

FYI

A New Era – and a New Leader – of The Center for Education

We're excited to share a major step forward in how we support learning and professional growth at Gaylord! The Center for Education will now bring together all of our clinical education programs under one umbrella, creating a more streamlined, comprehensive, and interdisciplinary approach to training and development.

Leading this initiative is **Caitlin Cote, MSN, RN, PCCN, NPD-BC**, who has been promoted to Director of the Center for Education.

continued on page 4



Spotting the Signs: How One Therapist's Attention to Detail Prevented Tragedy

We want to share an incredible safety story from our Madison clinic last week. This story highlights the attention to detail and quick action of Andy Thane, PT (*pictured right*), who noticed something wasn't quite right with a patient's husband. His vigilance had a remarkable and life-saving impact.

Corey Podbielski, Andy's supervisor, recounts the events:

"Andy noticed his patient's husband starting to trip as he made his way to a chair. He immediately assisted him in controlling his descent into sitting. At that point, Andy observed the patient exhibiting slurred speech and recognized that something was seriously wrong. Without hesitation, he instructed the team to call 911. The patient appeared unwell, so we took his blood pressure, which was alarmingly high—around 250/125. Despite the clear signs of distress, the patient was very resistant to going with the paramedics, likely due to his concern for his wife, who relies on him for daily care."

continued on page 3



IN THIS ISSUE:

PRP: New Regenerative Treatment at Gaylord...pg 2

VR for Nurse Residents...pg 4

Updates and Happenings from our IT Department...pg 7

Pioneering Contributions from Black Innovators to the World of Medicine...pg 8

I nnovation
T eamwork
I nclusion
S afety
I ntegrity
C ompassion
A ccountability
R espect
E xcellence

FYI DEADLINE

The deadline for the next FYI is **Friday, February 14.**

Email: publicrelations@gaylord.org

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



Regenerative Medicine Comes to Gaylord

The future of medicine is now at Gaylord!

Platelet-rich plasma—or PRP—is a nonsurgical and evidence-based form of regenerative medicine that can provide long-lasting relief from persistent pain and improved mobility with little downtime to people with musculoskeletal injuries and conditions.

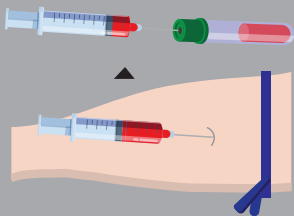
The safe and natural procedure targets the root of the problem by delivering

concentrated platelets and growth factors from the patient's own blood to stimulate the body's ability to repair and heal.

Administered by Dr. Patrick Siegele (pictured left), PRP is often an excellent option for those wanting to delay or avoid invasive procedures such as joint replacement surgery or who do not wish to take opioid-based medications.

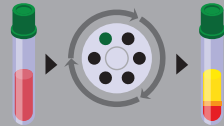
Learn more at www.gaylord.org/prp

How Does PRP Work?



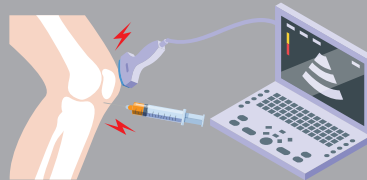
1

A small amount of the patient's own blood is drawn.



2

The blood is placed in a high-speed centrifuge to concentrate the platelet-rich plasma (PRP).



3

Using ultrasound guidance for highly targeted precision, the PRP is injected directly into the affected joint, tendon, or soft tissue.



4

This high dose of platelets, growth factors and proteins stimulate the body's own healing processes to regenerate tissue for improved mobility and pain relief.

