

# Becker's Healthcare Names Sonja LaBarbera Among National "Women Hospital Presidents and CEOs to Know"



Sonja LaBarbera stands among Becker's Hospital Review's "Women Hospital Presidents and CEOs to Know - 2024" - a prestigious national list of women leaders dedicated to advancing care access, equity, diversity, and overall healthcare improvement.

"LaBarbera's tenure as president has been marked by a number of successful initiatives aimed at expanding strategic programmatic growth, delivering exceptional clinical outcomes and patient satisfaction scores that exceed national benchmarks," noted Becker's.

Discover more about Sonja's achievements and explore other exemplary women leaders [here](#).

Our Values are

Integrity

Compassion

Accountability

Respect

Excellence

## FYI DEADLINE

The deadline for the next FYI is Friday, March 29.

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

# Happy Retirement

JOIN US FOR A  
**FAREWELL "OPEN HOUSE" RECEPTION**

Come wish Dr. Holland good luck in retirement  
after 12 years of service at Gaylord



HONORING  
**DR. HOLLAND**  
**THURSDAY, MARCH 21**  
**BROOKER LOBBY, 2 P.M.-3:30 P.M.**

**Check out the  
Patient Safety Awareness Week photos on page 8**



# Employee Giving Campaign Update

The Employee Giving Campaign at Gaylord makes a significant impact every year. In 2023, donations to the EG Campaign totaled more than \$115,000! Approximately half of that total benefitted the Looker project's final phase – renovation of Lyman II – helping to close the gap in funding. In addition, employee donations supported the Special Needs Fund for items needed for patients not covered by insurance, Traurig House programs and services, Nursing, Clinical Education, ThinkFirst and equipment for both inpatient and outpatient populations. Support of these projects is critically important to realizing our mission to enhance health, maximize function and transform lives. Thank you to all those employees whose generosity is elevating patient care each and every day. Development accepts Employee Giving forms all year round. Forms are located on page 10 and 11.

## Gaylord Represents at BIAC Conference



A team of Gaylord's Experts in Brain Injury attended the BIAC Annual Conference to experience different treatments and perspectives in caring for our patients and their loved ones. Alyse Sicklick, MD, Tina Ufferfilge, RN, Kaila Morin, DPT and Dorene Scolnic, LCSW, were among the staff who answered questions about Inpatient and Outpatient services for folks affected by neurological diagnosis. The QR codes were on display to raise awareness of the education manuals available for anyone with questions about technology or resources.

## DPH Visits Gaylord For Grand Rounds

On March 7, The Connecticut Department of Health (DPH) lectured a packed Brooker Lecture Hall on how Carbapenem-resistant Enterobacterales (CRE) are a serious threat to public health. Infections with CRE are difficult to treat and have been associated with mortality rates of up to 50% for hospitalized patients.



March 30 is National Doctors' Day, an annual observance to thank the medical community for keeping patients well or helping them recover. This billboard will appear across the state on March 30.



# Experts in Restoring Lives



## NATIONAL DOCTORS' DAY 2024







Gaylord  
Specialty Healthcare

2024  
**MEDICAL STAFF  
PHOTO CONTEST**

**VOTE TODAY!**

Visit the cafeteria or the intranet homepage (PULSE) to vote for your favorite photo.

Voting ends  
**Friday, March 22**





Gaylord  
Specialty Healthcare

**MEDICAL STAFF  
APPRECIATION DAY**  
March 30, 2024



**Thank you all!**

NOTE: Not every medical staff member is pictured.



**SAVE  
\$10**  
USE DISCOUNT CODE:  
**Staff24**



**GAYLORD GAUNTLET 5k**  
Promoting Health,  
Function and Fitness

**06 15 24**

**REGISTER TODAY**

**[www.gaylordgauntlet.org](http://www.gaylordgauntlet.org)**



In celebration of National Nutrition Month, Gaylord staff were invited to a pop-up teaching kitchen in the cafeteria on March 14 where they learned how to make broccoli salad with honey mustard dressing. A fun time was had by all who participated. Special thanks to Chef Gabe for sharing safe knife skills and to Kelley Breyer for sharing helpful nutrition tips. Check out the recipe on the right.



## Broccoli Salad with Honey Mustard Dressing

The broccoli featured in this recipe is tossed with a homemade, honey mustard dressing to replace the mayo thus increasing the nutrition content! Bring this recipe to your next summertime activity or pack it as a side dish for your next work-week lunch!

