It looks like something out of a Star Wars movie. In reality the odd-looking contraption, called Ekso, means wondrous benefits for people with lower-extremity paralysis such as Mike Loura and Kelly Peck. Just as wondrous is how the Gaylord community pulled together to win the money that largely funded the purchase of the technology.

Every year, New Haven law firm, Stratton Faxon, donates ten percent of each case fee to local charities. This year they chose to do something different and held a contest that awarded the charity with the most votes on the Community Builder page of the firm’s web site a top prize of $100,000. Gaylord staff worked to get out the vote using everything from word of mouth, to email, Facebook and Twitter, to gather 6,800 votes and the prize.

Continued on page 7
Gaylord Assembles Leadership Team of Critical Care Experts

During the last several months and, in some cases, after lengthy searches, Gaylord Hospital has filled four key positions. In doing so, the hospital has put together a team with significant leadership experience in the critical care, high tech and high acuity environments that will further enhance patient care.

New Chief Medical Officer, Steve Holland, joined Gaylord in August, bringing with him 20 years of medical leadership experience. In particular, Dr. Holland provides an ability to pull teams together to address strategic issues related to patient care, access, care management and quality. He also has both expertise and a passion in wound care. As Chief Medical Officer (CMO), Dr. Holland heads a medical staff of hospitalists, physical medicine and rehabilitation physicians, and sleep medicine physicians, as well as licensed mid-level medical staff, including physician assistants and advanced practice registered nurses.

Dr. Holland most recently was vice president and chief medical officer at St. Mary’s Health System in Waterbury. He has served as medical director of St. Mary’s Wound Healing Center, and is board certified in internal and emergency medicine. Dr. Holland is a fellow of the American College of Emergency Physicians and the American Professional Wound Care Association.

With Dr. Holland’s arrival, Dr. Luis Teba, a critical care pulmonologist who stepped up to fill the CMO role in 2009 following its vacancy, returns full time to the patient care duties he so loves and is respected for.

Sandra Bullard, Director of Psychology, also joined Gaylord hospital in August. Dr. Bullard is a board certified clinical neuropsychologist and oversees the delivery of inpatient and outpatient psychological services, as well conducts neuropsychological evaluations.

Dr. Bullard most recently was a staff neuropsychologist at Hartford Hospital where she was responsible for assessing neurological and psychological outpatients, consulting with general medical inpatients and serving as working manager for the Division of Neurobiology. She was also the director of a Neuropsychology postdoctoral fellowship and has been published in several journals.

Bartram has more than 30 years experience in respiratory care. Most recently, she was manager of respiratory therapy at Kaiser Permanente, Antioch Medical Center in Antioch, California. There she directly supervised 45 respiratory therapists, providing support 24 hours a day to both inpatient and outpatient units. She is a published author and a member of the American Association of Respiratory Care.

According to George Kyriacou, President and CEO of Gaylord, this new team possesses clinical competence and leadership abilities that are models of excellence that help Gaylord excel at taking care of very sick, medically complex patients.
iPads a Hit Here, Too

It’s still a biggie on gift wish lists. Now iPads rank high on the list of desirable therapeutic tools.

Because they are lightweight, portable, have large screens and good visuals, iPads work well for a wide range of people: those who are bedbound, have limited mobility, are weak or have weakened motor skills, those suffering from stroke, traumatic brain injury, spinal cord injury, Multiple Sclerosis, and other conditions. Gaylord started with just two in early 2011. They were so popular and so versatile that 23 more have been acquired through nearly a half dozen donations. Today, thanks to this generosity, you’ll find iPads in use all over Gaylord.

How are they used? In therapeutic recreation, iPads are loaned out during the day for use in tandem with a therapist. Many patients using them are bedbound and can benefit from access to the Internet. The iPads can reinforce communication and cognitive skills while they let therapists observe and assess how a patient is functioning cognitively by watching how he or she navigates through various screens.

Outpatient Services has seven iPads dedicated to aspects of speech therapy, from language to organization and cognitive skill development. The devices are also used in group cognitive therapy, allowing individuals to work on tasks together by linking to a large-screen television using Apple TV.

For Traurig House patients, who face mobility and communication challenges, the iPads have proven useful with community reintegration as well as cognitive skill development. Residents can select recipes and then follow the instructions to prepare the food. They can plan a trip using the iPad to select the location, get directions, check the weather and even invite someone to join them. All the while, they gain from the activities the iPads enable.

Yes, there’s an app for that. In fact, there are a wealth of apps that are effective in a variety of ways: “Tap to Talk” lets people tap an image and hear the word for the item spoken giving a voice to people without one. A heart monitor program helps teach people how to lower their own heart rate. Programs such as Skype and Facetime let people videoconference and stay in touch—which is especially helpful for patients with young children who may not able to visit regularly.

