

FYI



EVS Team Awarded The Gaylord Cup

The Environmental Services (EVS) team was awarded the Gaylord Cup during the April Management Meeting. Chief Operating Officer Pete Grevelding lauded the team for a series of notable achievements. Among these, he highlighted the team's remarkable continuity with low staff turnover, underscoring their strong spirit of collaboration. Despite a high census, which typically increases the workload across all departments, EVS consistently demonstrated exceptional dedication. They extended their shifts on numerous occasions to facilitate smooth patient transfers and ensure prompt access to hospital services for new admissions.

Grevelding also noted the team's commitment to exemplary customer service, citing a recent incident where a patient expressed admiration for the professionalism shown by an EVS staff member handling pest control. Such positive feedback underscores EVS's ability to turn challenges into opportunities for excellence.

In expressing his gratitude, Grevelding emphasized the EVS team's collective achievements, highlighting their outstanding customer service, unwavering work ethic, and collaborative spirit. The award not only recognizes their individual contributions but also celebrates their pivotal role in maintaining Gaylord's high standards of care and service delivery.

Pictured above left to right: Kara Dorsey, Stanley Stiffe, Labria Denny, Tanisha Rountree, Shirley Christopher, Rosy Vasques, Tavon Hopkins, Richard Pucci, Glady Padilla, Eduardo Guivara, Claudia Torres, Daniel Hernandez, Jamey Forbs, Domingo Quitana. Not Pictured: Ashley Cellano, Jennifer Nelson, Susan Burke, Yurani Valez, Destiney Romen Rivera, Pedro Guzman, Rosa Bella, William Lafrance, Steven Whaley, Kevin Winter.

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, May 9.

Email:
publicrelations@gaylord.org

Nominate 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 May 30

HUMAN RESOURCES UPDATES

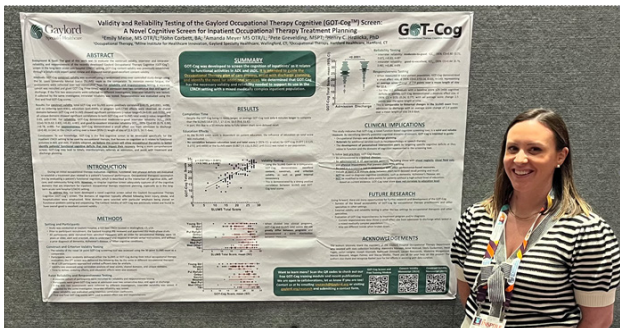
Benefit Holiday on May 29

There will be no benefit deductions on May 29 due to there being three pay periods in May.

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

Gaylord at AOTA Inspire Conference

Emily Meise, Inpatient Occupational Therapist, recently attended and presented at the AOTA INSPIRE 2025 Annual Conference & Expo, held April 3–5 in Philadelphia. Hosted by the American Occupational Therapy Association (AOTA), this premier event welcomed more than 8,000 occupational therapy professionals and students—including researchers, clinicians, educators, and administrators—making it the world’s largest gathering of occupational therapy professionals.



During the conference, AOTA unveiled its Vision 2030 statement, which defines the future of the profession: *“Enriching life for ALL individuals and society through meaningful engagement in everyday activities.”*

Emily, a Level III Clinical Specialist for Neurological Patients and Team Leader for Hooker 1 Low, proudly represented Gaylord as a poster presenter. She showcased the Gaylord Occupational Therapy Cognitive Screen (GOT-Cog)—an assessment tool she developed to evaluate patients’ cognitive abilities. GOT-Cog is now used by all Gaylord Inpatient Occupational Therapists as a standard component of cognitive assessment.

“It was an incredible experience to share my work and learn from so many passionate and innovative colleagues from across the country. The energy and collaboration at AOTA INSPIRE reminded me why I love this profession,” Emily noted.

Congratulations, Emily, on your outstanding contributions to the field and for exemplifying the excellence and innovation of the Gaylord Occupational Therapy team. We are proud of the knowledge and inspiration you bring back to your colleagues.

Gaylord Roadtrip to Shirley Ryan AbilityLab

Emily Zuckerman and Jackie Lavigne, Occupational Therapists in Inpatient Therapy Services, recently visited the **Shirley Ryan AbilityLab**, a renowned research rehabilitation hospital in Chicago that integrates research with clinical care. AbilityLab treats patients with conditions such as spinal cord injury (SCI), stroke, traumatic brain injury (TBI), amputation, and other complex medical and neurological issues, comparable in scope to the expertise at **Gaylord**.



During their visit, Emily and Jackie attended the **48th Annual SCI/D Course: Advancing Recovery through Spinal Cord Assessment and Interventions**, a two-day conference featuring expert-led lectures by physiatrists, physical and occupational therapists, surgeons, and biomechanical engineers. They also participated in hands-on labs focusing on wheelchair skills, spasticity assessment, Functional Electrical Stimulation (FES), and advanced mobility techniques.



