

# DAISY Award Honoree, Alyssa Battick



"Let me tell you about Alyssa," remarks Keri Saxton, Alyssa's supervisor on Milne1. "At Gaylord, we are fortunate to have a team of dedicated and compassionate professionals, and one such standout is Ms. Battick. In her relatively short time with us, Alyssa has quickly become an integral part of our unit, impressing both colleagues and patients with her exceptional work ethic, positive attitude, and unwavering commitment to providing the highest level of care."

Nursing can be unpredictable, with a range of challenges each day. Alyssa approaches every situation with grace and determination, always ready to take on any task that comes her way. Whether managing a complex case, helping a colleague, or simply supporting patients, Alyssa's flexibility and teamwork shine through. Her willingness to step in and help wherever needed makes her a true team player.

*continued on page 6*

## Third Quarter 2025 ICARE Nominees Announced

Four recipients of the quarterly nominations for the Joseph A. Lindenmayer Employee of the Year were recently announced. These four incredible women comprise the third recognition cycle for 2025 and, collectively, have dedicated **105 years** of their lives to Gaylord and our patients!

It is our employees who make Gaylord truly 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.

Gaylord's recently expanded core values, displayed to the left, spell IT IS ICARE. 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. Each of these nominees truly embody these values and serve as role models for the rest of us.

*continued on page 3*



### IN THIS ISSUE:

- \*Reminder, TODAY is:
  - Last Session of Fiducius Student Loan Webinar
  - Nutrition and Heart Health Seminar
- \*Madison Souper Bowl this Sat.
- \*Honoring More Black Innovators
- \*Female Athlete Spotlight
- \*Highlighting our Therapeutic Rec team

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

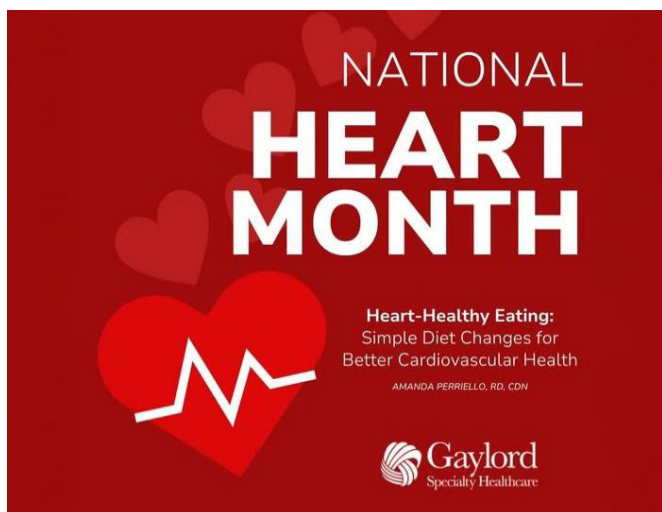
FYI

Innovation  
Teamwork  
Inclusion  
Safety  
Integrity  
Compassion  
Accountability  
Respect  
Excellence

#### FYI DEADLINE

The deadline for the next FYI is **Friday, February 28.**

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



## Simple Diet Changes, Better Heart Health

Cardiovascular disease (CVD) remains the leading cause of death globally, but many risk factors can be managed with simple lifestyle changes. While factors like age and family history are beyond our control, adopting a heart-healthy diet and regular exercise can significantly reduce the risk of CVD.

Key components of a heart-healthy diet include:

- Fruits
- Vegetables
- Whole grains
- Lean proteins
- Healthy fats like monounsaturated and omega-3 fatty acids.

Learning to read nutrition labels and looking for the American Heart Association's "Heart Check Mark" can help simplify healthy eating choices.

Gaylord offers virtual sessions on heart health, including Diet & Exercise for Heart Health, to help guide you on this journey.

[Check out our blog post, "Diet for Heart Health" here.](#)



## Cannabinoid and TBI Presentation



We were thrilled to have Dr. J. Craig Allen, MD, FASAM, Medical Director at Rushford, Chief of Psychiatry at Midstate Medical Center, and VP of Addiction Services at Behavioral Health Network, join us last week to share his expertise on the impact that cannabis and cannabinoids have on individuals with traumatic brain injuries. We're grateful for his time, and his insights were incredibly interesting and valuable to our team.

*Pictured below: Jonathan Craig Allen, MD, FASAM with Dorene Scolnic from our Psychology dept.*



## THANK YOU

to the Human Resources department  
for sponsoring cupcakes for all  
employees on Valentine's Day!