### Goals of the Class

1. Discover how to reduce food waste in your home kitchen by using the whole vegetable.
2. Learn how to make simple recipe substitutions to reduce the calorie and sodium content of a crowd favorite side dish.

### Nutrition Spotlight

One 3/4-cup serving of **broccoli** contains more vitamin C than a typical orange, and it's also high in vitamins K and A and calcium.

High in vitamin C, **onions** are a good source of **dietary fiber and folic acid**. They also are low in sodium and contain no fat.

**Cherries** contain an abundant amount of **antioxidants**! Antioxidants are helpful to reducing our risk of preventing many health disorders. Cherries are also beneficial for vision, immune system function, and improved digestion.

**Sunflower seeds** promote a healthy mood! The magnesium in sunflower seeds provides protection for brain, heart, and muscles. Look for unsalted sunflower seeds at the grocery store to limit your sodium intake.

### Key Techniques & Helpful Hints

1. Did you know that 40% of all food in America is wasted? Looking for a tip to reduce your impact? Use the entire vegetable! Carrot tops, beet greens, broccoli, Swiss chard and kale stems are both delicious and packed with nutrients. Trendy "cauliflower rice" is made from cauliflower cores, a part that used to be discarded.
2. Boiling broccoli can cause significant nutrient loss, and it rarely produces optimal flavor. If eating it raw doesn't appeal to you, you can lightly steam or sauté it, or roast it (often the best-tasting option).
3. Dried cherries are a great way to add some sweetness to the salad! Dried cranberries (craisins) will also taste great! If available at your local farmers market, use fresh cherries- be sure to remove the pit and dice into bite size pieces. Pomegranate seeds make for a great fruit option as well!
4. Raw red onion packs a pungent flavor. If onions in their raw form are not pleasing- give the onions a quick sauté with a little bit of olive oil!

## RECIPE

### Broccoli Salad w/Honey Mustard Dressing

6 servings

### Ingredients

1/2 cup unsalted sunflower seeds

### For the Honey Mustard Dressing:

2 tablespoons olive oil

2 tablespoons apple cider vinegar

1 tablespoon Dijon mustard

1 tablespoon maple syrup

1 peeled, minced garlic clove

1/8 teaspoon sea salt

### For the Broccoli Salad:

1-1/2 pounds fresh broccoli

1/2 cup finely chopped red onions

1/2 cup sharp cheddar cheese (optional)

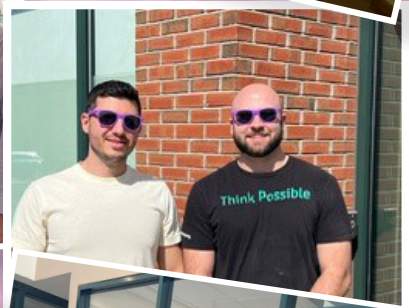
1/3 cup dried cherries

### Directions

1. Place sunflower seeds into a medium sized skillet over medium high heat. Cook, stirring frequently, until the seeds are golden brown on both sides, about 5 minutes. Remove from heat and allow the seeds to cool at room temperature until ready to use.
2. **For the Honey Mustard Dressing:** Combine all ingredients into a 1 cup liquid measuring cup or small bowl. Whisk together ingredients until fully emulsified. Refrigerate until ready to use.
3. **For the Broccoli Salad:** Carefully remove the stems from the broccoli head. Separate the broccoli heads into bite sized broccoli florets and finely dice the broccoli stems, and add to a medium sized mixing bowl. In the same bowl, add the chopped red onion, cheddar cheese, and dried cherries.
4. Pour the dressing over the salad and stir until the broccoli is evenly coated in dressing. For best results, marinate the salad for at least 20 minutes or overnight in the refrigerator. When ready to serve, divide into 1/2 cup servings.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
232	13	3	23	7	5	187







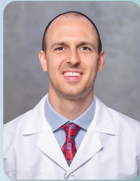
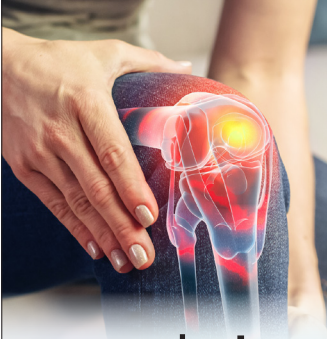
## Did you know Gaylord holds a weekly 'Photo of the Week' Contest on the intranet homepage?

