Our Values are

 ${
m I}$ ntegrity

Compassion

Accountability

Respect

Excellence

FYI DEADLINE

FYI is Friday, March 3.

Email: publicrelations@gaylord.org

February Gaylord Cup Awarded to Nursing Team for Staffing/Scheduling





The Nursing Team for Staffing/Scheduling was chosen for the February Gaylord Cup for their incredible work with staffing the hospital under the most arduous conditions in the past year+. Staffing has been a massive undertaking and a 24/7 effort. This team's hard work and dedication has not gone unnoticed.

Lisa Kalafus, VP & CNO, shared, "I don't know how they manage to do it, but they keep operations running as smoothly as possible in the middle of all patient emergencies, unexpected callouts, and several unforeseen undertakings of nursing supervision. Each and every member of this team has made such positive contributions to our nursing department and have helped to foster teamwork under the most challenging conditions. This group works tirelessly together so that on off-shifts and weekends when there is limited resources, our hospital runs safely and efficiently. A special shout out to Erin Cusanelli, who has taken on the role of staffing coordinator last June with ownership and accountability. Lisa stated, "Erin has been a tremendous

support to nursing operations, I often walk in to be greeted with Erin's smile and her positive can-do attitude no matter how challenging things can be. Congratulations to the team and thank you for all you do for our patients and our hospital!"

Recipients:

Milly Baez, Rachel Baribeault, Beth Benigni, Rosie Delgado, Janice Flynn, Jenn Lombardi, Melissa McKeon, Anika Mitchell, Yazmin Ortiz, Sam Osei, Arelis Quintana, Tiffany Scribner, June Napolitano, Tina Ufferfilge, Jillian Mattson, Lisa Florio, Nicole Morrill, Courtney Raynor and Erin Cusanelli

Yazmin Ortiz, RN, H1, Named Quarterly DAISY Award Recipient



Yazmin Ortiz, RN, Hooker 1 was named the DAISY Award winner for this quarter. The DAISY Award celebrates the extraordinary compassion nurses provide their patients, families and peers everyday.

Yazmin was nominated by a new graduate nurse colleague who states, "Yazmin is an excellent nurse and team leader. She always extends herself way beyond her patient assignment to make sure the shift goes smoothly. She demonstrates teamwork by encouraging everyone to work together to accomplish high quality and safe care.

continued on page 2

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

DAISY Award article continued



Yaz has a very compassionate heart and is supportive to all of her coworkers. She will even stay beyond her normal shift to lend a helping hand to the nurses and patients when there are problems that need to be solved. Yaz is detailed and thorough. She is always educating her patients and is a mentor to her peers. Yaz always answers my questions in a way that is very clear. She knows how to handle any conflicts or challenges on the unit in a calm and fair manner. Yaz has great leadership qualities. She focuses on safety and always makes sure the team does walking rounds and safety checks. As a fairly new RN, she has

always been supportive of me. For example, one time she stayed on evening shift to help me set up and hang a blood transfusion for one of my patients. She is very diligent. I have seen Yaz working different shifts to make sure the other shifts have support. She encourages me to grow in my nursing journey and has taught me many things". Congratulations to Yaz on receiving this honor!

goodshop

GoodShop provides the best shopping deals on the internet, while also making donations to the nonprofit or school of your choice for almost every purchase you make. That's right: when you shop with Goodshop you don't just save, you also give, at no extra cost.

<u>Sign up for GoodShop</u> today and direct money to Gaylord.





Hot off the press!



click here

Please join us in celebrating the Milne Institute's newest publication, "Implementation of a Free Water Protocol at a Long Term Acute Care Hospital". The article was published today in Scientific Reports, the 5th mostcited scientific journal in the world

in 2021. This study, led by Stefanie Gaidos MS, CCC-SLP, shows the safety and feasibility of the Free Water Protocol for patients with dysphagia in the long-term acute care hospital setting. To read the article, please visit https://doi.org/10.1038/s41598-023-29448-5.