## Attention FYI Readers:

If you would like to submit an article, promote an event, etc., in FYI, please email: [publicrelations@gaylord.org](mailto:publicrelations@gaylord.org) with your details. Thank you!



# ICARE Nominees (cont. from pg. 1)

## Dr. Luci Juvan

Luci is a Psychiatrist in our Outpatient Physician Services Department. She has been here since July 1998 and was nominated by a patient.

The patient states: *"The Joseph A. Lindenmayer Employee of the Year Award should undeniably be awarded to Dr. Luci A. Juvan. I leave every interaction with Dr. Juvan feeling listened to, concerned for, and confident about my care plan. I feel compassion, respect, and comfort in Dr. Juvan's ability to accept accountability and provide excellent guidance for my health. As a retired director at a Fortune 500 corporation, I am comfortable saying it is rare to work with someone so competent, friendly, and easy to talk with. I would be disappointed if Dr. Luci Juvan did not receive this award."*

Dr. Jerry Kaplan states: *"I enthusiastically support the nomination of Dr. Luci Juvan for the Joseph A. Lindenmayer Employee of the Year Award."*

Dr. Juvan is an outstanding Psychiatrist whose patients and families love her. She is caring and compassionate with her patients and a strong advocate for their needs. Dr. Juvan is a national expert on orthotics, prosthetics, and spasticity management. She willingly shares her expertise not only with her patients but also with her rehabilitation colleagues. I have personally learned so much from Dr. Juvan. She is also an excellent teacher for medical students and residents. Dr. Juvan communicates exceptionally well with referring physicians. Many community providers have shared their feedback about how professional Dr. Juvan is with them and how fortunate they are to have her and Gaylord as a resource for their patients.

Her clear, concise, and confident manner gives patients a sense of comfort even when Dr. Juvan is discussing difficult situations. Patients and staff throughout the organization have the highest respect for Dr. Juvan and are truly impressed by her clinical excellence.

Dr. Juvan is an integral part of the outpatient medical services team. She is effective, efficient, and always accountable.

Gaylord is very lucky to have Dr. Juvan!



## Tammy Maher

Tammy is a Respiratory Care Practitioner. She joined us in January 2007 and was nominated by a patient, who shares:

*"She has exceptional bedside manner and is professional, caring, and knowledgeable in her field. She has been very kind, welcoming, and dedicated to the patient's overall well-being. Tammy deserves this award!"*

According to her supervisor, Laurie Jano, Tammy is consistently recognized by patients and peers alike for her thorough, compassionate, and patient-centered approach to care. She strongly advocates for patients and their families, ensuring their voices are heard and their needs are met. Organized and detail-oriented, Tammy goes above and beyond to optimize patient outcomes and exemplifies professionalism in all she does.

*"Tammy has been an invaluable member of the Respiratory Department and is a steadfast advocate for her patients and our organization."*

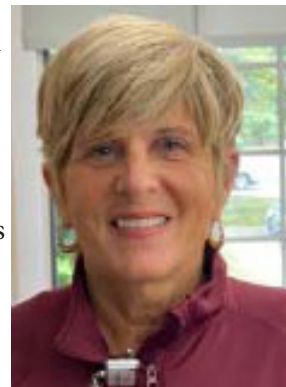
Tammy's dedication extends beyond patient care. She serves on the Employee Giving Committee and has contributed to several other hospital initiatives and committees. Additionally, she participates in the Gaylord Gauntlet each year, demonstrating her commitment to the organization.

As a mentor, Tammy is an exceptional preceptor for Respiratory Care students and new employees, providing meaningful learning experiences and fostering lasting relationships. Her feedback from students, peers, and orientees is overwhelmingly positive, highlighting her dedication and patient-centered approach to healthcare.

Tammy's contributions extend beyond her primary role. She is cross-trained to work in pulmonary rehab and as a discharge liaison, adapting seamlessly to each role and approaching every task with the same high level of quality and accountability.

The nomination for this award underscores Tammy's compassion, professionalism, knowledge, and value to the Gaylord team. I wholeheartedly echo these sentiments. Tammy is not only someone I would trust to care for a family member but also a colleague I would want by my side in any situation. Her clinical decisions are sound, her compassion is unmatched, and her teamwork is exemplary.

