include applied behavioral analysis and treatment, speech and language pathology, physical therapy and occupational therapy services. Prior to the opening of The Mayer Center, Middlesex Health referred most children who needed these services to other organizations. Families encountered long waiting lists, travel expenses and appointments at numerous facilities throughout the state.

"As a team, I feel we are not only making a difference in the children's lives that we treat, but also in the families' lives," says Jennifer Cosmopoulos, a physical therapist at The Mayer Center. "We are able to collaborate jointly with each other, spend time with parents and give them the compassionate, quality care that they deserve."

At The Mayer Center, autism diagnostic observation schedule (ADOS) assessments are provided by a licensed psychologist. There are also specific evaluations based on a child's needs and family and physician concerns, and the rehabilitation team specializes in various pediatric conditions. They are able to address areas like gross and fine motor skills, sensory processing, self regulation and language. Middlesex staff members work in consultation with a child's support network to achieve the best possible results.

▲ In 2022, Middlesex Health proudly opened The Mayer Center, which provides autism and developmental services for children and adolescents. Sally and George Mayer were joined by Vin Capece and Mayer Center staff at the official dedication.

(continued on page 6)

“The kids who visit the center get to play and have fun — not even realizing they are learning crucial motor, communication, and regulation skills,” says Middlesex Health occupational therapist Leah Frascarelli. “As a staff member, seeing the kids learn to trust me and start to take risks makes such a difference. Once a kid tackles a new challenge, even if it is hard, they learn and grow, and I get to be there and support them along the way.”

When visiting The Mayer Center after its completion, Sally Mayer was overwhelmed with emotion. “It is incredible,” she says. “This is a godsend. This will change our community. The center offers an opportunity for incredible hope, success and comfort. The center has it all.”

Sally was impressed with the specialists who were selected to provide treatment at the center. “I could tell that, for the staff, their work is a calling,” she says. “It’s from the heart. They connect with children and families who are struggling.”

And she is hopeful.

“I’m hopeful that families facing a new diagnosis for their child will know that it’s going to be fine. It’s going to be okay,” Sally says. “You have access to all of the right staff and treatments to support you and your child.”

Middlesex Health is grateful to Sally and George Mayer for their support of The Mayer Center. Their generosity, along with the generosity of many others, helped Middlesex launch a critically important service for families in Middlesex County and beyond.

For more information, visit MiddlesexHealth.org/MayerCenter.

The Mayer
Center includes
a sensory gym.





▲ The Burris Center for Integrative Medicine was made possible because of generous donors, such as the extended Burris family (pictured above).

A New Home for Whole Health

Integrative medicine treatments, including massage and acupuncture, can help patients address their full health needs. These modalities, which have become an important part of modern medicine, take into account lifestyle habits, with the goal to promote health and well-being.

Middlesex Health recognizes the importance of integrative medicine, which can help everyone - from those dealing with the side effects of cancer treatment to those who want to alleviate stress and achieve balance in their lives. The health system has offered integrative medicine services for more than a decade, but with the help of generous donors, like the extended Burris family, it was able to expand its offerings in a newly renovated space at 540 Saybrook Road in Middletown in the spring of 2022.

(continued on page 8)

Dr. James and Ruth Burris were long-time supporters of Middlesex Health. The Burris Center for Integrative Medicine is named in their honor.



“It was so important to our family that we pay it forward.”

The Burris Center for Integrative Medicine is named in honor of Dr. James and Ruth Burris thanks to a generous donation from their family. The couple spent summers with their family on the Connecticut shoreline in Madison, where they relocated permanently later in life. They were long-time supporters and champions of Middlesex Health, a health system they valued for its commitment to the health and well-being of the community.

“It was so important to our family that we pay it forward and follow our parents’ example of philanthropic giving to health care,” said Laura Desmarais, one of the Burris’ six children, sharing why the family decided to support the new center. “Integrative medicine is an essential component of health, especially when a person is battling a chronic disease. Access to Reiki, acupuncture, meditation, mental-health care and nutritional guidance helps us heal. Our parents would have loved this focus on healing the whole person.”

