

FYI

Tina Ufferfilge Named 2025 Employee of the Year

On July 17th, Gaylord named Tina Ufferfilge, BSN, RN, CRRN, as the Joseph A. Lindenmayer 2025 Employee of the Year.

A member of the Gaylord family since 1997, Ufferfilge is widely known across the hospital for her compassionate care, hands-on leadership, and deep commitment to both patients and staff. Her peers say that she has earned a reputation as someone who “not only talks the talk, but walks the walk.”



“There isn’t a person in this hospital who doesn’t know Tina Ufferfilge,” shared one of the two co-workers who nominated Tina for the award.

“She embodies everything Gaylord stands for: compassion, integrity, accountability, and excellence.”

Known for being approachable and empathetic, Tina’s commitment to her patients and compassion toward her colleagues goes far beyond the expected. When a patient needed to attend a court hearing and had no suitable attire, Tina quietly went out and purchased him dress clothes. She’s also known to spend hours de-escalating complex situations with empathy and care, allowing her staff members to focus on their duties. During the height of the pandemic, Tina donated two weeks of her own PTO to a coworker so she could remain home longer with her daughter. She has guided her team through staffing transitions, skill-building, and tough days, all while continuing to provide the “Gaylord Way” of care that patients and families have come to expect.

“Tina is the definition of excellence,” said another nominator. “She was born to be a nurse. She’s the same kind, humble person she was on her first day here and every day since. This world would be a better place if everyone were a little more like Tina.”

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Gaylord Cup Awarded to the Business Intelligence Team



The Business Intelligence (BI) team received the Gaylord Cup during the July Management Meeting on July 23rd. Chief Financial Officer Chris Hayes highlighted the team’s exceptional contribution, noting, “There’s not a single meeting I attend where I don’t hear about Doug Griffin or the BI team working on a dashboard for me.”

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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, August 1, 2025

Email:
publicrelations@gaylord.org

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

Two Weeks Left to Vote

for Gaylord as **Best PT** and **Top Employer** in the Reader's Choice Awards.

We can vote EVERY DAY (and with multiple emails) and we ask that you cast your vote! Voting ends on August 8th.

Vote for Us:





- ☒ Health and Beauty: **Physical Therapy**
- ☒ Top Employers: **Place to work** (250+ employees)



Vote once a day, everyday! Help us win!

Scan the QR code to vote. Now through August 8

Employee of the Year (cont.)

Ufferfilge's supervisor, Lisa Kalafus, VP of Patient Care and CNO, agreed, saying, "Tina has consistently demonstrated the highest standards of professionalism, compassion, and integrity. Her leadership is rooted in kindness and humility. She is someone everyone trusts, not just because of her clinical knowledge, but because of her heart. Tina leads with empathy, shows up when it matters most, and never seeks credit. She truly represents the very best of Gaylord."

"I am incredibly honored to receive this award, especially with all of the amazing nominees," said Ufferfilge. "Working alongside these dedicated and compassionate individuals truly inspires me every day. This is what Gaylord is about, and I wouldn't want to be anywhere else. I am blessed."

The Award was established in 1992 by the grateful family of a former Gaylord patient. According to his daughter, Josephine L. Gierer, the award was created to honor the care and kindness her father received during his rehabilitation. Ufferfilge is the 34th recipient of this prestigious recognition.

See photos on page 4.



Volunteer Luncheon

This year's Volunteer Recognition Luncheon was held on Friday, July 18. We beat the heat of the week as staff celebrated Gaylord volunteers for the generosity of their time, talents and support given throughout the year, and also our special events and Sports Association volunteers who provide support to the Gaylord Golf Tournament and Adaptive Sports & Discovery Events.

Pictured above are all our amazing volunteers, and below are our Golf and Sports Association volunteers. We'd also like to point out a few Milestone Recognition Volunteers who completed 5 and 10 years of service in 2025.

Don Provencal	10 yrs	Development and PR
Dae Ellen Bjornberg	10 yrs	Radiology
Cherlynn Villano	5 yrs	HR/Gift Shop

Thank you to all of our volunteers!



Thank You for a Successful Gaylord Legacy Week!



♥ A heartfelt thanks to everyone who participated!

Your enthusiasm made all events memorable and impactful.

Special appreciation to F & N, EVS, Facilities, HR, Marketing/PR for all of the support and extra care - "mistress" too!

Together, we honored Gaylord's legacy employees and strengthened our community.

