Supporting and Serving the Frontline
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Dear Friend,

For years, our donors have supported Middlesex Health and our work to provide excellent, compassionate care. They have helped to shape our modern health system through their dedication and generosity.

In a year like no other, we were overwhelmed by the outpouring of support as we faced new challenges while caring for people with COVID-19.

The Health & Prosperity annual donor report recognizes our donors’ generosity and includes a few special stories from the past year.

This year showed us, once again, that we can deliver on our promise of providing the highest quality care and the best experience possible for our patients with our community’s support.

Our thanks and gratitude,

Vincent G. Capece, Jr.
President/CEO

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

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### Giving by Fund

**Total $1,785,005**

- **Unrestricted**: $409,427
- **Cancer Center**: $388,152
- **Hospice and Palliative Care**: $239,960
- **Capital Equipment**: $15,050
- **Other**: $417,656
- **Emergency Response Fund**: $314,760

### Giving by Constituency

**Total $1,785,005**

- **Individuals**: $848,287
- **Trust & Estate**: $211,651
- **Foundations**: $245,345
- **Organizations**: $245,096
- **Businesses**: $234,626
Health by the Numbers

976
Number of babies born at Middlesex Hospital

1,131
Number of patients referred for a Mayo Clinic Care Network eConsult (an electronic second opinion) since October 2016

8,913
Number of radiation therapy treatments for people with cancer

9,000
Number of homemade masks donated by community sewers

$166,868
Dollars donated by Middlesex Health employees and volunteers

21,000
Average number of loop and surgical masks used by health system staff in one week

(For the period of October 1, 2019 – September 30, 2020 unless otherwise noted)

5,000%
Average price increase for surgical masks compared to the prior year (from 2 cents to $1 per mask)
In 2019, Fakhir Syed and his wife, Shazia, were expecting their second child, a girl. Fakhir was not able to be present when his first child, a son, was born. So, when he was able to be with his wife when their daughter was born at Middlesex Health’s Pregnancy & Birth Center, located at Middlesex Hospital, he was overcome with joy and gratitude.

“I was the first to see her and hold her in my hand,” Fakhir says. “She had her first cry in my arms. It was a special day.”

Shazia gave birth to their son in the United States, where she lived when she met and married Fakhir. At the time, Fakhir was living in his native Pakistan, awaiting a visa to join her.

“My wife had to do everything by herself when my son was born because I wasn’t able to be with her,” Fakhir says.

Fakhir moved to the United States when his son, now 13, was four years old.

On the day his daughter was born, Fakhir made a promise to himself that he didn’t share with anyone else. “I promised that when I had extra money, I would donate it to Middlesex Hospital in honor of my daughter,” he says. “I feel so lucky to have two jobs when so many people have lost their jobs because of the coronavirus pandemic. My daughter is now one year old. I was able to keep my promise and send a donation to the hospital.”

Fakhir and Shazia named their daughter Wania, which means God’s gift.

“Whenever we have any problem, healthwise, we always look to Middlesex Hospital,” Fakhir says.

We thank Fakhir and his family for generously supporting Middlesex Health.
“I feel phenomenal,” says Ted Moskey, who recently recovered from COVID-19. Ted remembers the exact date and time when his wife convinced him that he should go to the hospital. It was November 6, 2020 at 7:45 p.m. He’d tested positive for COVID-19. He had a persistent cough, fever and was having difficulty breathing, even after trying over-the-counter remedies. “I even tried Vicks VapoRub, the old fashioned cure,” Ted says.

From the moment his wife brought him to the Middlesex Health Emergency Department in Middletown, Ted says that his experience was outstanding. “The emergency room doctor was excellent and told me that ‘we have a handle on this thing. We won’t need to intubate you,’” he says.

In addition to having COVID-19, an X-ray of Ted’s lungs showed pneumonia, and the doctor told him that he would need to be admitted to the hospital. “I was not surprised,” he says “I couldn’t breathe. I could handle a couple of days in the hospital. They sent my wife home and that was difficult to say the least.”

In the hospital, Ted was placed on oxygen and given steroids to reduce swelling and aid
From April through September 2020, Middlesex Health was part of a national initiative, led by Mayo Clinic, that investigated the use of convalescent plasma to treat patients with COVID-19. Convalescent plasma has now been granted emergency use authorization by the U.S. Food & Drug Administration and has been shown to reduce hospital length of stay and improve symptoms for people who are seriously ill with COVID-19. As a member of the Mayo Clinic Care Network, Middlesex Health regularly collaborates with Mayo Clinic on many matters, including clinical care. The convalescent plasma program is another example of this collaboration.

his breathing. He was also offered the option of receiving convalescent plasma, which contains antibodies that can help COVID-19 patients. The plasma is donated by patients who have fully recovered from COVID-19, and Ted agreed to receive it. “I’m all in,” he remembers saying. “Let’s do this.”