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](mailto:publicrelations@gaylord.org) with your name, department, title and brief description of the photo.



## Joint pain?

### Try a non-surgical approach



**Patrick Siegle, MD**  
Physical Medicine & Rehabilitation

**NOW ACCEPTING NEW PATIENTS**

- Non-Surgical Orthopedics
- Sports-Related Injuries
- Joint Pain
- Ultrasound Guided Procedures

**To make an appointment call:**  
(203) 284-2845  
50 Gaylord Farm Road  
Wallingford, CT

[gaylord.org](http://gaylord.org)



**Be Innovative.  
Think Possible.**



## Share your innovative ideas with us.

Scan the QR code or email [innovation@gaylord.org](mailto:innovation@gaylord.org)

**REMINDER**  
for all emergencies dial  
**3399**

## Thank you to everyone for participating in Patient Safety Awareness Week!

We had 109 Word Searches and 79 Crosswords submitted by staff members. Twenty-six staff members also participated in HRO Jeopardy.

The Amazon gift card raffle winners are...

### Word Search:

Mariela Diaz- Milne 2

### Crossword:

Sharon Costa- IT

### HRO Jeopardy:

Sarah Carpenter- Inpatient Therapy



# Jeans for Charity: Friday, March 29



The featured organization is:

**The Joseph and  
Anthony Manzi  
Foundation**

[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, Human Resources, Jackson 2 outpatient, North Haven, Cheshire, Cromwell and Madison.

Check out Gaylord's  
**New and Improved Website**  
[gaylord.org](http://gaylord.org)

When you get the opportunity to look around, if you happen to find an area where an edit is needed, please copy the URL for the page you are viewing and send it to **web@gaylord.org** with a description of the edit you would like to submit. A member of the PR team will respond to you.

## Seeing Green



Residents of Gaylord's on-campus Traurig House - the state's only transitional living facility for people recovering from brain injury or stroke - sold green bagels to hungry employees in support of Brain Injury Awareness Month. The bagel sales raised \$238 to support the Brain Injury Alliance of CT.



March	April	May	June	July
National Brain Injury Awareness Month	Occupational Therapy Month	National Hospital Week	Jeans for Charity June 7, 21	Jeans for Charity July 5, 19
National Nutrition Month	Jeans for Charity April 5, 19	National Nurses Week	Gaylord Gauntlet 5k June 15	Legacy Week July 8-12
National Social Work Month	D.E.B.I. Coffee Cart April 8-12	Jeans for Charity May 3, 17, 31		
Jeans for Charity March 29	Patient Experience Week April 29 - May 3	Gaylord Golf Classic May 20		



# TREE REMOVAL NOTICE

The spruce tree near the greenhouse will be removed on **Friday, March 22** due to extensive rot and integrity issues.



## Start your day with Rogue Coffee!

Celebrate Medical Staff Appreciation Day



## Visit the Rogue Coffee Truck

**Milne Circle  
Friday, March 29, 2024  
7 a.m. to 12 p.m.**

Choose from a variety of drip-brewed coffees, cold brews, specialty coffee drinks, teas, or hot chocolate!