COMBINED PROGRAM MEETING WITH GUEST SPEAKER



February 13th
12:15pm in Brooker Lecture Hall

Presentation: Mind the Gap, Cannabis, Cannabinoid and Traumatic Brain Injury

Speaker: Jonathan Craig Allen, MD, FASAM
Rushford's Medical Director

Chief of Psychiatry, Midstate Medical Center

Vice President of Addiction Services, Behavioral Health Network

Assistant Professor of Psychiatry, University of Connecticut School of Medicine

Associate Professor of Psychiatry, Frank H. Netter School of Medicine, Quinnipiac University

(continued from page 1)

Spotting the Signs: How One Therapist's Attention to Detail Prevented a Tragedy

Thankfully, the patient agreed to go with the paramedics. Later, we learned that he had suffered a brain bleed. The neurosurgeon who treated him remarked, *'It's unbelievable that he likely had a stroke right in the waiting room and fell into the arms of a healthcare provider.'* The surgeon credited Andy with preventing significant loss of function, if not saving the patient's life."

Following the incident, Andy, Corey, Sue Stango, Chris Babina, and Jacob Hunter quickly discussed the best course of action for the patient's wife, who could not care for herself without her husband's help and had no nearby relatives. After considering several options, they arranged for a friend to pick her up, take her home, and stay with her until their son could arrive from Colorado.

This story powerfully reminds us of the expertise and vigilance of our frontline clinical staff. It underscores how recognizing alarming signs in patients and anyone who walks through our doors is crucial to ensuring the best possible outcome. This situation also highlights the importance of collaboration among staff and departments, all of whom worked together seamlessly in this frightening situation to care for both the patient and her husband.

A huge thank you to Andy and the entire Madison team for your outstanding response. Your dedication, attention to detail, and teamwork ensured the safety and well-being of our patients and their loved ones. We are incredibly proud to have you on the team!



Blood Drive Success

Thank you all who came to Brooker on January 29 to donate blood in memory of Tangey Portee, PCT H1.

The results of the drive are:

- Collection Goal: 25 units
- Units Collected: 27
- Number of donors: 28
- First-time donors: 6!!!

It is well worth noting that 27 units out of 28 donors is a very low deferral rate, which is fantastic!

Next Blood Drive

4/29 from 11am to 4pm



06 14 25

REGISTRATION NOW OPEN

www.gaylordgauntlet.org

Virtual Reality, Real-World Skills: Nurse Residents' New Learning Sim

Our nurse residents are embracing the future of healthcare training with their first hands-on experience using our new virtual reality simulation to practice ACLS skills in mock code situations.

Thanks to a generous grant from the Cuno Foundation, this cutting-edge VR software offers a wide range of immersive educational opportunities across multiple disciplines. Our VR program is not only about individual learning, but also collaboration. It fosters interdisciplinary education, allowing healthcare professionals from various fields to come together, learn from each other, and tackle real-world scenarios as a team.



Jeans for Charity: Friday, February 7

The featured organization is:



The Jack Mattson Foundation

- Funds cancer research for Sarcomas, especially Osteosarcoma
- Provides financial support to patients and families
- Supports anti-bullying programs in schools

[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.

(continued from page 1) New Leader of The Center for Education

Caitlin has been a vital force in advancing clinical education and has led the Nursing Professional Development team to spearhead Gaylord's CNA Academy and Nurse Residency Program. In her new position, she will oversee the integration of both our internal and external education programs, ensuring they uphold the highest standards of excellence.

"Caitlin is one of the most innovative people I have ever worked with," says CNO Lisa Kalafus. "She has a forward-thinking mindset and has been committed to creating a more collaborative approach to education ... one that strengthens our expertise internally so we can better share it externally. I am confident that she will excel in her new role and help position us as nationally recognized experts in clinical care."

The Center for Education reflects Gaylord's commitment to continuous learning and excellence in rehabilitation. We're excited about what's ahead and look forward to sharing more details soon!

Welcome!

to the Gaylord Team!

Stacy Wilson RCP-RRT
Francesca Chieffo OT-IP Wallingford
Marquis Jones EVS Aide
Dawn Brown PCT-Hooker2
Jamee Mynahan, RN-H2
Melissa McDonald LPN-Milne2
Candice Barth LPN-Lyman1
Jewel Martinez LPN-Milne2
Jocelyn Archaski RN-Milne1



GAYLORD IN THE



Dr. Bullard Shares The Best Ways to Invest In Your Health

Hartford Business Journal ran a story penned by Dr. Sarah Bullard, *Director of Psychology*, on the most essential health tips for busy executives, professionals, and people from all walks of life.