Ted received one infusion of plasma on November 7 and experienced improvement within 24 hours.

“He was out of bed and exercising following the infusion,” says Dr. Alina Filizov, Chief of Infectious Disease at Middlesex Health. “We are very optimistic about the use of convalescent plasma. It is better to give it as soon as possible, and we are monitoring patients for all side effects.”

Ted says that every detail of his care at Middlesex Health was top notch. “Everybody stepped up to the plate,” he says. “I wanted to know what was going on and everything was explained to me. The doctors, nurses, patient care techs, transportation guys, security, everyone was great. I had a nice room, very clean. The food was really good.”

Despite being well cared for, Ted was eager to leave the hospital. “I was motivated to get on the other side of my hospital door and get back home,” he says. “It was tough to be away from family. I’m a people person. I like to talk to people, and it was difficult to be alone in the hospital. Usually, you can have visitors. I was texting and talking with my wife and family, but that wasn’t the same as being with them.”

Ted was discharged after spending four days at Middlesex Hospital.

“I took a month off from work to build up my strength,” he says. “If you’ve got your health, you’ve got everything. It’s true that when you get sick, you appreciate the little things.”

After his experience battling, and recovering from, COVID-19, Ted wants to give back. “I want to donate plasma for someone else,” he says. “If I could help someone else, that’s what I want to do.”
Middlesex Health is dedicated to improving the health, well-being and quality of life for people in the communities it serves. This includes examining how social determinants of health and structural racism can lead to poorer health outcomes and reduced quality of life for some.

In particular, Black, Indigenous, and People of Color (BIPOC) populations suffer from higher morbidity and mortality related to nearly all health conditions when compared to the white, non-Hispanic population. Institutional and structural racism contribute to the lack of access to optimal quality housing and affordable and culturally-appropriate nutritious foods, among other barriers, which prevent many BIPOC individuals from being as healthy as possible.

When we address these health disparities, we are helping all members of our community achieve optimal health. This requires sustained community collaboration and funding.

Since 2018, Middlesex Health has secured $912,192 in grant funding for community-led programs designed to address barriers to health and wellness and move us closer to achieving health equity. These programs, designed and led by BIPOC community members, infuse capital into the community and create health-related jobs.

In total, grant funding has resulted in 16 community-based, full-time equivalent
positions and several stipend positions. Health equity grant funding has helped the community launch strategies for COVID-19 prevention and support, recovery from substance use disorder, maternal and child health as well as research.

COVID-19 initiatives and collaborations
The community has proactively and aggressively worked to prevent the spread of COVID-19 among members of BIPOC communities. This includes creating and distributing educational materials in English and Spanish and distributing more than 16,000 face masks and 1,000 wellness packages. The community was also able to hire people to serve as trusted messengers to amplify COVID-19 prevention and safety messages to slow the spread of the virus in communities of color. In addition, crisis counselors provide one-on-one crisis counseling and referrals to additional support and resources, such as unemployment, utilities and rental assistance and mental health services.

Substance Use Disorder Recovery Initiative
This three-year project engages recovery coaches who provide recovery support services to people who are actively struggling with opioid or other substance use disorders through a faith-based approach. It also provides support for family members. In the first two years of the initiative, 132 individuals participated.

Health Equity for Black Mothers and Infants
Community health workers/doulas will work directly with pregnant Black women and women of color before, during and after delivery for up to one year postpartum, which has been demonstrated to lead to better birth outcomes for Black mothers.

Health Equity Funding Partners
- Connecticut Department of Mental Health and Addiction Services (DMHAS)
- United States Federal Emergency Management Agency (FEMA) funding allocated by DMHAS in Connecticut
- Connecticut Health Foundation
- Community Foundation of Middlesex County
- Liberty Bank Foundation
- Middlesex Health Women’s Wellness Fund

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and babies. Black women in the United States are two to three times more likely to die from pregnancy-related causes when compared to white women regardless of education or income, and this disparity increases with age. Black women age 30 and older are four to five times more likely to die from pregnancy-related causes when compared to white women.

Middlesex County NAACP Health Committee: Health Equity Study and Programs

The committee, which promotes, protects and maintains the health and well-being of Black/African Americans, Latinos and all people of color in Middlesex County, conducted a health equity focus group study. Phase 1 of the project conducted focus groups for Black community members and phase 2 will focus on Latino community members. The results of these studies will guide future programming based on the needs and desires of the BIPOC community, including an adult health education program and an art therapy and education program for children.

In addition to securing grant funding, Middlesex Health team members have been active partners on these health equity projects, offering assistance with program planning, development, implementation and administrative support.
1. The 34th Annual Middlesex Health Hospice Golf Tournament was held at Portland Golf Course. The tournament has raised $940,000 for the Hospice Program since 1987.

2. Reynolds’ Subaru donated $35,902 to Middlesex Health Cancer Center through its Share the Love campaign. Its generous donations over many years help provide free support services to patients going through months of cancer treatment.

