

2023

Gift

A Year of
Growth &
Innovation

Report

Rehabilitation **Everywhere**



Gaylord
Specialty Healthcare

Welcome to Gaylord Specialty Healthcare's 2023 annual Gift Report, celebrating a year of growth and innovation.

In the following pages, you will discover how your investment has fueled our progress this year as we continue to expand as a hub for innovative clinical care.

Your generosity is pivotal in our journey, empowering our teams to fulfill our mission and *Think Possible* for every patient.

Thank you for your support of Gaylord.



Mission

To enhance health, maximize function and transform lives.

Vision

To be a recognized and acknowledged destination for rehabilitation and complex medical care providing high quality, patient-centered, compassionate, team-based healing at every point in the journey from illness or injury to maximum recovery.

Values

Our organization lives our values daily: clinical excellence, compassion, integrity, respect, accountability and a commitment to safety.

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“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

Thank you for making a difference in the lives of our patients.

Think **Possible.**

Message from our President & CEO



Dear Friends,

I am thrilled to present our annual Gift Report for 2023, a year of remarkable achievements and unprecedented progress at Gaylord Specialty Healthcare. As I reflect on the past year, I celebrate, with all of you, the accomplishments that have propelled us forward.

The landscape of healthcare, particularly in the realm of rehabilitation, is evolving at an accelerated pace. Gaylord’s vision for the future is one that is patient-centric, technologically advanced, and deeply rooted in interdisciplinary collaboration – where every individual has access to comprehensive, personalized rehabilitation services that empower them to achieve their highest level of independence and quality of life.

We are committed to embracing emerging technologies and evidence-based practices to enhance patient outcomes and experiences. From robotic-assisted therapies to virtual reality rehabilitation programs, we are at the forefront of integrating cutting-edge innovations into our clinical practice. By leveraging these advancements, we aim to optimize the effectiveness of therapeutic interventions, ultimately leading to improved patient recoveries. It is within this dynamic environment that we find ourselves uniquely positioned to lead and innovate.

At Gaylord, we recognize the importance of fostering partnerships with other healthcare providers, community organizations, and industry leaders. By collaborating with experts across various disciplines, we are leveraging collective knowledge and resources to address complex healthcare challenges and drive innovation in the field of physical medicine and rehabilitation.

As we chart our course toward the future, we remain steadfast in our commitment to delivering exceptional care and support to our patients and their families. Our dedicated team embodies our core values of compassion, integrity, and excellence in everything they do, ensuring that every patient receives the highest standard of care throughout their rehabilitation journey.

Thank you for your unwavering support and dedication. Together, we will continue to push the boundaries of what is possible in rehabilitation medicine – shaping the future of healthcare and transforming lives in the process.

With gratitude,

A handwritten signature in black ink that reads "Sonja A. LaBarbera". The signature is fluid and cursive, written over a light grey rectangular background.

Sonja A. LaBarbera, MSOL, MS CCC/SLP
President & CEO

PATIENTS CARED FOR

1,392

INPATIENT ADMISSIONS

165

BRAIN INJURY PATIENTS

341

COMPLEX MEDICAL PATIENTS

30

COVID-19 PATIENTS

46

NEURO PATIENTS

126

ORTHO PATIENTS

198

PULMONARY REHAB PATIENTS

139

SPINAL CORD PATIENTS

377

STROKE PATIENTS

8,447

OUTPATIENTS

608

TELEMEDICINE VISITS

42

TRAURIG RESIDENTS

A Year of Growth & Innovation

As we reflect on 2023, we take pride in the remarkable stories of recovery happening at Gaylord. Our work this past year is highlighted by the completion of the new **Institute for Advanced Rehabilitation** on the ground level of the Jackson Pavilion. This state-of-the-art innovation hub was born from our shared commitment to bring together groundbreaking programs, innovative ideas, and advanced technology to foster multidisciplinary collaboration among our clinical experts.

Our vision for the future of Gaylord also includes a focus on integration of outdoor spaces into rehabilitation therapy, and new and upgraded technologies to further patient recovery. Your investment in our growth has been instrumental in enhancing the care we provide.



The Institute for Advanced Rehabilitation



This year, Gaylord completed a transformative construction project: the renovation of the ground level of the Jackson Pavilion to create a home for the Hope Chapel and The Institute for Advanced Rehabilitation. The Institute serves as a focal point for groundbreaking innovation, aiming to foster growth and excellence in physical medicine and rehabilitation. Home to the Center for Education, the Linda Morasutti and Robert Lee Nursing Education and Simulation Suite, the Milne Institute for Healthcare Innovation, and the Office of Integrative Medicine, the Institute provides the tools and resources to unlock new discoveries to accelerate healing.