[Read the article here.](#)

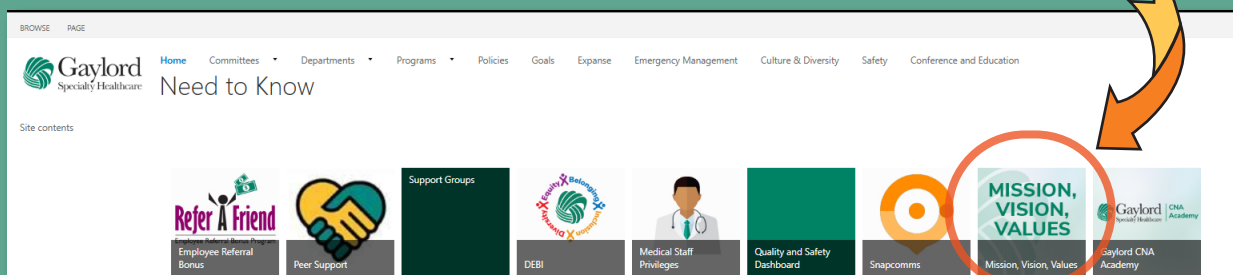
[Click here](#) for more media mentions.

Looking for our Mission, Vision and Values and the "IT IS ICARE" statement?

Find it under

"NEED TO KNOW"

on Sharepoint



February

American Heart Month
 National Therapeutic Rec Month
 Patient Recognition Week
 February 1-7
 Cardiac Rehab Week
 February 9-15

March

National Nutrition Month
 Brain Injury Awareness Month
 Social Work Month
 Music Therapy Month

April

Occupational Therapy Month
 Blood Drive
 April 29, 11am - 4pm

May

National Nurses' Week
 National Hospital Week
 Gaylord Golf Classic
 May 19

June

Gaylord Gauntlet 5k
 June 14

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](#))

Feb 7 - Superbowl Meal in Cafeteria

Jeans for Charity

National Wear Red Day

**Feb 11 - Nursing Town Hall Meeting 7:45-8:45a and
2:00-3:00p.**

Feb 13 - Free Cupcakes in the Cafeteria

Feb 14 - Daffodil Day Orders Due

**Feb 13 - Combined Program Meeting with Guest
Speaker: Cannabis, Cannabinoid and TBI**

**Feb 18, 19, 20 - Student Loan Forgiveness Webinar
with Fiducius... pg 10**

Feb 20 - Nutrition Seminar: Heart Health... pg 12

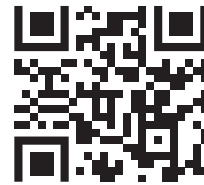
Mar 3 - Nightingale Award submissions due

**Mar 31 - Deadline to complete: Gaylord Required
Education Annual Training (GREAT)**



Did your co-worker go above and beyond?

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



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

in



f



July

August

September

October

November

Disability Pride Month

Legacy Week
July 7-11

Blood Drive
July 29, 11am-4pm

Employee Appreciation Day
September 13

Corks and Forks
September 18

New and Upcoming

For more information, and to stay informed, please visit our IT Sharepoint page.

- ★ **Clinical Improvement: Vital Sign (VS) integration:** Starting with Nursing staff in February, VS will be able to be transmitted to Expanse from the device. A time saver and safety improvement measure!
- ★ **Operational Improvement:** New phone roll out - NEC phones will be replaced with Polycom phones with your expected current functionality but more features and a new phone directory coming soon!
- ★ **Patient Satisfier: Patient Connect:** A customizable feature, integrated into Expanse, for patient appointment reminders and bi-directional messaging with staff.

Backstage Crew: Projects that support you but you won't see....

- ✓ Upgrades to our Data Storage System to continue to improve data retention & upgrades to our Portal Guard platform used for secure sign-ons.



Security Reminder: A Phishing hook is hard to unstick.

