

FYI



**JOB FAIR**  
**REFERRAL BONUSES!**

**April 18**  
**10 a.m. - 5 p.m.**

Opportunities for RN, LPN, PCT, SNT,  
Graduate Nurses, Mobility Technicians  
and CNA Academy Students

[info.gaylord.org/job-fair](http://info.gaylord.org/job-fair)

\*referral bonuses for specific positions only, contact HR for details

## Fourth Quarter 2023 ICARE Nominees Announced

Four recipients of the quarterly nominations for the Joseph A. Lindenmayer Employee of the Year were recently announced. This group is the fourth of the recognition cycle for 2023.

It is our employees who make Gaylord so special for our patients. Whether providing direct patient care or providing the myriad of support to the caregiver teams, each employee is vital to our success and to our mission of improving the health and functionality of our patients. Our core values spell ICARE: Integrity, Compassion, Accountability, Respect and Excellence. In its deliberations of the candidates, the committee constantly reflects upon the importance of respect, not only for patients and families, but also for co-workers.



The first nominee is **Kristen Berg**. Kristen is the Certified Nursing Assistant Program Coordinator in our Nursing Department. She has been here since June 2014 and was nominated by her manager.

Caitlin Cote states: "I would like to nominate Kristen Berg for an ICARE award in recognition of her incredible work with the CNA Program at Gaylord. When Kristen took on the CNA Program Coordinator role, the CNA Academy was still just a dream for Gaylord. Kristen worked tirelessly designing the program from the ground up, including building a curriculum and organizing all classroom materials. The CNA Academy gained approval from the CT Department of Public Health (DPH) after Kristen led us through a successful DPH site inspection. The Academy officially opened its doors in June 2022 and welcomed its first cohort of students.

**ICARE story continued on page 2**

Our Values are

Integrity

Compassion

Accountability

Respect

Excellence

### FYI DEADLINE

The deadline for the next FYI is Friday, April 14.

Email: [publicrelations@gaylord.org](mailto:publicrelations@gaylord.org)

Our mission is to enhance health, maximize function and transform lives.

# Medical Staff Photo Contest Winner

## Megan Panico, MD

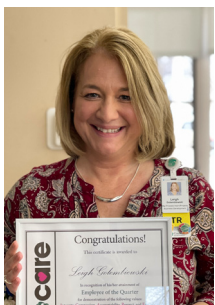


### Continued from page 1

Kristen is involved in all aspects of the program. From handpicking the best candidates for the program, instructing the students in the classroom and at the bedside, preparing them to take the CT CNA exam, and encouraging them to join Gaylord after course completion, Kristen is continually present and supportive to each student. She treats every single student with respect and dignity. She makes every student feel welcome and comfortable in her classroom and ensures they are thoroughly prepared to provide the highest quality care to our patients. She puts her heart and soul into her classes to guarantee each student's success. She continuously strives to improve the program and encourages her students to be their best.

When a student is struggling, Kristen is patient and encouraging. She will take extra time to meet individually with the student to ensure they will succeed. She truly provides a positive, comfortable, and effective learning experience for each student and is preparing wonderful caregivers.

Demonstrated through her dedication, hard work, and passion for her program. Kristen is so very deserving of an ICARE award."



Our next nominee is **Leigh Golembiewski**. Leigh is the Manager of Process Improvement and Project Planning. Leigh has been here since July 1999 and was nominated by a patient.

The patient states, "Leigh Golembiewski is, in my opinion, a great candidate for Employee of the Year. I have known her for several years, and she has always been professional and willing to help in any situation.

Along with her kind, compassionate nature, she is considerate and understanding when dealing with patients and other staff members.

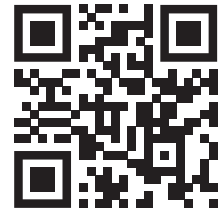
As a Therapeutic Recreation Department Manager, she was accountable for the other therapists in her department and the programs they ran.

**ICARE story continued on page 6**



## Did your co-worker go above and beyond?

Scan the QR code above and fill out the form to recognize them.



# verizon<sup>✓</sup>

## Discounts for Employees

Monthly discount for employees:

- **25% off select accessories**
- **18% on qualifying data plans**

*\*\*unlimited plans are excluded*

*Below are the steps to register for a discount.*

Verizon Wireless recently reached out to thank Gaylord for the opportunity to provide employees with discounts and to review the validation process required to access the benefit.

Verizon asked that we share the steps and that "Verizon periodically requests employees to confirm their eligibility by asking them to validate their current employment. This will ensure that they are still eligible to receive this benefit. When we request employees to validate their current employment, this applies to all customers who receive employee discounts. This effort is not focused on your company alone."

### To Complete Registration or Validation via Work Email Address:

- Go to the [Verizon Discount Portal](#)
- Choose Existing Verizon Customers
- Enter either an existing mobile telephone number or My Verizon login ID
- Choose Log in and Validate
- Once logged in, select Validate by Email Address
- Enter the work email address (twice) and select Validate by Email Address
- A confirmation email will be sent to the work email address provided
- Click on the link enclosed in the email within 72 hours to complete validation
- If not validated within 72 hours, begin the process over and resubmit the request

### To Register or Validate by Paystub:

- Go to the [Verizon Discount Portal](#)
- Choose Existing Verizon Customers
- Enter either an existing mobile telephone number or My Verizon login ID
- Choose Log in and Validate
- Once logged in, select Validate by Paystub
- Complete the customer and employer information on the Employment Validation Form and select Continue
- Select Choose File to pick a paystub or other proof of employment or affiliation
  - The paystub must be issued within the last 60 days
  - Please black out any sensitive personal information
- Choose Upload My Paystub
- After review, a status notification will be emailed

If your employees need assistance with the process, please have them call the Verizon Wireless Employment Validation Center directly at **1.800.890.8007** or go to [Discounts and Employment Validation FAQs](#).

• AMERICAN CANCER SOCIETY •



The Community Relations Committee would like to thank everyone who purchased daffodils or tulips last month to support the American Cancer Society. All sales will help save lives, celebrate lives, and lead the fight for a world without cancer.

