

## FYI



# Fourth Quarter Nominees Announced

Four recipients of the Quarterly Nominations for the Joseph A. Lindenmayer Employee of the Year were recently announced. This group is the fourth of this recognition cycle for FY2025. It is our employees who truly make Gaylord so special for our patients. Whether providing direct patient care or providing the myriad of support to the caregiver teams, each employee is vital to our success and to our mission of improving the health and functionality of our patients. Our core values spell, "IT IS ICARE:" Innovation, Teamwork, Inclusion, Safety, Integrity, Compassion, Accountability, Respect and Excellence - and each nominee exemplifies these values both with patients and their families, and with colleagues. These four have collectively dedicated 35 years of their lives to Gaylord and its patients. They are remarkable individuals and serve as role models for the rest of us. To the nominees: Take pride in who you are and know that your colleagues and our patients recognize your unique contributions.



Our first nominee is **Stefanie Gaidos**. Stefanie is a Speech Pathologist/Team Leader in our Inpatient Therapy Department. She has been here since March 2013 and was nominated by a patient.

The patient states: "Stefanie is very motivational and was helpful with my mental health and healing."


Stefanie's supervisor, Janine Clarkson, states: I enthusiastically support Stefanie's ICARE nomination. She consistently exemplifies the ICARE values and has been nominated several times. Stefanie is a knowledgeable, caring clinician who provides high-quality patient care. She thrives on continuing to grow her knowledge and has been involved in and published several research studies over the past several years. Stefanie always looks

at new treatment ideas to ensure that her patients receive the best, most up-to-date treatment options. She readily shares treatment ideas and current research with other staff and is an excellent mentor. Stefanie is a true team player and is always willing to assist in any way possible. I am not surprised that the patient who nominated her found her to be "very motivational and helpful" as this is exactly who she is. We are so lucky to have her and I am happy to support this nomination!



Our next nominee is **Bill Harpin**. Bill is the Facilities Operations Manager. He is the parent of a former patient and joined us in January 2019. Bill was nominated by a colleague.

*continued on page 8...*


**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.

## DAISY Award Announced

We are honored to nominate Alyson Yakowicz for the DAISY Award in recognition of her extraordinary compassion, teamwork, and clinical excellence.

Alyson is a fantastic nurse whose patients consistently praise her care and kindness. She is equal parts brilliant and compassionate- her warmth and empathy shine through in every interaction.

*continued on page 8...*

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

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E  
 Innovation  
Teamwork  
Inclusion  
Safety  
Integrity  
Compassion  
Accountability  
Respect  
Excellence

### FYI DEADLINE

The deadline for the next FYI is **Friday, May 23.**

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



# Clinical Trials Day

Wednesday, May 14, 2025

Thank you to everyone who joined us this past Wednesday, May 14, for the Milne Institute's 5<sup>th</sup> annual celebration of International Clinical Trials Day! This year, we showcased 19 posters on various topics in the Institute for Advanced Rehabilitation. We had a wonderful time celebrating all the incredible research conducted by Gaylord's clinicians. As with each year, several awards were given out during the celebration.

The winners from this year's celebration are:

- **Yaz Ortiz**, RN H1, winner of this year's "Author Signature Raffle" (received a \$50 gift card)
- **Dr. Priscilla Mapelli**, winner of this year's "Published Author Raffle" (received a \$250 gift card)

"People's Choice for Poster of the Year" went to three winners this year:

- **Stefanie Gaidos**, Inpatient Speech Therapy, for her poster titled, *"Analysis of Clinical Trends in Dysphagia Management for Patients with Feeding Tube Placement Prior to LTACH Admission: A Retrospective Review"*

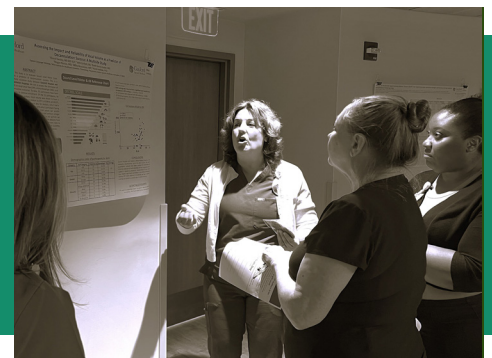
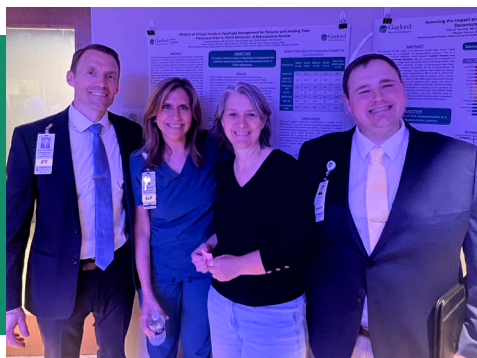
- **Stephanie Cubero-Pellot**, RN H1, for her poster titled, *"HOUDINI: Reduction in Catheter Days Through Implementation of Nurse-Driven Protocol"*
- **Austyn Neidel**, student research volunteer, for his poster titled, *"Analyzing How COVID-19 Effects Patient Groups in Long Term Acute Care Facilities"*

All three received signed certificates of recognition from the Milne Institute's Executive Director, Pete Grevelding.