Do not click on links in emails from an unknown or outside sender, and/or the message has urgent language where you feel pressured to click or little information pushing you to click.

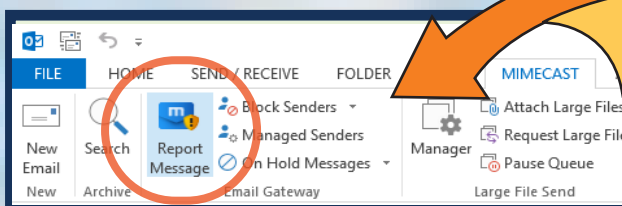
When in doubt, follow these tips:

- Review the sender's email address, and make sure it is an address you know and a message you are expecting.
- When possible, go to whatever portal you would go to directly if you weren't following a link.
- **Really unsure? Report!** Click on "Report Message" under the Mimecast tab in Outlook and/or email helpdesk@gaylord.org with the subject line: "Suspicious"

IT Humor:

Why did the computer keep freezing?
It had too many windows open!

- ✓ **Reminder:** Leaving too many windows open is a resource drain and security risk. Remember to log out of apps when done and close all windows.

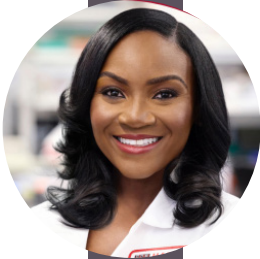


Know the past, shape the future

Honoring Black Innovators
Who Shaped the Future
of Healthcare

FEBRUARY IS

BLACK
HISTORY
MONTH



Kizzmekia S. Corbett, PhD (b.1986) is a viral immunologist and the lead scientist on the team that developed the Moderna COVID-19 vaccine. She is also a research fellow at the Vaccine Research Center of the National Institute of Allergy and Infectious Diseases.



Dr. Charles Richard Drew (1904-1950) was a surgeon and researcher who pioneered blood transfusions and blood preservation techniques. He's known as the "father of blood banking," whose work saved thousands of lives during World War II. Without him, we could not offer our patients treatments like Platelet-Rich-Plasma (PRP) injections here at Gaylord.



Marilyn Hughes Gaston, MD (b. 1939) is a pediatrician whose 1986 study of sickle-cell disease led to a national screening program for newborns. She also demonstrated penicillin's effectiveness in preventing infections. She was the first Black female director of the Bureau of Primary Health Care and the second Black female assistant surgeon general, achieving the rank of rear admiral in the U.S. Public Health Service.



Daniel Hale Williams III, MD (1856-1931) was the world's first surgeon to successfully perform open-heart surgery in 1893. He also founded Provident Hospital, the first non-segregated and Black-owned hospital in America.



Mary Beatrice Davidson (1912-2006) was a prolific American inventor who patented the first generation of what would eventually become the maxi pad, and still holds the record for the most patents held by a Black woman. Thank you, Mary, on behalf of women everywhere!

Family recipe from DEBI Committee's Cheryl Joyner on the next page!

Cheri's Sweet Potato Pie (Cheryl Joyner's Mother's Recipe)

Ingredients:

- 3 large sweet potatoes
- ½ cup of milk
- 1 Tablespoon of sweet condensed milk
- ½ cup of butter
- ½ cup of white sugar
- ½ cup of brown sugar
- 2 teaspoons of vanilla extract
- 2 large eggs
- 1 unbaked pie crust
- 1 egg white
- *** Secret ingredient



- 1) Rinse the sweet potatoes off, pat dry, and poke with a fork a few times. Bake in the oven at 400 degrees with the skin still on for about an hour. Let cool until you can safely handle them without burning your hands. This locks in the natural sugar.
- 2) Drop heat on oven to 350 degrees.
- 3) Once cooled, peel the potato skins off and add potatoes to a large mixing bowl.
- 4) Add all ingredients to bowl with the sweet potatoes and mix well. (Don't tell my mother I shared this, but the secret ingredient is a handful of shredded coconut.)
- 5) Brush the bottom of the pie crust with egg white to prevent a soggy bottom.
- 6) Add mixture to the uncooked pie crust, cover pie crust edges with foil and bake for half an hour. Then remove the foil and bake, uncovered, for an additional half hour.
- 7) Eat up!