Looking forward to more celebrations!



gaylord.org

CONGRATULATIONS TO THE 2025 Employee of the Year Nominees

MADDY ADAMS

Inpatient Therapy

DR. LUCI JUVAN

Medical Services

CHRISSY RUTIGLIANO

Outpatient Medical Services

ROBERT BEALL

Materials Management,
Food & Nutrition

TAMMY MAHER

Respiratory Therapy

JOHN SMITH

Security

STEFANIE GAIDOS

Inpatient Speech

SUSANA NUNES

Nursing Services

TAMMY SPUREON

Outpatient Speech

SHANE GALLAGHER

Outpatient Therapy - Madison

COREY PODBIELSKI

Outpatient Therapy - Madison &
Cromwell

TINA UFFERFILGE

Nursing Services

BILL HARPIN

Facilities

KATHY POPOLIZIO

Nursing Services

DAISY YEPEZ

Outpatient Therapy

KEVIN JOHNSON

Public Relations

**Click here to see the video
celebrating the 2025 nominees**

2025 EMPLOYEE of the YEAR



"She always rises to the occasion - and brings everyone else up with her."



"She truly represents the very best of Gaylord."



"Tina makes Gaylord feel like home."



"She's our ray of sunshine, even on the cloudiest days."



"She was born to be a nurse."



"She makes you feel better just by talking with her."



"Tina is the definition of excellence."



"Tina embodies everything Gaylord stands for: compassion, integrity, accountability, and excellence."



"This world would be a better place if everyone were a little more like Tina."



"She is someone everyone trusts...because of her heart."

Gaylord Cup (cont.)

Established just 1½ years ago, the BI team has already developed 105 dashboards, with an additional 25 in progress—an impressive rate of approximately seven new dashboards per month. Among the most popular are the Daily Huddle, Inpatient Admissions, Patient Satisfaction, Great Place to Work, and Outpatient Therapy dashboards, covering Attended Visits, Charging Analysis, and Scheduling.

Doug Griffin estimates that these dashboards have saved the organization over 600 work hours annually, equivalent to about \$30,000. The team is expanding their scope by developing new dashboards using data from UKG, RL Solutions, and HubSpot. These initiatives promise to provide deeper operational insights, enhancing Gaylord's efficiency and enabling data-driven decision-making.

GAYLORD IN THE



Spotlight on Dr. Siegle: Regenerative Medicine and Non-surgical Treatment of Pain

Dr. Patrick Siegle recently joined WTNH's "CT Buzz" to highlight how Platelet-Rich Plasma (PRP) therapy offers a non-surgical path to pain relief for joint, tendon, and muscle conditions. Using a patient's own blood to stimulate healing, PRP is helping people with chronic issues like osteoarthritis and rotator cuff injuries recover faster—no referral needed.

[Watch here.](#)



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



MISSION COMPLIANCE

MONTHLY INTEL FROM THE RISK SQUAD:

IT, PRIVACY, AND COMPLIANCE

We're teaming up. Starting this month, our IT, Privacy and Security Officers, and Compliance teams are joining forces under one banner: Mission: Compliance.

Each month, you'll hear from one department in the "Risk Squad" — sharing quick tips, updates, and insights to help keep us all working smarter and safer. From cybersecurity reminders to documentation do's and don'ts to compliance FAQs and HIPPA reminders & education, we'll rotate topics while staying focused on one thing: supporting you in doing the right thing.

Let's kick things off with this month's monthly intel from the [Compliance Corner](#)...

MISSION COMPLIANCE:

MONTHLY INTEL FROM THE RISK SQUAD

COMPLIANCE CORNER: DOING THE RIGHT THING. EVERY TIME

What is the Code of Ethics?

It's more than a policy — it's a shared responsibility. The Code sets expectations for how staff conduct themselves professionally and personally in the workplace.

It reflects our commitment to:

- Delivering safe, compassionate care
- Maintaining the dignity and well-being of our patients
- Acting with accountability and transparency
- Earning the trust of patients, partners, and the public

SPEAK UP if something feels off.

If you have a concern about unethical behavior or potential violations:

- ✓ **Anonymous Hotline: Dial #3537** for our Compliance Hotline.
- ✓ **Contact Susan Stango, Compliance Officer: ext. 2725.**

This month, we're
spotlighting our

CODE OF ETHICS

It's our promise to do right by our patients, our colleagues, and our community. Whether it's privacy, respect, safety, or accountability, compliance is part of everything we do.

**DID YOU
KNOW?**

Every staff member is expected to be familiar with our **Code of Ethics (Administrative Policy #2.600 III)**, available Sharepoint. It outlines both professional and personal standards of ethical behavior.