*Photo 1: Staff from the Pharmacy Department pose with their flowers*

*Photo 2: Chris Babina, Director of Care Management showing off her daffodils*



# Welcome to the Gaylord Team!

<b>Shannien Trail</b>	Rehab Therapy Aide-NH
<b>Nicole Perrelli</b>	LPN-L2
<b>Joshua Warner</b>	EVS Aide
<b>Fernanda Moon</b>	Clinical Support Associate
<b>Armani Jordan</b>	EVS Aide
<b>Michael Noonan</b>	EVS Aide
<b>Jephthah Ching-Gomez</b>	LPN-Float Pool
<b>Donna Piercey</b>	Physical Therapy Asst-Wlfd
<b>Vanessa Toomey</b>	Nursing Supervisor
<b>Lauren Rescsanski</b>	Occupational Therapist
<b>Yonarys Ramos</b>	Graduate PCT-H2
<b>Jada Kelly</b>	Graduate PCT-H1
<b>Amber Norris</b>	Graduate PCT-H1
<b>Jada Neal</b>	Graduate PCT-H1
<b>Elizabeth Diaz</b>	PCT-M2
<b>Prarthna Patel</b>	RN-M2
<b>Shanaley Roman</b>	RN-H2
<b>Jaymelee Boucher</b>	LPN-L2
<b>Reagan Barry</b>	PCT-M2
<b>Eyana Watts</b>	PCT-H2
<b>Skylar Bramwell</b>	MT-M1
<b>Lea Grimaldi</b>	OIM Coordinator
<b>Charlease Hunter</b>	PCT-L2
<b>Babette Lusanga</b>	PCT-Float Pool
<b>Yamilette Morales</b>	PCT-Float Pool
<b>Brooke Medel</b>	RN-Float Pool





# Your feedback is important!

## Culture of Patient Safety Survey

### April 6 - 19

The 2023 Culture of Safety Staff Survey will be available April 6-19. This survey is an important measure to determine staff's perception of our safety culture. It is online, anonymous and will take less than 10 minutes to complete. You can enter to win raffle prize if you choose!

**Scan the QR code to take the survey**

The survey link is also located on  
the intranet / Pulse.



*On behalf of your  
Gaylord Hospitalist Team...*  
**THANK YOU!**



Medical Staff Appreciation 2023



Continued from page 2

Leigh is a person with integrity who strives to be excellent in any position she is working in.

Please consider her a candidate for Employee of the Year."

Leigh's supervisor, Lorraine Cullen, states, "I am pleased to support the nomination of Leigh Golembiewski for the quarterly ICARE award. Leigh has been an employee at Gaylord since July 1999 and has been in various roles here. Leigh is the Manager of Process Improvement and Project Planning and has been in this role since October 2018. Before her current role, Leigh managed the Traurig House and Therapeutic Recreation. Her experience at Gaylord has been vast, and she always gives her best in each role she takes on. She is organized and thorough in her follow-through and is always willing to do what is needed to get the job done.

Leigh has worked on various hospital initiatives and participates in several hospital committees. In her Process Improvement role, she often seeks ways to improve practices here. This includes working with representatives from various departments to identify areas for improvement. Leigh is skilled at guiding a team to look at an existing process creatively, map out the steps and work to make measurable changes. She does this with ease. She is committed to Gaylord and consistently shows this in her actions. Leigh is often relied upon as a resource for Traurig House during accreditation visits/inspections and even assists in Therapeutic Rec when the needs arise. She always says yes without missing a beat. In the early stages of the COVID-19 pandemic, Leigh took on new roles and assisted in various areas. She started the inpatient telehealth initiative, and her work on decreasing out trips has saved the organization substantially.

This nomination describes Leigh as a person with "integrity who strives to be excellent in any position she is working in," and I feel this accurately captures Leigh's approach to her work.

Her dedication to Gaylord throughout her career is admirable. For the reasons stated above and many more, I feel Leigh is very deserving of this nomination and of being an employee of the quarter."

ICARE story continued on page 8

Stop by the new

# HR Corner

in the cafeteria!



Gaylord Bell  
Print Presented  
to Rep. Mary  
Mushinsky

For decades, the Gaylord bell has symbolized good health for our patients. This print by artist and former

patient Stevan Dohanos was presented by Sonja LaBarbera to Rep. Mary Mushinsky in recognition of her role in securing funding for Gaylord's own continued well-being.

April		May		June	July
National Occupational Therapy Month	Hiring event April 18	Better Speech & Hearing Month	Nurses' Week May 6 - 12	Jeans for Charity June 2, 16, 30	Jeans for Charity July 7, 21
Jeans for Charity April 7, 21	Burgess Open House April 20	Stroke Awareness Month	National Hospital Week May 7 - 13	Gaylord Golf Classic June 19	Legacy Week
Patient Safety Survey April 9-16	Patient Experience Week April 23-29	Jeans for Charity May 5, 12, 19	Innovation of the Year Award & Champ Awards May 8	Gaylord Gauntlet 5k June 24	Employee of the Year Event July 13
Volunteer Appreciation Week April 16-22		Clinical Trials Day May 19	Committee Fair May 11		
			Scholarship Presentations May 12		



Gaylord and the  
COMMUNITY

- **April 1 to June 1-** Madison Little League
- **April 1 to June 1-** Max Sinoway Little League (North Haven)
- **April 1 to Aug 1-** Cheshire High School Baseball
- **April 1 to June 1-** Yalesville Little League
- **April 1** Cheshire Soccer Club
- ■ **April 13** Hamden Chamber Healthcare Warrior Awards  
Click [HERE](#) to register
- ■ **April 23\*** Cheshire Ion Bank Road Race  
Click [HERE](#) to register

\*To claim one of three complimentary race entries, please email [Jamesrusso@gaylord.org](mailto:Jamesrusso@gaylord.org)

For more information on community events and sponsorships, please [click here](#).