Recognize a Star:



It is always encouraging when patients not only come back to show appreciation for the care they received here but also to appreciate the diverse community we foster. Inclusion is beautiful.

Pictured here is former patient, John C. in front of the Recognize a Star wall. John recently recognized the DEBI Committee with a star. DEBI's first star!



**Superbowl
Theme Day
Friday, Feb 7
Cafeteria
11:30 a.m. - 1 p.m.**

BUFFALO WINGS	TURKEY CHILI	BBQ BRISKET
POTATO SKINS	TOMATO CUCUMBER SALAD	SWEET POTATO TATER TOTS



HAPPY VALENTINE'S DAY

Cupcakes On Us

Cafeteria

Thursday, February 13

11:30 a.m. - 2 p.m.

4:30 p.m. - 5:30 p.m.

Night shift and Off-site locations:
Cupcakes will be delivered to your areas

Also available
Brighten a patient's day by writing a Valentine's Day card which will be given out to patients.



• AMERICAN CANCER SOCIETY •



Daffodil Days



DAFFODILS
\$15
bunch of daffodils
\$20
bunch of daffodils with vase
\$20
mini potted daffodils



TULIPS
\$15
bunch of tulips
\$25
bunch of tulips in vase



GIFT OF HOPE
\$25
Support our Gift of Hope program where volunteers deliver flowers to local hospitals/cancer centers or nursing home.

To order or if you have any questions, please contact Cammy Nigro at cnigro@gaylord.org

Orders are due by February 14, 2025

NOMINATE TODAY!

Nightingale Awards for Excellence in Nursing



Scan to nominate

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

Eligible recipients include: RN, LPN, APRN

Please give examples (in 200 words or less) of what sets this nurse apart.



Academic Scholarships Available

Apply today!

Visit the intranet/Nomination Forms for the application.



Fiducius
A Better Kind of Benefit



REGISTER NOW for the Student Loan Forgiveness Webinar!

Join us and our partner, Fiducius, on February 18th, 19th, or 20th to learn about student loan relief, recent changes, and updates. Fiducius experts will cover:

- Enrollment in the Gaylord Employee Forgiveness Program
- Finding the best loan relief option for you
- Navigating the current student loan landscape
- Open Q&A

Click a date below to register:

- » [February 18th @ 9am](#)
- » [February 19th @ 12pm](#)
- » [February 20th @ 4pm](#)

GET STARTED
WITH FIDUCIUS
TODAY:

<https://gaylord.myfiducius.com/login>

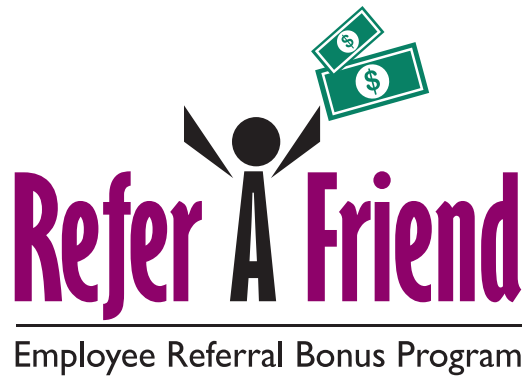


**Be Innovative.
Think Possible.**

**Share your
innovative
ideas with us.**

Scan the QR code or
email innovation@gaylord.org





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.**





Please Join Us in Celebrating Good Health!

NUTRITION AWARENESS SEMINAR

SOLUTIONS FOR HEART HEALTH

FEBRUARY 20TH

12:00PM – 1:00PM ET
Brooker Lecture Hall

Learn about...

- How to manage and/or prevent diabetes and heart disease through simple strategies
- Risk factors that CAN or CANNOT be changed
- Biometrics... knowing your numbers and what they mean
- Lifestyle changes for optimal health and disease prevention!

Please RSVP attendance to Sharon Raffone, SRaffone@gaylord.org.