[Please take a moment and review it on Sharepoint](#)

Your Compliance Team:



Susan Stango
Compliance Officer
ext. 2725



Lisa Avellino
IT Security Officer
ext. 2120



Tracey Nolan
Privacy Officer
ext. 3303

THE RESEARCH ROUNDUP

PROJECT TITLE

Comparing the Efficacy of
Grounding Techniques in Alleviating
Pain Among LTACH Inpatients

PROJECT LEAD: LEA GRIMALDI, OFFICE OF INTEGRATIVE MEDICINE

PROJECT SUMMARY: GROUNDING—PLACING BARE FEET ON THE EARTH—MAY REDUCE PAIN BY CALMING THE NERVOUS SYSTEM AND BALANCING THE BODY'S RESPONSE TO ELECTRONIC FREQUENCIES. THIS PILOT STUDY COMPARES PAIN LEVELS IN THREE PATIENT GROUPS:

- INDOORS WITH SHOES ON
- OUTDOORS WITH SHOES ON
- OUTDOORS BAREFOOT

THE RESEARCH COMBINES THIS NATURAL CONTACT WITH MINDFULNESS MEDITATION TO SEE IF IT OFFERS NON-PHARMACEUTICAL PAIN RELIEF.

HOW DID YOU GET INVOLVED IN RESEARCH?

When I began at Gaylord, I was told that I would be able to participate in a research study, which was very exciting to me as many integrative therapies are not widely used and accepted in hospital settings, although that is changing.

WHAT REAL-LIFE PROBLEM DID YOUR WORK ADDRESS?

Our work focuses on ways to help improve patients' well-being without medicine. They already receive wonderful medical care here at Gaylord, and my hope with the grounding study is that we will be able to offer group grounding sessions to take advantage of our beautiful campus and help patients benefit from nature.

HOW DID YOU APPROACH THE PROBLEM AND WHAT DID YOU WANT TO LEARN?

I wanted to learn if going outside and grounding while participating in mindfulness meditation would help

to reduce pain. Working with the Research Department, we drafted and revised the research several times and eventually found one that was testable and feasible.

WHAT STAGE IS YOUR PROJECT AT AND HAS ANYTHING SURPRISED YOU UP TO NOW?

We are in our second season. What surprised me is the challenge of getting enough participants. We are completing a pilot study and our goal is 45 patients. We offer a session once a week, and when we began in the spring of 2024, I thought we would easily get 45 patients. We are about halfway there and my hope is to reach our target this summer. Because it is a study, there is paperwork that patients need to sign, and sometimes catching them (even with an appointment) can be a challenge.

HOW DOES THIS WORK HELP PATIENTS AND STAFF?

This work can help patients and staff by encouraging them to go outside,



take their shoes and socks off and connect with the natural world. We hope to offer group grounding meditation sessions for both patients and staff, but you can do it on your own today.



ADVICE FOR ASPIRING RESEARCHERS "Working on a research project is exciting, and if you have an idea, reach out to Dr. Hank Hrdlicka, Dr. Socheata Morley, or John Corbett in the research department for information on how to begin the process of creating a research study."



innovator OF THE Month

— **Bob Hall** —

This Month's Innovation Idea:

We pay annually for a basic system to store and search safety documents. **Bob proposed that we build our own and save a significant amount!**

Got a brilliant idea for a new product or process improvement?



We want to hear it!

Scan the QR code and share your genius with us!

CORKS & FORKS

FOOD • SIGNATURE DRINKS • LIVE MUSIC

**Thursday,
September 18, 2025**

5:30pm - 9:00pm
Brooker South Lawn

Staff Discount:

**\$100
PER TICKET**

Limit 2 discounted tickets per employee

To purchase tickets contact
Georgette MacQuarrie at **ext. 2881** or
gmacquarrie@gaylord.org.

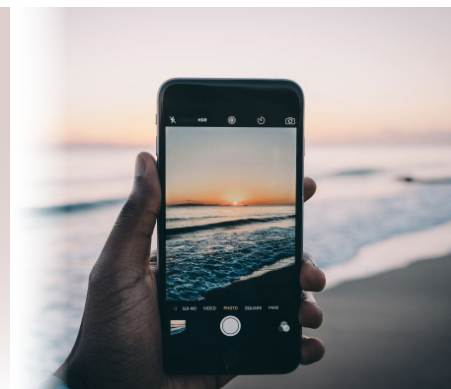
To benefit:



For more information visit www.gaylord.org/corks

Did you know Gaylord holds a weekly 'Photo of the Week' Contest on the intranet homepage?

Share your amazing photos with us and your photo may be chosen for display on the intranet homepage for one week for all to see. Please email photo entries to publicrelations@gaylord.org with your name, department, title and brief description of the photo.





Monarch Butterflies and Milkweed

Monarchs are pollinators, along with bees and other insects. As they drink nectar, pollen from the plant sticks to their legs and bodies. When the insect travels to the next plant, pollen is also transported and fertilizes the plant, helping it to reproduce. This process is essential for much of the food production worldwide. If we lost pollinators, we would lose a large amount of the food we need to live.