Compliments of Gaylord's  
Development Office

**\*Free and open to all Gaylord staff\***

**\*one item per person, please\***

### August

Jeans for Charity  
August 2, 16, 30

### September

Jeans for Charity  
Sept. 6, 20

### October

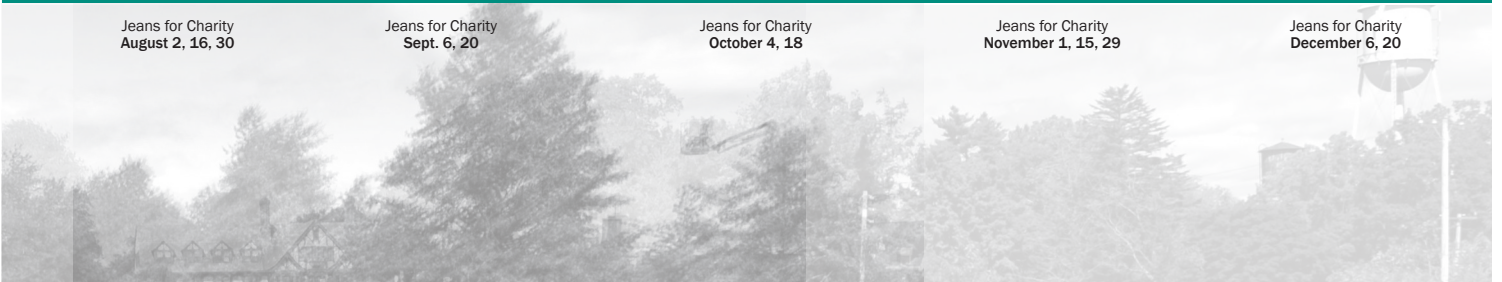
Jeans for Charity  
October 4, 18

### November

Jeans for Charity  
November 1, 15, 29

### December

Jeans for Charity  
December 6, 20







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

Lauren Kalt	Intake Representative - NH
Madelyn Sola	Intake Lead - NH
Joy Savulak	PR/Marketing
Ronell Donovan	Admissions
Trish McDonough-Ryan	Neuropsych
Jada Kelly	Nursing - H1
Mona Hana	Food and Nutrition
Cindy Bartholomew	Development
Matt Scavo	Outpatient PT - NH
Michelle Saunders	Inpatient PT
Erik Rubino	Nursing - M2
Daisy Cedeno	Nursing - L1
Priscilla Flores	Nursing - L1
Phil Silverio	Outpatient PT - Cheshire
Andrew McIsaac	Outpatient PT - NH
Corey Podbielski	Outpatient PT - Cromwell/Madison
Kris Provost	Outpatient - Wallingford
Mildred Pridgen	Nursing - L1
Erin Cusanelli	Nursing
Stephanie Wallace	IP/Outcomes
Kristen Berg	Nursing Education
Caitlin Cote	Nursing Education
Lea Grimaldi	OIM
John Corbett	Research
Socheata Morley	Research
Priti Kapoor	Development
Rosie Delgado	Nursing Education
Caitlin Boland	Inpatient PT
Dani McGuire	Outpatient PT
Vince Gierer	Chaplain
Emily Meise	Inpatient PT
Stef Gaidos	Inpatient ST
Muriel Garvey	Library
Breanna Medina	Nursing Education
Hank Hrdlicka	Research
<b>Sheema Bromell</b>	<b>Nursing - H1</b>
BJ Palumbo	Inpatient OT
Finn LaPierre	Inpatient PT

**RAFFLE WINNER**

**Did your co-worker go above and beyond?**

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



# Employee Giving Campaign

## WHY GIVE?

Employee giving is a powerful statement to our patients and the community that we believe in Gaylord's mission and are united in our commitment to provide world-class patient care. Every gift, regardless of amount, is important in helping our patients regain their lives!

## Evergreen Society

Employees who donate through payroll deduction are enrolled as "Evergreen." These members receive a special gift and acknowledgement for their continued support to Gaylord.



## EMPLOYEE INFORMATION (Please print)

Name \_\_\_\_\_ Department \_\_\_\_\_  
Address \_\_\_\_\_ Work Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Location/Floor \_\_\_\_\_

## AMOUNT OF GIFT\*

- ☐ \$40.00 per pay period (\$1,040)    ☐ \$5.00 per pay period (\$130)  
☐ \$19.02 per pay period (\$494.52)    ☐ \$3.00 per pay period (\$78)    ☐ Other \$ \_\_\_\_\_  
☐ \$10.00 per pay period (\$260)    ☐ \$2.00 per pay period (\$52)

*\*Payroll deduction will continue until you initiate a new level or terminate your deduction with the Development Office.*

## GIFT DESIGNATION

- ☐ Gaylord Fund    ☐ Traurig House Scholarships    ☐ New Technology

## METHOD OF PAYMENT

- ☐ Payroll deduction (*Please check desired amount above*)  
☐ My check/cash is enclosed \$ \_\_\_\_\_ (*Make checks payable to Gaylord Hospital*)  
☐ Please charge my gift of \$ \_\_\_\_\_ to my:  
☐ Mastercard    ☐ Discover    ☐ Visa    ☐ American Express



Scan this QR code with your phone camera to make a gift online.