● Community Events   ■ Sponsorships

# Jeans for Charity: Friday, April 7



The featured organization is

## Stroke Association- Local Chapter

“We’re working to create a world free of heart disease and stroke - a world where everyone can achieve

the best possible health - and it starts right here in Connecticut. From teaming up with city leaders to support more walking and biking routes, to driving initiatives that make healthier food options available in all neighborhoods, to providing our kids with more opportunities to be active in school – together we are making it easier to be healthy where we live, work, learn and play. Whether you’re an ordinary citizen, a business executive, a faith leader or a policy maker, you can help join us on our journey to build a healthier Connecticut!”

For more information, [click here](#).

Employees need a Jeans for Charity sticker or button to indicate their participation.

**Stickers can be purchased for \$2** in the cafeteria, Jackson Java, Human Resources, Jackson 2 outpatient, North Haven, Cheshire, Cromwell and Madison.

**Need to access Gaylord's  
Employee Assistance Program?  
Call (860) 233-6228.**

August	September	October	November	December
Jeans for Charity August 4, 18	Jeans for Charity September 1, 15, 29	National Physical Therapy Month	Jeans for Charity November 3, 17	Jeans for Charity December 1, 15, 29
	National Spinal Cord Injury Awareness Month	National Case Management Week		
	National Rehabilitation Awareness Week	National Respiratory Care Week		
	Complex Rehab Technology Awareness Week	National Pharmacy Week		
		Infection Prevention Week		
		National Patient Account Management Week		
		Healthcare Quality Week		

# Looking for Research Study Participants

Clinical Comparison of Patellofemoral Pain Syndrome Outcomes after Blood Flow Restriction Training is an outpatient study conducted across Gaylord's outpatient physical therapy sites. Participants from the community are eligible to participate as long as they are over 16 years old, have Patellofemoral Pain Syndrome (pain at the front of the knee), and will be attending outpatient therapy.

The study involves using blood flow restriction (BFR) during therapy exercises to assess if there is a benefit to the patient's recovery and pain reduction across time. While BFR is often used in PT sessions, it has not been used in this targeted population with a focus on Patient Reported Outcome Measures and objective strength measures.

The treating Primary Investigators for this study are Dani Letendre in Wallingford and Eric Sokolowski in Cheshire. Stephanie Belanger in Cromwell and Corey Podbielski in Madison are also treating investigators in this study. With support from the Research Department, this study is up and running! During a PT evaluation, potential participants are identified by having a diagnosis of PFPS.

This is where we need your help - if you identify someone that has PFPS, please share the study flyer with them and let the study therapist at your site know. They can talk further with the person about the study, share the consent form, and enroll them in the study. Please contact any investigator if you would like to learn more about the study. (Flyer on page 9)



## Continued from page 6

Our next nominee is **Shane Gallagher**. Shane is a Physical Therapist at our Madison location and has been here since August 2018 and was nominated by three different patients.

The first patient states, "Having had two hips replaced and the onset of spinal stenosis at 83, it was difficult to realize that I wasn't the young athlete I used to be."

Shane provided not just routines for me but carefully demonstrated what they were. If I had a problem doing them, he was right there with me with a smile and worked me through so easily that I laughed at how easy I was doing it.

Each visit, we would do them again and expand the number of times. After about three visits, I was actually enjoying what he was teaching me and was happy with the progress. I reached a point where I regretted the session being over and looked forward to his great greeting and smile at the next session."

Another patient states: "Shane was always genuinely upbeat and encouraging. He saw me as an individual and tailored my therapy to my personal abilities, needs, and goals. I feel he went the extra mile explaining how to attain my recovery goals and creating exercise workouts that have helped me continue to make progress at home. It was an excellent experience, and I highly recommend working with Shane at the Madison facility."

The last patient states: "Shane is always ready to help, is positive, has a great sense of humor, and always listens. He is the best kind of person for the job."

ICARE story continued on page 10



SAVINGS CODE

**staff23**  
**\$10 off**



**06 24 23**

**REGISTRATION NOW OPEN**

**[www.gaylordgauntlet.org](http://www.gaylordgauntlet.org)**



# Experiencing knee pain?

## Want to participate in a research study?

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### Clinical Comparison of Patellofemoral Pain Syndrome Outcomes after Blood Flow Restriction Training

Gaylord Specialty Healthcare is partnering with **UConn Health Center** to test the use of Blood Flow Restriction Therapy in knee rehabilitation. While you complete physical therapy at Gaylord Specialty Healthcare you will be asked to participate in Patient Reported Outcome surveys at various timepoints during your sessions and then again at 6- and 12-months post Physical Therapy.

To learn more about this study and your eligibility, please ask the representative when you register for physical therapy or contact the research team at:

**[research@gaylord.org](mailto:research@gaylord.org)**



Scan this QR code to connect with a Gaylord Researcher for more information.

## Continued from page 8

Shane's supervisor, Andrew McIsaac, states: "I am very pleased to support the nomination of Shane Gallagher for the Joseph A. Lindenmayer Employee of the Year award. Shane has worked for Gaylord in several capacities in the last half-decade. He began as a rehab aide in North Haven in August 2018. During that time, he managed to work and attend graduate school simultaneously, eventually graduating and becoming a physical therapist hired at our Madison location in May of 2022. In that short time, Shane has embedded himself into the fabric of the Madison community and has become a strong ambassador for Gaylord.

Shane has consistently exemplified the ICARE values during his time with Gaylord. It is quite apparent that Shane takes great care in listening to his patients and tailoring their programming in a way that is out of the box. Even as a newer practitioner, his creativity is unmatched, and he keeps his patients on their toes (figuratively and literally when appropriate) during each session. Shane was nominated by not one, not two, but three separate patients for this quarter. His empathy shines through; as the patient nominated him states, "he saw me as an individual and tailored my therapy to my personal abilities, needs, and goals. I feel he went the extra mile." One of his other nominations mentions, "he was right there with me with a smile... and I was laughing at how easy I was doing it".

Shane is highly deserving of recognition for this award; Patients seek him out for his caring, warm, and compassionate personality. He has been an instrumental part in the growth of our newest outpatient site and has become involved with community-based marketing initiatives, including the Madison Triathlon.

I highly recommend that Shane is nominated as a quarterly finalist for this award."

ICARE story continued on page 11

**REMINDER**  
for all emergencies dial  
**3399**



## Near Misses:

Heroic Efforts From Our Safety-Minded Staff

A near miss is an event that might have resulted in harm but the problem did not reach the patient because of timely intervention by our amazing staff.