Tammy's dedication to her patients, their families, and her colleagues is unparalleled. She consistently goes above and beyond, representing Respiratory Care, the department, and the hospital with tremendous pride. She is a true asset to Gaylord, and I am confident she deserves this award—not only as an employee of the quarter but as a strong contender for employee of the year."



continued on page 4

# ICARE Nominees (cont. from pg. 3)

## Tammy Spurgeon

Tammy is a OP Speech Pathologist in Wallingford, and was also nominated by a patient, who recalls meeting Tammy nearly four years ago after a stroke, unable to speak, write, or even say her name. Not only does she credit Tammy's aphasia group for keeping her out of a deep depression, but after much work in the group and then one-on-one therapy with Tammy, this patient was recently invited to speak at the very aphasia group that benefitted her.



*"Tammy immediately knew us as individuals, despite our limited ability to verbally communicate... Sometimes aphasia is overwhelming, it's almost unbearable. Tammy tends to my emotional needs with respect and confidence. She is a strong and positive advocate for me and all her clients. She always goes above and beyond to serve the aphasia population. To speak the unspoken word."*

As her supervisor, Kris Provost shares, Tammy Spurgeon has been an invaluable member of Gaylord for over 30 years, starting in 1993 as a Day Treatment Assistant and evolving into a highly respected outpatient Speech Pathologist. Her dedication and professionalism have earned her roles such as Day Treatment Coordinator and a board member for the Brain Injury Alliance of CT.

Tammy exemplifies ICARE values in everything she does. *"She lives these values in both her personal and professional roles, which is just who she is, consistently going far beyond standard practices to ensure the best for her patients, her team, and the organization. Tammy has the innate ability to make meaningful, lifelong connections with her patients and families. This is an amazing clinical quality and Tammy does it intrinsically and effortlessly."*

This is not her first ICARE, however, as a previous nominator shares that *"Tammy loves what she does, and it radiates from her"* and Kris cannot imagine anyone more qualified for this honor. Tammy has also received thirteen stars through Gaylord's Recognize A Star Program. Her patients love her.

We are so blessed to have Tammy as a member of our team; she is extremely deserving of this recognition.

## Tina Ufferfilge

Tina is a Nurse Manager for Lyman & Hooker, 2. Tina has been with Gaylord since 1997 and was nominated by two of her peers.



A colleague shares, *"There is not a person in this hospital that doesn't know who Tina Ufferfilge is. Her name is a staple in the building, mostly associated with her excellent patient care and attentiveness to her staff."*

Colleagues describe her as a leader who embodies Gaylord's ICARE values, always empowering staff and patients through effective communication, collaboration, and mentorship.

Tina's selflessness stands out, with one coworker recalling how she donated two weeks of her PTO during the height of COVID so another staff member could care for their family. She also goes above and beyond in patient care, including helping a TBI patient by buying him clothes for a court hearing and spending hours calming him during challenging moments.

Despite her supervisory role, Tina remains approachable, empathetic, and always available to support her staff. Her integrity is unquestioned, as she readily admits her mistakes and strives to improve. She demonstrates accountability by putting in extra hours and ensuring her team is supported, often going the extra mile to provide care for patients and staff alike.

Tina's sense of humor and positivity brighten even the toughest situations, making her a beloved figure among both colleagues and patients. Her leadership style, grounded in kindness and empathy, has a lasting impact, and her unwavering dedication to her patients and colleagues makes Gaylord lucky to have her. Tina is, without a doubt, the epitome of excellence in nursing.







Congratulations to the following staff who were recognized by their peers in the month of January. Each month a name is pulled to win a prize.

Stefanie Gaidos	Inpatient Therapy
Evelyn Obarowski	Nurse Services Milne 1
James Bennett	Nurse Services Milne 1
Paul Pacileo	Human Resources
Hannah Cox	Neuro Outpatient
Dr. Megan Panico	Care Management
Dr. Patrick Siegele	Physician Services
Sharon Raffone	Human Resources
Andy Thane	Madison Ortho PT
Natasha Dempsey	Information Technology
Gayle Coyle	Admissions
Stephen Tortora	Admissions
<b>Anna Marchitto</b>	<b>Admissions</b>
Ronell Donovan	Admissions
Rachel Kroll	Nurse Services Milne II
Andrea Williams	Human Resources
Jeanette Bernardo	Care Management
Magdalena Rosado	Nurse Services Lyman I
Theresa Smith	Nurse Services Lyman II
Ryan Rustek	Nurse Services Lyman I
Karen Doukas	Nurse Services Lyman II
Katelyn Donohue	Neuro Outpatient
Tracey Nolan	Health Info Mgmt
Rebecca Nadeau	Respiratory Therapy

**RAFFLE WINNER**

Did your  
co-worker go above  
and beyond?