- **Stephanie Zanvettor**, winner of the "Milne Institute for Healthcare Innovation Recognition of Research Growth," received a signed certificate of recognition from the Milne Institute's Executive Director, Pete Grevelding

Congratulations to all of our winners!

Thank you all again, and we hope to see you next year!



## Celebrating Last Month's Cash Push

Our Patient Billing team was treated to pizza and cake in recognition of their incredible efforts during last month's cash push!

The team came together with a focused and collaborative approach that made all the difference:

- **Reduced remote work:** We temporarily reduced remote work schedules to increase collaboration among team members and keep things moving quickly.
- **Weekly targeted spreadsheets:** Each Monday, collectors received focused spreadsheets highlighting priority accounts by age and payer to keep everyone aligned on where to concentrate efforts.
- **Cut down on bill hold days:** We reduced the bill hold days, monitored timelines and pushed for quicker turnaround to move accounts into collections faster.
- **More frequent payer rep outreach:** We increased how often we escalated issues to payer reps to keep the cash flowing.
- **Increased interim billing frequency:** We manually pushed out interim bills every two weeks to maintain consistent billing activity, speed up the process and have bills fall under payer itemized bill dollar thresholds. This change has now been built into our system parameters moving forward.
- **All hands on deck:** Everyone pitched in – even working accounts outside their usual payer assignments – to make sure nothing fell through the cracks.

Thanks to these efforts, we not only made up the prior month's shortfall but also achieved the highest monthly cash total in the hospital's history! It was a true team effort, and the celebration was well earned!

## Movin' On Up!

Please join us in congratulating Heather on her promotion to Unit Nurse Leader for Milne 2!

Heather began her nursing career as an LPN after graduating from Lincoln Tech in 2009, earned her Associate of Science in Nursing from Naugatuck Valley Community College in 2014, and completed her Bachelor of Science in Nursing at Capella University in 2019. Heather brings a wealth of experience and dedication to this leadership role. With nearly 10 years at Gaylord, Heather has been a trusted charge nurse, mentor, and resource on Hooker 2, and since April 2023, she has contributed her expertise in traumatic brain injury and spinal cord injury care to Milne 2.

Outside of work, Heather enjoys spending time with her husband and sons, reading, listening to music, and relaxing on her deck when the weather is nice. Heather's dedication and experience have already laid a strong foundation for her leadership on Milne 2. We look forward to supporting her as she steps into this exciting new chapter.

Congratulations, Heather! We can't wait to see all that you will accomplish!







*Thank you!*



Gaylord Hospital  
Wallingford, CT  
April 29, 2025

**Registered Donors**

**33**

**Presenting Donors**

**30**

**Units Collected**

**24 Whole Blood**

**3 Power Red (6 Units)**

**Drive Goal**

**25**

**First Time Donors**

**2**

**Type O Donors**

**20**

One single blood donation can help save more than one life.  
Thank you for supporting our lifesaving mission!

Have you started your Wellness Goals for 2026 yet?

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



During the month of May, if an 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!**



## Rings, Rice & Rattles

**If you got engaged** email the following info:

Name, department, got engaged to \_\_\_\_\_ (optional).

Our wedding date will be \_\_\_\_\_ (if already set).

**If you just got married** email the following info:

Name, department, married on (date), to whom.

Location (optional), Last name change, if applicable.

**If you recently had a baby** email the following info:

Name, department, baby name, date of birth and weight

All emails should be sent to [publicrelations@gaylord](mailto:publicrelations@gaylord).

Justin Pratte, a 2nd year resident on his SCI rotation with Gaylord introduces his daughter, Grace!

Healthy baby girl. 8lbs, 13 oz. 22 in. Baby and Mom are doing just fine!



Grace Rose Pratte





**06 14 25**

**REGISTER NOW!**

**www.gaylordgauntlet.org**



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

- Th 5/15: Yoga Class 2
- F 5/16: Free Dress-Down Day for Hospital Week  
Escape Room Challenge
- M 5/19: Gaylord Golf Classic
- 5/19-30: Pet Drive for Wallingford Animal Shelter
- T 5/20: Biometric Screening
- Th 5/22: Open Headshots (by appointment only)  
Yoga Class 3
- Th 5/29: Yoga Class 4
- F 5/30: Last day to vote Gaylord for Reader's Choice  
Jeans for Charity
- W 6/4: Ellie Brown Memorial Roadside Cleanup, 4pm
- W 6/11: Early Packet Pickup for Gauntlet Runners,  
11am - 5pm in Chauncey
- S 6/14: Gaylord Gauntlet 5k!

