

Successful Joint Commission Survey

Gaylord had an unannounced Joint Commission survey from May 7-10. Thank you to everyone involved in making this a very successful survey. Our surveyors were very collaborative and easy to work with. They spent the majority of their time on the Wallingford campus but also visited the North Haven and Madison satellites. The surveyors were genuinely impressed with Gaylord and with our staff. We have some work to do to address our findings, but the feedback received was overwhelmingly positive. Here is a snapshot of some of the many compliments:

- Gaylord is “truly extraordinary and your culture and your front line staff are tremendous!”
- “You are doing God’s work.”
- “You don’t just talk about doing great things – you are actually doing great things”
- The surveyors commented on multiple occasions that they could see our safety culture at work.
- The surveyors commented that we have chosen a good charting system in Expanse. They found that it gives a good picture of the patient.
- The surveyors said they would recommend Gaylord to their family and friends because we have “looked under the hood and know the quality of care that is delivered here”
- They praised our innovation with specific mention of the GOT-Cog and Vestibular exercise initiatives
- Mandy is wonderful.
- One of the surveyors interviewed two of our patients and was clearly very moved by the experiences.
- The surveyors raved about our staff on multiple occasions and stated that they could tell that our staff truly want to work here.

All of our staff should be very proud of the impression they made during our survey. It is our staff that made Gaylord shine. Staff are the heart and soul of Gaylord and the surveyors saw this very clearly. Thank you to all!

FYI

Our Values are

Integrity

Compassion

Accountability

Respect

Excellence

FYI DEADLINE

The deadline for the next FYI is Friday, June 7.

Email: publicrelations@gaylord.org

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



Congratulations Jackie Magnuszewski

Congratulations to Jackie Magnuszewski, Workers' Compensation Liason, on earning her Master's Degree in Health Administration from the University of New Haven on May 10. One of her professors was so impressed with her capstone project, he nominated her for the Women's Executive in Healthcare Leadership Award (which of course, she won!) She was also just named to the University of New Haven MHA Advisory Board.
Congratulations, Jackie!

CONGRATS to our 2024 TOP DOCTORS

awarded by Connecticut Magazine



David Rosenblum, MD
Alyse Sicklick, MD
Luci Juvan, MD



**Congratulations to
our passport raffle
prize winners:**

Katherine Saia
\$25 Visa gift card

Emily Meise
\$25 Visa gift card

Changes in Food & Nutrition Leadership



Gaylord is pleased to announce that **Kelley Breyer** has been promoted to the position of Director of Food and Nutrition, effective Monday, June 3. Kelley brings with her nearly 15 years of experience in clinical nutrition, coupled with a profound understanding of our Gaylord culture.

Since joining us in April 2022 as Clinical Nutrition Manager, Kelley has made significant strides in several initiatives. She played a pivotal role in launching the Teaching Kitchen series in collaboration with Morrison Healthcare, aimed at educating our staff, patients, and family members on the importance of nutritional health. Additionally, Kelley spearheaded the development of the Gaylord menu system for the MyDining launch in February 2023, and successfully revitalized our outpatient nutrition program following the pandemic pause.

Kelley's hands-on approach and commitment to clinical excellence have resonated with our Food and Nutrition team. We are confident that her leadership will propel us to new levels of partnership and success, and we eagerly anticipate the innovative ideas and strategies she will bring to the table.

Gaylord would like to thank Tina Marchand for her valuable contributions over the past five years. Tina has been dedicated to Gaylord and our patients throughout her tenure. From overseeing our special events to ensuring daily patient satisfaction and safety, Tina's leadership has been influential. We wish her all the best as she embarks on new opportunities within Morrison. Her last day on campus will be Friday, May 31.



Joint Commission Prep Team Awarded The Gaylord Cup



Note: Not everyone was present for the photo.

Congratulations to the Joint Commission Prep Team for winning The Gaylord Cup. Chief Medical Officer Dr. Mike Ivy noted that hospitals reported surprise visits five months early and that a constant state of readiness was needed for a successful visit.

This team delivered on that commitment. In describing their merit for this award, he noted that the team was laser-focused on preparation and prioritization of workflow. When Dr. Ivy arrived several months ago, the team gave him "First Day papers" for review. These are given to the surveyors upon arrival on their first day. He noted that the papers were complete, professional, polished, and informative. Chief Nursing Officer Lisa Kalafus shared that the staff at the previous hospital where she worked

ran around with no direction and was very reactive. The Gaylord team planned the work and worked the plan so that month after month, they kept the TJC Survey front and center at every meeting and created a culture of readiness. All this hard work paid off. The surveyors were impressed with Gaylord and found very few areas for improvement. They raved about the quality of care we provide and the skill and compassion of our staff. Congratulations!