With its calming paint colors and decor, the new space includes treatment rooms and a larger room for group programs.

Middlesex continues to offer integrative medicine services at its Shoreline Medical Center in Westbrook as well.

Services at The Burris Center for Integrative Medicine include acupuncture, reflexology, massage, nutrition counseling, lifestyle medicine, mental wellness and osteopathic medicine. These services aim to address both physical and

emotional symptoms of chronic conditions, such as digestive disorders and diabetes. They can also alleviate pain associated with cancer therapy and alleviate general symptoms of stress and anxiety.

Integrative medicine is for everyone. You do not need a referral from a medical provider to make an appointment for integrative medicines services.

The extended Burris family, including children and spouses, grandchildren and even a great-grandchild, gathered at the new center in the summer of 2022 to celebrate Dr. James and Ruth Burris' legacy.

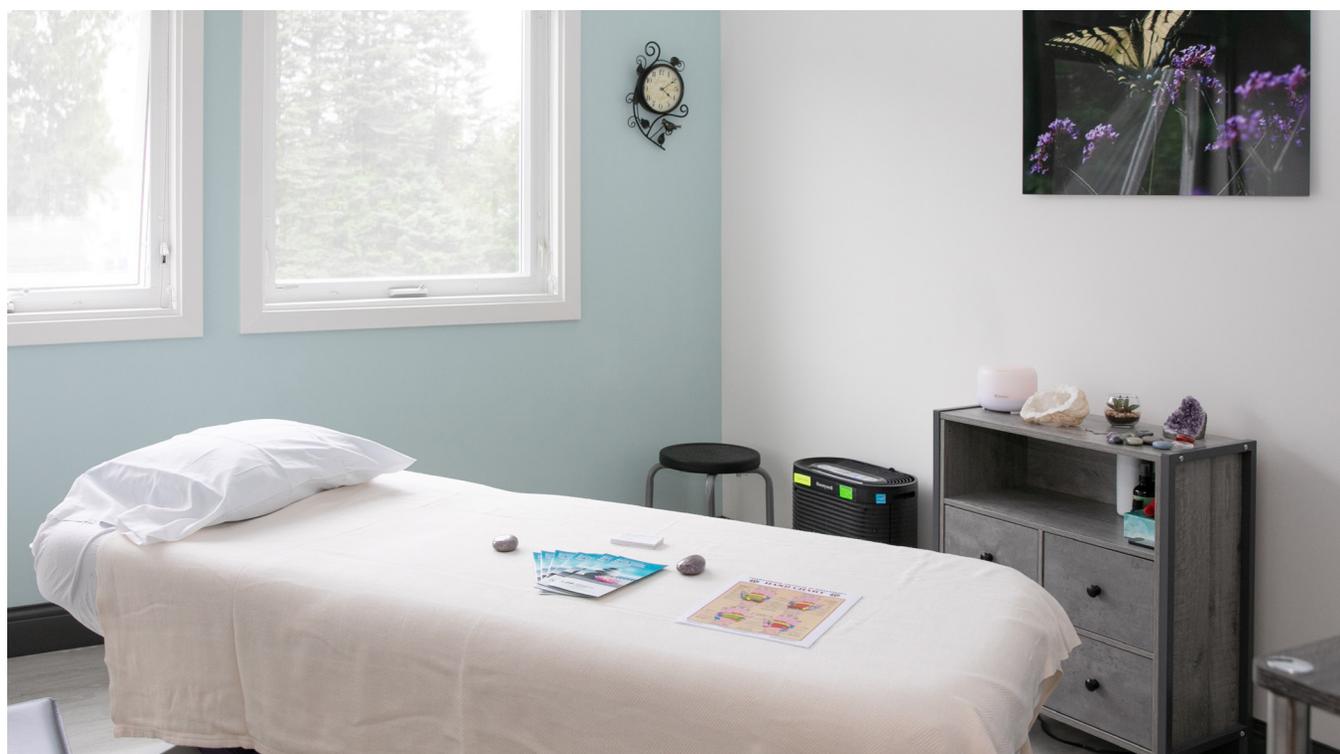
"We were so impressed that Middlesex Health offers not only the highest quality health care as it always has, but that it continues to grow and develop other modalities," says Laura Desmarais. "The center offers tremendous possibilities for enhanced care in a peaceful, calming, light-filled, art-filled space."