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

**Nominate Us:** Gaylord Specialty Healthcare

**READER'S CHOICE**  
**Record Journal**  
2025

☒ 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

Friday, May 16 is a  
**FREE Dress Down Day**  
in honor of Hospital Week!

**Jeans for Charity: Friday, May 30**

The featured organization is:



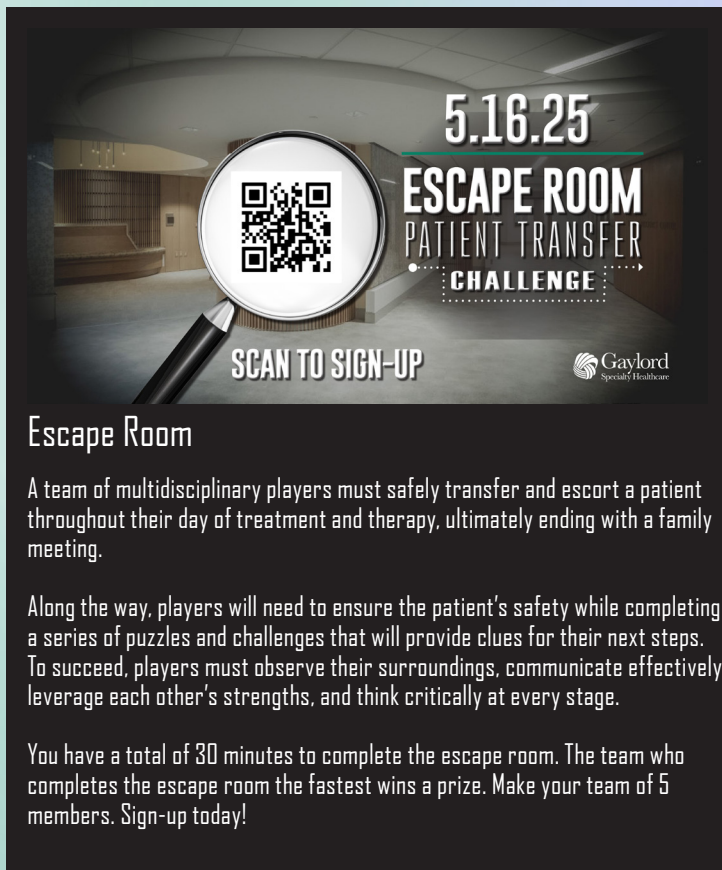
**Donate Life CT** is

a volunteer-driven nonprofit organization committed to educating the public about the life-saving benefits of organ and tissue donation. Their mission is to increase awareness and encourage more Connecticut residents to register as donors, ultimately aiming to save and enhance lives through transplantation.

[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.



**5.16.25**  
**ESCAPE ROOM**  
 PATIENT TRANSFER  
 CHALLENGE

SCAN TO SIGN-UP

Gaylord Specialty Healthcare

### 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!



**PET DRIVE** Gaylord Specialty Healthcare

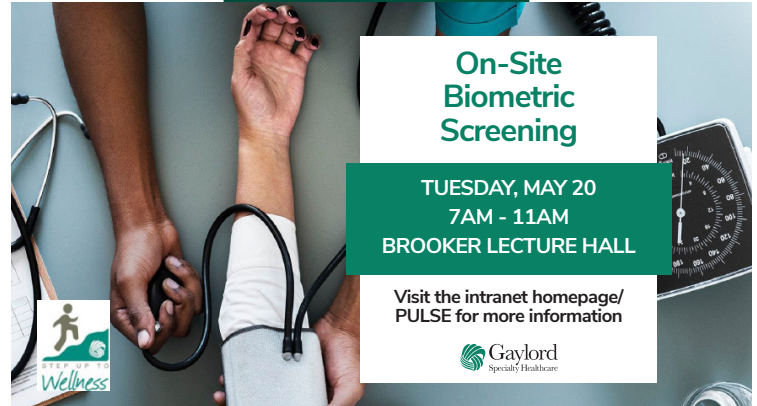
We are accepting donations for our furry friends at the Wallingford Animal Shelter. No donation is too small.

**May 19-30**  
 Items needed:

- Cat litter
- Wet and dry cat food
- Wet and dry dog food
- Clean blankets & towels
- Laundry detergent & bleach
- Cat & dog toys

Collection bins located in Brooker Lobby, Cafeteria, Jackson Lobby, Cheshire and North Haven.

Mandy's friends need your help!