Happy Retirement



Wishing you all the best in retirement, **Kathy Reilly** after 16 years of service. She's not gone for good, you'll see her around the hospital as a volunteer!

Does your child, 16 or over, need volunteer hours?

DATES: June 6, 7, 10, 11

We are looking for volunteers to help fold t-shirts, label bags and stuff Gauntlet runner bags.



Contact Georgette MacQuarrie at gmacquarrie@gaylord.org

Safety Fair Wrap-up

On May 16, Gaylord hosted its first annual Safety Fair, highlighting the commitment to a safe environment for both employees and patients. Various clinical and non-clinical departments showcased their contributions at informational tables, sharing valuable insights and practices. We extend our thanks to each department for their participation and dedication. Your efforts not only educate but also ensure the ongoing safety and well-being of our organization. Together, we continue to make Gaylord a safer place for all. Thank you!



SAFETY FAIR

Congratulations to our raffle prize winners:

- Claudia Torres-Blackstone Griddle
- Joe McAndrew-Apple AirPods
- Paige Reinwald-Gravity Chair
- Tyler Rogers-Dick's Sporting Goods Gift Card

Thank you to all of the volunteers and attendees!

A Sweet Treat for Staff

Southington Girl Scout Troop #64099 donated 350 boxes of cookies to Gaylord staff in gratitude for care given to Gaylord Grad Josh Brush after a hit-and-run accident several years ago. "Gaylord and Traurig House helped my brother heal from his brain injury and come back to full health," said troop member Jillyann Brush-Shulthiess.



Corey Podbielski Presents to the Connecticut State Dental Association at Mohegan Sun

Did you know that Physical Therapists treat jaw pain? Gaylord PTs work collaboratively with dentists and dental hygienists when patients identify pain in their jaw attributed to Temporomandibular Joint Dysfunction (TMJ-D.) On May 16, Corey Podbielski, PT, DPT, CSCS, OCS, shared his expertise at the Connecticut State Dental Association Conference, teaching Biomechanics of Temporomandibular Joint Dysfunction, including current concepts, classifications, and treatment strategies.



**Be Innovative.
Think Possible.**



Share your innovative ideas with us.

Scan the QR code or email innovation@gaylord.org

**HUMAN RESOURCES
UPDATES**

Benefit Holiday on May 30

There will be no benefit deductions in today's paycheck (May 30) due to there being three pay periods in May.

Hospital Week

May 13-17, 2024



PCT Appreciation Day
NOMINATIONS



Milne 1

Hooker 1

Lyman 1

Milne 2

Hooker 2

Lyman 2

PCT Appreciation Day
NOMINATIONS



PCT
Awards

Voting closes June 3

VOLUNTEERS NEEDED

Help Clean-up
Gaylord Farm Road

Wednesday, June 5
4 p.m.



For more information, visit the new intranet homepage / Pulse



ATTENTION GAUNTLET RUNNERS EARLY PACKET PICK-UP



Wednesday, June 12
11am - 5pm
Chauncey



SAVE \$10
USE DISCOUNT CODE:
Staff24



06 15 24

REGISTER TODAY

www.gaylordgauntlet.org



WELLNESS FAIR 2024

BE HEALTHY, FEEL HEALTHY

THURSDAY, JUNE 13
BROOKER LECTURE HALL
11 AM - 3 PM

Join us at the Wellness Fair and discover tips and tools to integrate healthy habits in all aspects of your life and enjoy everything we have prepared for you.

- ◆ *Healthy Snacks & Recipes*
- ◆ *Healthy Living Handouts*
- ◆ *Chair Massage*
- ◆ *Financial One-on One's with Transamerica*
- ◆ *Fiducious Student loan financial planning information*
- ◆ *EAP information*
- ◆ *Mental Health Information*
- ◆ *Cigna resources*

***Raffle Prizes**

- ◆ *Panera Gift Card*
- ◆ *Dicks Sporting Goods Gift Card*
- ◆ *Trader Joe's Gift Card*
- ◆ *Instant Pot*
- ◆ *Crockpot*

**Pick up your passport at the registration table and visit each booth to receive tickets to enter the raffle.*

Participants:



ESCAPE ROOM

PATIENT PURSUIT PROTOCOL



Thank you to all of the staff that participated in the “Patient Pursuit Protocol” Escape room. It was exciting to see everyone follow the clues and discover all of the departments that the Institute for Advanced Rehabilitation has to offer.