The Safety Coaches have selected to recognize the Near Miss submitted in RL by Bridgette Eroh, LPN recognizing Telesitter Teresa Stefanek and her use of CHAMP Tool: **ARCC it up** (Ask, Request, Concern, Chain of Command). Teresa was monitoring a patient via video when she noted suspicious activity by the family. She voiced her concern to Bridgette, who was able to prevent a visitor from giving the patient a medication that had already been prescribed and administered. Bridgette notified the Nursing Supervisor, who contacted Pharmacy, all working to ensure patient safety.

Thank you both for **Speaking up for Safety!**



Other Near Misses were reported in the month of January by the following staff:

- Bridgette Eroh
- Claudia Napiorkowska
- Jaime Kaska
- Judy Allen
- Kaila Morin
- Milagros Baez
- Morina Moore
- Ryann Collette
- Tinamarie Ufferfilge
- Todd Belcourt

Thank you to everyone for your hard work and attention to detail!



### Continued from page 10

Our final nominee is **Lisetta Thomas**. Lisetta is the Benefit Verification Representative in outpatient. She has been with Gaylord since October 2012 and was nominated by a manager.

The manager states, “Lisetta has been such an awesome team player in the last few months. She has retracted PTO requests and came in over the weekends to help fill in the gaps left by being short staffed. She has trained new hires and helped create processes while taking on some of the heaviest workload herself.

Lisetta’s supervisor, Belen Garcia, states: “I am truly thrilled and in full support of Lisetta Thomas’ nomination for the Lindenmayer ICARE award.

Lisetta has been with Gaylord Outpatient Therapy since October of 2012. She came to Gaylord and joined the outpatient therapy department as a benefit verification representative. She later on transitioned to a collector role with PFS. In February of 2021 she re-joined the benefit verification team with patient access. Lisetta has been an integral part of the benefits team and is a resource for the other benefits representatives. She has a very good understanding of the role and takes the time to learn and understand scheduling and some clinical aspects to help her in her daily work.

Lisetta is an exemplary and an integral part of the Gaylord patient access team, who is always offering to help when needed. She has provided coverage and training at some of our other locations. She has taken on new employee shadows and training willingly and without hesitation. She has spent many hours with potential new employees to ensure they are a good fit for our team.

She is always looking for opportunities for improvement and brings forth trends and suggestions to ensure the workflows within the outpatient department are efficient. Lisetta is also an active member of the DEBI committee at Gaylord and takes time from her schedule to attend and participate in activities that she is passionate about.

She is a reliable and trustworthy part of the Gaylord team and as her supervisor I’m not sure how we would have gotten through the past few months without her help. We recently had some FMLA and absences within the benefits team and Lisetta really stepped up to help with doing some overtime, working on additional tasks with payers and insurances outside of her usual assignment, as well as working a few weekends in a row to ensure patient accounts were taken care of and verified prior to patients coming in. She showed her compassion, accountability, and commitment to her team during this time.

I would gladly support Gaylord having more employees just like her. I support her nomination and am excited to have her considered as a nominee for the ICARE award. “

## Academic Scholarships Available

*Apply today!*

Visit the intranet homepage for the application.

**DEADLINE  
APRIL 15**

**Apply Here**



# Annual Hospital-Wide Compliance Education Expo

Visit the intranet homepage  
**FREQUENT LINKS**  
**/ HEALTHSTREAM**

Login to HealthStream to  
complete the assignments.

**April 1 - May 30**



**Be Innovative.**  
**Think Possible.**



**Share your  
innovative  
ideas with us.**

Scan the QR code or  
email [innovation@gaylord.org](mailto:innovation@gaylord.org)



# COMING SOON

to your email

**Top Workplace survey 2023**



Follow Gaylord Specialty Healthcare on Facebook!  
[www.facebook.com/gaylordspecialtyhealthcare](https://www.facebook.com/gaylordspecialtyhealthcare)



Gaylord is also on YouTube.  
[www.youtube.com/user/GaylordHealthcare](https://www.youtube.com/user/GaylordHealthcare)



Follow Gaylord on Twitter.  
[twitter.com/GaylordHealth](https://twitter.com/GaylordHealth)

# VOLUNTEERS NEEDED



Scan to sign-up



Recognizing our staff for  
Message in a Minute videos.



## 3rd Annual CHAMP Awards



Monday, May 8

Brooker Lecture Hall, 12 p.m.

Candy / Popcorn / Photo Op's / More!



## innovation OF THE Year Award

May 8 • 12pm

Brooker Lecture Hall



## Need to communicate to all staff in a snap?

If you would like a SnapComms screen saver created, please email [publicrelations@gaylord.org](mailto:publicrelations@gaylord.org) with your information.



## Employee Prescription Drug Memo

Dear ConnectiCare Medical Insurance Members,

Over the past several months, we have been working with ConnectiCare to rectify the issues you may have been experiencing with your prescription drug coverage. Early on in January 2023, it was brought to our attention that several employees were denied previously agreed to prescription drugs at no cost. Further investigation revealed this was not isolated to a few drugs but many. We sincerely apologize for the inconveniences experienced and more so, monies that you have paid for assumed prescription drug coverage.

Today, we are pleased to let you know that we have an update with regards to ConnectiCare's prescription drug pricing. ConnectiCare will now list a significant number of prescription drugs as \$0 copay. These drugs had previously been listed as deductible-free, but with a copay applied. Please see the list of \$0 copay medications (Preventive Drug List) included with this update. There is also an attached ACA drug list that has additional medications included with a \$0 copay.

**ConnectiCare has put these changes into effect on March 30, 2023, but the revised \$0 copay policy will be retroactive to 1/1/2023.** Reimbursements will be done automatically on your behalf and there is no need to submit a reimbursement claim. If you purchased any prescription drug now covered by a \$0 copay from January 1, 2023 through March 29, 2023, you can expect to receive a refund through check or credits from ConnectiCare within five to six weeks. Your deductible may be affected by these refund amounts.