**On-Site Biometric Screening**

**TUESDAY, MAY 20**  
 7AM - 11AM  
 BROOKER LECTURE HALL

Visit the intranet homepage/  
 PULSE for more information

Gaylord Specialty Healthcare

## 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](mailto:kbrophy@gaylord.org)



**VOLUNTEERS NEEDED**

Help Clean-up  
**Gaylord Farm Road**

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

Gaylord Specialty Healthcare

For more information, visit the new intranet homepage / Pulse

ELLIE BROWN MEMORIAL ROADSIDE CLEAN-UP



**COMING SOON**  
 to your email

**Great Place To Work**  
 Gaylord Specialty Healthcare

**Great Place To Work survey 2025**

# MAY IS BETTER HEARING AND SPEECH MONTH

## Test Your Knowledge! True or False: SLP edition!

### TRUE or FALSE:

- 1) Studies show up to 78% of stroke survivors experience some degree of dysphagia.
- 2) The biggest risk factor for developing a pneumonia from aspiration is when a patient is fed too fast.
- 3) Aphasia is a language disorder that impairs someone's speech and intelligence.
- 4) A concussion is not a brain injury.
- 5) There is more than one type of dementia.
- 6) There is nothing a speech therapist can do for patients with Dementia because it is a progressive disease.
- 7) Brain games and apps functionally improve a patient's memory, attention and thinking skills following brain injury.
- 8) Coughing and throat clearing to keep your voice clear can cause vocal cord damage.
- 9) There are no therapy interventions for a patient in a near-coma state.
- 10) A good communication strategy for an individual with aphasia who has difficulty understanding your instructions or questions is to speak really loudly so they hear you better.

### CHECK YOUR ANSWERS:

1. TRUE. According to Stroke AHA Journals 2017, up to 78% of patients may experience dysphagia following a stroke. An SLP is part of the evaluating and treating team following stroke and can evaluate and treat swallowing impairments.
2. FALSE. The biggest risk factor for developing a pneumonia from aspiration is from poor oral care according to Langmore et al. 2003.
3. FALSE. Aphasia is a language disorder that can impact any or all of the following: verbal expression, auditory comprehension, reading and writing skills. Aphasia does not impact the individual's intelligence.
4. FALSE. A concussion is considered a mild traumatic brain injury (mTBI) and may be caused by a blow to the head, a sudden jolt of the head, or a hit to the body. It may result in symptoms impacting cognition, balance, vision, and head/neck pain. SLPs may provide compensatory cognitive strategies in therapy with individuals following concussion.
5. TRUE. There are 8 types of dementia including Alzheimer's Disease, Primary Progressive Aphasia, Vascular Dementia, Lewy Body Dementia, Frontotemporal Dementia, Normal Pressure Hydrocephalus, Huntington's Disease, Creutzfeldt-Jakob Disease, and Wernicke-Korsakoff Syndrome.
6. FALSE. Speech-Language Pathologists can have a critical role in providing support to patients and families living with Dementia in terms of training compensatory strategies for communication and cognitive skills, providing education and resources, and identifying activities for the patient to engage in that are cognitively stimulating and appropriate for their skill level.
7. FALSE. Brain games may be cognitively stimulating and enjoyable to the patient, but there is no evidence that working on these games in isolation translates to meaningful and functional improvements in the skills that are being targeted. It is found that the patient gets better at the games. According to INCOG 2.0 Guidelines for Cognitive Rehabilitation Following Traumatic Brain Injury, cognitive skills training should be strategy-focused and conducted by a TBI-experienced therapist who can further facilitate the functional integration of the strategy being practiced into meaningful and practical tasks. So in summary, it isn't necessarily bad to do these games/apps, but meaningful functional changes in real-life cognitive skills are not directly improved through their use.
8. TRUE. Chronic coughing and throat clearing (caused by allergies, upper respiratory infections, environmental irritants, and/or reflux) irritates the tissue in your larynx, which can inflame your vocal cords and can lead to a voice disorder known as "dysphonia". SLPs are trained to assess and treat dysphonia. Instead of coughing/clearing your throat, try taking a sip of water or take a voice break instead.
9. FALSE. Our SLP staff is trained to complete the JFK COMA RECOVERY SCALE - REVISED. It is used to track slight changes over time. Sensory stimulation and re-wiring the brain interventions are meant to improve wakefulness, stimulate neural cells and promote neuroplasticity.
10. FALSE. An individual with aphasia may have impairments in auditory comprehension skills which refers to how the brain is processing and understanding speech. This doesn't mean they can't hear you. Some general techniques are to speak at a regular volume and tone, simplify your language, repeat or emphasize important information, provide a visual model, write down key words, etc. The strategies that work with each individual may vary so if you are having difficulty communicating with your patient, be sure to connect with the SLP to learn what strategies may help the patient.



## ICARE Nominees (cont. from page 1)

The colleague states, Bill has been a great help with any and all problems in the IV clean room. Bill helps me with both small and large problems such as the HVAC system that also requires regulatory oversight and compliance.

The compassion he has for his fellow coworkers is above and beyond. During a recent winter storm he was in the parking lots cleaning off employee cars to help them out. Bill is a true example of Gaylord's ICARE values."

