

# PREMIER CARES FOUNDATION

ANNUAL  
NEWSLETTER  
2020

## A MESSAGE FROM THE BOARD CHAIR, DR. EVAN GOLDFISCHER



Evan R. Goldfischer,  
M.D., MBA, FACS -  
Premier Medical Group

Dear Friends,

I truly hope this newsletter finds you and your loved ones healthy and safe.

These challenging times have affected all of us, and I would like to thank the friends and supporters of Premier Cares Foundation who have continued to further our mission with their generosity despite these challenges.

While COVID-19 is at the top of our collective consciousness these days, there are countless members of our community living here in the Hudson Valley who are fighting other serious and life threatening illnesses. Premier Cares Foundation remains dedicated to providing assistance to these patients, and their families, and continuing to educate the public about the importance of early detection.

Prostate cancer, one of the many illnesses we focus on, remains the second most common cause of cancer deaths in men in the United States, claiming over 30,000 lives each year. This startling rate, however, has fallen

by 33% since 1990 due to routine screenings and advances in therapy, particularly in late stages of the disease. Events such as the Prostate Cancer Walk, held annually in September, raises funds for patients suffering from this disease and shines a spotlight on the importance of routine screenings.

This year, we held a modified version of the Prostate Cancer Walk at the new home of Premier Urology at Eastdale Village in Poughkeepsie. I am grateful to the staff of the foundation and our volunteers for seamlessly adjusting this event to adhere to CDC guidelines that kept everyone healthy and safe. Despite the circumstances, the event raised a substantial amount of money for the Care Fund and was an uplifting day for all.

As we near the end of 2020 I would like to reflect on the accomplishments of Premier Cares Foundation. We have dispersed over \$600,000 to help Hudson Valley patients suffering from urologic and/or GI diseases with limited financial resources. I am proud of our commitment to local hospitals to fund charity care for these patients.

Although we did not hold the Chili Festival for colon cancer awareness this year, we are planning something very special for 2021. We remain committed to raising awareness about screening for this common cancer and supporting patients suffering from colon cancer.

As a physician, it is particularly reassuring to know that there is a resource for urologic and gastrointestinal patients in the Hudson Valley who need help. A diagnosis can mean unplanned expenses that can cause extreme hardship and our goal is to make sure that patients are assisted with their urgent needs so that some of their stress can be alleviated.

Thank you for your continued support and your patience as we navigate these uncertain times. I look forward to seeing you in the future, either in person or virtually!

With gratitude,

*Evan R. Goldfischer, M.D.*

Dr. Evan R. Goldfischer  
Board Chair

## OUR MISSION

*The mission of Premier Cares Foundation is to provide support, education, awareness, and financial assistance to individuals in our community lacking sufficient funds to address significant urologic and digestive issues including but not limited to prostate and colon cancer.*



## A YEAR IN REVIEW: LETTER FROM THE DIRECTOR



Gia McCormack,  
Executive Director

Dear Friends,

On behalf of Premier Cares Foundation, I would like to thank the community, sponsors and businesses who continue to support us year after year. Despite the challenges facing us, our committed volunteers and decade long sponsors have continued to support us both financially and with their time.

We started the year by welcoming a fabulous new staff member, Marilyn Barlow, as our Community Outreach Coordinator. Read more about the good work Marilyn is doing in the following pages.

Premier Cares Foundation, like so many non profit organizations, had to pivot and adapt our fundraising efforts in 2020.

The "Challenge your Colon" Chili Festival, one of our biggest fundraisers, which had been scheduled for Sunday, March 19, was cancelled. Though it was an incredibly difficult decision to make, we understood that an in-person event at the start of a global pandemic would not have been safe. We look forward to the future when we can present an amazing event that raises awareness about colon cancer and the need for routine colon screenings. Stay tuned!

The 11th annual Prostate Cancer Walk did occur this year, albeit not quite as traditionally planned! As most events moved to a virtual format, so did our walk this year. Supporters, participants, and sponsors took the change in stride and it was an incredible day! You can find more information about the success of this event on the following page.

This year has been hard on all of us, but I remain grateful for the support we have received and hopeful for the future. We have been able to continue helping GI and urologic patients receive financial support through our Care Fund and other local programs. I am confident that these funds have made a significant difference for patients in our community who need it the most.

I look forward to seeing everyone in the year ahead when, hopefully, we can gather safely and in good spirits!

Have a blessed and peaceful Thanksgiving and holiday season.

Warmly,

*Gia*

Gia McCormack  
Executive Director

## VOLUNTEER SPOTLIGHT: MONICA METTY

Monica Metty exemplifies the term dedicated volunteer. She first became involved in Premier Cares Foundation when the organization was founded in 2010. Three years later, Monica stepped up to assume a Board position, and has served as Treasurer since 2015.

Monica brings over 27 years of volunteer and board member experience. She has worked as an assistant comptroller for a same day surgery center and enjoys accounting and auditing for local Parent Teacher Associations. She was instrumental in establishing and launching the Premier Cares Foundation Care Fund in 2013 which distributes the monies raised by the Foundation back into the community.

Currently, Monica helps oversee the Care Fund and works with the community action agencies we partner with to ensure that the needs of those we

serve are being met. She has also been actively involved with every event that the Foundation has had in one way or another.

