

Nurse Resident of the Year Award

The Nurse Resident of the Year Award honors exceptional achievement, dedication, and leadership among nursing residents. This award recognizes the resident who has shown outstanding clinical skills, compassion for patients, and a strong commitment to learning and professional development.

This individual attended every seminar, actively participated in discussions, engaged enthusiastically in all activities, and applied the knowledge gained during residency to their clinical practice.



It is with great pleasure that we present the Nurse Resident of the Year Award to Faith Okunwe!



Happy Holidays
from our Gaylord family to yours!

We wish you a safe and joyful holiday season, filled with hope, laughter, and cherished moments with your loved ones.

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

FYI

Our Values are

Integrity

Compassion

Accountability

Respect

Excellence

FYI DEADLINE

The deadline for the next FYI is Friday, January 3. Email: publicrelations@gaylord.org



Nurse Residency Graduation

Congratulations to our wonderful nurse residents who graduated from our Vizient/AACN Nurse Residency Program!

Throughout residency, they've shown remarkable resilience and a strong commitment to excellence in patient care. We're so proud of all you've accomplished and excited to see the positive impact you'll make on our patients and the nursing profession. Thank you to the Cuno Foundation for your continued support in empowering our new nurses and elevating patient care at Gaylord.



CAP CLINICAL ADVANCEMENT PROGRAM

2025 Application Deadlines

January 15, April 15, July 15 and October 15

Nurses and PCTs are encouraged to apply to the CAP. **Questions?** Contact the Nursing Professional Development Team at x2135



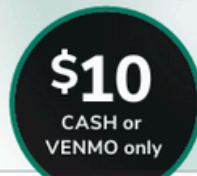
GROW, DEVELOP AND ADVANCE YOUR PRACTICE.



Think Possible T-Shirt Sale



To purchase a short-sleeve t-shirt contact Georgette MacQuarrie at x2881 or email gmacquarrie@gaylord.org





Dr. Bullard: A National Spotlight on Longevity Tips

We're thrilled to share that our very own Dr. Sarah Bullard was featured in a recent HuffPost article, "Gen X Doctors Share 5 Longevity Rules." This piece highlights how physicians are leading the way in adopting and promoting healthier habits to support longevity and wellness. .

The article outlines five key principles for longevity:

- **Stay Active:** Incorporate regular physical activity into daily routines to keep the body strong and mobile.
- **Eat Smart:** Focus on balanced, nutrient-rich meals that fuel energy and overall health.
- **Prioritize Sleep:** Quality rest is essential for recovery and maintaining mental and physical well-being.
- **Manage Stress:** Find ways to decompress and handle life's challenges effectively, whether through mindfulness, hobbies, or time outdoors.
- **Build Connections:** Foster meaningful relationships, as strong social ties are linked to better health outcomes and happiness.

5 Keys to Longevity:

Stay Active

Eat Smart

Prioritize Sleep

Manage Stress

Build Connections

Dr. Bullard's inclusion in this national spotlight is a testament to her dedication to advancing health and wellness, both within our organization and beyond. Her contributions to the article and her leadership in our community are shining examples of the excellence we strive for every day.

https://www.huffpost.com/entry/doctors-longevity-rules_l_67586f35e4b0f51b80bde7c7

READ MORE >>

Naughty or Nice List of Healthcare Documentation

Naughty	Nice
LPN entered room and patient looked upset.	Patient stated, "I'm feeling anxious about this procedure."
Medication administered per orders.	Administered 500mg Acetaminophen PO at 1400 for reported headache pain 6/10.
Doctor made aware. No new orders at this time.	Dr. Adjepong notified of BP 180/110 at 2130.
Patient refusing care.	Patient declined blood draw, stating "get that needle away from me." Educated on importance of lab work. Will attempt again in 1 hour.
Wound is improving.	Surgical incision is 10cm in length, edges well approximated, and no signs of infection. Minimal serous drainage noted on dressing.
Will continue to monitor.	Will reassess pain level and vital signs Q4 hour and PRN.
Patient confused.	Patient orientated to person only, unable to state current location or date. Frequently asking "where am I?"
Patients family member comes to visit, appears drunk.	Patient's family member present at bedside, slurring words, swaying, eyes bloodshot.
20U of Insulin administered 5pm.	20 units of insulin administered at 1700.
Patient in pain.	Patient groaned and grimaced when moving from back to side.
Large amount of drainage present.	300ml of serosanguineous drainage present.
Patient is uncooperative and won't take medications.	Patient refused 0900 medications.
Patient is sleeping.	Patient is lying in bed with eyes closed.
Patient had a temperature after breakfast.	Patient had a temperate of 101.3 degrees at 0900.