The expansion of Gaylord's clinical training and education spaces is a vital component of our campus master plan. By harnessing the latest advancements in technology and research, the Institute drives forward-thinking initiatives to push the boundaries of what is possible in recovery. Additionally, it serves as a dynamic hub for education and research, where healthcare professionals engage in training programs that elevate their skills and expertise.



The new Center for Education enhances the skills of our clinical teams and fosters an environment where collaboration and discovery thrive. Gaylord is committed to improving clinical outcomes, strengthening the patient and family experience, and making a lasting impact on the future of patient care.

“The new Nursing Education and Simulation Suite at Gaylord significantly elevates the skills and training of Gaylord nurses, and provides the tools they need to deliver outstanding patient care.”

Linda Morasutti RN, MBA, MSN, Gaylord Friend and Supporter



Gardens & Green Space

“Nature itself is the best physician.”

Hippocrates

Set on 400+ acres of pristine countryside, Gaylord’s campus offers a unique opportunity to leverage the power of nature to enhance the rehabilitation journey for our patients. We are committed to integrating the therapeutic benefits of nature on healing, mental well-being and relaxation.

Recognizing the potential positive impact of our natural surroundings, Gaylord’s initiative to create versatile, multi-functional spaces for patients and their families is a key priority in our strategic plan. Two new garden projects are the cornerstones of this initiative: **The Rutledge Family Garden**, located immediately adjacent to the main inpatient gymnasium, incorporates natural elements that mimic real-world conditions, allowing patients to safely navigate obstacles under clinical supervision. From sets of stairs and curbs of different heights to an ADA-grade ramp and uneven terrain surfaces, the Rutledge Family Garden offers a new environment for rehabilitation. The space also provides an alternative setting for speech, recreational and respiratory therapies, further expanding our range of rehabilitative options.



Building on the success of the Rutledge Family Garden, in Spring 2024 Gaylord will break ground on a new garden in front of the family cottages. The space will serve as a sanctuary for relaxation and rejuvenation and an extension of our therapy offerings, providing additional outdoor space for patient therapy and family activities. This new garden will aid in stress reduction for patients, their families, and staff alike. Being in nature, or even viewing scenes of nature, reduces anger, fear and stress, and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. The integration of outdoor spaces into rehabilitation aligns with our commitment to enhancing the patient and family experience. By leveraging the restorative power of nature, we are advancing our capabilities and providing comprehensive patient care.



Diagram of planned Cottage Garden

New Milestones in Innovation

Investing in the latest advancements in technology is essential to delivering the best care in rehabilitation. Gaylord continuously updates assistive equipment and technologies used in therapeutic activities based on the latest research and evidence-based practices.

New Technology Purchased in 2023

A new **overhead lift** in the inpatient gym has greatly improved efficiency of care, reducing wait times for therapy sessions. Lifts are instrumental in promoting early mobility and safety for both patients and therapists, and are used consistently throughout the day.

Xcite2 allows clinicians to easily and efficiently apply multi-channel functional electric stimulation (FES) for hands as well as upper and lower extremities. With a wide range of pre-programmed therapies, Xcite2 enhances the impact of traditional therapeutic activities that support muscle re-education by enhancing active muscle contractions, facilitating dynamic, reciprocal movement patterns for normalized input, and providing patient feedback.

The **Prevue II Vascular Access System** is a new innovation in portable ultrasound vascular access devices. With built-in controls, the device helps clinicians feel more confident, giving patients peace of mind that they are getting the best care.

The **Motomed** is used extensively in therapy sessions and has garnered praise for its ability to work both upper and lower extremities. Patients with varying strength levels have benefited from its customizable motorized assistance.

The **Vizient/AACN Nurse Residency Program™** for newly licensed RNs and LPNs is a 12-month curriculum, nationally recognized as the gold standard. It offers a robust and supportive experience for team members in their first year of employment.

With ongoing investment in this area, we are able to elevate the care we provide and push the limits of what is possible in recovery.



Gaylord Giving Day

Established in recognition of our official day of founding more than 122 years ago, Gaylord's Giving Day has helped fund new technology, clinical education, research, integrative medicine programs, and more.