CC# \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV Code \_\_\_\_\_

Signature \_\_\_\_\_

*(Three digit code on back of card)*

**Questions?** Email Katelyn Muolo at [kmuolo@gaylord.org](mailto:kmuolo@gaylord.org) or ext. 3454

*Donors are the Difference — Employees Make it Possible*





# Campaña de donaciones de empleados

## ¿POR QUÉ DAR?

Las donaciones de los empleados son una poderosa declaración para nuestros pacientes y la comunidad de que creemos en la misión de Gaylord y estamos unidos en nuestro compromiso de brindar atención al paciente de clase mundial. ¡Cada donación, independientemente de la cantidad, es importante para ayudar a nuestros pacientes a recuperar sus vidas!

## Sociedad perenne:

Los empleados que donan a través de la deducción de nómina están inscritos como "Evergreen". Estos miembros reciben un obsequio especial y un reconocimiento por su continuo apoyo a Gaylord.



## INFORMACIÓN DEL EMPLEADO (Por favor imprima)

Nombre \_\_\_\_\_ Departamento \_\_\_\_\_  
Dirección \_\_\_\_\_ Teléfono del trabajo \_\_\_\_\_  
Ciudad \_\_\_\_\_ Estado \_\_\_\_\_ Código postal \_\_\_\_\_ Ubicación/Piso \_\_\_\_\_

## CANTIDAD DE REGALO\*

- ☐ \$40.00 por periodo de pago (\$1,040) ☐ \$5.00 por periodo de pago (\$130)  
☐ \$19.02 por periodo de pago (\$494.52) ☐ \$3.00 por periodo de pago (\$78) ☐ otro \$ \_\_\_\_\_  
☐ \$10.00 por periodo de pago (\$260) ☐ \$2.00 por periodo de pago (\$52)

*\*La deducción de nómina continuará hasta que inicie un nuevo nivel o finalice su deducción con la Oficina de Desarrollo.*

## DESIGNACIÓN DE REGALO

- ☐ Fondo Gaylord ☐ Becas Casa Traurig ☐ Nueva tecnología



Escanea este código QR con la cámara de tu teléfono para hacer un regalo en línea.

## FORMA DE PAGO

- ☐ Deducción de nómina (*marque la cantidad deseada arriba*)  
☐ Mi cheque/ executive esta' adjunto \$ \_\_\_\_\_ (*Haga los cheques a nombre de Gaylord Hospital*)  
☐ Por favor carga mi regalo de \$ \_\_\_\_\_ para mi:  
☐ Mastercard ☐ Discover ☐ Visa ☐ American Express

CC# \_\_\_\_\_ Fecha de caducidad \_\_\_\_/\_\_\_\_/\_\_\_\_ Código CVV \_\_\_\_\_

Firma \_\_\_\_\_

*(código de tres dígitos en el reverso de la tarjeta)*

¿Preguntas? Envíe un correo electrónico Katelyn Muolo a [kmuolo@gaylord.org](mailto:kmuolo@gaylord.org) o ext. 3454

**Los donantes son la diferencia: los empleados lo hacen posible**



# VOLUNTEERS NEEDED



We are excited by spring's arrival and even more excited that the Gaylord Gauntlet is coming up on Saturday, June 15, 2024! The event will be held on Saturday, June 15, from 7:00AM – 3:00PM. \*Please note that this is a different weekend than in past years.\*

**Why volunteer for the Gaylord Gauntlet?** That's EASY – first you are helping to support adaptive athletes like Natalie, Jay and Jillian get involved in adaptive sports like obstacle racing... and second, it's a BLAST! You get to cheer on all the runners challenging themselves to complete this 5K obstacle run! AND you will get a free beer for all your hard work (those under 21 get a Gatorade). We will provide a bag lunch, plus you will get a volunteer T-shirt.

**Here is some information about the event and the volunteer roles:**

- The event will be held from 7:00AM – 3:00PM. The first running wave will kick off at 8:00am and the last wave will start at 2:00pm.
- Volunteer time slots are: (1) All Day, 7:00 AM-3:00 PM, (2) Half Day 7:00 AM-11:00AM and (3) Half Day 10:00 AM – 3:00 PM.
- If you are also running the race, we can usually work within your availability if you would also like to volunteer.
- Volunteer roles include: Obstacle volunteer (the most volunteers are needed in this role), registration area, festival area, race start/finish line and the medical tent (for qualified volunteers).
- There is a place on the registration page to let us know if you have any limitations or other requests.
- We typically need about 120 volunteers to make this event possible, so thank you for your support! If you know anyone else who may be interested, please feel free to pass along the information.