Emily shared, *“It was a very valuable experience to get hands-on training at the labs, as well as being able to connect and collaborate with other practicing therapists throughout the country.”*

The experience provided practical skills and insights that Emily and Jackie plan to share with Gaylord’s therapy staff, respiratory therapists, and physicians—with the ultimate goal of enhancing patient care through continued education. Jackie added, *“I’m really grateful for the experience and the education I received. I’m excited to bring back several evidence-based assessments and interventions for the SCI population. It really solidified my love for treating the spinal cord population.”*

An in-service to share their newly acquired knowledge with both the Inpatient Therapy, Outpatient Therapy, and Respiratory Departments is currently in the works.

Inspiring Young Minds at New Haven HS Career Fair

On April 23, 2025, Gaylord participated in the New Haven High School Career Fair at the Floyd Little Athletic Center. Students from Career High School, Hillhouse High School, and Wilbur Cross High School—all current or former CNA program participants—attended to explore opportunities with healthcare organizations like Gaylord, Yale, and others in New Haven County. The event provided a valuable chance for students to connect with potential employers, and Gaylord was proud to be part of such a great experience.



A Message From A Patient's Daughter...

"We would like to say a big thank you to everyone here at Gaylord - from Dad's inpatient group to his outpatient team. We truly appreciate everything that you did, not only for our dad, but for our entire family.

To Dad, Gaylord was a happy place. It was a place where people saw what he could do, not what he couldn't. Despite an incredibly grim prognosis, Dad maintained an inspiring sense of optimism. His team here recognized that spark in him and fostered it. There is no shortage of opportunity for someone with that mindset here. Dad took advantage of every type of therapy you suggested including PT, OT, speech therapy, vision therapy, and water therapy. He was always willing to do the work, and he enjoyed ending his PT and OT sessions with "just one more." He found his voice again in Tammy's speech room. His vision improved with Lexie and Mary Ann's use of the BITS system. Nicole constantly sought new ways to help him maintain his mobility, and Lauren worked to keep his hand from becoming what he jokingly called "the claw." His strength and determination were matched by your encouragement and compassion.

Every time he faced a new obstacle, you all jumped in without hesitation. You didn't just offer support; you offered solutions. You helped him adapt by teaching him new skills, finding new tools, and showing him that even setbacks could be opportunities for progress. Thanks to your support, Dad was able to hold on to something that meant the world to him- his quality of life and his dignity. What could have been a dark and limiting year became a time filled with purpose, progress, and even joy. You helped him stay as independent and engaged as possible, and that made all the difference to both him and the people he loved.

Dad's legacy is not found in his glioblastoma diagnosis, but in how he chose to live after receiving it. He filled his life with love and purpose. He taught us that life isn't about how long you live, but rather how deeply you live it. Our hope is that when others see his name on these rooms, next to the words Stronger Than Cancer, they'll feel what he felt here: possibility, support, and the belief that they, too, are stronger than their diagnosis."

- Olivia Marran, at a recent room plaque unveiling

CNA Academy officially recognized by Office of Higher Education



Thanks to Caitlin Cote and Kristen Berg's hard work, Gaylord's CNA Academy is approved and recognized by our state's Office of Higher Education as an official training school! This

process took several months and lots of hard work to complete the application and site visits. Special thanks go to Bob Hall, Roger Debaise, and Jon Mace for their help and support in getting us the necessary documents for the application.

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New Badge Buddies

Gaylord's Mission Statement, Vision, and Values have changed to better align with our organization. We have changed our badge buddies to reflect this:

Fire Safety

R Remove Patient	P Pull Pin
A Activate Alarm	A Aim
C Contain Fire	S Squeeze
E Extinguish	S Sweep

Life Safety Emergency Codes

DIAL 3399 FOR ALL CODES

Rapid Response Acute change in condition

Falls Response Sudden, unintentional fall

Dr. Strong Disruptive behavior

Red Fire

Blue Cardiopulmonary

Yellow Impending Disaster

Green Disaster

Signal 1 Patient Elopement

Signal 5 Critical System Outage

Active Shooter RUN / HIDE / FIGHT

Important Numbers

Security	3330
Help Desk	2222
EVS	3172
HR	2848
Nursing Supv	6300/2109
Compliance	(203) 679-3537
Emp Assist Prog	(888) 209-7840

MISSION

To enhance health, maximize function and transform lives.

VISION

To become a nationally recognized leader in optimizing outcomes in rehabilitative, regenerative, and complex medical care.

VALUES

Patient-centered care is achieved with a culture that embraces these values: Innovation. Teamwork. Inclusion. Safety. Integrity. Compassion. Accountability. Respect. Excellence.

IT IS ICARE



If you have not received your new badge buddy, please see Sharon Raffone, HR Coordinator, located in the Brooker Building, room B101. x2848



Have you started your Wellness Goals for 2026 yet?

If not, **NOW IS THE TIME.**

During the month of May, if a medically insured employee completes their **Online Personal Health Assessment and Smoking Attestation** on my.cigna.com, they will be entered into a drawing to win a \$50 gift card!

CHANCE TO WIN



Three employees who complete these goals will be randomly selected at the end of May.

It takes about 15 minutes to complete these 2 goals. Don't wait until November; take care of them now.