In 2023, thanks to the incredible generosity of our community of donors, Gaylord raised more than \$225,000 for the purchase of new bionic exoskeleton technology for the main inpatient gym.

Exoskeletons are wearable devices that help build endurance and allow patients to go beyond previous limits, bringing hope to individuals who are dealing with loss of mobility or paralysis after a stroke, brain injury, or spinal cord injury. This technology has significant benefits for many patients, helping them regain function and independence.



IN 2023

\$228,124
RAISED

254
DONORS

1 of 2
EksoNR IN THE STATE
(PICTURED)

Thank You to our Community of Generous Supporters

Philanthropy at Gaylord is built on our strong community of supporters who share our passion and continue to invest in transforming the lives of our patients.

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After brain injury, father-daughter volunteer duo gives back in gratitude for a “miracle”



“Gaylord Hospital got Sue on her way to a miracle,” claims 86-year-old Ron Monforte. “That’s all there is to it.”

In 2006, Ron’s daughter Susan Fazzino – then 45 – was walking with her father when she mentioned that she wasn’t feeling well.

“She suddenly dropped to the ground,” her father recalled, “and hit her head hard on the concrete floor.”

Sue was rushed into a five-hour surgery to repair the massive brain bleed threatening her life. Seeing his daughter lying motionless in a bed and hooked up to life support, he remembered, was a stark contrast to the energetic daughter he walked with earlier that day.

Sue showed few signs of improvement during her six-week ICU stay. “We brought her to Gaylord Hospital in the hopes of a miracle,” her father said.

Ron recalled the day his daughter spoke for the first time.

“I was bringing Sue back from therapy, and accidentally wheeled her past her room. All of a sudden, she shouted, ‘Dad, where are you going?’”

“I couldn’t believe it,” he recalled. “I asked a nurse down the hall, ‘You heard that, right?’ And, of course, she heard her. Everyone on that floor could hear her!” he laughed.

Though she wouldn’t speak again for several weeks, the moment reassured her family that Sue was on the road to recovery.

“Everyone at Gaylord was genuinely invested in Sue’s well-being. The nurses constantly chatted with her, encouraging her to talk. Even the unit secretary would come and read to her at night,” he said.

“Gaylord was so incredible that I promised to go back and volunteer when Susan was better.”

Shortly after Sue’s six-month stay at Gaylord, Ron returned to the hospital as a patient transport volunteer. Ron didn’t come alone. Accompanying him that day was Sue, who began her years-long volunteer commitment to the gift shop and, more recently, alongside her father, transporting patients to and from their therapy and medical appointments within the hospital.

“I want to give the patients the same encouragement the staff showed Sue,” said Ron. “I like to build up their confidence and tell them how much progress I see them making.”

“I tell them I was in this place, too,” said Sue. “I want people with brain injuries to realize that they can still give back ... and to have hope for their recovery, just like Gaylord gave me.”



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Can't stop, won't stop

Lifelong athlete, renowned race director John Bysiewicz moving forward after losing leg in catastrophic accident

A month before the November 2022 accident that changed his life, John Bysiewicz completed a triathlon and won his age group. Hours before the accident, the then 60-year-old directed a 5K race hosting hundreds of runners in support of a local charity.

The former high school and college track star, avid cyclist, and competitive triathlete is well-known by runners throughout the state as owner of JB Sports, a company that organizes dozens of major races yearly.

Slowing down, he said, is just not his style.

An unusually warm November day, John wanted to get one last outdoor bike ride in for the season. He was traveling down a serene road in Guilford – a route he had taken hundreds of times – when an impaired driver going 50 miles an hour crossed the yellow line and hit John head-on before fleeing the scene. The impact launched John into a ditch out of sight from the road. An astute passerby saw John's phone and bike bag on the road and pulled over to investigate.

John's injuries were catastrophic. His elbow was shattered, and his leg was so severely injured that doctors had little choice but to amputate below the knee to save his life. He endured numerous surgeries to place pins in his pelvis, vertebrae, and right foot.



John came to Gaylord Hospital to begin intensive rehabilitation and, eventually, learn to walk on a prosthetic leg. Between therapy sessions, John resumed work remotely from his hospital room, his cell phone and laptop always at his side.



“He was excited to come to Gaylord because he knew that they focus on helping people get their mobility back,” said his sister, Lieutenant Governor Susan Bysiewicz. Although his athletic background and baseline strength have played an important factor in his recovery, physical therapist Paula Savino said that she frequently reminded him that “he is not training for a race.”