Scan the  
QR code to  
recognize  
them!

MARCH IS SOCIAL WORK MONTH



**EMPOWERING  
SOCIAL WORKERS!**

*Inspiring Action, Leading Change*

Let's celebrate our social workers.

**Thank you for all that you do for Gaylord!**



# National Wheelchair Day

**March 1, 2025**

## Wheelchair Facts:

- 70 million people worldwide need a wheelchair and only 5-15% have access
- Only about 20% of wheelchair and walker users are employed
- In 1665, German watchmaker Stephan Farffler invented the 1st self-propelled wheelchair
- In 1933, the 1st lightweight wheelchair was invented, made out of lightweight steel
- ~3.6 million people greater than 15 years of age use a wheelchair in the United States

## Famous people in wheelchairs:

- Franklin Delano Roosevelt
- Stephen Hawking
- Christopher Reeves
- Barbara Jordan (civil rights activist)





## DAISY Award *(cont. from pg. 1)*

It's not unusual to find her bouncing between patient rooms, assisting colleagues, and ensuring that no task goes undone. If you were not working on the unit, it would be hard to tell which patients she officially cares for because she supports wherever she can. Her ability to connect with every patient, regardless of their assigned nurse, is a testament to her dedication.

One of the most memorable examples of Alyssa's extraordinary care involved a long-term resident. This patient, who had unique preferences, developed a strong bond with Alyssa over her extended stay. Alyssa showed remarkable initiative, bringing thoughtful gifts like clothing and a Fire Stick - even using her personal resources to help the patient access streaming services. This level of care and compassion was more than just nursing; it was a true connection that made a significant difference in the patient's life. When this patient recently passed away, we knew that Alyssa's kindness and extra effort had made her time at Gaylord much more comfortable and dignified. Moments like these highlight the human side of nursing—something technology can never replace.

Alyssa's skillful and compassionate care deserves recognition, and we are excited to see her continue growing in her career. We are lucky to have Alyssa on our team, and I have no doubt that her future in nursing will be bright as she continues to touch lives and provide exceptional care to all her patients.

In addition to her outstanding work on the unit, let's also recognize Alyssa's recent graduation from Excelsior's RN program! What an incredible accomplishment—congratulations, Alyssa!

## WorldConnex 2024 with Mike Bowering and Jill Mattson

Last October, two of our staff traveled to Boca Raton Florida to speak at WorldConnex2024, an annual event that features educational and networking opportunities with major hospitals and health systems throughout the United States and Canada.

[Check out their presentation here.](#)



### NOMINATE TODAY!

#### Nightingale Awards for Excellence in Nursing



Honoring nurses who embody nursing excellence and go above and beyond the call of duty in an array of clinical and educational environments.

**\*Nominations close March 3\***



Scan to nominate

Eligible recipients include: RN, LPN, APRN  
Please give examples (in 200 words or less) of what sets this nurse apart.



## Seeking Nominations For The PHIL Award

The PHIL Award is given annually in June to one respiratory therapist, who has been nominated on the basis of professional excellence and compassion in the education and care of patients with pulmonary illness.



The PHIL Award honors the 'unsung heroes' in the respiratory therapy profession who understand that each breath matters. Gaylord takes pride in implementing The PHIL Award program to honor respiratory therapists.

Nomination forms are located on all clinical units. Please consider nominating an extraordinary RT!



## Put it on the Calendar!

A snapshot of dates  
to be aware of

More details for items below can be found on our  
Sharepoint Snapcomm page ([internal link only](#))

**Thu 2/20 - Nutrition Seminar: Heart Health,  
12:10pm**

**- Student Loan Forgiveness Webinar  
with Fiducius, 4pm**

**Sat 2/22 - Madison Souper Bowl**

**Sun 2/23 - Sled Hockey at Westminster**

**Tue 2/25 - Winter Paint Party in Brooker**

**- Gaylord at Credit for Life Event**

**Mon 3/3 - Nightingale Award submissions due**

**Mon 3/31 - Deadline to complete: Gaylord Required  
Education Annual Training (GREAT)**

## Jeans for Charity: Friday, February 21

The featured organization is:



### Special Olympics - Team West Haven

is sports and so much more. It is a movement that transforms lives by inspiring inclusion, understanding and respect for people of all abilities on and beyond the playing field, across the state and around the world.