So that therapists and patients can easily take advantage of all these resources, an intern created a binder that lists and categorizes various apps for easy reference. The apps are categorized by cognitive skills, memory support, fine motor skills, vision, recipes, leisure and entertainment—a diverse offering for the diverse needs of Gaylord patients.

We’d particularly like to thank those whose donations have helped us tap this new therapeutic resource:

The Fechtor Family Fund for four iPads,
Ed Konowitz for his contribution of an iPad,
Amphenol, through its CEO R. Adam Norwitt, for five iPads.

Special thanks go to Brian and Dana Lawlor. Brian is a former patient who wanted to give back. The Lawlors’ gift purchased 11 iPads and funded a Therapy Aide for 5 hours a week for a year.

Another four iPads were purchased using various restricted funds.

David Lyman Society

David Lyman was Gaylord’s Medical Director from 1903 – 1953. Many said that his mere presence brought about healing.

Members of The Lyman Society have expressed their commitment to Gaylord Hospital through a very special and important form of financial support.

These donors have named the Hospital as a beneficiary of a planned gift, such as a bequest – a gift from a will. Others prefer an income-producing gift, such as a charitable gift annuity, charitable remainder unitrust or charitable remainder annuity trust. Some donors make a gift of life insurance, or name Gaylord as a beneficiary of a retirement plan.

Through their generosity and foresight, these donors perpetuate the important work that Dr. Lyman started almost 110 years ago.

Membership in The Lyman Society involves no dues, obligations, or solicitations, but it does allow us to thank and recognize donors for the plans they have made, and it may inspire generosity in others.

For more information, you can call Karen Hatcher at 203-284-2844 or send an e-mail to khatcher@gaylord.org.
A bike tour coordinated by former patient, Colleen Kelly-Alexander, raised $12,199 to purchase three adaptive bicycles for the Sports Association at Gaylord. Sixty cyclists participated in the 10-25-50-mile bike tour held October 20 in Simsbury.

Colleen was hit by a freight truck while cycling a year ago. She spent two and a half months at Yale-New Haven Hospital being stabilized before being transferred to Gaylord. She learned how to walk and, eventually, to ride an adaptive bike. “Gaylord looked at me not just as a patient... but as a person” who would live in society and function, said Colleen.

Adaptive bikes are designed to help those who have physical challenges. They range from recumbent bikes that can be foot-pedaled, to tandem cycles for the visually impaired and arm-powered cycles for those with spinal cord injuries. Each bike costs between $1,500 and $3,500.

The MJ Petretto Foundation has donated $4,000 to benefit Gaylord’s Spinal Cord Injury Program. The money was raised through its third annual golf tournament, held on June 11, 2012 at the Clinton Country Club. Petretto’s nephew was severely injured in an automobile accident in 2009 and entered Gaylord as a patient undergoing extensive spinal cord rehabilitation.

“As a result of [my nephew’s] successful treatment at Gaylord he is able to walk again,” said MJ Petretto. “This is only one small way I can thank them.” Petretto established the Foundation to raise money so that other patients like her nephew could continue to receive quality treatment. Over the years, the MJ Petretto Foundation has given a total of $18,000 to Gaylord through three separate donations.

The Gaylord Golf Classic raised $77,906 to support the Sports Association, which provides adaptive sports clinics and events for people with physical disabilities.

Thirty foursomes participated in the 24th annual golf event, which was held June 4, 2012 at the Farms Country Club. A successful silent auction was also a feature. PMA Insurance was the Title Sponsor of the event for the 10th year.

Doug Amore, from Cox Media, and Bill Cofrances, of PMA, co-chaired the event. Committee members included: Karen DelChiaro, Delta Marketing; Janine Epright, Gaylord Hospital; Sally Esborn, Sir Speedy Printing and Marketing Services; Lori Evon, Gaylord Hospital; Tara Knapp, Gaylord Hospital; Linda Krampitz, Gaylord Hospital; Eileen Mendez, Mendez Associates (and mother of a former patient); Jay Shak, Physicians’ Health Alliance; Todd Munn, Gaylord Sports Association; Karen Scappaticci, Gaylord Board Member; Michele Secord, Secord Associates; Jackie St. Peter (who has family connections);

The Elizabeth Birney Gagliardi Fund for MS received $13,693 from a wine tasting event hosted by the Birney family. The Fund helps Gaylord MS patients with financial assistance to cover items such as co-pays, Gaylord’s Post-Exercise Program, aquasize therapy and other needs.

Andrew Vilardo, Yale-New Haven Hospital and Connecticut Jammers Wheelchair Rugby; John Whitcomb, BL Companies.