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 first 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



Inpatient OT Department Gains IRB Approval



The Inpatient Occupational Therapy Department has recently gained IRB approval to begin a new research study with patients after acute stroke. The purpose of this study is to determine the fidelity of a standardized upper extremity exercise protocol utilizing the Barrett Upper Extremity Robotic Trainer

(BURT) which is the departments newest piece of rehabilitation technology. This device is an upper extremity robotic trainer that assists patients with both passive and active ranges of motion while providing adjustable resistance. These activities are directed by the therapist and encourage patient involvement through video game type activities that provide visual and auditory feedback. The goal of this study is to determine if using BURT as an intervention to improve upper limb function after stroke is superior to conventional upper extremity interventions that are currently part of the OT standard of care. This study will be conducted as part of a larger multicenter trial initiated by Sunnyview Rehabiltation Hospital.

For questions or interest please contact primary investigators Jaclyn Lavigne at jlavigne@gaylord.org or Hank Hrdlicka at hhrdlicka@gaylord.org.





Physical Therapists' Article Published in Rehab Management Magazine



Please take the time to read the exceptional story on Gaylord's EX4L (Exercise 4 Life) program in this month's Rehab Management Magazine authored by Kim Levesque, PT, DPT and Phil Silverio, PT, DPT, OCS, CMPT.



Gaylord graduate and Gaylord Sports Association adaptive athlete **Jay Ross**

is featured on the front cover of the issue! Look inside for some other familiar faces.

Click here to read the article

February	March	April	May	June
National Heart Month	Jeans for Charity March 3, 17, 31	Jeans for Charity	Jeans for Charity	Jeans for Charity
National Psychology Month		April 7, 21	May 5, 12, 19	June 2, 16, 30
***	National Brain Injury	Patient Safety Survey	Clinical Trials Day	Gaylord Gauntlet 5k
Therapeutic Recreation Month	Awareness Month	April 9-16	May 19	June 24
	National Social Work Month	National Occupational Therapy	Better Speech & Hearing	
	Detter Breethar Correct	Month	Month	
	Better Breathers Support Group resumes	Patient Experience Week	National Hospital Week	
	areap recurred	Tation Experience Week	National Hospital Week	
			Nurses' Week	
			Stroke Awareness Month	

Gaylord Staff to Share Their Expertise at Speaking Engagements



Jerrold Kaplan, MD Medical Director, Gaylord Outpatient & Workers' Comp Services

2023 Work Related Injuries Workshop March 27-28, MA

Speaking topic: Work Conditioning & Work Hardening and the Role of Vocational Rehab



Lisa Kalafus, MSN, BSN, RN Vice President & Chief Nursing Officer

NALTH Spring 2023 LTCH Clinical Education Conference April 19-21, SC

Panel discussion topics: Telesitting and Staffing issues

Academic Scholarships Available

Apply today!

Visit the intranet homepage for the application.



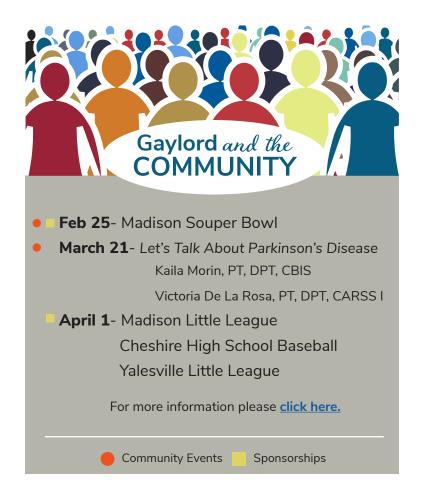




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REGISTRATION NOW OPEN

www.gaylordgauntlet.org



ICARE. Do You?



Integrity, compassion, accountability, respect and excellence. Do you know of a Gaylord employee who lives these

Gaylord values? If so, nominate an employee today for the 2023 Joseph A. Lindenmayer Employee of the Year award. Nomination forms are available from the registration and treating staff and Human Resources. Completed forms should be sent to Human Resources.

Jeans for Charity: Friday, March 3



The featured organization is

Special Olympics-Team West Haven

"Special Olympics Connecticut provides

year-round sports training and competitions for over 12,000 athletes (individuals with intellectual disabilities) and Unified Sports partners (individuals without intellectual disabilities who are the athletes' teammates).