If you would like to volunteer for this year's event, volunteer registration is open and can be accessed on the event webpage at: [www.gaylordgauntlet.org](http://www.gaylordgauntlet.org).

**Gaylord Gauntlet Volunteer Committee Co-Chairs**

Craig Stearns – [cstearns@gaylord.org](mailto:cstearns@gaylord.org)

Katie Joly – [kjoly@gaylord.org](mailto:kjoly@gaylord.org)

Joe McAndrew – [JMcAndrew@gaylord.org](mailto:JMcAndrew@gaylord.org)





# Academic Scholarships Available

Apply today!

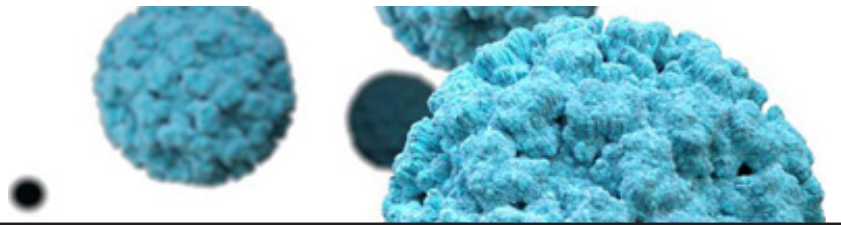
Deadline: April 15

Visit the intranet homepage for the application.



Apply Here

## Preventing Norovirus



### You can get norovirus by:

- Having direct contact with someone with norovirus, such as by caring for them, sharing food or eating utensils with them, or eating food handled by them.
- Eating food or drinking liquids that are contaminated with norovirus.
- Touching surfaces or objects contaminated with norovirus and then putting your unwashed fingers in your mouth.

### Symptoms include:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus. Most people with norovirus illness get better within 1 to 3 days, but they can still spread the virus for a few days after. Norovirus is very contagious, but you can take steps to stop transmission to others!

### WASH YOUR HANDS

- Frequently and thoroughly
- With soap and water - Hand sanitizer does not work well against norovirus
- For at least 20 seconds
- Before eating, preparing, or handling food.
- Even after you feel better- virus can also stay in your feces for two weeks or more and you can still spread norovirus during that time.

### CLEAN AND DISINFECT

- High touch surfaces frequently
- Use hospital approved bleach based disinfectant

### STAY HOME

- If you are symptomatic-stay home

MARCH IS  
**BRAIN INJURY**  
AWARENESS MONTH



# BIKE HELMET DRIVE



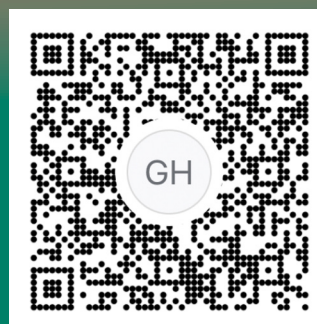
for kids

**March 1 -31**

**Looking for NEW  
bicycle helmets for kids.**

Donation boxes located in the  
lobbies at: Milne, Jackson 1,  
Jackson 2, North Haven and  
Brooker.