The center was also made possible by the generous support of Brant and Mauriane Smith and Women's Wellness Fund donations. Annually, complementary integrative medicine services are provided to patients at Middlesex Health Cancer Center thanks to the support of the goPINK Project and After the Storm.

Middlesex Health is grateful to the Burris Family and to the many other donors in its community for their support of integrative medicine at Middlesex Health.

For more information about Middlesex Health's Burris Center for Integrative Medicine, visit MiddlesexHealth.org/integrativemedicine.

▼ **The Burris Center for Integrative Medicine includes private treatment rooms and space for group programs.**



eConsult Changes Cancer Diagnosis and Outcome

“*eConsults are an opportunity for my patients to receive world-class care locally.*”

As part of his practice, Dr. Michael Farrell routinely requests eConsults from Mayo Clinic cancer specialists.

“I offer them to every patient as a way to give them extra information,” he says. “eConsults are an opportunity for my patients to receive world-class care locally. They don’t have to travel or spend a dime for a phenomenal second opinion. They love it!”

Dr. Farrell says Mayo Clinic Care Network membership has yielded multiple benefits, including the ability to be at the forefront of medical innovation. “Anyone can read guidelines but folks at Mayo learn about things often before others in the field. I have one Mayo colleague who works in the prostate cancer practice who clued me in on new standards of care before they were even published. My patient benefited from that. To have that kind of access to cutting-edge knowledge is phenomenal, and the teamwork across the clinical practice is incredible.”

Dr. Farrell recalls another specific case that brought together multiple disciplines from Mayo Clinic, Middlesex Health and other local health-care providers, significantly impacting his patient’s life. A patient who had a cancerous lung tumor removed was referred to Dr. Farrell. When another lung nodule appeared, he requested an eConsult; it was deemed an aggressive form of lung cancer.

“In the meantime, pathologists from Middlesex were reviewing his medical history and saw that a couple of years prior he had also had a type of skin cancer removed that, upon their review, resembled pathology from the new lung lesion,” he recounts. With this new information, Dr. Farrell asked Mayo Clinic to review the case again. This new information also caught the attention of the Mayo specialist, who saw similarities in the lung tumor and skin lesion pathologies.

“The lung cancer specialist at Mayo Clinic got their dermatology practice involved,” Dr. Farrell says. “After more tests and discussions, ultimately, the primary diagnosis was deemed metastasized squamous skin cancer that had moved to the lungs. This was a massive game changer.” Dr. Farrell changed the patient’s treatment plan, employing an immunotherapy regimen, drugs that stimulate a body’s immune system to fight cancer.

“If we’d not worked together to figure this out, this patient would have received chemotherapy, which would likely have made him pretty miserable,” Dr. Farrell says. “We treated him and he had a great outcome. The fluid on his lungs? Gone. The nodules? Gone. Those horrible skin lesions? Resolved, which also surprised the dermatologist.”

“The patient is now enjoying life, big time,” Dr. Farrell says. “Thankfully, with the huge amount of collaboration among several disciplines, lots of conversations and dozens of emails, we found a better path forward. The patient is really happy now. Actually, he’s thriving.”