ConnectiCare's \$0 copay policy applies to generic and brand-name medications on its Preventive Drug List. These medications treat some common health conditions, including asthma, diabetes, high blood pressure and more. If you need more information or details, please call ConnectiCare member services at 1-800-251-7722 or go to [connecticare.com](http://connecticare.com)

We appreciate all that you do at Gaylord, and hope that these cost savings will benefit you and your family. Once again, please accept our apologies.

**Please see pages 15-21 for additional information**

# Preventive Drug List - Gaylord Hospital



The drugs listed below treat some common health conditions and are exempt from all member cost share, including deductibles and copays.

Generic drugs = lower case letter and italicized  
Brand-name drugs = capitalized and not italicized

## Anti-Clotting Agents

BRILINTA	<i>clopidogrel</i>	<i>dipyridamole</i>	ELIQUIS
JANTOVEN	<i>prasugrel</i>	<i>warfarin</i>	XARELTO

## Asthma

ADVAIR	<i>albuterol hfa</i>	<i>albuterol inh solution/syrup/tab</i>	ARNUITY ELLIPTA
ASMANEX	ATROVENT	BREO ELLIPTA	COMBIVENT
DULERA	FLOVENT	<i>ipratropium/albuterol for neb</i>	<i>montelukast</i>
PROAIR RESPICLIK	PULMICORT FLEXHALER	QVAR	SEREVENT
SPIRIVA	SYMBICORT		

## Behavioral Health

<i>citalopram</i>	<i>escitalopram</i>	<i>fluoxetine</i>	fluvoxamine
<i>paroxetine</i>	<i>sertraline</i>		

## Cholesterol/Triglycerides

<i>atorvastatin</i>	<i>colesevelam</i>	<i>gemfibrozil</i>	<i>lovastatin</i>
<i>pravastatin</i>	<i>rosuvastatin</i>	<i>simvastatin</i>	

## Diabetes

<i>acarbose</i>	BD PEN NEEDLES/NEEDLES/ LANCETS	BYDUREON	BYETTA
<i>chlorpropamide</i>	FREESTYLE TEST STRIPS/ LANCETS/BLOOD GLUCOSE METERS	<i>glimepiride</i>	<i>glipizide</i>
<i>glipizide ER / XL</i>	<i>glipizide-metformin</i>	<i>glyburide</i>	<i>glyburide-metformin</i>
<i>glyburide micro</i>	HUMALOG	HUMULIN	INVOKANA
INVOKAMET	JANUMET	JANUVIA	JARDIANCE
JENTADUETO	LANTUS	LEVEMIR	<i>metformin**</i>
<i>metformin ER**</i>	MICROLET LANCETS	OZEMPIC	<i>pioglitazone</i>
PRECISION TEST STRIPS/BLOOD GLUCOSE METERS	<i>repaglinide</i>	SURE COMFORT INSULIN SYRINGES/PEN NEEDLES/ LANCETS	SYNJARDY
TOUJEO	TRADJENTA	TRESIBA	TRULICITY
UNIFINE PENTIPS	VICTOZA		

\*\*Osmotic/modified formulations of metformin are excluded.

## High Blood Pressure

### ACE inhibitors

<i>benazepril</i>	<i>benazepril w/HCTZ</i>	<i>captopril</i>	<i>captopril w/HCTZ</i>
<i>enalapril</i>	<i>enalapril w/HCTZ</i>	<i>fosinopril</i>	<i>fosinopril w/HCTZ</i>
<i>lisinopril</i>	<i>lisinopril w/HCTZ</i>	<i>moexipril</i>	<i>moexipril/HCTZ</i>
<i>perindopril</i>	<i>quinapril</i>	<i>quinapril w/HCTZ</i>	<i>ramipril</i>
<i>trandolapril</i>			

## High Blood Pressure (cont.)

### ARBs

<i>irbesartan</i>	<i>irbesartan/HCTZ</i>	<i>losartan</i>	<i>losartan w/HCTZ</i>
<i>valsartan</i>	<i>valsartan/HCTZ</i>		

### Beta blockers

<i>acebutolol</i>	<i>atenolol</i>	<i>atenolol/chlorthalidone</i>	<i>betaxolol</i>
<i>bisoprolol</i>	<i>bisoprolol/HCTZ</i>	BYSTOLIC	<i>carvedilol</i>
DUTOPROLOL	INNOPRAN XL	<i>labetolol</i>	<i>metoprolol</i>
<i>metoprolol w/HCTZ</i>	<i>metoprolol XL</i>	<i>nadolol</i>	<i>pindolol</i>
<i>propranolol</i>	<i>propranolol ER</i>	<i>timolol mal tab</i>	

### Calcium channel blockers

<i>amlodipine</i>	<i>amlodipine/atorvastatin</i>	<i>amlodipine/benazepril</i>	<i>amlodipine/valsartan/HCTZ</i>
CARTIA XT	<i>diltiazem</i>	<i>diltiazem ER</i>	<i>diltiazem 12-HR ER</i>
<i>diltiazem 24-HR CD</i>	DILT-XR	<i>felodipine</i>	MATZIM LA
<i>nifedipine</i>	TAZTIA XT	<i>verapamil</i>	<i>verapamil ER</i>
<i>verapamil ER PM</i>	<i>verapamil SR</i>		

## Women's Health

### Osteoporosis

<i>alendronate (fosamax)</i>	<i>ibandronate</i>		
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### Prenatal vitamins

<i>pnv 29-1</i>	<i>prenatal plus</i>	<i>prenatabs Rx</i>	<i>pr natal 400</i>
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**\*Important to note:** This list applies only to Gaylord Hospital plans effective Jan. 1, 2023. This list is subject to change.

Whatever plan you have, you can find details about what drugs will cost you in your plan documents. Find your plan documents by signing in to **connecticare.com**. For updated information on drug costs, go to **connecticare.com**.

Questions about your plan? We're here to help.

**1-800-251-7722**

Monday through Friday – 8 a.m. to 8 p.m.

Saturday – 9 a.m. to 2 p.m.

**info@connecticare.com**

ConnectiCare®



## Some medications are free with your plan under the Affordable Care Act (ACA)\*

We want to make it easy for our members to get the care they need. Especially preventive care, which can help prevent health problems from becoming serious.