Top Times

1. **Laurie Jano, June Napolitano, Tina Ufferfilge, Jillian Mattson, Dr. Jeffrey Nascimento – 15:23.90**
2. **Sonja LaBarbera, Pete Grevelding, Lisa Kalafus, Craig Stearns, Tara Knapp, Mitch Podob, Dr. Mike Ivy – 16:38.00**
3. **Roz Gilhuly, Priti Kapoor, Georgette MacQuarrie, Cindy Bartholomew, Kaitlyn Koch, Katelyn Muolo – 18:18.16**
4. **Jacob Hunter, Cheryl Joyner, Leigh Golembiewski, Gil Colon – 18:28.45**
5. **Sue Stango, Chris Chieffo, Evelyn Bykowski, Stephanie Wallace – 18:38.65**

Honorable Mentions

- Dee Fonteyn, Jennifer Bordiere, Maegan Koller, Muriel Garvey
- Heidi Fagan, Brad Fletcher, Sarah and Mandy Carpenter, Tyler Rogers, Alexx Niss, Harrison
- Jenn Kleinschmidt, Sasha Brown, Blake Gagliardi
- Kevin Johnson, Kathleen Sullivan, Joy Savulak
- Kristen Berg, Milly Baez, Lacey Harrison, Tim Casey, Ted Rhoades
- Michelle Saunders, Katie Zimmerli, Kristina Paolino, Kim Tetreault, Elena Colaci
- Paul Pacileo, Christina Drogkaris, Sharon Raffone, Andre Williams, Ariel Leston

Thank you all for playing and participating!

Caitlin Cote, Breanna Medina, Lea Grimaldi, Jim Russo, Socheata Morley, John Corbett, and Hank Hrdlicka

NOMINATE:



Make sure Gaylord is considered for voting in these two categories:

- Place to Work
- Physical Therapist Office



Scan the QR code to nominate. Now through June 10

Jeans for Charity: Friday, May 31



The featured organization is:

Donate Life CT

[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.

May	June	July	August	September
Stroke Awareness Month	Ellie Brown Memorial Roadside Clean-Up June 5	Jeans for Charity July 5, 19	Jeans for Charity August 2, 16, 30	Jeans for Charity Sept. 6, 20
Better Hearing and Speech Month	Jeans for Charity June 7, 21	Legacy Week July 8-12		Corks & Forks Sept. 19
Mental Health Awareness Month	Wellness Fair June 13			
Jeans for Charity May 31	Great Place to Work Survey Closes: June 14			
	Gaylord Gauntlet 5k June 15			

Inpatient Therapy, Radiology, and Respiratory Departments Hold a Chocolate Chip Cookie Contest

The most delicious event of the year took place at noon on Wednesday, May 22, organized by Janine Clarkson, Speech Therapy Supervisor. With a sprinkle of teamwork from Inpatient Therapy, Radiology, and Respiratory Departments, the ultimate goal was clear: to crown the best chocolate chip cookie baker. Nine cookie contenders entered the fray, each dreaming of sweet victory:

- Kelly Romano (Respiratory)
- Ryan Wanat (Respiratory)
- Paula Cappola (Speech)
- Emile Meise (OT)
- Judy Allen (Inpatient Therapy)
- Anne Walczak (OT)
- Alexx Niss (TR)
- Katherine Konishesky (Speech)
- Stefanie Zanvettor (PT)



As the irresistible scent of freshly baked cookies filled the air, each contestant put their unique spin on the classic treat. To keep taste buds in top form, a 2-gallon jug of milk stood by, ready to cleanse palates between bites. A whopping 47 cookie enthusiasts sampled the entries and cast their votes. After a suspenseful round of tasting and voting, one baker rose to the top. And the winner is... **Stefanie Zanvettor!** Stefanie's cookies earned her the title of 2024 Chocolate Chip Cookie Champ! She proudly walked away with a certificate of victory and, of course, some serious bragging rights.

Attention FYI Readers:

If you would like to submit an article, promote an event, etc., in FYI, please email: publicrelations@gaylord.org with your details.

Thank you!

