



Happy Holidays to you all,

OSSA has continued to function during 2021 in San Marcos/San Pedro Guatemala but the Pandemic definitely has taken its toll. There were significant spikes in infectivity during the year with many close to us affected but fortunately our team has all been vaccinated and made it through.

Geri and I visited San Marcos June, 2021 for the first trip since February, 2020 and then returned again in November. Our OSSA office has developed and now our OSSA Medical Clinic is about to grow after initial developmental steps.

We are also working closely with the San Marcos firefighters to expand their education including the first paramedic training in western Guatemala for 2022.

And the pandemic has slowed down care for clubfoot treatment but OSSA has maintained important contacts and looks to re-establish provider education and protocols so that patients receive the best ongoing care. Clubfoot Solutions has chosen OSSA for their Braces For Hope 2021 campaign to provide free clubfoot braces at the end of 2021.

I have attached a profile detailing some of the important OSSA accomplishments for this past year 2021; your donations have helped us greatly to expand our operations.

If you have made a contribution in the past we again thank you very much and if you are interested in donating this year we would be very appreciative. You can contribute on our website at orthogiving.org or send us a note in the mail at:

OSSA
9 Bruce Road
Manchester, CT 06040

Best wishes for a safe and happy holiday season and a happy healthy New Year.

Geri and Barry Messinger



Orthopedic Solutions to Surgical Access (OSSA), Inc is a charitable organization founded by Geri and Barry Messinger to support surgical care in Guatemala. Due to lack of public funding, much of the surgery in public hospitals in Guatemala is held back by lack of resources and access to modern technology.

Using donated equipment and funds, OSSA has helped people get access to orthopedic surgery they could not normally afford. OSSA has supported the Orthopedic residents in learning how to do arthroscopic surgery, learning up to date trauma techniques, and started the development of the first surgical skills simulation laboratory in Guatemala. OSSA has purchased three new operating room tables as well as arthroscopic surgical equipment.

OUR MISSION

TOGETHER WE CAN CHANGE HEALTHCARE — NO EXCUSES, ONLY GREAT SOLUTIONS!

OUR VISION

We can create a community where all our neighbors have the same opportunities for great healthcare.

- OSSA fortifies regional healthcare systems with new options for the delivery of timely, competent healthcare in the communities we serve.
- OSSA sees needs that have readily available proven solutions!
- OSSA applies guidelines from internationally accepted resources; introduce, build a team and implement .
- OSSA strengthens the emergency response & healthcare delivery through local grass roots skills development.

OUR VALUES

Our responsibility for the well-being of our community — the mothers, fathers, families and all the doctors, nurses, and providers of care that we work with — guides our vision of safe, high quality, cost effective care.

- We make a difference in our communities
- Respect, Compassion and Dignity for our patients, each other, and all those we encounter.
- Resourcefulness, Innovation, Creativity and Informed Risk-Taking move us forward — all ideas are valuable!
- We are considerate stewards of our resources — people, financial, and natural.



OSSA SUPPORTS EXPANDED EDUCATION FOR GUATEMALAN ORTHOPEDIC SURGEONS, PROVIDES UP-TO-DATE EQUIPMENT, AND SUPPORTS SURGICAL CARE FOR PATIENTS WHO CANNOT AFFORD TO PAY.