What made the difference? “Team medicine is a great way to characterize our relationship with Mayo Clinic,” Dr. Farrell says. “It brings our collective expertise together, which benefits patients. In my opinion, the decision for Middlesex Health to join the Mayo Clinic Care Network is one of the best decisions we ever made.”

This content is courtesy of Mayo Clinic. Middlesex Health is a member of the Mayo Clinic Care Network, a clinical collaboration that gives providers special access to Mayo Clinic resources and expertise.

▼ **Dr. Michael Farrell, a Middlesex Health medical oncologist, speaks with a patient who benefited from an eConsult with Mayo Clinic.**



Ambulances to the Rescue

“We are so grateful that The Burkehaven Family Foundation recognized the need and stepped up in a big way to help.”

Ambulances respond in 911 emergency situations and can also be required to bring patients from one medical facility to another. They are vital, and there is a high demand for ambulance transportation throughout Connecticut.

Thankfully, The Burkehaven Family Foundation was able to help. Its generous donation allowed Middlesex Health to add another ambulance to its fleet.

“We are so grateful that The Burkehaven Family Foundation recognized the need and stepped up in a big way to help Middlesex Health and the community,” says James Santacrose, Emergency Medical Services manager.

Nearly a decade ago, Middlesex Health decided it needed to take an active role in transporting its patients to higher levels of care, skilled nursing facilities, and in some cases, home. In Connecticut, commercial ambulance services traditionally do most of these transports, but they are often very busy responding to 911 calls. They can only accommodate the types of medically necessary ambulance transports Middlesex patients require when they have the time and space in their schedule. Because of this, Middlesex patients were left waiting for ambulance transportation, and the health system knew it had to step in and do more.

After getting the necessary permission from the state Department of Public Health, Middlesex was granted one ambulance license and began providing ambulance transportation in 2015.

In 2016, Middlesex was granted a second ambulance license, and since July 2021, it has added three more ambulances for a total of five, including the one funded by The Burkehaven Family Foundation. With the addition of these ambulances, the health system has grown its Emergency Medical Services' staff, and ability to transport patients, by 43 percent.

"The Burkehaven Family Foundation is proud to support the expansion of emergency services at Middlesex Hospital by underwriting the purchase of a new ambulance for its fleet. One of our founders worked as an Emergency Medical Technician and this project is particularly meaningful to our team," says Irfan Alibhai, president of the foundation.

There are 12,000 to 14,000 transports by ambulance that originate from Middlesex Hospital, Marlborough Medical Center and Shoreline Medical Center each year. However, even with the resources the health system currently has and the services of up to five commercial ambulance companies, patients can still experience long wait times, and more needs to be done to get patients to the next level of medical care as quickly as possible. The demand for ambulances exceeds available resources, and Middlesex Health's ambulances are working at capacity. That's why the health system has applied to the state of Connecticut, asking to add 10 more ambulances to its fleet.

As of publication, the decision from the state is pending.

While additional ambulances are certainly needed, Middlesex continues to provide high-quality, compassionate care, and the Emergency Medical Services' team works tirelessly to ensure that patients get where they need to go safely.

▼ Middlesex Health currently owns five ambulances, including the one funded by The Burkehaven Family Foundation, and there is a demand for more.



Thank You



Westbrook Elks Lodge #1784 organized the 13th Annual Beach Jam for Cancer Patient Care in August. The day-long concert fundraiser had its most successful year to date in 2022, raising \$30,000 to benefit Middlesex Health Cancer Center's nurse navigator program.



Cromwell High School's soccer teams presented a \$1,565 check to benefit Middlesex Health Cancer Center.





Middlesex Health Cancer Center staff attended Art Bra in August. The event was organized by After the Storm, Inc., which donated \$10,000 for patients to receive free integrative medicine therapy.

Organizers of the Boobstock Annual Celebration in Deep River presented a \$6,100 check to Middlesex Health Cancer Center. The event raised money to support breast cancer patients.



Middlesex Health held its donor appreciation event at Wadsworth Mansion in July, which included entertainment by the U.S. Coast Guard Band.