REMINDER
for all emergencies dial
3399

October	November	December	January 2025	February
Jeans for Charity October 4, 18	Jeans for Charity November 1, 15, 29	Jeans for Charity December 6, 20	Happy New Year	National Heart MonthS

Scholarship Winners Announced during Hospital Week

The annual Scholarship Award ceremony took place on Friday, May 17 on the Brooker patio where six recipients were each awarded a \$2,000 scholarship to further their education. Below are the recipients for this year:

Barbara Chase Lane Scholarship:

- **Jocelyn Dryfoos** of Hamden is the daughter of Olga Dryfoos, PCT on Lyman 2 and is pursuing a degree in Medical Laboratory Sciences at Rush University in Chicago. She said she wanted a field where she could “help people now” and “not in potentially 20 years”. She found it in Medical Laboratory Science. Faculty report that Jocelyn is “fully engaged in learning about the profession” and sees her as a “future leader” in this field. (Jocelyn's sister, Emily, accepted the scholarship on her behalf)
- **Jaidin Kapoor** of Wallingford is the son of Priti Kapoor in Development and is pursuing a biochemistry/molecular biology degree at the University of Miami. Jaidin was junior volunteer at Gaylord and witnessed first-hand our commitment to compassionate care, dedication to holistic patient well-being, interdisciplinary approach, and emphasis on innovation and technology. His former math teacher said he “was one of the most mature and driven individuals I have ever been around” and that he is “mature beyond his years.”
- **Jay Wendt** of Trumbull whose father is Franklin Wendt, APRN is pursuing a degree in music therapy at Southern Connecticut State University. A multi-instrumentalist, Jay was impressed by a studio owner who visited their school to conduct a Musical Intervention. Jay discovered how impactful music therapy could be and decided that it was the right field of study to pursue.

Continued on next page



Scholarship article continued from page 13

Dolly Parisi Scholarship:

- **Christine Howard** of Guilford is an LPN on Hooker 1 and is currently in the LPN to RN bridge program at Helene Fuld School of Nursing. A career in medicine was always in Christine's future, from the moment she received a medical kit at four years old and listened to everyone's heart including the dogs and cats. In her recommendation, her colleagues noted her love of learning, exceptional dedication and strong work ethic.

Kornguth Family Scholarship:

- **Marena DeSimone** of Wallingford is a Rehab Aide in the Cheshire PT clinic and is pursuing a Master's degree in Recreation and Leisure Studies at Southern Connecticut State University. Marena shares that Gaylord introduced her to the Sports Association – our adaptive sports program. She participated in the ski and snowboard club and loved it! She has a strong work ethic and has demonstrated great compassion and pride in helping patients recover from various injury levels.
- **Medina Duracak** of Wallingford is a cardiac monitor technician at Gaylord and is the daughter of Senada Duracak, Nursing Administration. Medina is pursuing a degree in speech-language pathology at Southern Connecticut State University. In her application, Medina shared a story about witnessing the lack of access to speech and swallowing services in a different country where a close family member needed them. She witnessed the challenges firsthand, which sparked her interest in the field. Her supervisors note that she is a team player and passionate about caring for patients. She is always professional and comes to work with a positive attitude.




Mail Drop Off Reminder

Reminder to drop off outgoing mail by **12:30 p.m.** latest to the mailroom on Hooker Ground. Mail can be dropped in the mail box when the mailroom is closed.

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

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



Think Possible T-Shirt



Now
Available in
the Gift Shop



TELL THE
WORLD
HOW GREAT WE ARE!



Take the workplace survey...
Look for an email from
Great Place To Work



Comparing the Efficacy of Grounding Techniques in Alleviating Pain among Long-Term Acute Care Hospital Inpatients



Grounding is a process that connects the human body to the earth, which has natural electrical charges that can provide a wide range of benefits to the body¹. In a clinical study on the effects of grounding on bodyworkers' pain, participants experienced increased physical function and energy and decreased levels of fatigue, depressed mood, and tiredness compared to the control group.² Mindfulness is the act of paying attention to the present moment and is also beneficial for relieving stress and anxiety.³ To the best of our knowledge, research connecting mindfulness with grounding has not been widely studied, especially in the LTACH setting. Therefore, the goal of this pilot study is to show the feasibility of the protocol in the LTACH setting and to collect preliminary efficacy data to determine if it is possible that grounding can improve a patient's physical pain. Together, we hypothesize that grounding paired with mindfulness will improve patients' physical pain compared to mindfulness and outdoor therapy alone.

We are enrolling Gaylord patients for this study in June 2024. For more information about the study, please contact:

Gaylord Clinical Co-Principal Investigator:
Lea Grimaldi BA, CRMT
(203) 741-3332
lgrimaldi@gaylord.org

Gaylord Clinical Co-Principal Investigator:
Allison Greco, MS, CCC-SLP
(203) 949-2106
agreco@gaylord.org

Gaylord Non-clinical Co-Principal Investigator:
Socheata Morley, PhD
(203) 679-3563
smorley@gayord.org

References:

1. Menigoz W, Latz TT, Ely RA, Kamei C, Melvin G, Sinatra D. Integrative and lifestyle medicine strategies should include Earthing (grounding): Review of research evidence and clinical observations. *EXPLORE*. 2020 May;16(3):152–160.
2. Chevalier G, Patel S, Weiss L, Chopra D, Mills PJ. The Effects of Grounding (Earthing) on Bodyworkers' Pain and Overall Quality of Life: A Randomized Controlled Trial. *EXPLORE*. 2019 May;15(3):181–190.
3. Schuman-Olivier Z, Trombka M, Lovas DA, Brewer JA, Vago DR, Gawande R, Dunne JP, Lazar SW, Loucks EB, Fulwiler C. Mindfulness and Behavior Change. *Harv Rev Psychiatry*. 2020 Nov;28(6):371– 394.