Bill's supervisor, Bob Hall, states: I support Bill Harpin's nomination as one of the 4th quarter ICARE recipients. Bill started working in the Facilities department in January 2019 but has had a much longer relationship with the organization, which started when his daughter spent time with us as a patient. I met Bill through Dr. Holland while Bill was volunteering at the Gauntlet. Bill had a background in Facilities Management and we decided to bring him on a few days a week to help with special projects as an Engineering Assistant. We quickly realized his potential and his responsibilities grew as time passed. Today, he serves the organization as the Facility Operations Manager responsible for daily operations and managing the Agiliti teams. Bill's dedication to Gaylord is unparalleled. He is the first one to work in the morning and usually the last to leave. He has worked tirelessly to improve processes, save money, and improve staff engagement. He has built relationships with staff throughout the organization and has developed a reputation as someone to call "who can get things done". He rounds the facility constantly searching for issues and proactively addressing them. He has helped Facilities build stronger relationships with our customers and ensures that we provide the best possible service. No matter what project he is assigned or the problem he is working on, he immerses himself in the process to understand all the details and then logically progresses through working towards successful resolution and completion. For example, he expertly managed the building of the facility work order management database that has modernized our workflow, re-engineered the refrigerator monitoring system, overhauled our BioMed department, and solved multiple issues with our complex Pharmacy clean room mechanical systems, to name a few. Bill is an asset to our team and the organization as a whole. He has helped execute our vision to transform the Facilities department into a best-in-class operation that strives to employ a best-practice approach. I am very thankful for our chance meeting and never would have expected to have developed such a good working partnership. I have a lot of respect for Bill and what he has accomplished for Gaylord.



Our next nominee is **Chrissy Rutigliano**. Chrissy is the Practice Manager, Outpatient Medical Services. Chrissy joined Gaylord in December 2009. She was nominated by a colleague.

The colleague states: With Expanse, there has been an issue with printing out the EMG data that comes from the machine itself. There were several areas that were very difficult to read, making it very hard for referring MDs to clearly review the information once they received it. After contacting Chrissy, she took ownership of the problem and stuck with it through resolution. She called the company who provides the machine, working with them to identify the problem and how to fix it. Now, the printed information is more legible for the referring MDs to read. This prevents any possible patient safety issues or adverse events. She was incredibly helpful in rectifying this issue, and is always willing to do whatever is needed whenever she can.

Chrissy's supervisor, Dr. Kaplan, states: Chrissy is a truly compassionate person. She strives to treat each patient and their family members as she would like to be treated herself. She leads by example in a caring, thoughtful, and extremely conscientious fashion to always follow up on any clinical concerns. She is fully accountable to not only our Outpatient Medical Services Department but Gaylord Hospital as a whole. She does an outstanding job collaborating with multiple departments throughout the organization. She treats every interaction whether with a patient, family member, colleague, or someone outside the organization with the highest possible degree of integrity, respect, and accountability. As her supervisor, I constantly receive feedback from individuals at all levels throughout Gaylord regarding their tremendous positive interactions with Chrissy. Gaylord is truly lucky to have Chrissy as part of our wonderful organization.



Our final nominee is **John Smith**. John is one of our Security Officers. John has been with Gaylord 4 ½ years and was nominated by one of his peers.

The co-worker states: John as a colleague, has always helped in answering and clarifying questions relating to the Gaylord Security function and responsibilities.

*continued on page 9...*

## ICARE Nominees (cont. from page 1)

He is a resource whether he is on duty or not. He is the “go-to” guy from within Security personnel. Staff, vendors, patients, and visitors all value his knowledge and approachability. He is accurate, knowledgeable, friendly, and personable. He upholds high ethical and moral standards.

John consistently demonstrates respect for others and, in turn, earns their respect. He is genuine in his willingness to help, motivated by a sincere desire to contribute rather than personal gain. John has shown strong leadership—particularly when others have stepped back from their responsibilities. He has shown interest and growth in supervisory and managerial roles within Gaylord Security.

John’s supervisor, Joe Jannetto, states: It is an honor to recommend and support John Smith’s nomination for an ICARE award. John is a prime example of the type of employee we value not only here at Gaylord, but also as an employee you would welcome in whatever organization you were part of. John is a go-to and role model for the Security Team. Daily, he demonstrates each of the ICARE values.

John has received two stars from patients and staff during my brief time at Gaylord. Often, staff stop me in the hallways to tell me how great John is.

He is always positive and has a smile on his face. It is evident that John enjoys his work and the team he is a part of. He is a self-starter and takes the initiative to help his fellow officers and share his insight.

John is humble, courteous, and respectful to all he comes in contact with. His calm and friendly demeanor means the world to visitors and patients who pass through the Jackson lobby. Gaylord is fortunate to have such a valued employee as John. He is an absolute gem of a person!

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## Another Successful Paint Night!



## DAISY Award (cont. from page 1)

Patients feel genuinely cared for and safe in her presence, and it is clear that she is beautiful inside and out, as reflected in the exceptional care she provides.



Alyson stands out as the most caring and empathetic nurse to every patient. No matter what challenges the day brings, she enters each room with an upbeat tone and a genuine smile, uplifting everyone around her. She is always willing to answer call lights and assist patients and her team, never hesitating to lend a hand even when her workload is heavy.