Don't have time to get  
to the store?  
**Venmo a donation.**



**@Gaylord-Hospital**  
Title: helmet

*All helmets will be donated to United Way.*

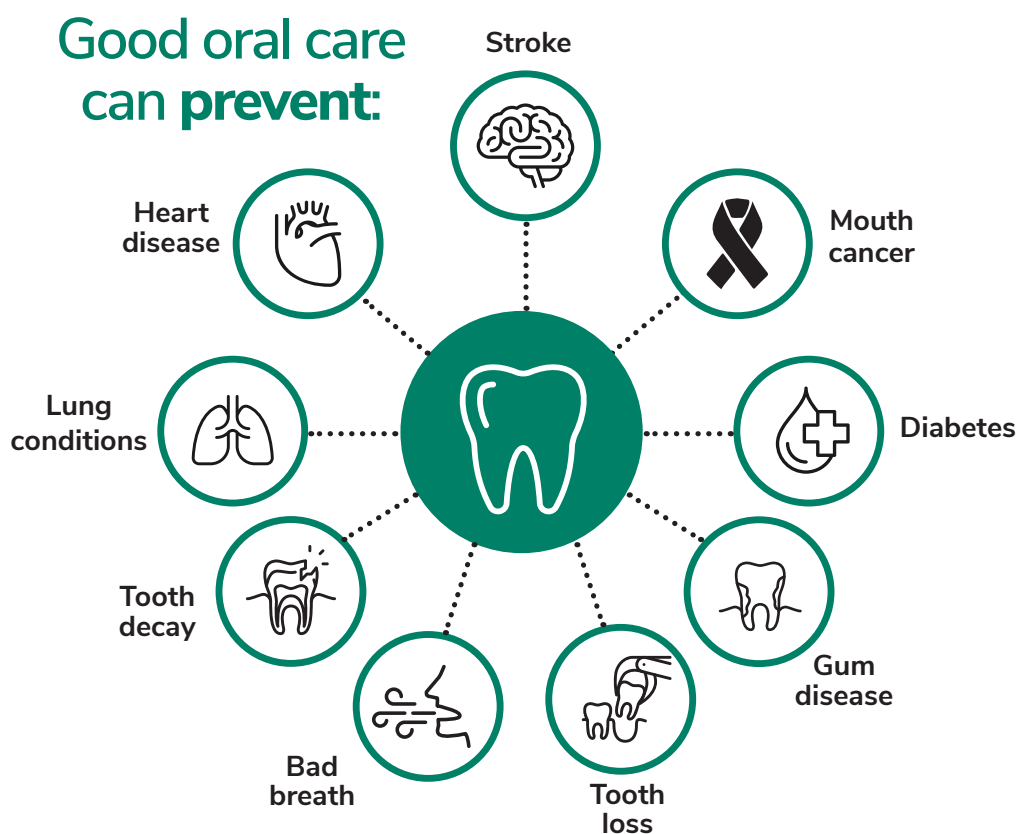
# Celebrating World Oral Health Day



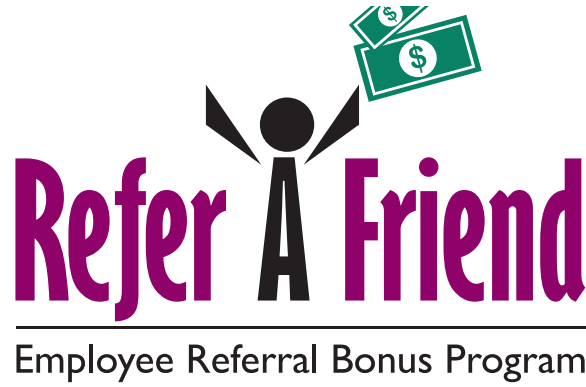
On March 20, World Oral Health Day, Team Tooth Fairy - Sonia Belcourt, Jim Greene, Senada Duracak, and Evelyn Bykowski – brought toothbrushes and important information to clinical staff to promote good oral health among Gaylord patients.

*Did you know that the American Dental Association's recommendation of brushing three times a day can play a HUGE role in preventing hospital-acquired pneumonias and other conditions?*

Providing good and consistent oral care (even among patients with dentures) is vital to our patients' health.







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

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

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





**SAVE THE DATE**

## **Mental Health Crisis Planning for Families**

Learn the symptoms that can lead to a crisis, steps to take, de-escalation techniques and the role of county crisis teams. Develop a crisis plan for your child and family. This seminar class is for parents or caregivers of children.

**Thursday, March 21  
1-2 p.m., Virtual**

[Join via WebEx](#) by entering the event password B@s2024 (2172024 from phones) and follow the instructions on your screen, or Call 1 (844) 621-3956 or 1 (650) 479-3208 and use access code 253 828 90940

**Presentation Handout**

## **Yankees Healthcare Workers Appreciation Week**

**May 17 - May 22**

Join your fellow healthcare professionals and the New York Yankees for select games in May at Yankee Stadium.

Each Special Event Ticket includes:

Either a New York Yankees Scrub top or tumbler co-branded with their healthcare appreciation logo and \$15 New York Yankees Food & Beverage Voucher\* (ONLY FOR 5/20, 5/21, 5/22 Games)

**Click [HERE](#) for ticket  
information**





## Fiducius Student Loan Financial Planning Benefit

Gaylord Specialty Healthcare has covered the administrative cost of the Fiducius platform to encourage employees to start taking control of their student loans with the guidance and assistance offered by Fiducius.



Begin today by completing the short online assessment.



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