Teaching KITCHEN

LEARN • COOK • ENJOY

Gaylord Café

sign-up today!
 learn tips & tricks about mindful cooking w/ Chef Gabe & Kelley Breyer, CNM

12 participant seats available
 June 12th @ 1:00pm

please contact Kelley Breyer at kbreyer@gaylord.org to register



Attention: Nursing Department Team Members

Nursing Town Hall Meeting

PRESENTED BY:
LISA KALAFUS, VP, CNO

7:45a-8:45a
2:00p-3:00p

TUESDAY
June 18


Brooker Lecture Hall or Via Zoom

Please attend one of the two sessions!

Check your email for Zoom link.

Refreshments will be served.




Refer A Friend
 Employee Referral Bonus Program



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	Residential Rehab Tech
\$1,000	Intake Rep
\$500	EVS or F&N

Traurig House

*For program details and payout schedules, contact HR.





JUMP START YOUR CAREER IN HEALTHCARE TODAY!

Become a Certified Nursing Assistant and begin a rewarding career in healthcare. We understand the importance of hands-on educational training. With our dedicated simulation lab and clinical learning on Gaylord's state-of-the-art rehabilitation units, you can complete all of your training under one roof. Let Gaylord be the catalyst for your healthcare career by becoming a CNA!

Student Benefits:

- Immediate employment after course completion for eligible candidates
- Potential reimbursement of program fees with employment commitment
- Shadowing and mentoring opportunities with RN, LPN, PT, OT, and RT staff

Student Requirements:

- 18 years or older
- Fluent in English
- High school diploma or GED
- Resume
- Flu shot required
- Must pass a criminal background check, physical and drug screening

Program instruction is provided at **no cost**. Students are required to purchase books, scrubs, and pay for required medical clearance/background checks, and CT CNA Exam fees.

Then Join Our Team & Enjoy Our Employee Benefits!

- Tuition reimbursement for college courses
- Dedicated to work-life balance with robust programs promoting health and wellness
- Opportunities to work on various clinical units: Progressive care, stroke, traumatic brain injury, telemetry, medical pulmonary and more

Apply for an upcoming session TODAY!



Scan our QR Code to apply online or email CNAacademy@gaylord.org.

Visit gaylord.org/center-for-education/cna-academy or turn over for the July-August 2024 schedule details.

Contact Lacey at (203) 284-2784 for questions.

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
WEEK 1	CLASS/LAB 8:00 a.m. - 2:30 p.m.		CLASS/LAB 8:00 a.m. - 2:30 p.m.			

AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					CLASS/LAB 8:00 a.m. - 2:30 p.m.	
4	5	6	7	8	9	10
WEEK 2	CLASS/LAB 8:00 a.m. - 2:30 p.m.		CLASS/LAB 8:00 a.m. - 2:30 p.m.		CLASS/LAB 8:00 a.m. - 2:30 p.m.	
11	12	13	14	15	16	17
WEEK 3	CLASS/LAB 8:00 a.m. - 2:30 p.m.	CPR 9:00 a.m. - 1:00 p.m.	CLASS/LAB 8:00 a.m. - 2:30 p.m.		CLASS/LAB 8:00 a.m. - 2:30 p.m.	
18	19	20	21	22	23	24
WEEK 4	CLINICAL 7:30 a.m. - 2:30 p.m.	CLINICAL 7:30 a.m. - 2:30 p.m.	CLINICAL 7:30 a.m. - 2:30 p.m.	CLINICAL 7:30 a.m. - 2:30 p.m.	CLINICAL 7:30 a.m. - 2:30 p.m.	
25	26	27	28	29	30	31
WEEK 5	CLASS/LAB 8:00 a.m. - 2:30 p.m.		CLASS/LAB 8:00 a.m. - 2:30 p.m.		CLASS/LAB 8:00 a.m. - 2:30 p.m.	
					GRADUATION DAY!	

Students who are eligible for hire will be required to attend New Employee Orientation Sept. 9-13, 2024