Alyson’s dedication to her team is remarkable. She continually checks in to see if her coworkers need help, offering to take on more patients or new admissions to ease the burden on others-always without complaint. Her selflessness and willingness to go above and beyond have made her an invaluable member of our team.

Although Alyson graduated from the RN residency just last year, she has been with us for several years. Her professionalism, skill, and positive attitude set a high standard for all of us. She is a role model for new and experienced nurses, exemplifying the values of excellence, compassion, and teamwork that the DAISY Award represents.

Alyson truly makes a meaningful difference in the lives of her patients and colleagues every day. We are grateful to have her on our team and believe she is incredibly deserving of this recognition.

## Near Misses:

A near miss is an event that might have resulted in harm, but the problem did not reach the patient because of timely intervention by our amazing staff.

Every month a Near Miss is selected by the Safety Coaches and celebrated!

This includes sharing the incident at Safety Huddle and recognition from the Management team, a write up in FYI, a **Gift card for submitter** and a department visit from the Safety Gnome.

Near Miss Reporting can be found on Sharepoint, under Frequent Links: Quick Launch



The Safety Coaches have selected to celebrate the Near Miss submitted in March by **Tanya Garcia, RN from Milne 2.**

A new admission arrived and verbalized intentions to sign out AMA (Against Medical Advice), showing symptoms of severe anxiety. Tanya ARCC'D up her concern to Jennifer Lombardi, Nursing Supervisor and Dr. Buchheri. The 3 team members collaborated alongside patient and family and worked to identify ways to resolve patient's anxiety. The patient agreed to take anxiety medication and be moved to a larger room, where he continued his rehab.

This is a great example of the use of **CHAMP: ARCC It Up** when a safety concern is identified and the importance of Teamwork to ensure the patient receives the care they needed.

The Quality and Safety Department would like to thank the following staff for submitting Near Misses in March:

- Kelly Romano
- Alexa Marks
- Diane Oakes
- Todd Belcourt
- Kaitlyn McNelly
- Tanya Garcia

**Thank you for  
Speaking up for Safety!**



**innovation  
OF THE  
Year Award**

**WINNER: Patient Briefs**

*Congrats!*





# We did it again!



Gaylord Specialty Healthcare has been named one of Becker's Healthcare "150 Top Places to Work in Healthcare" for 2025! Even more exciting, we are the **only Connecticut-based organization** to earn a spot on this prestigious national list.

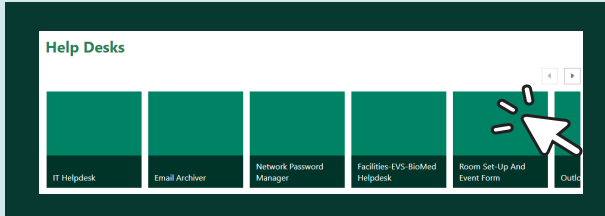


BECKER'S  
**HOSPITAL REVIEW**

## FACILITIES & EVS UPDATE:

### NEW "ROOM SET UP AND EVENT FORM" NOW LIVE

Facilities and EVS would like to introduce our **NEW COMBINED DEPARTMENT "ROOM SET UP AND EVENT FORM,"** found on Sharepoint under the "Work Orders" page right next to "Facilities-EVS-BioMed Helpdesk." [Link here \(internal only\)](#)



This is ONE form that you can fill out for all your EVS and FACILITIES event needs and details, eliminating the need to enter multiple work orders.

Filling out each prompt with as much detail as possible ensures that your event needs will be met in a purposeful and timely manner.

It is our hope and intention that this form will help streamline the event set up process for everyone involved.

Please contact Lori Baker (x2883) with any questions.

## GAYLORD IN THE



### Sports Association: Veterans' Adaptive Fishing Tournament at Candlewood Lake.



A day of healing, camaraderie, and peace, the event paired 25 veterans with 25 volunteer boat captains for a therapeutic day of fishing, connection and nature.

While competitive, the event's true focus is on community and mental wellness.

Story featured by the following media outlets:

- [Fox 61](#)
- [Hearst Media CT/ Danbury News Times/ Norwalk Hour](#)

### Meriden Man Who Worried He Wouldn't Walk Again Makes Miraculous Progress at Gaylord



WTNH ran a story on former inpatient featuring Dr. David Rosenblum, Jackie Lavigne, OT, Sarah Carpenter, PT, and Mandy. After a rare spinal condition left him paralyzed, Meriden's Alex Figueroa has made remarkable progress at GSH, regaining movement, hope, and plans for the future.