Every day we empower athletes to shatter stereotypes and exceed their personal bests on the playing field and in life. But for every inspiring Special Olympics athlete in Connecticut, there are 14 more people waiting for their chance - and so many more around the world. With your support, Special Olympics can transform lives through the joy of sport, each and every day."

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.

July	August	September	October	November
Jeans for Charity	Jeans for Charity	Jeans for Charity	National Physical Therapy Month	Jeans for Charity
July 7, 21	August 4, 18	September 1, 15, 29		November 3, 17
	1 45 76		National Case Management Week	
Legacy Week		National Spinal Cord Injury		
46.		Awareness Month	National Respiratory Care Week	A code To
Employee of the Year Event	tiller et et en			
		National Rehabilitation	National Pharmacy Week	
and the same of th		Awareness Week		
		White the second second second	Infection Prevention Week	
	The state of the s	Complex Rehab Technology		
		Awareness Week	National Patient Account Management Week	
	The state of the s		THE STATE OF THE PARTY OF THE P	
			Healthcare Quality Week	



Monthly Winner for Innovation Submission Announced



Congratulations to **Raquel Conklin!**She is the monthly winner for Innovation submission. She suggested a centralized location for all of our recognition opportunities (Cheers for Peers, ICARE, DAISY, and PHIL) for easy access and won \$25 Gaylord bucks for her effort! Look out for next month's raffle winner.

You could be the next winner by submitting an innovative idea today. Scan the code to let us know!



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 multiple Near Miss submissions in RL from the **Pharmacy staff** and **Nursing staff** when identifying potential medication errors. The MAR has some medication time defaults, which are unclear when ordering a medication or when viewing from different worklists and this varies based on your role. Some examples: IV antibiotics being ordered, yet not showing next dose for hours later, a 1 time dose and next scheduled dose within a couple hours of each other or times of meds not typical of the facility.

The Near Misses identified will assist in communicating the concern to others and the importance of the CHAMP tool: **Cross check and Coach Teammates** to ensure medication safety.



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

- Abigail Hull- Gulotta
- Andi Audet
- Kelley Breyer
- Patricia Haskell
- Stephen Verdolino
- Todd Belcourt

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

Perfect Attendance Awarded

The Human Resources team is thrilled to congratulate 65 Gaylord hourly staff who achieved perfect attendance in 2022. Eligibility for Gaylord's Perfect Attendance Program requires regularly scheduled staff to not have had any unscheduled time off during the year. The levels are awards for perfect attendance at one, three and six years in addition to the long standing 9-year program (720 hours of extended illness or equivalent for part time staff). This is quite the feat for those who achieve this level of recognition. Bonus payouts, after taxes, are \$100, \$200, \$300, and \$500 respectively. Thank you to all recipients and we are looking forward to even more staff appearing on this list for 2023!

9 years

Milagros Baez, Nursing Services Joseph Benson, Facilities Kathleen Caprio, Patient Financial Services Monica Dalton, Nursing Services Roger Debaise, Facilities Karen Dube, Switchboard Eric Eichorn, Materials Management Jamie Gambardella, Patient Access Linda Handley, Food & Nutrition Carol Langston, Nursing Services Malgorzata Letkiewicz, Nursing Services Dingase Mabunda, Patient Financial Services Margaret Meronek, Nursing Services Marzena Michallik, Nursing Services Vivian Millares, Nursing Services Cammy Nigro, Human Resources Mita Patel. Food & Nutrition Patricia Petronis, Nursing Services Patricia Shara, Traurig House Scott Sieputowski, Facilities Maura Sipples, Switchboard

3-5 years

Mary Afeltra, Health Information Management Jonathan Ayitey, Nursing Services
Michael Denette, Facilities
Brian Kozieracki, Biomed
Olga Lebedeva, Nursing Services
Brandon Musto, Inpatient Therapy
Yazmin Ortiz, Nursing Services
James Russo, PR & Marketing
Diana Sanchez, Respiratory Therapy