Monica and her husband Phil have lived in the Hudson Valley for 20 years. They have two twin 26 year old daughters. When she isn't volunteering, Monica enjoys sewing, cake decorating, cooking and entertaining, and traveling.

If you are interested in becoming a volunteer or getting more involved with the Foundation, please contact Sara Capozzoli, Director of Development at [scapozzoli@premiercaresfoundation.org](mailto:scapozzoli@premiercaresfoundation.org) or call 845.481.0535. *Thank you , Monica!*



Monica Metty

**"I'm always proud when I see the accomplishments PCF has gone through and how we have helped our community" - Monica**



## ANNUAL EVENT: PROSTATE CANCER WALK

On Sunday, September 20, 2020 Premier Cares Foundation hosted the 11th annual Prostate Cancer Walk.

Though we were not able to walk together this year, registered participants were invited to pick up Care bags full of complimentary items and a T-shirt in

front of Premier Medical Groups's new Urology office at Eastdale Village in Poughkeepsie, NY. Sponsors and several other vendors were socially distanced on the Village Green and everyone enjoyed a beautiful fall afternoon in support of prostate cancer awareness.

Following the in-person bag pick up, participants walked from locations of their choice and posted photos to social media.

Although this event looked very different from prior years, we exceeded our fundraising goal and raised over \$42,000 for the Care Fund.



Volunteers and staff welcomed each guest as they arrived to pick up their shirt and 'Care' bag.



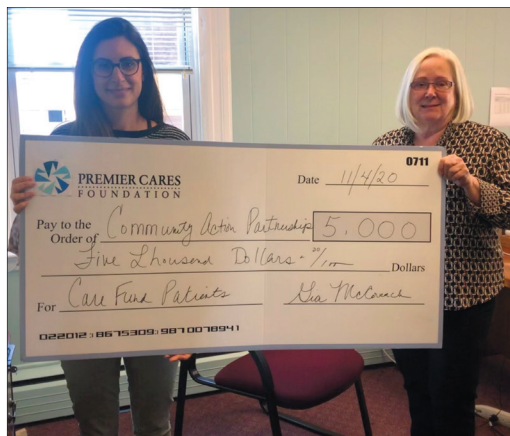
Together, we honored those who lost their battle to prostate cancer and encourage all men to get screened.



Companies who were not able to attend the event in person, engage with participants via Zoom.

## THE CARE FUND

Established in 2013, the Premier Cares Foundation Care Fund assists financially-challenged urologic and gastrointestinal patients in the Hudson Valley who desperately need help while they fight their illness.



Premier Cares Foundation Executive Director, Gia McCormack presents a check to Elizabeth Carlton Spira, CEO of Community Action Partnership (right).

The Care Fund provides grants to patients that are used to pay for medication not covered by insurance, housing, transportation, utilities and other expenses.

Funds raised by the Foundation are distributed through partnerships that span across the entire Hudson Valley including: the Community Action Partnership for Dutchess County, Family of Woodstock and the Jewish Family Service of Orange County, New York.

The Care Fund has donated a total of over \$85,000 to patients in need and \$5,000 this year. Premier Cares Foundation executive director, Gia McCormack presented a \$5,000 check to the Community Action Partnership on Wednesday, November 4, 2020. These funds will be put to use immediately to help local patients in need.

To make a gift to the care fund, visit [premiercaresfoundation.org](http://premiercaresfoundation.org) or mail your donation to Premier Cares Foundation, P.O. Box 93, Pleasant Valley, NY 12569. All donations are tax deductible.

## ANNUAL SPONSORS: THANK YOU!

We are grateful to all of our supporters who give generously throughout the year to support our events and the Care Fund. Special thanks to our annual supporters. Their continued patronage makes our work possible.



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## WELCOME NEW COMMUNITY OUTREACH COORDINATOR

Marilyn Barlow joined Premier Cares Foundation in early 2020 as the Community Outreach Coordinator.

In this role, Marilyn assists with logistics, publications and communications for special events. She also writes and sends grant applications, and oversees many administrative duties.

Marilyn's experience includes working in national advertising sales for Rysher Entertainment, Paramount

Pictures, and Cablevision. In addition, she works as a marketing and administrative consultant to a variety of independent businesses.

Marilyn resides in Hopewell Junction with her two children Jack and Leah.



Marilyn Barlow



## BOARD OF DIRECTORS

Evan Goldfischer, MD  
*Chairman of the Board*

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## STAFF

Gia McCormack  
*Executive Director*

Sara Capozzoli  
*Director of Development*

Marilyn Barlow  
*Community Outreach Coordinator*

PREMIER CARES FOUNDATION

Post Office Box 93  
Pleasant Valley, NY 12569

PremierCaresFoundation.org

## EVENT: BREATHING & OTHER TECHNIQUES FOR STRESS MANAGEMENT

We are living through a pandemic with unprecedented circumstances. Some are navigating an illness or the illness of a loved one on top of that.

On **Thursday, December 3 at 12:00 p.m.** join physical therapist, certified yoga teacher, and corrective exercise specialist Samantha Fulton for a free, 30-minute workshop via Zoom. Samantha will discuss why and how your breath can assist you into a calmer, more centered state from which you can approach your life.



Learn practical, simple techniques that may help you manage stress/anxiety, or simply become part of your daily routine.

Register at [premiercaresfoundation.org](https://premiercaresfoundation.org). A link to join the workshop will be emailed to you.