[Read the article here.](#)

### Want to Keep Your Brain Sharp? Simple Habits to Prevent Cognitive Decline



**Woman's World Magazine** quoted Dr. Sarah Bullard, Director of Psychology, extensively in a recent article discussing:

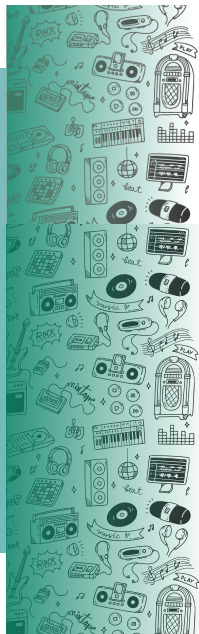
- Limiting Multitasking
- Stress Management Techniques
- The Importance of Gratitude

[Read the article here.](#)

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

Pictured right: Dr. Bullard presents to a packed house a recent lecture through Gaylord's Longevity Program





## PCT APPRECIATION 2025 NOMINATIONS

Voting closes June 2

HEALTHCARE  
**HALL OF FAME**  
PCT APPRECIATION 2025

LET'S SHINE A SPOTLIGHT  
on those who make a  
DIFFERENCE EVERY DAY!



**PCT AWARDS**

HEALTHCARE  
**HALL OF FAME**  
PCT APPRECIATION 2025



SCAN TO NOMINATE

Scan the QR Codes to Nominate

Gaylord  
Specialty Healthcare

**UNIT SUPERLATIVES**

HEALTHCARE  
**HALL OF FAME**  
PCT APPRECIATION 2025



MILNE 1



HOOKEE 1



LYMAN 1



MILNE 2



HOOKEE 2



LYMAN 2

Happy



## HOSPITAL WEEK

May 12-16, 2025

MONDAY MAY 12    TUESDAY MAY 13    WEDNESDAY MAY 14    THURSDAY MAY 15    FRIDAY MAY 16

**THANK YOU!**  
for all that you do

**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.

## First Yoga Class A Success!



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!



## 5th Annual CHAMP Awards



And the **CHAMP Award** goes to...

- Best Actor: **Jim Russo**
- Best Actress: **April O'Neill**
- Best Supporting Actor: **Dr. Kiri**
- Best Supporting Actress: **Mary Ann St. Martin**
- Best Safety Comedy: **Oral Hygiene: Dirty Mouth, Clean It Up**
- Best Safety Drama: **Documentation**
- Best Writer, Producer, Editor and Screenwriter: **Matt Kraines, GreenSprings Creative**

2025  
**CHAMP AWARDS**

**COMING SOON**  
CUSTOM GAYLORD



Stop by the Cafeteria on Tues 5/20 or Thurs 5/22 between 11:30am-12:30pm to check out samples and place orders!

**Now Available!**  
~~Coming Soon~~  
**Mandy Plush Dog**



Gaylord Specialty Healthcare | Gift Shop

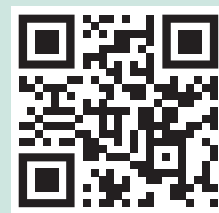


Congratulations to the following staff who were recognized by their peers in the month of December. Each month a name is pulled to win a prize.

Osman Cayan	IRehab Therapy Aide OP
Shannon Masella	Speech Pathologist
Lindsey Lucas	Physical Therapist OP
Heather Ionnotti	Physical Therapist OP
Megan Weyrauch	Patient Care Technician
Tracy Houle	Wound Care Supervisor
Liza Gimongala	Registered Nurse
Jackie Lavigne	Team Leader OT
<b>Heidi Fagan</b>	<b>Team Leader OT RAFFLE WINNER</b>
Dr. Rosenblum	Division Medical Director IP
Jaime Cassidy	COTA
Dorothy Orlowski	Patient Relations/ Volunteer Mgr.
Amy Thomas	Physical Therapist IP
Amy Benoit	Traurig House Manager
<b>Val Acabbo &amp; Brian Murray</b>	<b>IT Application Mgr. &amp; Applications Analyst</b>
Jill Kelly	Resp Care Practitioner
Bradley Douglas	Rehab Therapy Aide IP
Kathleen Rodriguez	Patient Care Technician
Caleb Mayer	Physical Therapist OP

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

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





## Inpatient Occupational Therapy Celebrates OT Month with Grip Strength Challenge

In celebration of April's Occupational Therapy Month, the Inpatient Occupational Therapy team hosted a fun and educational **Grip Strength Test** in the cafeteria on Tuesday, April 29. The event highlighted the importance of grip strength as a key indicator of overall health and wellness.



Therapists were on hand to educate participants and cheer on the **55 employees** who took on the challenge using a hand dynamometer. The event fostered friendly competition and promoted awareness of occupational therapy's role in supporting patient healing and health.

### Congratulations to our top performers:

- **Justin DeJoseph**, Radiology Department
- **Heather Erichetti**, M2 Nursing

Justin and Heather not only took home bragging rights, but also **meal vouchers** generously supplied by Food and Nutrition.

Thank you to everyone who participated and made the event a success!

## New Chef's Herb Garden

The Chef's herb garden planters have been built and are filled with soil! Bogden worked really hard and has created beautiful planters. (Please express thanks if you see him.) Take a stroll behind the kitchen and go out the door that leads to the Burgess courtyard to see them. Paula Savino of the Go Green Committee will be planting the herbs within the next two weeks!