6⁺ years

Lori Baker, Facilities

Vanessa Baumann, Respiratory Services
Morgan Douglas, Nursing Services
Muriel Garvey, Medical Library
Ewa Grzymala, Nursing Services
Timothy Guodace, Food & Nutrition
Pedro Guzman, Environmental Services
Patricia Haskell, Nursing Services
Jennifer Lombardi, Nursing Administration
Georgette MacQuarrie, Development, PR & Marketing
Diane Modine, Accounting
William Palumbo, Inpatient Therapy
Keri Saxton, Nursing Services
Terry Talburtt, Payroll

1-2 years

Ronell Donovan, Admissions

Jonathan Guest, Nursing Services Siterra Hazelwood, Nursing Services Liesl Herget, Nursing Services Selina Hodges, Nursing Services Jaime Kaska, Nursing Services Susan Meyer, Respiratory Therapy Teresa Moryl, Nursing Services Dea Muslli, Physical Therapy, NH Emilia Ozga, Nursing Services Paul Pacileo, Human Resources Gladys Padilla, Environmental Services Taylor Pagnam, Inpatient Therapy Alexus Taylor, Patient Access Brandon Taylor, Food & Nutrition Stephanie Wallace, Quality & Safety Ana Wilkinson, Food & Nutrition





Submit a question for Miss Connecticut 2022

The DEBI Committee will be hosting a discussion on diversity with **Miss**



Connecticut 2022, Sylvana Maria Gonzàlez on Wednesday, March 15. We encourage staff to submit any questions they may have around the topic of diversity in the community to DEBICommittee@ gaylord.org

For more info about Miss Connecticut, <u>click here.</u>

On behalf of the Chaplain Joy Christi and the DEBI committee

Michelle Obama in releasing her latest book, The Light We Carry presents us with no tidy solutions or pithy answers to life's big challenges. Rather she believes that we can all locate and lean on a set of tools to help us better navigate change and remain steady within flux. Michelle asks these questions many of us wrestle with: How do we build enduring and honest relationships? How can we discover strength and community inside our differences? What tools do we use to address feelings of self-doubt or helplessness? What do we do when it all starts to feel like too much? "When we are able to recognize our own light, we become empowered to use it," writes Michelle Obama. May each one of us carry our light into each new day!



OPEN HOUSE

Meet the Agiliti Team

Meet the new Agiliti Clinical
Engineering team members and
check out the newly renovated
workspace shared with the current
Onsite Equipment Management
Team.



Wednesday, March 8

Milne Basement

11:30 am - 1:00 pm

3:00 pm - 4:30 pm

Refreshments will be provided

Ion Bank Customer? A Vote For Gaylord Is Worth \$25!



Vote for Gaylord at Ion Bank or at IonBank.com between February 1 and March 17, 2023. Each customer of Ion Bank has one opportunity to vote for a nonprofit organization to

receive a donation. Gaylord is a nonprofit organization and we have signed up for this contest as a way to garner support for our great patient care.

Ion Bank Foundation will give a minimum donation of \$25 for each customer's vote for Gaylord. If Gaylord receives the most votes we may receive an additional cash donation from the Foundation. Winners will be announced in May 2023.

Please share this opportunity with family and friends who are customers at Ion Bank. Gaylord will post this on Facebook and Twitter as well. Thank you for voting for Gaylord! If you have any questions please contact Cindy Bartholomew at extension 2844.





Follow Gaylord Specialty Healthcare on Facebook! www.facebook.com/gaylordspecialtyhealthcare



Gaylord is also on YouTube. www.youtube.com/user/GaylordHealthcare



Follow Gaylord on Twitter. twitter.com/GaylordHealth

Have you ever wondered what it's like to start physical therapy?

If you or anyone you know is interested in being part of a mock Orthopedic Physical Therapy Evaluation in North Haven, please reach out to Ken at kbroccoli@gaylord.org or (203) 741-3493.

During this mock evaluation, we will have you fill out a medical history, pain diagram, and outcomes form so that staff can review prior to evaluation date. On mock evaluation date, you would come in expecting to be the patient in a group evaluation setting. Clinicians will utilize this as a learning/ collaboration opportunity and you would get the benefit of beginning the process of addressing your pain/limitation.