The federal government decides what medications are most important for preventive health. And we cover those at 100% when you meet certain age and gender requirements; have a prescription from a health care provider (even for over-the-counter, or OTC, medicines); and fill your prescription at an in-network pharmacy.

\*"Free" means that you will not have a copay or have to pay money toward your deductible or coinsurance for the medication. Other rules may apply, including age and gender requirements and frequency limitation rules. Review your plan documents for a list of covered preventive services and medications. The "ACA" designation in the formulary, or drug list, for your plan refers to the Affordable Care Act, also known as Obamacare or health care reform. The ACA requires health plans to cover many preventive care services and drugs without making members pay anything toward their costs. This list is subject to change. For the most up-to-date list of covered drugs, visit the pharmacy section on [connecticare.com](http://connecticare.com).

ConnectiCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-251-7722 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-251-7722 (TTY: 711).

## Preventive Medications Covered Under the Affordable Care Act (ACA)

Please note: Generic drug examples are italicized and in lowercase letters.

Brand-name drug examples are not italicized and are in uppercase letters.

**Aspirin** – To prevent cardiovascular disease and colon cancer in men and women, and preeclampsia in pregnant women after 12 weeks gestation who are at high risk.

**Who's covered?** Adults under age 70

**What's covered?** Generic over-the-counter products only, up to 325 mg when prescribed by a physician

**Examples:** *aspirin chewable 81 mg*  
*aspirin enteric coated tablet 325 mg*

**Cholesterol/Statin** – To prevent cardiovascular disease for individuals at high risk.

**Who's covered?** Adults age 40 – 75 with one or more cardiovascular risk factors, such as dyslipidemia, diabetes, hypertension or smoking

**What's covered?** Select generic strengths of low- to moderate-dose statins for primary prevention of cardiovascular disease

**Examples:** *atorvastatin*  
*fluvastatin*  
*lovastatin*  
*pravastatin*  
*rosuvastatin*  
*simvastatin*

**Oral Fluoride** – To prevent cavities in children 6 months through 16 years of age whose water is low in fluoride.

**Who's covered?** Children age 6 months through 16 years

**What's covered?** Generic only (prescription/over-the-counter) single entity and combo products providing up to 1 mg/day when prescribed by a physician

**Examples:** *sodium fluoride chewable tablet 0.25 to 0.5 mg*  
*sodium fluoride solution 0.25 mg to 0.5 mg/ml oral drops*  
*tri-vit with fluoride 0.25 mg to 0.5 mg/ml*

**Folic Acid** – To prevent birth defects in women who are planning and capable of pregnancy.

**Who's covered?** Women through age 50

**What's covered?** Generic only (prescription/over-the-counter) 0.4 mg – 0.8 mg single entity as well as combo products when prescribed by a physician

**Examples:** *folic acid 0.4 mg (400 mcg)*  
*folic acid 0.8 mg (800 mcg)*

## Preventive Medications Covered Under the Affordable Care Act (ACA)

**Smoking Cessation** – To help adults quit tobacco use in order to prevent future health-related issues.

**Who's covered?** Adults 18 years of age and older

**What's covered?** All FDA-approved tobacco cessation products (prescription/over-the-counter) when prescribed by a physician

**Examples:** *bupropion HCL SR 150 mg (ZYBAN 150 mg)*  
*CHANTIX*  
*nicotine 21 mg/24 hr patch*

**Bowel Preps** – Agents used to cleanse the bowel prior to colonoscopy. Colonoscopies screen for colorectal and related cancers.

**Who's covered?** Adults age 50 to 75

**What's covered?** Generic only (prescription/over-the-counter) when prescribed by a physician (limit 2 prescriptions per 365 days)

**Examples:** *gavilyte – h kit*  
*peg 3350 powder*  
*peg-prep kit*

**Immunizations** – To prevent certain illness in people of all ages. Provider must adhere to the FDA/CDC age/frequency/gender guidelines.

<b>Examples:</b> Diphtheria	Measles, Mumps, Rubella (MMR)
Haemophilus Influenzae Type B (Hib)	Meningococcal
Hepatitis A	Pneumococcal
Hepatitis B	Rotavirus
Herpes Zoster (Shingles)	Tetanus-Acellular, Pertussis (DTap)
Human Papillomavirus (HPV)	Tetanus-Diphtheria/Tetanus-
Inactivated Poliovirus (IPV)	Diphtheria Acellular Pertussis (Tdap)
Influenza (Flu)	Varicella (Chicken Pox)

For adult and child & adolescent immunization schedules (for persons aged 0-6 years, 7-18 years and “catch-up schedule”), visit [cdc.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules).

**HIV Prep** – To prevent Human Immunodeficiency Virus (HIV).

**Who's covered?** Persons of any age lacking a history of treatment for HIV

**What's covered?** TRUVADA - 200 mg/300 mg dose only

# Preventive Medications Covered Under the Affordable Care Act (ACA)

**Breast Cancer Prevention** – For the primary prevention of women at increased risk of breast cancer.\*

**Who's covered?** "High risk" women 35 years of age and older who meet criteria

**What's covered?** Generic *tamoxifen* and *raloxifene* when prescribed by a physician and clinical criteria are met

\*Requires preauthorization to determine if clinical criteria are met

**Women's Contraception** – For the prevention of pregnancy in women.

The following contraceptives are provided at a zero cost share as mandated by the Affordable Care Act (ACA). Please note that single-source brand\* and multi-source brand\*\* contraceptives are only available at a zero cost share when specific plan requirements are met. The list is subject to change to remain compliant with ACA guidelines.

Members: The terms of your health plan will ultimately determine coverage and cost sharing. For specific questions about your coverage, please call the phone number printed on your ID card.