Documentation Word Search

L C W B A C C U R A T E U O W
 V B S Y N E L E C T R O N I C
 R E C O R D L E G I B L E O X
 G B C A S S E S S M E N T B U
 D O C U M E N T A T I O N J K
 T C N A R R A T I V E A P E R
 I H H I S T O R Y S S P U C F
 M A B C O M P L E T E N R T A
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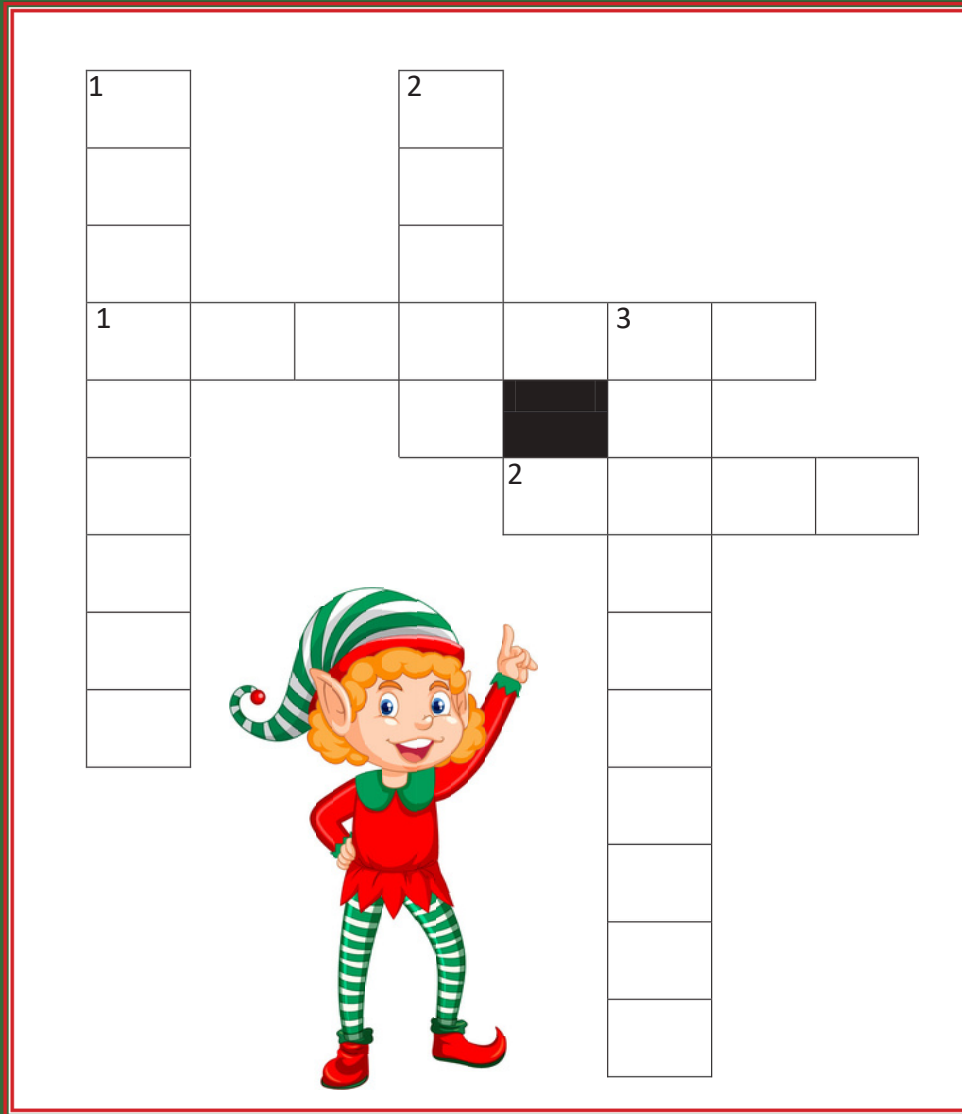
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| <input type="checkbox"/> Documentation | <input type="checkbox"/> Complete | <input type="checkbox"/> History |
| <input type="checkbox"/> Informative | <input type="checkbox"/> Concise | <input type="checkbox"/> Timely |
| <input type="checkbox"/> Subjective | <input type="checkbox"/> Factual | <input type="checkbox"/> Chart |
| <input type="checkbox"/> Electronic | <input type="checkbox"/> Precise | <input type="checkbox"/> Notes |
| <input type="checkbox"/> Purposeful | <input type="checkbox"/> Record | <input type="checkbox"/> Legal |
| <input type="checkbox"/> Narrative | <input type="checkbox"/> Audit | <input type="checkbox"/> SOAP |
| <input type="checkbox"/> Accurate | <input type="checkbox"/> Assessment | <input type="checkbox"/> SBAR |
| <input type="checkbox"/> Patient | <input type="checkbox"/> Organized | |
| <input type="checkbox"/> Objective | <input type="checkbox"/> Legible | |

Name:

Department:

Return to Evelyn
 Bykowski by
 December 31 to
 be entered into the
 Documentation
 December raffle.