If we get far enough in the process, we will be able to give you some education, suggestions, or possibly exercises to start off with. You will then have the opportunity to schedule a formal evaluation where whatever objective measures were not done would be finished and formal treatment can be administered.

Thank you in advance and don't hesitate to reach out with any questions!



A Note and a Poem from a Grateful Patient

Or. Rosen blum,

you were the first friendly face I

encountered when I wheeled in here on a

stretcher 3 weeks ago. I think I started

my healing right then and there.

Thenh you for taking such good case

of me. S Nancy

We come here battered and broken, Scared.

We seek a place of quiet and peace
a chance to restore our dignity,
our sense of identity,
our spirit,
to remember who we were
and hope to be again.

We enter the hallowed halls of Gaylord
Where confidence replaces fear
Where possibility wins over doubt
Where hope triumphs over despair.

We begin, then as a team,
Slowly, patiently,
To put back the pieces,
And make ourselves whole again.

-Nancy Earls, 2/14/23

Kudos to the Hooker 1 staff!



They enjoyed a special gift this week – a free lunch from the grateful family of a former patient, Patricia Paolella. Patricia had been a stroke patient in 2022 and formed

a special bond with all her caregivers. When delivering the luncheon, her daughter, Anna Gagliardi, shared how grateful they were for the Hooker 1 staffs' clinical excellence and compassionate

care during Patricia's recovery. Gaylord would like to thank the Paolella family for their generosity.

Pictured above: Anna Gagliardi and Jillian Mattson, BSN, RN, CRRN. Pictured right: Several Hooker 1 nursing staff with their lunch delivery.



Preventing Norovirus

Norovirus is a **highly contagious virus**. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain. Norovirus can be found in your vomit or feces (poop) even before you start feeling sick.

Best ways to prevent Norovirus from spreading

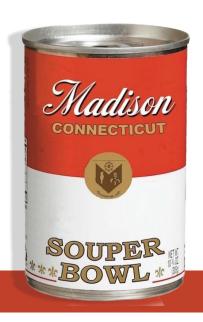
- Frequent hand hygiene with soap and water
 - For a minimum of 20 seconds
 - After using the bathroom
 - Before eating, preparing, or handling food
 - Wash laundry thoroughly
- Frequent clean and disinfect high touch surface area with bleach
- No homeade potluck meals to be shared within departments
- Any outside food must be individually wrapped and from a place of business
- Do not report to work until you are 48 hours symptom free





Come support





Madison Souper Bowl

Featuring tastings of the Shoreline's best soups, chowders and chili!

WHEN: Saturday, February 25, 2023, 12-2:30 pm

WHERE: Downtown Madison,

Check in table in front of Café Allere

725 Boston Post Road

Click here to purchase your tickets



February is Therapeutic Recreation Month. Therapeutic Recreation (TR), also called Recreational Therapy, uses leisure and recreation programs to improve an individual's quality of life and physical, cognitive, social and emotional function. TR helps to improve abilities, enhance independence and make participation in recreation possible. TR offers activities that address the physical, cognitive, social, emotional and creative needs through engaging in activities of interest to each individual. Some examples of activities may include: board games, cards, Wii or video games, arts and crafts, iPad use, sports and community re-integration. Leisure education teaches or enhances recreation skills and attitudes that will be used throughout life. It can help one to discover new and exciting activities through interest exploration and to re-familiarize one with their community. Leisure Education also helps an individual continue to participate in activities of interest through adaptive equipment.

Let's meet our Gaylord TR/CTRS staff:



Katie Butler, CTRS, M.E.d in Recreation therapy: I have worked at Gaylord for almost 8 years and am also an adjunct faculty at SCSU, and I specialize in spinal cord injuries. I am a Chair One Fitness Instructor and a Level 2 Reiki Practitioner. My favorite past time is running and I have run 10 half marathons. I am a former "band geek" having played the flute since 5th grade. When I am not running, I am home with my husband and four fur babies all named after Marvel characters - Stark, Pepper, Loki and Gamora. Fun Fact- Amanda & Katie went to college together!