## Cervical Cap

FEMCAP\*

## Diaphragm

CAYA CONTOURED\*

WIDE SEAL DIAPHRAGM\*

## Emergency

AFTERA\*\*

*econtra ez*

*econtra one-step*

*fallback solo*

*levonorgestrel*

*my choice*

*my way*

*new day*

*next choice*

*opcicon one-step*

*option 2*

PLAN B ONE-STEP\*\*

TAKE ACTION\*\*

## Emergency/progestin blocker

ELLA\*

## Female Condom

FC2 FEMALE CONDOM\*

## Implantable Rod

NEXPLANON\*

## Injection

DEPO-PROVERA\*\*

DEPO-SUBQ PROVERA 104\*

*medroxyprogesterone acetate*

## IUD Copper

PARAGARD T 380-A\*

## IUD/progestin

KYLEENA\*

LILETTA\*

MIRENA\*

SKYLA\*

## Patch

*xulane*

## Spermicide

CONCEPTROL\*

*gynol ii*

VCF FILM\*

VCF FOAM

VCF GEL\*

## Sponge

TODAY CONTRACEPTIVE

SPONGE\*

## Vaginal Ring

ANNOVERA\*

NUVARING\*\*

## Oral Contraceptive – Continuous

*amethia / lo*

*ashlyna*

*camrese / lo*

*daysee*

*fayosim*

*introvale*

*jolessa*

*levonorgestrel-e.e.*

LOSEASONIQUE\*\*

QUARTETTE\*\*

*quasense*

*rivelsa*

SEASONIQUE\*\*

setlakin

## Oral Contraceptive – Progestin ONLY

*camila*

*deblitane*

*errin*

*heather*

*incassia*

*jencycla*

*jolivetle*

*lyza*

*nora-be*

*norethindrone*

*norlyda*

*norlyroc*

ORTHO MICRONOR\*\*

*sharobel*

SLYND\*

*tulana*

\*Indicates single-source brand product | \*\*Indicates multi-source brand product

# Preventive Medications Covered Under the Affordable Care Act (ACA)

## Women's Contraception – For the prevention of pregnancy in women. (continued)

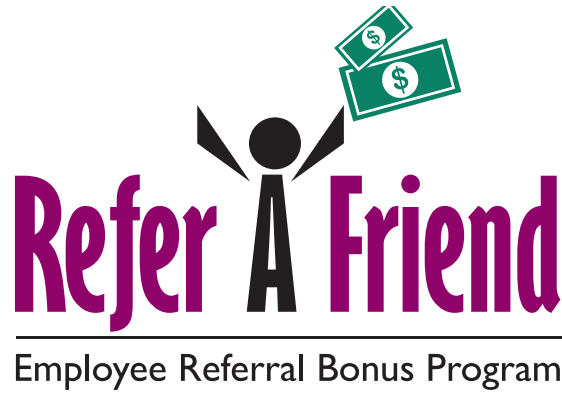
### Oral Contraceptives – Combined

<i>afirmelle</i>	<i>kalliga</i>	<i>pirmella</i>
<i>altavera</i>	<i>kariva</i>	<i>portia</i>
<i>alyacen</i>	<i>kelnor</i>	<i>previfem</i>
<i>amethyst</i>	<i>kimidess</i>	<i>rajani</i>
<i>apri</i>	<i>kurvelo</i>	<i>reclipsen</i>
<i>aranelle</i>	<i>larin / fe / 24 fe</i>	<i>SAFYRAL**</i>
<i>aubra / eq</i>	<i>larissia</i>	<i>setlakin</i>
<i>aurovelle / fe / fe 24</i>	<i>layolis fe</i>	<i>simliya</i>
<i>aviane</i>	<i>leena</i>	<i>simpesse</i>
<i>ayuna</i>	<i>lessina</i>	<i>sprintec</i>
<i>azurette</i>	<i>levonest</i>	<i>sronyx</i>
<i>balcoltra</i>	<i>levonorgestrel-e.e.</i>	<i>syeda</i>
<i>balziva</i>	<i>levora-28</i>	<i>tarina fe</i>
<i>bekyree</i>	<i>lillow</i>	<i>TAYTULLA*</i>
<i>BEYAZ**</i>	<i>LO LOESTRIN FE*</i>	<i>tilia fe</i>
<i>blisovi fe / 24 fe</i>	<i>LOESTRIN / FE**</i>	<i>tri-estarylla</i>
<i>BREVICON**</i>	<i>lojaimiess</i>	<i>trifemynor</i>
<i>briellyn</i>	<i>lomedica 24 fe</i>	<i>tri-legest fe</i>
<i>caziant</i>	<i>loryna</i>	<i>tri-linyah</i>
<i>charlotte 24 fe</i>	<i>low-ogestrel</i>	<i>tri-lo-estarylla</i>
<i>chateal / eq</i>	<i>lutera</i>	<i>tri-lo-marzia</i>
<i>cryselle</i>	<i>marlissa</i>	<i>tri-mili</i>
<i>cyclafem</i>	<i>melodetta 24 fe</i>	<i>tri-milli / lo</i>
<i>CYCLESSA**</i>	<i>mibelas 24 fe</i>	<i>trinessa / lo</i>
<i>cyred / eq</i>	<i>microgestin / fe</i>	<i>TRI-NORINYL**</i>
<i>dasetta</i>	<i>microgestin 24 fe**</i>	<i>tri-previfem</i>
<i>delyla</i>	<i>mili</i>	<i>tri- and tri-lo sprintec</i>
<i>desogestrel-e.e.</i>	<i>MINASTRIN 24 FE**</i>	<i>trivora-28</i>
<i>drospirenone-e.e.</i>	<i>MIRCETTE**</i>	<i>tri-vylibra</i>
<i>drospirenone-e.e.-levomef</i>	<i>mono-linyah</i>	<i>tri-vylibra / lo</i>
<i>elinest</i>	<i>mononessa</i>	<i>TWIRLA*</i>
<i>emoquette</i>	<i>myzilra</i>	<i>TYBLUME*</i>
<i>enpresse</i>	<i>NATAZIA*</i>	<i>tydemy</i>
<i>enskyce</i>	<i>necon</i>	<i>velivet</i>
<i>estarylla</i>	<i>nikki</i>	<i>vestura</i>
<i>ESTROSTEP FE**</i>	<i>norethindrone-e.e.</i>	<i>vienva</i>
<i>ethynodiol-e.e.</i>	<i>norethindrone-e.e. / fe</i>	<i>violele</i>
<i>falmina</i>	<i>norgestimate-e.e.</i>	<i>vyfemla</i>
<i>femynor</i>	<i>norgestrel-e.e.</i>	<i>volnea</i>
<i>gemmily</i>	<i>nortrel</i>	<i>vylibra</i>
<i>GENERESS FE**</i>	<i>norinyl</i>	<i>wera</i>
<i>gianvi</i>	<i>ocella</i>	<i>wymzya fe</i>
<i>gildagia</i>	<i>ogestrel</i>	<i>YASMIN 28**</i>
<i>hailey / fe 24</i>	<i>orsythia</i>	<i>YAZ**</i>
<i>isibloom</i>	<i>ORTHO TRI-CYCLEN / LO**</i>	<i>zarah</i>
<i>juleber</i>	<i>ORTHO-CYCLEN**</i>	<i>zenchent / fe</i>
<i>jaimiess</i>	<i>ORTHO-NOVUM**</i>	<i>zumandimine / lo</i>
<i>junel / fe / fe 24</i>	<i>philith</i>	<i>zovia</i>
<i>kaitlib fe</i>	<i>pimtrea</i>	