If you have any questions and/or need assistance, please contact Paul Pacileo, ext 2824. **GOOD LUCK!**



Hospital-Wide Open Headshots Monthly Signups

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

**Sign up today to
have a fresh headshot taken!**

**Thursday, May 22 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



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

- 4/29-5/3: Patient Experience Week
- M 5/6-12: Nurses' Week
- Th 5/8: Yoga Class, 4:10pm, Inpatient Gym, (First in 4-week series)
- M 5/12: Innovation Awards, 12pm, Brooker
- T 5/13: Paint and Sip Event, 4-5pm, Brooker
- 5/12-16: Hospital Week
- W 5/14: Pop-Up Shop, 8am-5pm, Jackson Lobby
International Clinical Trials Day Celebration
12-1pm, Institute for Advanced Rehabilitation
- Th 5/15: Yoga Class 2
- F 5/16: Jeans for Charity (Free!)
- M 5/19: Gaylord Golf Classic
- T 5/20: Biometric Screening
- Th 5/22: Yoga Class 3
- Th 5/29: Yoga Class 4
- F 5/30: Jeans for Charity
- W 6/4: Ellie Brown Memorial Roadside Cleanup, 4pm

Jeans for Charity: Friday, May 2

The featured organization is:



Spinal Cord Association

is a national nonprofit organization dedicated to empowering people with spinal cord injuries and disorders (SCI/D) to live successful and fulfilling lives. It serves as a national voice for the disability community, advocating for policies that promote civil rights and independence for people with disabilities.

[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.

June	July	September
Gaylord Gauntlet 5k June 14	Disability Pride Month Legacy Week July 14-18 Blood Drive July 29, 11am-4pm	Employee Appreciation Day September 10 Corks and Forks September 18
August		



06 14 25

REGISTER NOW!

www.gaylordgauntlet.org

SPRING PAINT PARTY

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



TUESDAY, MAY 13 | 4PM TO 5PM
AT THE BROOKER LECTURE HALL
DOORS OPEN AT 3:30PM
LIGHT REFRESHMENTS AND SNACKS PROVIDED



PLEASE CONTACT SHARON
 SRAFFONE@GAYLORD.ORG
 BY MONDAY, MAY 12 TO RSVP

World Hand Hygiene Day | May 5

**Accelerate
 action
 together**

**SAVE LIVES
 Clean Your
 Hands**



4-Week Yoga Class Series

Thursdays
 May 8, 15, 22, 29
 4:10 p.m.
 Inpatient Gym

RSVP: Reach out to Paul Pacileo at
 ppacileo@gaylord.org to register for the 4 week session



Taught by Lea Grimaldi in OIM, this 4 week series will gauge interest, and will continue more regularly if there is enough of a turnout!



**SHOP
 SCRUBS**

Jackson Lobby
Thursday, May 8
 12pm-5pm

Friday, May 9
 7am-12pm

Variety of styles, can order on the spot, cash or credit.
 Open to RN, LPN, PCT, CSA

Escape Room

A team of multidisciplinary players must safely transfer and escort a patient throughout their day of treatment and therapy, ultimately ending with a family meeting.

Along the way, players will need to ensure the patient's safety while completing a series of puzzles and challenges that will provide clues for their next steps. To succeed, players must observe their surroundings, communicate effectively, leverage each other's strengths, and think critically at every stage.

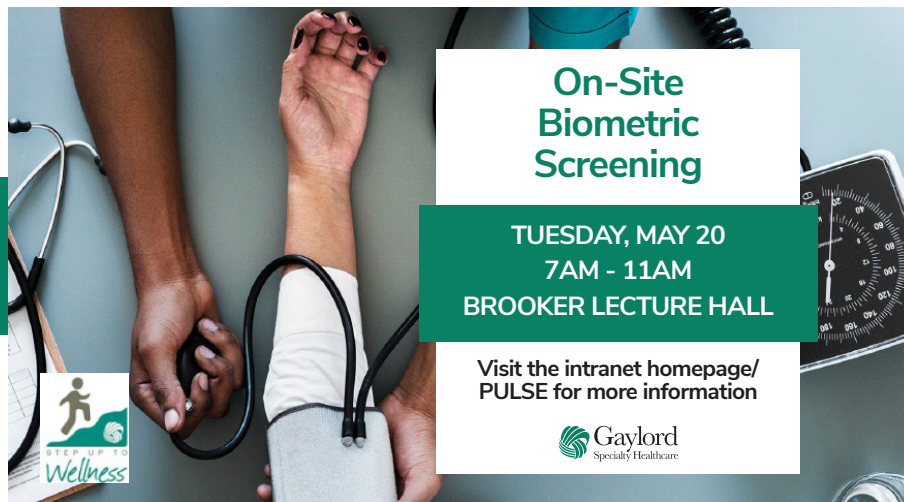
You have a total of 30 minutes to complete the escape room. The team who completes the escape room the fastest wins a prize. Make your team of 5 members. Sign-up today!