Amanda McQuaid, CTRS, B.S. in Therapeutic Recreation, CDP: I started my career in 2006 in a SNF setting specializing in memory care and brain support. I joined the Gaylord team in August 2021 after interning here in 2012. I graduated from SCSU and also have over 12 years of director/management experience in TR. When I'm not working, I am at the gym (bright & early!), cooking/baking anything or spending time with my best friend, Nash, my 3 year old black lab.





Leigh Golembiewski, CTRS: Leigh graduated from University of Connecticut with a Bachelor of Science in Therapeutic Recreation Service and has worked as a CTRS for 33 years. She has been at Gaylord since 1999, first as a CTRS, then TR Supervisor, Traurig Manager, and presently Manager of Process Improvement and Project Planning. Her free time is filled with traveling with her husband to watch their daughters compete in college athletics throughout the Northeast and Mid-Atlantic.

Debbie Gibilaro, Adaptive Sports Program Specialist: Debbie has been at Gaylord for 6.5 years in the Sports Association. She began volunteering with the adaptive archery program in 2013. She holds degrees in Exercise Science and Sports Psychology. Debbie is a very active individual and enjoys running every day, she also coaches youth track and field in New Haven.





Katie Joly, MS, CTRS, Sports Association Program Manager: Katie started her career in Therapeutic Recreation as an intern at Gaylord in 2000, and has been part of the Gaylord family since! She currently serves as the Program Manager for the Gaylord Sports Association and loves helping people discover their abilities through adaptive sports and recreation. Katie holds a Master's of Science Degree from Southern Connecticut State University in Parks and Recreation Management and a Bachelor's of Science Degree in Therapeutic Recreation Service from the University of Connecticut. She recently began teaching as an adjunct professor in Therapeutic Recreation at Southern Connecticut State University. In her leisure time, you may find her backcountry skiing, ice climbing, mountain biking, running, hiking, water-skiing or off on an adventure with her husband or 4-year old son.



Rosa de Sousa, CTRS: Rosa graduated from SCSU. She has practiced Recreation Therapy for over two decades and takes pride in being a per diem staff member for twenty of those years at Gaylord. During her free time she enjoys walking, music, exploring new restaurants and/or vacationing. When out and about, she keeps her eyes open for arts and craft ideas and other activity ideas.

Chris Mallinson, Recreation Aide: Chris obtained an Associates Degree in Human Services from Naugatuck Valley Community College. He has been working at Gaylord for over 32 years, beginning in 1989. He started his career volunteering as a transportation aide then quickly was given the opportunity to become a residential rehab aide at Traurig house. He served Traurig house for over 25 years before joining the Therapeutic Recreation team. He has also been nominated for Employee of the Year several times. When not running around Gaylord providing activities to our patients, Chris likes doing things outdoors such as fishing, bike riding and basketball, with his 13-year old son.





Nash: Nash joined the Gaylord crew in September 2022 and has been spreading joy around the building once a week since. Nash was certified as a therapy dog through Pet Partners in May of 2022, and has gained new and exciting experiences throughout the hospital. He is a 3-year old English black lab and is often addressed as a "good boy" who exemplifies the Gaylord motto of Think "Paw-sible". When not at work, Nash loves running around, sleeping, and endless belly rubs.







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

POSITION
RN
RCP
Ortho-PT
LPN
PCT
Intake Rep
CSA
EVS or F&N

*For program details and payout schedules, contact HR.







Show off your cooking skills!

- I. Visit the Nutrition table in the cafeteria during the month of March, National Nutrition Month
- 2. Choose a picture of a food item
- 3. In your home kitchen, create a healthy recipe using that food item
- 4. Take a picture and post your recipe on your social media
- 5. Use the hashtags #GaylordSpecialtyHealthcare, #NationalNutritionMonth
- **6**. At the end of March, Gaylord's Dietitans will choose the winning recipe and the winner will win a prize.









Loyalty Program

Buy 9, receive the 10th FREE! must be 10 of the same item











Buy any one of these items in the Wallingford campus cafeteria to receive your loyalty punch card