3. Lions Clubs International District 23-C donated $12,425 to support diabetes education at the Middlesex Health Center for Chronic Care Management. The donation underwrites scholarships and educational materials for people learning how to manage their diabetes and improve their quality of life.

4. The Portland Breast Cancer Fundraiser (led by Ann Barrows with Judy Lane) was presented with the 2020 Survivors Day recognition award for its generosity and support of the Middlesex Health Comprehensive Breast Center. Since 2014, the fundraiser has raised more than $30,000 to support patients.

5. Dr. William Zeidler retired from Middlesex Health in 2020 after a 42-year career as a family physician and founding medical director of the Middlesex Health Hospice Program. To mark the occasion, Middlesex held a small, socially-distanced gathering with Dr. Zeidler and his wife. Others joined remotely. Hundreds of colleagues, friends, family members and patients donated more than $50,000 to the Hospice Program in his honor.

6. Lyman Orchards hosted the annual Paint the Pumpkin Pink to benefit cancer patients served by the Middlesex Health Comprehensive Breast Center.

7. Generous sponsors, salons, businesses, community members, duck race teams, mask makers and employees supported goPINK in 2020 and raised $22,411 to provide free integrative medicine therapy for patients at Middlesex Health Cancer Center. That’s a total of $286,267 donated since 2010.
1. The 30th annual golf tournament to benefit Middlesex Health Cancer Center was held at TPC River Highlands. The tournament has raised more than $2 million since its founding.

2. Despite cancelling its signature event in 2020, Beach Jam for Breast Cancer Patient Care presented a $5,000 check from the Westbrook Elks Lodge #1784. Beach Jam has raised $152,700 to support breast cancer patients at Middlesex Health since 2013.


4. Middlesex County NAACP Youth Council Unit 2939-B held a Tennis Tournament for Change, which raised $1,245 to provide breast health and cancer care support to Black women and women of color in the community.

5. The 11th annual Appetite for Life featured a virtual event called “Middlesex Got Talent,” which showcased performances by Middlesex Health employees. Steve, a Middlesex Health paramedic, played bagpipes during the online event, which encouraged the community to patronize local restaurants and support Middlesex Health Cancer Center.

6. Hundreds of talented craftspeople sewed and donated more than 9,000 cloth masks and surgical mask covers at the start of the pandemic, meeting an urgent need for face coverings throughout the health system and in the community.

7. The annual Hospice Tree of Lights featured a virtual tree lighting, and people had the opportunity to make a donation in honor, or in memory, of a loved one. These names were displayed on signs located at Middlesex Hospital and the Middlesex Health Shoreline Medical Center. The names were also listed online.

8. The family of Frank Sutkowski donated 15 iPads in his memory to help patients connect with loved ones when hospital visits are not possible. Zoom is now available on all iPads to help with video calls. Special stands were purchased to allow patients to use the devices on their own without assistance.

9. The Women’s Wellness Fund presented three events in 2020. All were open to the public virtually and to a limited number of members in person.


11. LuAnn Hardacker created and sold custom masks and donated 100 percent of the proceeds to the Middlesex Health Emergency Response Fund. To date, she’s donated $2,300.

12. The Zahn Community Gallery at Middlesex Health Shoreline Medical Center went virtual in 2020 and held three exhibits by local artists online.

13. Jersey Mike’s in Middletown donated $4,759 from its grand opening fundraising celebration.
Save The Date
MIDDLESEX HEALTH OFFICE OF PHILANTHROPY 2021 EVENTS

Valentine H. Zahn Community Gallery
Online at middlesexhealth.org/zahngallery

Connecticut Women Artists, Inc.
February 22 - May 14

Liz McGee and Friends
May 24 - August 27

Six Summit Gallery
September 6 - October 22

Clinton Art Society
November 1, 2021 - January 28, 2022

Appetite for Life
Middlesex Got Talent – Karaoke Showcase
June 17

31st Annual Middlesex Health Golf Tournament
A benefit for Middlesex Health Cancer Center
TPC River Highlands, Cromwell
June 7

Women’s Wellness Fund Health Talks
Vaccines 101 for Women
Alina Filizov, DO, Chair, Middlesex Health Infectious Disease, Hospital Epidemiologist
March 31

Gender Identity: What Does it Mean to be a Healthy Woman?
Kathryn Tierney, MSN, APRN, FNP-BC, FAANP, Medical Director, Middlesex Health Transgender Medicine Program
July 21

Gut Check: What Women Need to Know About Their Digestive Health
Nadeem Hussain, MD, Middlesex Health Gastroenterologist and Center for Digestive Health Medical Director
October 28

35th Annual Hospice Golf Tournament
Portland Golf Course
September 7

goPINK Project
A month long opportunity to raise funds for integrative medicine therapy for cancer patients, including those with breast cancer. October

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