Spring
Craft Fair



May 14 • Jackson Lobby • 8 am - 5 pm





This event is an opportunity to help you achieve your 2026 Wellness Credit in the Step Up To Wellness Program. If you cannot make this onsite screening, we will have an additional onsite biometric screening later in the year. To earn points towards your Step Up to Wellness Program, you will meet 3 out of 5 biometric outcomes. If you do not meet the 3 out of 5 biometric outcomes, you have the alternative opportunity to participate in 3 health coaching sessions before 11/30/25 to achieve this requirement.

Please Note: If you did not screen with Quest last year you'll need to register, not login.

Participant Registration

Click the following link for the complete overall process: [Participant Video](#) .

You will need to set up an account and answer a few questions before scheduling an appointment.

Please note: If you already have an account through my.questforhealth.com, you may need to use another email address to set up an account with the new Gaylord/Cigna partnership. This account will not affect a personal account that you may have with Quest.

Registration Key: Gaylord2025

Links to Specific Tasks

[Registration Only](#)

[Username Retrieval / Password Recovery](#)

Scheduling by Phone: If you are unable to schedule online, you can contact the Participant Service Center at 877-304-7055 to schedule an appointment.

If you have any questions, please contact Paul Pacileo at Ext 2824



Staff Pick

Dr. Sarah Bullard,
Director of
Psychology and
resident longevity guru,
encourages us all to check
out a new documentary.

Aging in America: Survive or Thrive

NEW DOCUMENTARY
ON PBS STARTING MAY 1



Older adults are living and working longer, reshaping the concept of aging. A new documentary, [Aging in America: Survive or Thrive](#), explores this phenomenon and how our society is responding.

GAYLORD'S CHAMPIONS OF SERVICE

The following employees were named for providing exceptional service in a patient satisfaction survey and/or patient rounding in FY25 (Oct-Mar):

Care Management

Alicia Scillia
Catherine Cervero
Gina Smith
Jeannette Bernardo
Mary Kate Barron
Sasha Brown

Food & Nutrition Services

Brenda Paluszewski
Claudia Torres
Gabriel Pacheco

Inpatient Therapy

Allison Greco
Amy Grindle
Bradley Douglas
Brandon Musto
Daniel Bergeron
Dawn Peck
Donna Piercey
Elena Colaci
Emily Meise
Emily Zuckerman
Finn LaPierre
Heidi Fagan
Helena Egolum
Jaclyn Lavigne
Jaclyn Skirkanich
Jaime Cassidy
Kacey Gifford

Kaitlin Brosnihan

Kaitlyn Rudolf
Katelyn Donohue
Katherine Konishesky
Kim Tuccitto
Kristina Paolino
Madeline Murgatroyd
Mandy

Marcia Annunziata

Nicole Frey
Paula Savino
Rachel Noia
Rossella Graniero
Sarah Carpenter
Stephanie McNeill
Stephanie Zanzettor
Taylor Pagnam
Zak Hamdi

Nursing Services

Alexa Apotria
Beverly Teixeira
Bianca Figueroa
Carrie Micker
Cyndy Najac
Chris Holmes
Daisy Cedeno
Diana Vazquez-Mercado
Donald Briggs
Donna Thatcher
Erik Rubino
Faith Okunwe

Grace Gilbert

Heather Iannotti
Ingrid Rodriguez
Jaime Maddalena
Jamie Degunia
Jessica Malave
Jocelyn Archaski
Joshua Martowski

Kendra Wilson

Keosha Elbert
Kerry Morgan
Kim Crawford
Kristina Clodfelter

Madison Cubberly

Maha Serakh

Margaret Solla

Mario D'Amore

Mary Kitchings

Mary Ann St. Martin

Marylou Colangelo

Melissa Granata

Mia Pulisciano

Mohandas Orenchia

Monica Fernandez

Morina Moore

Niama Toupou

Olivia Valerio-Mata

Randy Kopylec

Riley Sullivan

Ryan Rustek

Sabrina Dwy

Sarah Daniels

Shanalay Roman

Stephanie Cubero-Pellot
Tabatha Madgic
Tanisha Brown
Taylor Robinson
Teresa Moryl
Tiana Santiago
Tina Ufferfilge

Vanessa Stevens

Victoria Vannarath

Vilmaris Ruperto

Yazmin Ortiz

Outpatient Therapy

Andrew Thane, NH
Brian Callegari, NH
Dimitri Cotman, WF
Eddie Pomales, Cromwell
Ellen Isaacson, WF
Eric Lagoy, Cheshire
Holly Werle, WF
Kaitlyn Crosby, NH
Katelyn Donohue, WF
Kathleen Griffin, WF
Lauren Pocius, WF
Lindsey Lucas, WF
Lizzie Warren, WF
Michael Racca, NH
Meghan Chiaraluce, NH
Nora Rijos, NH
Phil Silverio, NH
Shane Gallagher, Madison