[Click here to learn more](#)

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

Stickers can be purchased for \$2 in the cafeteria, Jackson Java, Jackson 2 outpatient, Human Resources, and all outpatient clinics.

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

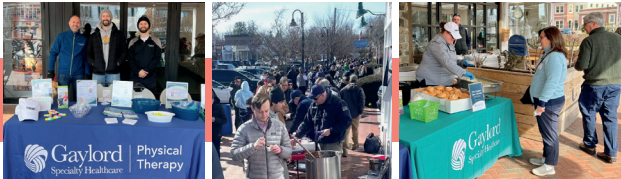
February	March	April	May	June
American Heart Month	National Nutrition Month	Occupational Therapy Month	National Nurses' Week May 6-12	Gaylord Gauntlet 5k June 14
National Therapeutic Rec Month	Brain Injury Awareness Month	Blood Drive April 29, 11am - 4pm	National Hospital Week May 11-17	
	Social Work Month	Patient Experience Week April 29 - May 3	Gaylord Golf Classic May 19	
	Music Therapy Month			
July	August	September	October	November
Disability Pride Month		Employee Appreciation Day September 13		
Legacy Week July 7-11		Corks and Forks September 18		
Blood Drive July 29, 11am-4pm				



## Taste therapy with Gaylord at the Madison Souper Bowl

Warm up your February with the Shoreline's tastiest tradition and join us along Boston Post Road to enjoy chili, soup, and chowder from over a dozen talented local chefs and cooking enthusiasts.

**WHEN?** Saturday, Feb 22, 2025  
12-2:30pm  
**WHERE?** Downtown Madison  
along Boston Post Road



## WINTER PAINT PARTY

LET'S COME TOGETHER TO EXPLORE YOUR ARTISTIC SIDE WHILE ENJOYING A RELAXED AND SOCIAL ATMOSPHERE! STEP-BY-STEP INSTRUCTIONS WILL BE PROVIDED OR YOU CAN "PAINT IT YOUR WAY"



**TUESDAY  
FEBRUARY 25  
4PM TO 5PM  
AT THE BROOKER  
LECTURE HALL  
DOORS OPEN AT  
3:30PM**

**LIGHT  
REFRESHMENTS  
AND SNACKS  
PROVIDED**



**READY TO RSVP? PLEASE  
CONTACT SHARON AT  
SRAFFONE@GAYLORD.ORG  
BY MONDAY, FEBRUARY 24**

## Sled Hockey Charity Event Feb. 23

Join us for the 2nd Annual Westminster Sled Hockey Charity Event on Sunday, February 23rd, at 12:00pm! Watch the Westminster girls' and boys' varsity hockey teams team up with the Gaylord Wolfpack Sled Hockey Team for an exciting sled hockey game. This fun event raises awareness and funds for the Gaylord Sports Association. Your support makes a big impact!

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



## Gaylord Staff Volunteering for Credit for Life, Helping Local Students Navigate Finances

On February 26, from 5:30 - 7:30pm, staff from the OP Med Services/Physician Services departments will volunteer at the Credit for Life budgeting simulation event held at Platt HS in Meriden. This interactive program, offered through our partners at the [Midstate Chamber](#), allows students to select a career and corresponding salary and then manage their monthly expenses, such as transportation, housing, groceries, education, and fun.

Janice Page, Lorie Annatone, Jessica Skiffington, and Chrissy Rutigliano will be (wo)manning a table, guiding high school students and their parents through budgeting challenges, with a special focus on medical and life expenses that often impact financial planning. This is a wonderful opportunity to support local youth and help improve their financial literacy for the future.



# Rings, Rice & Rattles

**If you got engaged** email the following info:

Name, department, got engaged to \_\_\_\_\_  
(optional).

Our wedding date will be \_\_\_\_\_ (if already set).

**If you just got married** email the following info:

Name, department, married on (date), to whom.

Location (optional), Last name change, if applicable.

**If you recently had a baby** email the following info:

Name, department, baby name, date of birth and weight

All emails should be sent to [publicrelations@gaylord](mailto:publicrelations@gaylord).



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

## \*REFERRAL BONUS

## POSITION

- ★ **\$3,000** Night Nursing Supervisor
- ★ **\$3,000** RN-Evenings & Nights
- ★ **\$2,500** LPN-Evenings & Nights
- \$2,000** Respiratory Therapist- Nights
- \$2,000** PT

★ For the month of February ONLY ★

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



## 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 the timely intervention of our amazing staff.

The Safety Coaches have chosen to recognize the Near Miss submitted in December by Kaitlyn McNelly, RN and IT Applications Analyst, recognizing **April O'Neil, RN L1**, and her use of CHAMP.