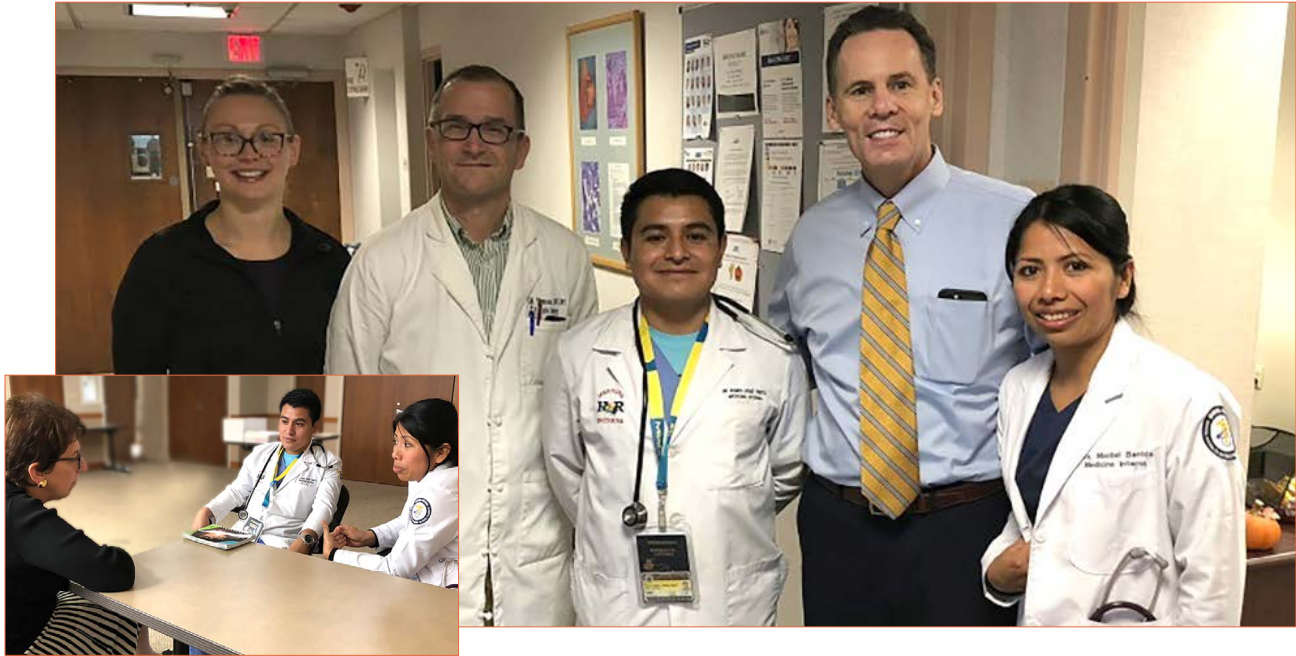
In 2021 the Pandemic still greatly limited person-to-person contact in Guatemala like in the U.S. with delay in obtaining the vaccine limited its availability until June. Now the vaccination rate is still limited to 22%.

▶ OSSA OFFICE REMODELED

Our OSSA activities have carefully continued with our Guatemalan colleagues. The lower room of the OSSA office has been remodeled to create a medical office that has just opened for Internal Medicine and Orthopedic patients. In addition to providing quality medical care the clinic will help support other OSSA activities.



- ▶ During the year, Dr. Romeo Tereta, OSSA's Medical Director (who visited ECHN and Dr Fuentes and the Manchester Family Practice Residents in October 2018) developed the Covid response for the Public Hospital in San Marcos and has led the Covid care while getting infected himself and his family. Fortunately, everyone recovered without problems. Dra. Lupita De Leon, OSSA's other medical colleague, has also worked a shift a week in the Hospital's Covid unit. All medical personnel there have been vaccinated. Our private OSSA office has allowed us to continue the work in San Marcos since Covid closed the Public Hospital for our work there.



▶ TRAINING

Drs. Tereta and De Leon continue to teach HNSM Internal Medicine residents and Emergency staff and have recently resumed CPR classes for medical personnel including firefighters in San Marcos; they are developing a group of CPR instructors to expand local CPR instruction and are arranging OSSA's support for selected local firefighters to attend a monthly course for Paramedics certification for 2022.



San Marcos firefighters CPR training

MILLIONS OF PEOPLE THROUGHOUT THE WORLD DO NOT HAVE ACCESS TO BASIC SURGERY SUCH AS APPENDECTOMIES, HIP FRACTURES, AND HYSTERECTOMIES. 80% OF THE GUATEMALAN POPULATION HAS TO PAY FOR THEIR MEDICAL CARE WITHOUT INSURANCE AND MORE THAN 50% LIVE BELOW THE POVERTY LEVEL.

▶ TRAINING



Class for OSSA CPR instructors



San Marcos Firefighter TV show

OSSA is sponsoring the San Marcos Firefighters weekly TV program that just began November 23, 2021 to educate their community on important activities to protect their lives and homes, as well as describe many of the programs of the Firefighters and OSSA.

TRAINING

2022

Plans for 2022 include **ATLS** (Advanced Trauma Life Support) training for medical residents working with a network of Guatemalan physicians and ATLS instructors from UTAH. Courses also will include **TEAM** (Trauma Evaluation And Management) courses for medical students.

▶ MONTHLY ORTHOPEDIC TRAUMA CASE REVIEW

OSSA has sponsored a monthly Orthopedic Trauma Case Review with HNSM Trauma residents led on ZOOM by Dr. Jack Dawson, an Orthopedic Traumatologist from Baylor College of Medicine.



▶ OSSA CHOSEN FOR CLUBFOOT SOLUTIONS BRACES FOR HOPE PROGRAM 2021

OSSA continues to provide low-cost Clubfoot IOWA Braces to a growing network of Orthopedic surgeons in Guatemala. OSSA was chosen for Clubfoot Solutions Braces For Hope program for 2021.