Shannon Masella, WF

Stephanie Belanger,
Cromwell

Sue Goldstein, WF

Tammy Spurgeon, WF

Victoria De La Rosa, WF

Physician Services

Alan Alex, DO
Aaditya Kiri, MD
Alyse Sicklick, MD
Arianna Caradonna, MD
Astou Seye, MD
Courtney Pinto, MD
David Rosenblum, MD
Frank Wendt, APRN
Hongmei Wang, MD
Jerrold Kaplan, MD
Mark Powers, PA
Sanchita Sharma, MD

Psychology

Su Stanton
Vince Gierer (Chaplain)

Therapeutic Recreation

Alexxandra Niss
Tyler Rogers

HEALTHCARE HALL OF FAME NURSES' WEEK 2025



MAY 5 ROCK & REFRESH	MAY 6 POP ICONS	MAY 7 NEON LIGHTS & NASHVILLE NIGHTS	MAY 8 THROWBACK THURSDAY	MAY 9 FREESTYLE FRIDAY
Wear your favorite Rock & Roll tshirt	Dress as your favorite pop icon	Blessing of the Hands	Dress like your favorite decade	Dress hip hop style
Rockin' Refresh Mobile Cart All shifts, all units	Unit superlatives announced Pop-tastic Treats Breakrooms	Dress country Discounted meal & free cookie for nurses, BBQ food Cafeteria	Retro Refresh Mobile Cart All shifts, all units	Music Trivia Candy and snacks in breakrooms

Gifts and awards throughout the week.

Happy



HOSPITAL WEEK

May 12-16, 2025

MONDAY MAY 12	TUESDAY MAY 13	WEDNESDAY MAY 14	THURSDAY MAY 15	FRIDAY MAY 16
Innovation of the Year Award / CHAMP Awards 12 p.m. Brooker Lecture Hall	Committee Engagement Fair 11a.m.-2 p.m. Brooker Lecture Hall	Craft Fair Jackson Lobby 8 a.m.-5 p.m.	Appreciation Lunch Wallingford campus 11:30 a.m.-1:30 p.m. Appreciation Dinner Wallingford campus Second Shift 4:30 p.m.-6:00 p.m. Appreciation Dinner Night Shift (1:00 a.m., Friday, May 16)	Free Dress Down Day Escape Room Jackson Ground Starting at 8 a.m. *Sign-ups required* Scholarship Presentation Brooker patio 3:00 p.m.

THANK YOU!
for all that you do

Have You Seen Our Blog Lately?

From incredible patient journeys to our staff sharing their expertise, the **Gaylord blog** is full of inspiring, insightful, and sometimes just plain awesome stories.

Want to check it out? Of course you do:

www.gaylord.org/news

Psst ... Know of a great patient story ... or do you have a topic that you're passionate about? We'd love to hear from you! Shoot a note to Joy at jsavulak@gaylord.org and let's get blogging!

Curious About PRP? Check Out Our New Video youtube.com/watch



Dr. Patrick Siegle shares essential info:

- What exactly is PRP?
- Who can benefit from it?
- Why choose PRP?
- How our patients recover faster, improve their mobility, and avoid surgery.

GAYLORD IN THE



From ICU to Inspiration: Kit's Second Act at Gaylord



On NBC30: Two years after a massive brain bleed nearly took her life, Kit Casey (mom of our very own **Tim Casey** in Agility) is back at Gaylord Hospital as a volunteer and brain injury peer mentor.

Her message to patients is simple and powerful: "Never give up. Ever."

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

Easter Bunny Cruises Down Gaylord



Sharon Antonioui, RN on Milne 2 dressed as the Easter Bunny rides down North Colony Road in Wallingford on her way to hop around the halls of Gaylord and visit her patients.

[Read the article here.](#)





The Little Things That Matter; Behind the Scenes Leadership with President and CEO, Sonja LaBarbera, the Exceptional Leader

"When I decided to embark on my doctoral journey, I felt a mixture of emotions and some reluctance. Despite these feelings, I enrolled at the University of Hartford, my alma mater. For my first assignment, Lawd! I needed to interview a leader of an organization, and Sonja LaBarbera immediately came to mind.

I approached her in the Lyman 1 hallway. After a moment of doubt, I asked, "Would you be willing to give me an interview for school, please?" She responded graciously without hesitation, and promptly followed up to respond to the interview. Afterward, she said, "I'm happy for you. Reach out if you need anything else. Good luck."

Her kind words and support left a lasting impression on me. I felt committed to honoring her kindness and to my goal of furthering my education, with the hope of someday returning the favor with a "Thank you!". These small acts of support and encouragement truly matter. I have graduated in education and nursing, and I want to sincerely thank President and CEO Sonja LaBarbera—her down-to-earth nature and exceptional leadership inspire at every level. You are deeply appreciated. Thank you!"

-Dr. Sam Osei, AKA Dr. Sam!



COMING SOON

CUSTOM GAYLORD



May Safety Habit:
Mentor Each Other
200% Accountability



A Safety Codeword:
"I have a Concern."