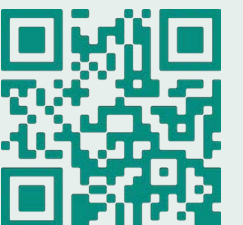
“John wanted to be there yesterday. But he is one of the most positive people I have met.”

“I can't say, ‘Why me?’” John replied. “That's not going to help me.”

Less than three months after his accident, John walked out of Gaylord Hospital. Two days later, John returned to the office.

Today, the 61-year-old walks several miles a day and has weekly physical therapy sessions at Gaylord Therapy Services in North Haven where he continues to work on his balance and strength so he can gradually return to the active lifestyle he craves.

“You try to improve on what you have, not what you had,” John said. “You can't do anything about that ... you just have to keep moving forward and try to be a better version of yourself every day.”



Scan the QR code to watch John's story

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At Gaylord, our talented teams are the key to our success. Through the annual Employee Giving Campaign, we invite our dedicated staff to become a part of our philanthropic community, demonstrating their belief in Gaylord's growth and positive impact. Led by ambassadors from various departments, employees come together to raise funds for special initiatives aimed at staff and patients alike.

Every day our clinical teams exemplify Gaylord's culture of inclusivity and *Think Possible* mindset as they deliver outstanding care and return patients to their lives and loved ones. **In 2023, 439 employees donated \$114,338.** Generosity from our community positively impacts Gaylord by fueling hospital renovations, introducing new technologies and expanding our offered services and programs that greatly benefit our staff and patients.

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Recognize a Star

Every day, Gaylord’s team of providers strives to make a meaningful impact on the recovery of our patients and their families.

IN 2023

334

STARS PURCHASED

172

DONORS

453

TEAM MEMBERS
RECOGNIZED

2

STAR RECEPTIONS
HOSTED

Gaylord patients, families, and friends have the opportunity to celebrate and honor the provider who made an impact on their recovery through our grateful patient program – **Recognize a Star**. Patients who show their gratitude demonstrate their belief in Gaylord’s work as a leader in medical rehabilitation. It is a celebration of what makes us special – our team of talented stars.

This gratitude is showcased on our *Team of Stars* displays in the hospital and clinical sites to recognize our teams and the power of gratitude. Funds raised through the Recognize a Star program honor staff and build resources that enable our teams and facilities to stay at the forefront of rehabilitation medicine. Gaylord is honored to have extraordinary clinicians and staff members that provide a level of care that make Gaylord a place unlike any other.

“Living with a neurological illness, at times, has led me to feel that I don’t have a voice. The staff at Gaylord always listened to and advocated for me. The Recognize a Star program allowed me to use my voice to thank my clinicians. I will forever be grateful for Gaylord.”

Kate N., MSW



Twice a year Gaylord hosts a reception to celebrate donors and star recipients.

For more information, please contact: Priti Kapoor at (203) 679-3567 or pkapoor@gaylord.org.

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Leteshia Duzant			Isha Rorie	Emily Zuckerman*

*recognized more than once

Gaylord Golf Classic



The 34th annual Gaylord Golf Classic raised funds for Gaylord's Sports Association. The Sports Association offers the most diverse offering of adaptive sports programs in the state, with fifteen different activities ranging from introductory clinics to competitive teams. The Sports Association team provides instruction, adaptive equipment, and activity modification with an individualized approach to maximize the independence for all participants and their families.

Co-chaired by longtime supporters Karen DelChiaro and Jason Zagorski, this year's Golf Classic raised \$127,839.

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Our 2024 Annual Golf Classic will be held on Monday, May 20 at the Great River Golf Club in Milford, CT.

For more information, please visit gaylord.org/golf or contact Katelyn Muolo at (203) 741-3454 or kmuolo@gaylord.org.

Gaylord Gauntlet

The 2023 Gaylord Gauntlet 5k Trail & Obstacle Run welcomed over 900 determined runners for a fun mud-filled course of wooded trails and open fields. Hosted entirely on Gaylord's 400-acre Wallingford campus, the race challenges participants to conquer 24 constructed and natural obstacles.

The 2023 Gaylord Gauntlet raised over \$125,000 for Gaylord's Sports Association, a group dedicated to improving the lives of people with physical disabilities through adaptive sports and recreation.

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The 2024 Gaylord Gauntlet will be held on Saturday, June 15, on our Wallingford campus.

For more information, please visit gaylordgauntlet.org or contact Katelyn Muolo at (203) 741-3454 or kmuolo@gaylord.org.

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