"Clubfoot solutions is excited to launch our [Braces for Hope Campaign 2021!](#) Our goal this year is to raise enough funds to be able to send 400 Iowa Braces to Clubfoot children in Guatemala. The Iowa

Braces will be sent to our non-profit partner, OSSA (Orthopedic Solutions to Surgical Access Inc.), located in Guatemala. For as little as a \$25.00 donation, you can help one child in need receive an Iowa Brace. It is estimated that two million children and adults are living with untreated Clubfoot deformity worldwide. Please join our mission of helping to eradicate Clubfoot deformity. Visit [Clubfoot Solutions website](#) for more information and see how you can make a difference in a Clubfoot child's life."

In March, OSSA donated 400 Bombas socks — 100 each of XS, S, M, and L to Vernon, CT Cornerstone Shelter.

- ▶ Dr. Rodrigo Ramazzini, an Orthopedic Arthroscopy and Sports medicine specialist from Guatemala City has rejoined OSSA to provide Orthopedic care to the San Marcos community as well as future training for residents.
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- ▶ Dr. Rudy Cano, recent HNSM Orthopedic Trauma Chief Resident will be the first from this program to attend a Fellowship. He will visit Barcelona, Spain for advanced training in Orthopedic Foot and Ankle Surgery. OSSA is proud to offer financial support for his 12 months abroad. Dr. Cano plans to return to San Marcos after the Fellowship to provide his expertise to the community.

This will galvanize the pursuit of more fellowships by the HNSM Trauma residents leading to better trained practicing Orthopedists in western Guatemala.

- ▶ In addition, Dr. Tereta has just been accepted to the prestigious Cardiology Fellowship at Guatemala City's Roosevelt Hospital. He will be a great role model for the Internal Medicine residents he has instructed and plans to return to OSSA and San Marcos after his fellowship to bring this much needed specialty to this area.

- ▶ OSSA continues to support ZOOM courses led by international instructors-emergency preparedness and Triage.

- All of the above OSSA education learning opportunities are examples of ways OSSA helps to strengthen the infrastructure of the health care of the region. In 2022, we also plan to develop Center of Excellence for learning, simulation and medical care.

▶ OUR OSSA TEAM IN
SAN MARCOS, GUATEMALA



Front row, (left) Dr. Romeo Tereta, Walter Ardiano. Back row, (from left) Barry Messinger, Erick Garcia, Geri Messinger, Edwina Ardiano, Wellington Ardiano, Miguel Aguilar, and Dra. Lupita De Leon.



THE GOALS OF OSSA ARE TO SUPPORT EXPANDED EDUCATION FOR GUATEMALAN ORTHOPEDIC SURGEONS, PROVIDE UP-TO-DATE ORTHOPEDIC EQUIPMENT, AND SUPPORT SURGICAL CARE FOR THOSE PATIENTS THAT CANNOT AFFORD TO PAY FOR URGENT SURGERY THEMSELVES.



IN OCTOBER, DR. BARRY MESSINGER, PRESIDENT OF OSSA, RECEIVED THE HUMANITARIAN OF THE YEAR AWARD BY THE CONNECTICUT ORTHOPEDIC SOCIETY

▶ from 2021 COS ANNUAL MEETING HIGHLIGHTS

COS 2021 Humanitarian Award presented to Dr. Barry Messinger by Dr. Robert Green



This year's honoree was Barry Messinger, MD. He was nominated for his decades of volunteer work devoted to the underserved. In recognizing his volunteer efforts, Dr. Robert Green noted his commitment to the training of physicians and the care of patients in Guatemala.

Dr. Messinger and his wife Geri started OSSA (Orthopaedic Solutions to Surgical Access) as a charitable organization to support surgical care in Guatemala. The organization supports expanded education for orthopaedic surgeons in Guatemala, provides orthopaedic equipment and supports surgical care for those patients that cannot pay for surgery.



Dr. Messinger is a long-time member of the CT Orthopaedic Society and is currently affiliated with ECHN in the Manchester area. He received his medical degree from University of Connecticut School (UConn) of Medicine; completed his orthopaedic residency at UConn and a fellowship in Sports Medicine at Yale. Dr.

Messinger also serves as a Clinical Associate at UConn Department of Orthopaedic Surgery.

The COS Humanitarian Service Award is awarded by the Society in recognition of the volunteer work and commitment by an orthopaedic surgeon member. This award is to acknowledge the tireless efforts, outstanding commitment, and sustained dedication in service to humanity. The Society was proud and honored to recognize his exemplary donation of his service, time and skills to the orthopaedic surgeons and patients in Guatemala.