Speak Up for Safety: ARCC it Up - "I have a concern"

**A responsibility to protect
in a manner of mutual
respect—an assertion and
escalation technique.**



**A non-threatening technique you can use to raise concerns.
Each letter in ARCC stands for an action.**

Ask a question: *"Did you forget your gloves?"*

Request a change: *"Please put on your gloves."*

Communicate a Concern: *"I'm concerned about the safety of the patient."*

Chain of Command: *"I'm not comfortable with this; I will need to speak to my supervisor."*

Most of the time, the **A alone or the **A+R** will achieve the behavior change needed.*



MAY IS STROKE AWARENESS MONTH



STROKE CAN BE CAUSED BY:



- A clot obstructing the flow of blood to the brain called an ischemic stroke
- A blood vessel rupturing and preventing blood flow to the brain called a hemorrhagic stroke
- A transient ischemic attack (TIA) or “mini stroke” is caused by a temporary clot

HOW MANY PEOPLE HAVE STROKE EACH YEAR?

EVERY
40 SECONDS

someone in the U.S. has a stroke

#5

Cause of death and leading cause of disability in the U.S.

WHAT ARE THE LEADING CAUSES OF STROKE?

- High blood pressure
- High cholesterol
- Smoking
- Obesity
- Diabetes
- About 1 in 3 US adults have at least one of these conditions



HOW CAN YOU REDUCE YOUR RISK?

- Manage high blood pressure
- Control cholesterol
- Reduce blood sugar
- Be active
- Eat better
- Stop smoking
- Take medication as prescribed
- Join a program that includes exercise, education and counseling
- Know your family history of stroke



Early action is important for stroke.

Knowing the signs and symptoms of stroke so that you can act fast

- **Numbness or weakness** in the face, arm, or leg, especially on one side of the body
- **Confusion or trouble speaking or understanding speech**
- **Trouble seeing** in one or both eyes
- **Trouble walking, dizziness, or problems with balance**
- **Severe headache** with no known cause
- Think **F.A.S.T.**

Warning signs to look for: Think **F.A.S.T.**



F

Face

One side of the face may feel numb or droop. If you try to smile it may be uneven.



A

Arm

One of your arms may feel weak or numb. If you hold your arms out in front of you one arm may drift downward.



S

Speech

Ask the person to repeat a simple phrase. Is the speech slurred or strange?



T

Time

Every minute counts. Call 911 immediately and make a note of when your stroke symptoms first occurred. Patients who arrive to the ER within 3 hours of their first symptoms often have **less disability 3 months post stroke** than those who receive delayed care

UV Cabinets: A Safer, Smarter Way to Disinfect

Did you know UV light can eliminate 99.99% of bacteria, viruses, and fungi—without harsh chemicals or heat?

During the height of the COVID pandemic, UV cabinets were placed throughout our hospital to help reduce the spread of infection. Now, the Innovation Committee is exploring new ways to make the most of these devices.

What Can Go Inside a UV Cabinet?

Many items are currently thrown away after patient discharge simply because they cannot be wiped down with hospital-approved disinfectants. In areas like Therapeutic Recreation, where items such as game pieces are shared between patients, UV cabinets provide a time-saving alternative to individually wiping down each item.

UV cabinets offer a way to safely disinfect and reuse these items, leading to:

- Significant cost savings for the patient and the organization
- Reduced medical waste
- Preservation of valuable supplies
- Improved infection control
- Improved workflow and saved time

Some ideal candidates for UV cabinet use include:

- Paper-backed items: Peripheral IVs, central line dressing kits, O₂ sensor probes, suction catheter kits
- Small objects: Pens, puzzle/game pieces, Roku remotes
- Therapy tools: Therabands, ankle weights, small dumbbells, prism glasses
- Porous/fabric items: Seatbelts
- Other technology: Telemetry cords and wires, Spectralink phones



Using the UV Cabinets: Best Practices

1. **Set the timer** to a 15-minute exposure cycle.
2. **Avoid overcrowding**—leave at least 1 inch of space between items for full surface exposure.
3. **Only disinfect unopened items** to maintain item integrity.

After disinfection, items can be returned to the supply Pyxis and credited to the patient (saving the patient money), and restocked for future use.

Locations: Roncari (TR), Hooker 1 team room, Lyman 1 team room, Milne 2 team room, Cromwell, North Haven- and 3 in storage that could come to your space!

How could UV cabinets benefit your department?

Happy Patient Experience Week!

Click on the video below to check out the latest episode of *Message in a Minute* which highlights all of our staff to remind every member of Gaylord's team that their contributions to each patient's experience at our healthcare facilities are crucial, meaningful, and impactful, each and every day, in the lives of our patients. Remember, we ALL have a hand in patient care.



We all have a hand in patient care.

Congratulations to the PM&R Residency on their Recent Publication!

PM&R Residents, Drs. Priscilla Mapelli and Mitch Wright, mentored by Drs. David Rosenblum and Hank Hrdlicka, recently published a case report in *Spinal Cord Series and Cases*, and we're excited to share it with the Gaylord Family!

The article, "Multifaceted challenges of deep venous thrombosis in the setting of tetraplegia and ulcerative colitis: case report," dives into a challenging inpatient rehab case involving a patient with an acute traumatic spinal cord injury and history of ulcerative colitis. The patient, despite being on deep venous thrombosis (DVT) prophylaxis, developed extensive blood clots during their stay. This required tough decisions around their anticoagulation therapy and bowel care related to their ulcerative colitis. It's a great example of the complex, real-world situations we navigate in rehab every day.