Milkweed is the *only* plant that monarchs will lay their eggs on, because it is the only source of food for the emerging baby caterpillars. The amount of milkweed available for monarchs within the United States has diminished over the past several decades due to agriculture, development, and chemical use. In some states it is estimated that 90% of all milkweed has disappeared due to herbicide use, agricultural expansion, and urbanization. The good news is that the Gaylord campus has an abundance of milkweed.

What you can do

- Plant milkweed in your garden/yard. *Paula Savino, MSPT, co-chair of the GO GREEN committee will help harvest it from the South lawn so you can transplant it in your yard.*
- You can also plant other flowering plants that are popular sources of nectar for monarchs.
- Avoid use of pesticides whenever possible.

Join Paula Savino and the GO GREEN Committee harvesting milkweed for your own garden!

Please email Paula with questions or for help harvesting at psavino@gaylord.org.



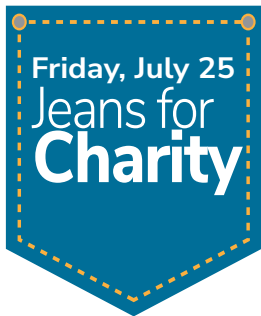
Keep an eye out next issue for more info on this native CT pollinator plant!



Did your co-worker go above and beyond?

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





The featured organization is:


Columbus House - Homeless Veterans

Since 1982, Columbus House has been committed to serving adults experiencing or at risk of homelessness by providing outreach, shelter, housing, and supportive services that foster independence and promote affordable housing solutions. Our work is made possible through government funding, private contributions, dedicated volunteers, and strong community partnerships.


[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.


**American Red Cross**

BLOOD DRIVE

 **Gaylord**
Specialty Healthcare

WEDNESDAY
JULY 29
11 AM - 4 PM
BROOKER LECTURE HALL

To schedule an appointment call: (1-800-733-2767)
or visit: redcrossblood.org-enter Gaylord

**Put it on the Calendar!**
Snapshot of dates to be aware of

More details for items below can be found on our internal Sharepoint Snapcomm page.

Thursdays:	Weekly Walking Group, 12:15pm- 12:45, meet in Jackson Lobby
	Weekly Yoga, 4:10pm, Inpatient Gym
Mondays:	Weekly Zumba Class, 4:10pm, Inpatient Gym
F 7/25:	Jeans for Charity
T 7/29:	Blood Drive, 11am-4pm, Brooker Lecture Hall
Th 7/31:	Headshots by Appointment, 9am-3pm
F 8/1:	Jeans for Charity
F 8/8:	National Pickleball Day
F 8/15:	Deadline to submit Flu Vaccine Exemption Jeans for Charity
Su 8/17:	National Non-Profit Day
W 9/10:	Employee Appreciation Day
Th 9/18:	Corks and Forks Event

Hospital-Wide Open Headshots

Going to a conference?
Need to refresh your email photo?

Sign up today to
have a fresh headshot taken!

Thursday, July 31 from 9am-3pm
Video Room on Jackson Ground
*By appointment only

[Click Here](#) to select your time slot!

Outpatient headshots available upon request.
Contact Kate Brophy with any questions. x3459 / kbrophy@gaylord.org

REMINDER
for all emergencies dial **3399**



Beat the heat while making a difference! This **August**, head over to our selected Stop & Shop store and grab a reusable \$2.50 Community Bag. Every purchase will send a \$1 donation directly to our organization.

Gaylord
Specialty Healthcare
Located at:
930 North Colony Road
Wallingford, CT

CHESHIRE
Parks & Recreation
SUMMER 2025 CONCERT
LINEUP

7-9pm

Bartlem Beats

GREAT LAWN @ BARTLEM PARK 520 S MAIN ST, CHESHIRE CT

	JULY 11TH Heavy Hitters (Rain Date: July 15th) Party/ Dance Band
	JULY 18TH American Girl (Rain Date: July 22nd) A Tribute To Tom Petty & The Heartbreakers
	AUGUST 1ST The Zoo (Rain Date: August 5th) High-energy band blending rock, pop, and dance hits
	AUGUST 8TH Shot Down Rain Date: August 12th Modern and classic country music

THANK YOU TO ALL OF OUR SPONSORS

Presenting Sponsor: Richard Chevrolet

Platinum Sponsors: IAT Insurance, Saint Bridget School, Saint Bridget of Sweden Church

Gold Sponsors: Cheshire Lions Club, Feldman Orthodontics, Gaylord Physical Therapy, Holiday Hill Day Camp, Ricci Construction Group Inc, Cheshire Coffee, Blacks Road Self Storage, DW Gem Services LLC, Knott

WE NEED YOUR HELP!



If you see a tub of wipes with the lid open, please:

CLOSE THE LID



Wipes dry out when exposed to air, causing them to become ineffective.

Remember:
IF THE LID'S NOT TIGHT, THEY WON'T CLEAN RIGHT!