April's **Attention to Detail** and use of **STAR** (Stop, Think, Act, Review) when she identified that a required pain assessment documentation was missing for a narcotic. April notified her manager, and IT was notified. The correction was made in Expanse to ensure documentation of a pain assessment was included with the med administration.

Thank you, April, for protecting our patients!



The Quality and Safety Department would like to thank the following staff for submitting Near Misses in December:

- Grace Gilbert
- Jadean Hoff
- Jill Hellstrand
- Kaitlin McNelly
- Tabatha Madgic
- Victoria De La Rosa

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



February is Therapeutic Recreation Month, a time to highlight how Recreational Therapy (TR) improves individuals' quality of life through leisure activities. TR enhances physical, cognitive, social, and emotional functions, helping individuals strengthen their abilities and gain independence. It's important to note that TR involves a wide variety of activities such as board games, sports, arts and crafts, and community reintegration, all of which support personal interests and goals. Leisure education encourages lifelong recreation skills, introduces new activities, and offers adaptive equipment to help individuals stay engaged in their favorite pursuits.

*Rosa  
Desousa*

Certified Therapeutic  
Recreation Specialist



Tyler Rogers, CTRS



Deb Gibilaro, Adaptive  
Sports Specialist



Alexx Niss, CTRS



Katie Joly, Sports Association  
Program Manager



Chris Mallinson, Rehab  
Therapy Aide

*Michael  
Nesti*

Certified Therapeutic  
Recreation Specialist





06 14 25

PRICE INCREASES MARCH 1

www.gaylordgauntlet.org



## Spotlight: Celebrating Women and Girls in Sports

Many of you are familiar with Jillian Harpin, from seeing her likeness around Gaylord's halls on posters and flyers, promoting programs like our SCI program - or maybe you know her through her father, Bill Harpin, our Facilities Operations Manager.



For those who do not know Jill, [read her story here.](#)

"Adaptive sports has been a transformative force in my life," she shares. "It has not only shown me the untapped potential of my body but also instilled in me the confidence to explore new horizons and fully embrace life in ways I never thought possible."

By sharing her story, she is helping other people, especially women and girls, realize how much their bodies are able to do, regardless of accessibility needs.

Keep an eye out in the next FYI for new fierce female athlete features!





*Know the past, shape the future*

## Honoring Black Innovators Who Shaped the Future of Healthcare

FEBRUARY IS

BLACK  
HISTORY  
MONTH



### **Jane Cooke Wright, MD (1919-2013)**

was a pioneering surgeon and cancer researcher most noted for her contributions to chemotherapy that led to **remission in patients with leukemia and lymphoma**. Throughout her career, she held many high-ranking positions, received many awards, was a founding member of the American Society of Clinical Oncology, and authored 135 scientific papers, all while raising two daughters.



**Dr. Helene D. Gayle (b. 1955)** is a physician and epidemiology specialist and **one of the nation's top scientists in AIDS research**, who has made significant contributions to the international and domestic **study, control, and prevention of HIV and AIDS and other infectious diseases**. She was the first female AND first African-American Director of the National Center for HIV, STD, and TB Prevention.



**Otis Boykin (1920-1982)** was an electrical engineer and inventor whose improvements to resistors—components that resist electrical current flow—helped advance electronic circuits' function control. One of Boykin's resistors was used as a control unit for the **first successful implantable pacemaker**, saving and lengthening countless lives worldwide. Radios, televisions, and computers use other versions of these resistors.



**Terrie Williams (b. 1954)** is a clinical social worker, author, and mental health advocate who has significantly **addressed mental health challenges in the Black community, particularly in reducing stigma and promoting access to care**. She is also known for founding a public relations agency (having represented clients like Eddie Murphy and Miles Davis), which focuses on raising awareness about mental health issues, specifically within the Black community.



**May Edward Chinn, MD (1896-1980)** was a physician and cancer researcher who **helped develop the Pap Smear**. Her work with cancer focused on early detection through screenings and family history. She was the first Black woman to graduate from Bellevue Hospital School of Medicine (now NYU), to intern at Harlem Hospital, and she was the first woman to be an emergency first responder who traveled with ambulances. On top of it all, she co-founded a society to support Black women seeking to attend medical school.