[Check it out here](#)

Nice work, team!



- Poster Displays
- Mix & Mingle
- Refreshments



JOIN GAYLORD RESEARCHERS TO CELEBRATE

INTERNATIONAL CLINICAL TRIALS DAY

Come celebrate International Clinical Trials Day at Gaylord with an afternoon of research and discovery.

WEDNESDAY, MAY 14, 2025
12:00PM - 1:00PM
THE INSTITUTE FOR ADVANCED REHABILITATION AT GAYLORD



Be Innovative.
Think Possible.



Share your
innovative
ideas with us.

Scan the QR code or
email innovation@gaylord.org

New Innovation Submission Process...
More info to follow!

Check out this years' finalists for Gaylord's Innovation Of The Year Award and cast your vote to help us choose the winner!



innovation

OF THE Year Award

May 12 • 12pm
Brooker Lecture Hall

Help us choose the winner!

Read through the four finalist innovations and pick one who deserves to win. To vote, scan the QR code. One vote per person. **Be Innovative. Think Possible.**



Finalists



Safe Patient Handling Bins

Opportunity

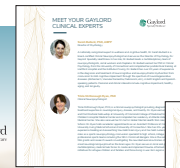
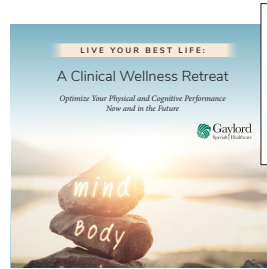
The creation of the Safe Patient Handling Bins was driven by the goal of reducing patient handling injuries. This initiative focused on increasing clinical staff awareness of the availability and proper storage of additional safe patient handling supplies. By strategically placing these bins in clean supply rooms across all units, staff now have convenient access to essential equipment, ultimately promoting safer patient care practices throughout the hospital.

Innovation

The innovation involved the development of a supply bin containing three essential safe patient handling items: gait belts, slide boards, and multiloop repositioning slings compatible with patient lifts. Bin levels were tailored to meet the specific needs of each unit, ensuring adequate supply availability. Each bin was clearly labeled with a laminated sign listing the included items, making it easy for staff to quickly identify and access the equipment. Clinical staff were educated on the purpose and use of the safe patient handling bins, which are now checked weekly to ensure they remain adequately stocked.

Today

While reducing employee injuries remains a work in progress, we have observed an increased use of safe patient handling supplies by clinical staff since the implementation of the bins. By centralizing the equipment in one location, it becomes easier for staff to audit the availability of supplies and identify when inventory is running low, ensuring that there is always an adequate supply of safe patient handling equipment.



Longevity Program

Opportunity

The Longevity Program was born out of the growing interest among individuals to proactively manage their health and optimize their lifespan, rather than simply reacting to illness as it arises. The program addressed the critical gap between reactive disease treatment ("Medicine 2.0") and proactive, preventive health optimization ("Medicine 3.0"). With growing public interest in longevity science and a healthcare system overly reliant on insurance-driven, illness-focused care, there was a clear need for a multidisciplinary approach to empower individuals to take control of their cognitive and physical health across the lifespan. Advances in research have shown that targeted interventions in areas like cognition, physical functioning, stress management, and nutrition can significantly impact long-term health outcomes. Recognizing this, our team sought to develop a program that would help individuals not only live longer but live healthier, more fulfilling lives by providing them with actionable insights and personalized plans.

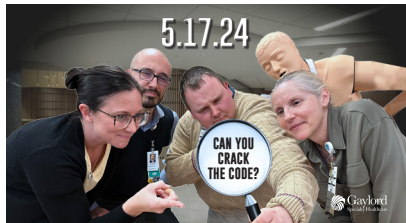
Innovation

The Longevity Program is an innovative, self-pay model designed to evaluate and enhance both cognitive and physical health using science-backed strategies and a multidisciplinary approach. The program began with a pilot retreat last September where 6 participants underwent neuropsychological screenings to assess cognitive strengths and weaknesses, as well as physical therapy evaluations measuring factors tied to longevity, such as grip strength, walking speed, cardiovascular endurance, and power. Participants were provided with written summaries of their results alongside personalized action plans aimed at improving their overall health and lifespan. The retreat also included educational lectures focused on cognitive health, physical wellness, and stress management, giving participants practical tools to implement in their daily lives.

The program has since evolved to offer semi-annual retreats, in addition to one-day evaluations tailored to specific tracks such as optimization of functioning, dementia prevention, cardiovascular health, bone health, and menopause. Each evaluation targets key areas of functioning—cognition, sleep quality, nutrition, stress management, and physical fitness—ensuring a holistic approach to preventive care.