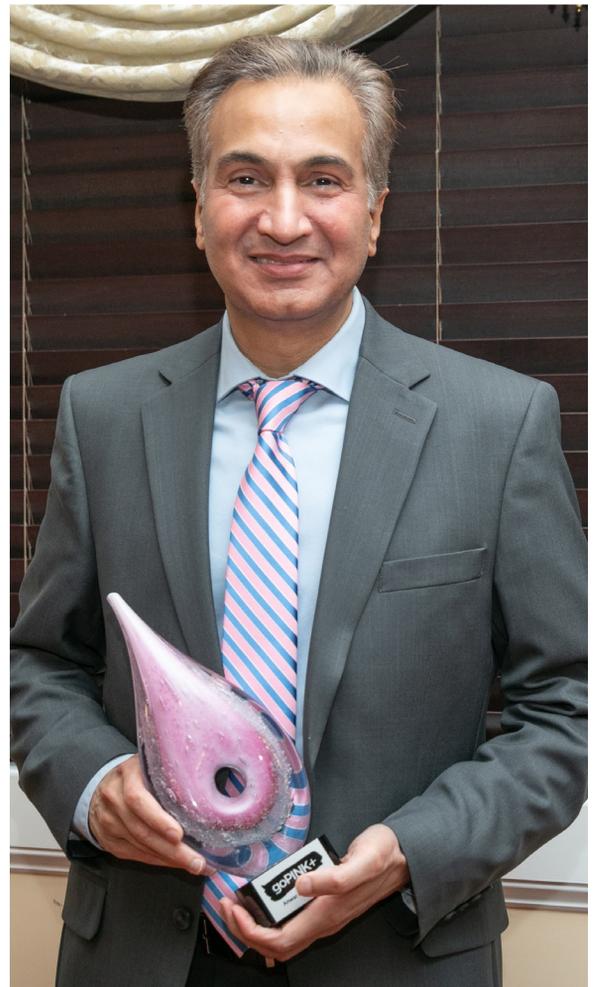


The Sandy Peszynski Breast Cancer Foundation presented a \$16,500 check to support Middlesex Health Cancer Center's Comprehensive Breast Center.



For 13 years, goPINK has continued to raise money in unique ways every October, including through the goPINK Duck Race at Allyn Brook in Durham. goPINK's most successful fundraising year yet was in 2022, with \$72,600 raised from the community to benefit Middlesex Health Cancer Center.

Photo courtesy of Sandy Aldieri / Perceptions Photography



Dr. Anwar Khan, a radiation oncologist, was honored for his years of outstanding service by colleagues, the community and his family at the 2022 goPINK Party.

Photo courtesy of Sandy Aldieri / Perceptions Photography



New this year, 50 local businesses purchased and decorated wooden ducks to help raise funds for goPINK. The public voted for their favorite duck, and the Middletown Police Department won top honors. The police department's duck was created in honor of an officer facing a cancer diagnosis



In the tournament's 36-year history, the Middlesex Health Hospice Golf Tournament has raised a lifetime total of more than \$1.1 million. In 2022, the tournament was presented by Ion Bank and held at Portland Golf Course.