## Comfort and Dignity: Clothing Assistance for Patients

Thanks to the generous support of Development and the Special Needs Fund, we now have a full supply of t-shirts, pants, and sweatshirts in all sizes available for any patient in need.

These clothing items are housed in the Psychology Department to centralize inventory, which helps us better track supplies and minimize surplus and waste.

We encourage any staff member who identifies a patient requiring clothing assistance to contact the social worker on the team - either in person, by email, or by calling extension 3413 - and we will ensure the patient receives what they need promptly.



# Expert Guidance for a Successful College Journey

## College Planning

Fiducius offers a trusted benefit delivering expert-driven educational content to support families through every stage of college planning. With webinars, expert articles, and e-books, each edition provides timely insights and financial guidance, empowering families to make informed decisions about paying for college.



### 529 Plan Overview

A 529 plan offers tax-free growth and state benefits to help families save for tuition, fees, and education costs.

- ✓ Start Saving Early
- ✓ Explore State Tax Benefits
- ✓ Use Funds Strategically



### Private Marketplace

Find and compare private student loans easily with our marketplace, featuring top rates, terms, and lenders.

- ✓ Compare Loan Options
- ✓ Understand Repayment Plans
- ✓ Apply with Confidence



### Curated Content

Join our webinar series for expert insights on scholarships, loans, and financial aid to plan for college.

- ✓ Register for Webinars
- ✓ Learn from Industry Experts
- ✓ Apply What You Learn

Explore smart savings, loan options, and expert guidance to confidently plan and pay for college.



Click here to get started



A healthcare provider group enabled by technology delivering reliable access to high quality mental health services

**15,000+**

Providers nationwide

**100s of providers**

added each month

**5 years old+**

Ages served

Rula has partnered with most health plans to make it easy for people to find providers who meets their preferences, and have availability this week.



#### Rapid Access

24/7 online scheduling means patients can schedule their first appointment in <5 min

#### 2 days

Average time to 1st offered appointment



#### Curated Matching

Members can select providers based on multiple dimensions (e.g., gender, language, ethnicity, specialty)

#### 92%

Therapeutic Alliance based off >500k potential permutations



#### Clinical Excellence

Clinical support system focused on ensuring therapists meet quality of care expectations

#### 30-40%

improvement in PHQ9 (depression) and GAD7 (anxiety) scores after 90 days



#### Measurable Outcomes

Weekly use of measurement based care to track progress and drive treatment planning

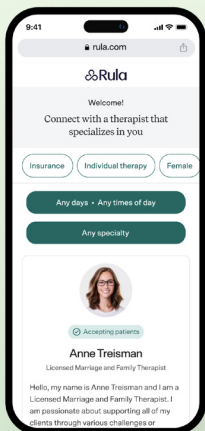


Get started today  
[rula.com/gaylord](https://rula.com/gaylord)



## Finding a mental health provider just got easier

Covered by most insurance | Meets your preferences | Easy booking experience



#### 1 Select your provider

Tell us your preferences so we can match you with the right provider.

#### 2 Complete registration

Register within 12 hours of selecting your provider. No charges will be made till after your first appointment (cancel anytime).

#### 3 Verify your benefits

We'll check with your insurance and let you know your payment estimate before your appointment.

#### 4 Confirm your appt. time

You'll receive a confirmation notice 1-2 days before your appt. along with a video call link.

Scan to register today



Get started today  
[rula.com/gaylord](https://rula.com/gaylord)

Have questions?  
Call (323) 205-7088

Talking to a therapist can help you navigate the stress of day-to-day life, and we're excited to share that Gaylord has partnered with Rula, a trusted provider of high-quality mental health services.

Through Rula, you can book a virtual therapy appointment in less than 5 minutes and meet with a licensed therapist in as little as 1.5 days. With a network of over 15,000 providers nationwide, representing more than 90 clinical specialties, Rula makes it easy to match with someone who truly understands your needs.

How do I get started?

It's simple—just visit <https://www.rula.com/gaylord/> and follow these 4 easy steps:

1. Select your therapist: Share your preferences, and Rula will match you with the right provider based on gender, language, ethnicity, and specialty.
2. Complete registration: Sign up within 12 hours of selecting your therapist. No charges will be made until after your first appointment, and you can cancel anytime.
3. Verify your benefits: Rula works with your insurance to provide a cost estimate before your session.
4. Confirm your appointment: Receive a confirmation notice 1-2 days before your scheduled appointment, along with a secure video call link.

## Why choose Rula?

- Quick and easy access: Schedule your first appointment in under 5 minutes.
- Personalized care: Curated matching based on your preferences.
- Proven results: 68% of clients complete treatment in fewer than 16 sessions.
- Measurable improvements: 30-40% improvement in mental health scores within 90 days.

Start your journey today and find the support you need by visiting <https://www.rula.com/gaylord/>. For more details, please see the attached overview documents.