Today

Today, the Longevity Program has expanded its scope and reach with new features that enhance both its accessibility and effectiveness. We are working to partner with InsideTracker, a health dashboard platform, which will provide participants with a comprehensive tool to track key biomarkers over time, offering real-time feedback on their progress and ensuring adherence to recommendations. This data-driven approach will allow the team to better assess the long-term impact of interventions on participants' overall health. Furthermore, we are in the process of expanding our multidisciplinary team by working to add a naturopathic physician and a psychiatrist to address areas such as hormonal balance and chronic pain management. The program's tiered pricing model remains self-pay but now includes reinvestment into community education programs focused on preventive care for underserved populations. The program's pricing structure ensures sustainability while reinvesting a portion of profits into community-based education programs, helping bridge gaps for individuals who rely on insurance-based care. Additionally, we are collaborating with our in-house research expert to analyze participant data and use these findings to inform hospital-wide practices for all patients—regardless of insurance status. These advancements will transform the program into a scalable model of preventive care that combines cutting-edge innovation with a commitment to equity in healthcare access.



Escape Room

Opportunity

The idea for the Escape Room began as a fun and engaging way to encourage Gaylord team members to explore the new Institute of Advanced Rehabilitation (IAR) on Jackson Ground. This space is home to the Milne Institute for Healthcare Innovation, the Center for Education, the Office of Integrative Medicine, and the PM&R Residency Program. The goal was to create a hospital-wide event that celebrated Hospital Week, showcased the various departments within the IAR, and brought together employees from across the organization in a collaborative, exciting way. In addition to encouraging exploration and connection, the event provided an opportunity to reinforce core safety practices by integrating key tools and themes into the experience.

Innovation

What started as a simple idea blossomed into a creative, challenging, and highly interactive experience. The team developed a hospital-wide Escape Room event centered around a fictional patient elopement scenario. Participants were tasked with solving clues, completing puzzles, and overcoming challenges to locate the "missing patient." Throughout the experience, different safety concepts, including our CHAMP tools, were woven into the storyline, reinforcing their importance in a fun, memorable way. Twelve interdisciplinary teams participated, with one team ultimately winning by solving the mystery in the fastest time. The event not only encouraged teamwork and critical thinking but also highlighted the unique contributions of each department within the IAR.

Today

Due to the overwhelming success and positive feedback from the first event, a second Escape Room is now in the works for May 2025. While it will feature a new theme, the focus will remain on interdisciplinary collaboration, teamwork, and learning through play. It promises to be another fun, engaging, and meaningful opportunity for staff across all departments to connect and grow together.



Patient Briefs

Opportunity

Our objective was to eliminate waste of adult briefs by distributing to the units loose rather than in packs of 20. When a patient is discharged, all supplies in the room are disposed of, including adult briefs.

Innovation

By breaking the packs of 20 and placing them in totes, the staff can now take exactly what they need. There are less "leftovers" to be discarded at discharge.

Today

We are using significantly fewer diapers, thereby generating a significant cost savings for Gaylord. A large amount of space was created by removing briefs from the Pixys machines and now that space used for other items.



Planting Trees & Flowers: Easy, Simple, and Impactful!

🌱 Make a Difference in Your Community! 🌱

Planting trees and flowers is an easy way to beautify your neighborhood, support wildlife, and help the environment. You don't need to be an expert gardener—just a little effort can make a significant impact!

Why Plant Trees & Flowers

Planting trees and flowers can contribute to cleaner air, better water conservation, pollinator support, cooler temperatures, and mental and physical health benefits.

- 🌍 **Cleaner Air:** Trees absorb carbon dioxide and release oxygen, improving air quality.
- 💧 **Better Water Conservation:** Tree roots prevent soil erosion and improve groundwater levels.
- 🐝 **Support Pollinators:** Flowers attract bees, butterflies, and birds, helping our ecosystems thrive.
- 🌳 **Cooler Temperatures:** Trees provide shade, reducing the heat in urban areas.
- 🌸 **Mental & Physical Health Benefits:** Green spaces boost mood, reduce stress, and encourage outdoor activities.

Best Trees & Flowers to Plant in May & June

- 🌳 **Recommended Trees:** Dogwood, Red Maple, Oak, Crabapple, Birch, and Magnolia
- 🌸 **Recommended Flowers:** Marigolds, Petunias, Zinnias, Lavender, Sunflowers, and Coneflowers

How can you get started?

- ✓ Start by picking the right spot by finding a location with good sunlight and access to water.
- ✓ Choose to plant native plants as they thrive better and require less maintenance overall.
- ✓ Then, prepare the soil by loosening the ground and adding compost for healthier plant growth.
- ✓ Water your plants regularly, especially during the first few weeks. Adding mulch around the area can also help retain moisture and provide a healthier growing environment for your plants.
- ✓ Want to learn more and get involved? Join a local garden club, take local classes, organize a community planting day, or start a neighborhood garden!

🌱 Start Today! 🌱

Whether you plant a single flower or a whole tree, every effort counts. Invite friends, family, or neighbors to join in, and watch your community bloom with beauty and life.

VOLUNTEERS NEEDED

Help Clean-up
Gaylord Farm Road

**Wednesday, June 4
4 p.m.**

For more information, visit the new intranet homepage / Pulse