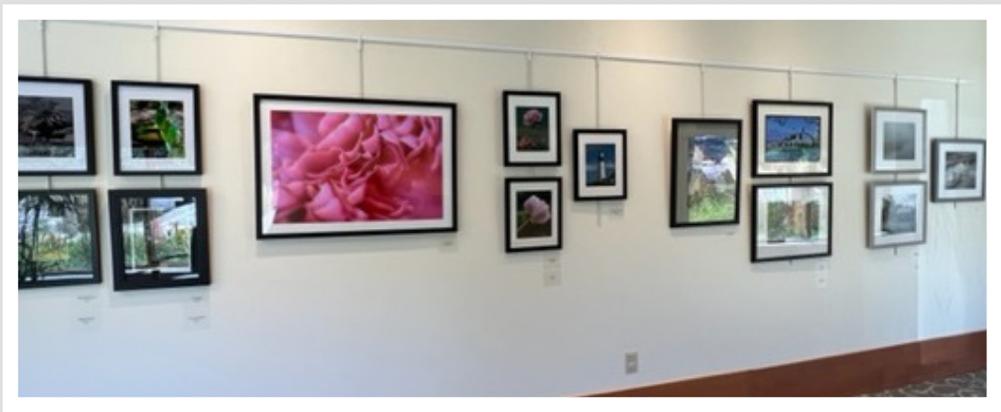


Lyman Orchards hosted its annual Paint the Pumpkin Pink and Putt Fore Pink events, raising \$8,135 to benefit breast cancer patients served by Middlesex Health Cancer Center.

Middlesex Health accepted a check in support of the Women's Wellness Fund from Reynolds' Subaru in Lyme.



The Zahn Community Gallery at Middlesex Health Shoreline Medical Center hosted four exhibits by artists throughout Connecticut. Each exhibit can be seen both in person and online. All work is available for sale.



Members of the Women's Wellness Fund gathered for a wellness walk, prior to a health talk, as part of the October event held at Camp Hazen YMCA.



The Wedding Dress shop in Portland held a black-tie gala and donated \$2,000 in proceeds to Middlesex Health Cancer Center. The owner chose to support cancer patients in our community in honor of brides and grooms who have faced their own battles with cancer.



The 32nd Annual Middlesex Health Golf Tournament, presented by PMA Companies, benefits Middlesex Health Cancer Center and is held at TPC River Highlands in Cromwell. The tournament has raised \$2.2 million since its founding.



WFSB anchor Caitlin Francis hosted Middlesex Got Talent at Chicago Sam's in Cromwell. Together with the Meals That Heal restaurant raffle, the event helped to raise more than \$17,000 for Middlesex Health Cancer Center.



Mercy High School's chamber choir performed at the Tree of Lights ceremony in November, helping to raise more than \$20,000 for Middlesex Health's Hospice Program.

Save The Date

MIDDLESEX HEALTH OFFICE OF PHILANTHROPY 2023 EVENTS

Valentine H. Zahn Community Gallery

Middlesex Health

Shoreline Medical Center

250 Flat Rock Place, Westbrook

Online at middlesexhealth.org/zahngallery

Artists for World Peace

February 20 – May 5

Guilford Art League

June 1 – August 25

Gallery One

September 1 – November 3

River Valley Artists

November 13, 2023 – January 26, 2024

Meals That Heal: The Appetite for Life Restaurant Raffle

Throughout the month of June

- A benefit for Middlesex Health Cancer Center
- \$5,000 in prizes and gift cards from dozens of popular local eateries

33rd Annual Middlesex Health Golf Tournament

presented by PMA Companies

June 5

A benefit for Middlesex Health Cancer Center
TPC River Highlands, Cromwell

Women's Wellness Fund Health Talks

Details about events for members and guests can be found online at

middlesexhealth.org/womenswellnessfund

37th Annual Hospice Golf Tournament

presented by Ion Bank

September 12

A benefit for Middlesex Health's
Hospice Program
Portland Golf Course

goPINK

Throughout the month of October

- A benefit for Middlesex Health Cancer Center
- A month-long series of community-driven events that raise money for integrative medicine therapy for cancer patients, including those with breast cancer

Tree of Lights

November 28

- A benefit for Middlesex Health Hospice Program
- A 14-year tradition that allows the community to remember, or honor, loved ones with a tree lighting ceremony at Middlesex Hospital and a display that stays prominent into the new year

For more information on Office of Philanthropy events, please visit middlesexhealth.org/donate or contact us at 860-358-6200 or donate@midhosp.org.



Office of Philanthropy
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MiddlesexHealth.org

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