Documentation Crossword



Down:

1. Verifiable information based on facts and evidence
2. Healthcare privacy law
3. Information or perspectives based on feelings or opinions

Across:

1. The electronic medical record at Gaylord
2. Structured communication tool to help share information clearly and concisely

Name:

Department:

Return to Evelyn Bykowski by December 31 to be entered into the Documentation December raffle.



2025 HOME GAME SCHEDULE

Choate Rosemary Hall, Remsen Arena
35 N ELM ST, WALLINGFORD, CT

SATURDAY
JANUARY 4



VS



12:30 PM



VS



5:30 PM

SUNDAY
JANUARY 5



VS



9:30 AM



VS



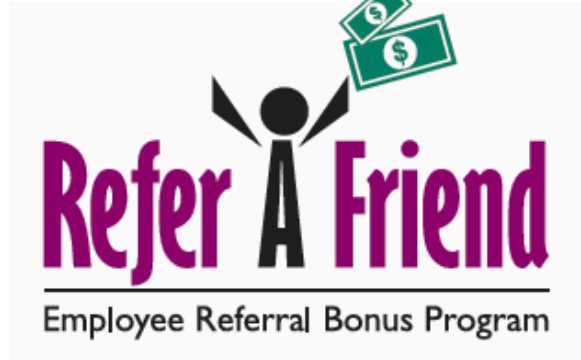
2:00 PM



Scan for full game schedule or visit www.neshl.org

FREE and Open to the public.
Come support the Gaylord Wolfpack!





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

*REFERRAL BONUS	POSITION
\$2,000	RN
\$2,000	Respiratory Therapist
\$2,000	PT
\$1,500	LPN
\$1,000	PCT
\$500	EVS or F&N

*For program details and payout schedules, contact HR.





JUMP START YOUR CAREER IN HEALTHCARE TODAY!

Become a Certified Nursing Assistant and begin a rewarding career in healthcare. We understand the importance of hands-on educational training. With our dedicated simulation lab and clinical learning on Gaylord's state-of-the-art rehabilitation units, you can complete all of your training under one roof. Let Gaylord be the catalyst for your healthcare career by becoming a CNA!

Student Benefits:

- Immediate employment after course completion for eligible candidates
- Potential reimbursement of program fees with employment commitment
- Shadowing and mentoring opportunities with RN, LPN, PT, OT, and RT staff

Student Requirements:

- 18 years or older
- Fluent in English
- High school diploma or GED
- Resume
- Annual flu shot
- Must pass a criminal background check, physical and drug screening

Program instruction is provided at **no cost**. Students are required to purchase books, scrubs, and pay for required medical clearance/background checks, and CT CNA Exam fees.

Then Join Our Team & Enjoy Our Employee Benefits!

- Tuition reimbursement for college courses
- Dedicated to work-life balance with robust programs promoting health and wellness
- Opportunities to work on various clinical units: Progressive care, stroke, traumatic brain injury, telemetry, medical pulmonary and more

Apply for an upcoming session TODAY!



Scan our QR Code to apply online or email CNAacademy@gaylord.org.

Visit [gaylord.org/center-for-education/cna-academy](https://www.gaylord.org/center-for-education/cna-academy)

Call (203) 284-2784
for questions.

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
WEEK 1		CLASS/LAB 8:00 a.m. - 3:00 p.m.	CLASS/LAB 8:00 a.m. - 3:00 p.m.		CLASS/LAB 8:00 a.m. - 3:00 p.m.	
26	27	28	29	30	31	
WEEK 2	CLASS/LAB 8:00 a.m. - 3:00 p.m.		CLASS/LAB 8:00 a.m. - 3:00 p.m.		CLASS/LAB 8:00 a.m. - 3:00 p.m.	

FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
WEEK 3	CLASS/LAB 8:00 a.m. - 3:00 p.m.	CPR COURSE 8:00 a.m. - 1:00 p.m.	CLASS/LAB 8:00 a.m. - 3:00 p.m.		CLASS/LAB 8:00 a.m. - 3:00 p.m.	
9	10	11	12	13	14	15
WEEK 4	CLASS/LAB 8:00 a.m. - 3:00 p.m.	CLINICAL 7:00 a.m. - 3:30 p.m.	CLINICAL 7:00 a.m. - 3:30 p.m.	CLINICAL 7:00 a.m. - 3:30 p.m.	CLINICAL 7:00 a.m. - 3:30 p.m.	
16	17	18	19	20	21	22
WEEK 5	CLINICAL 7:00 a.m. - 3:30 p.m.	MAKE UP DAY CLINICAL/SKILLS 8:00 a.m. - 2:30 p.m.	CLASS/LAB 8:00 a.m. - 3:00 p.m.		CLASS/LAB 8:00 a.m. - 3:00 p.m.	
23	24	25	26	27	28	
	*ONBOARDING WORKSHOP 9:00 a.m. - 11:00 a.m. *Eligible Hires Only					

Students who are eligible for hire will be required to attend New Employee Orientation Mar. 3-7, 2025