### Vaginal Gel

*PHEXXI\**

\*Indicates single-source brand product | \*\*Indicates multi-source brand product



Helping fill jobs is **ALL** our job.  
**Get paid to help.**

*REFERRAL BONUS	POSITION
\$2,000	RN
\$2,000	RN/On-site RHM
\$2,000	RCP
\$1,500	LPN
\$1,000	PCT
\$1,000	Intake Rep
\$1,000	CSA
\$500	EVS or F&N

**\*For program details and payout schedules, contact HR.**



April Safety Habit:  
**Attention to Detail**



**Attention to Detail**

**What should we do?**

- Pay attention to the task at hand to avoid unintentional skill-based errors

**Why should we do this?**

- To avoid those slips or lapses where the hand is operating before the head
- To reduce the chance that we'll make an error when we're under time pressure, distracted or stressed

**Error Prevention Tool**

- Self check using STAR

**Self-Check Using STAR**

**STOP** ▶ Pause for 1 to 2 seconds to focus our attention on the task at hand

**THINK** ▶ Consider the action you're about to take

**ACT** ▶ Concentrate and carry out the task

**REVIEW** ▶ Check to make sure that the task was done correctly and that you got the correct result

**STOP is the most important step. It gives your brain a chance to catch up with what your hands are getting ready to do.**



**Slap-Your-Head Moments**



Conditions that **increase the chance** you will experience an unintended error when performing a familiar, routine task:

- Working under time pressure
- Doing multiple things at the same time
- Distractions
- Interruptions
- Boredom
- Mental or physical exhaustion
- Disorientation
- Just not paying attention

*Any sound familiar?*

**STAR**

**reduces your chances of making an unintended mental slip or lapse by more than 10 times...**



**Questions about CHAMP?**

Ask a Safety Coach. Talk to a staff member wearing the Safety Coach button.



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**PRESENTS**

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# **AGING WELL: OPTIMIZING OSTEOPOROSIS AND PELVIC HEALTH**

**Presenters:**



**Corey Podbielski, PT, DPT, CSCS, OCS**

Physical Therapist,  
Gaylord Physical Therapy, Madison

- Board Certified Orthopedic Specialist
- Certified Strength and Conditioning Specialist
- Titleist Performance Institute (TPI) Certified
- Certified in Dry Needling
- Advanced training in treatment of jaw and TMD (temporomandibular disorder)
- Head Coach for Gaylord Wolfpack Sled Hockey team

**Jen Morgan, PT, DPT**

Pelvic Health Specialist,  
Owner & CEO of Centrality Wellness

- Specialty training in orthopedics and pelvic floor conditions, with a background in strength training and yoga.
- Specializes in pelvic pain, hip or low back pain, birth preparation, chronic constipation, and urinary or fecal incontinence.
- Commitment to providing individualized care focused on meeting your pelvic and overall health goals.

**Date:**

Wednesday, April 19

**Time:**

6:30 p.m.

**\*Where:**

Gaylord Physical Therapy  
Madison

28 Durham Rd

\*also available via Zoom

**Discussion will include:**

- The benefits of strength training in managing pelvic floor conditions and osteoporosis
- What is a pelvic health rehab provider & what kinds of conditions can benefit from interventions; how does this change with age?
- The anatomy of the pelvic floor & the relationship with the lower extremity
- Who is impacted by osteoporosis?
- Functional ways to test your strength

**RSVP:**

Please email, [jamesrusso@gaylord.org](mailto:jamesrusso@gaylord.org)



**Open House**

**April 20**

**SAVE THE DATE**  
**Burgess Open House**  

Save the date for the Burgess open house on **April 20**.

Stop by for refreshments and a tour of the newly renovated space.

## Departments on the move to Burgess

The moves published in FYI on March 23, have all successfully happened. Staff are getting settled into their new offices and enjoying the space. The construction in the Burgess building has been completed and the following changes have happened:

- Andy Huang moved to Hooker ground (HG06)
- Food & Nutrition move to Burgess upper level (BU101, BU102, BU103, BU127)
- Vinny Papotto, wheelchair technician, and the wheelchair shop move to Burgess
- Hooker ground space will begin preparations for construction to accommodate the new Quest lab
- Health Information Management staff move, including Cheryl (Sharon) Griffin and Kara Wilson
- Admissions team moves, including Kathryn Prevost

The reason for all the moves is to clear the west side of the Jackson ground floor to make way for the Center for Education, Research and Innovation.

***Up next in April:***

- Wound Care team moves
- Jackson ground furniture removal and re-purposing by Facilities

***Looking ahead to May:***

- Hooker ground renovations for the Quest lab should be completed mid-month
- Quest team will be moved into their new space
- Mailroom will be moved to Hooker ground
- Elle Marron will move into a different office on Jackson 1

**Did you know?**

The F&N break room has a view of the Brooker South Lawn? How could that be you ask? Stop in and see for yourself next time in the neighborhood or at the Open House on April 20.

Be sure to stop by Burgess to see where our co-workers from F&N, HIM, Wheelchair repair shop and Admissions have relocated to.