Gaylord Golf Classic

Bike Tour participants
to Benefit Gaylord

The Birneys established the endowed fund to assist the local MS community. They have held five wine tasting events to build the endowment principal. To date, the wine tasting events have raised $62,874 for the endowment which has been assisting patients since 2011. This year, proceeds from the EBG Fund for MS are being used to provide iPads to help boost the cognitive and coordination skills of MS patients.

The Birney’s decision to establish an endowed fund showed a true commitment to those in need, and confidence in Gaylord Hospital. We are grateful for both.

A Simple Way You Can Help

It’s tax planning season.

Do you have appreciated stock you don’t want to sell for tax reasons? Would your tax situation improve with a charitable contribution? If so, consider donating the stock to Gaylord. There are significant benefits to donating appreciated stock vs. making a cash gift. For your convenience, we have a gift calculator online which can show you just how much a difference a gift of stock can mean to you. Visit www.gaylord.plannedgiving.org.

Your gift of stock will help Gaylord provide the best care possible to its patients. Gifts of stock are as easy as 1.2.3!

1. Notify Gaylord
   Before you initiate a stock transfer, please notify Gaylord Hospital to ensure proper gift credit. Contact Karen Hatcher by phoning 203-284-2844 or sending an e-mail to khatcher@gaylord.org

2. Give your broker DTC Instructions
   Janney Montgomery Scott
   DTC #0374
   FTA Gaylord Hospital, Inc.
   A/C #3575-6266-NU24

3. Send Gaylord this information
   Name • Address • City • State • Zip • Phone
   - Brokerage house you are transferring from
   - Name of stock you are transferring
   - Number of shares to be transferred

Thank you for giving to Gaylord!
“Something good will come of it.”

When Peggie and Michael Bergantino’s son, Paul, was nine, he developed juvenile rheumatoid arthritis. He started coming to Gaylord twice a week and was, he believes, the first patient to use the new whirlpool when it was installed. His visits to Gaylord would continue for two years, all the while his mother kept telling the young boy that something good would come from his ordeal.

During one of Paul’s treatment sessions, he needed help getting into the whirlpool. Two other patients, both in wheelchairs, came to his aid. That, recalls Peggie, prompted something of a nine-year-old’s epiphany: There were others in far worse shape than he was. Paul eventually grew out of his arthritis, but with his changed perspective he grew committed to a career in health services; a commitment that rubbed off on several siblings as well.

Dad Michael’s business, Hamden Surgical, supplied Gaylord patients with medical supplies and products during the 1970’s and 1980’s. Then Paul opened Connecticut Rehab in 1990 and, in 1999, the business transformed into ATG Rehab, which focuses on providing complex medical equipment relating to mobility. Brother Bruce is the General Manager of ATG while brother Toby is a certified Assistive Technology Professional (ATP) who works to fit wheelchairs to individual needs.

The Bergantino’s connections to Gaylord go beyond business. In addition to Paul’s experience, Mom Peggie’s brother had also been at the hospital with a spinal cord injury. Another brother, John, had a friend treated at Gaylord after a motorcycle accident. Several Bergantinos have volunteered here over the years: sisters Karen and Nancy, as well as Bruce’s daughter and son. Mom Peggie and dad Michael have been regular donors to Gaylord for more than two decades, and ATG has sponsored events for the hospital.

According to Bruce, Paul and Toby are especially passionate and driven about their work. They value the family business, and they value Gaylord. Providing custom wheelchairs is a labor-intensive process requiring a team approach with doctors, therapists, the ATP and funding experts to come up with the most appropriate wheelchair configuration and specifications, and then work with manufacturers to deliver the life-enhancing equipment. Today, ATG Rehab, headquartered in Rocky Hill has 1000 employees, about 150 of whom are in Connecticut, and services 30 states.

As mom Peggie told her son years ago, something good would come of his ordeal.

In Memoriam:
Bill St. John

William H.C. St. John, Bill, died July 6, 2012 at the age of 83. He had been a patient at Gaylord in 1949 suffering from TB. You may recall seeing a letter from Bill in the last issue of Contributions. In it, he told of the care he received and of the nurses and doctors who urged his getting well, held him back when he was impatient, and encouraged him when life was at a standstill.

“There’s a can-do spirit at Gaylord,” he wrote. “Always has been.” Bill included Gaylord Hospital in his will. We are thankful for that, and for having the opportunity to know, and help, Bill.

About This Issue:

Contributions is produced by the Gaylord Development & Public Relations Office, which can be reached at 203-284-2881 or publicrelations@gaylord.org.

The articles in this issue were written by Jeanne Hotchkiss. Special thanks to Kevin Bartram for the cover photo.
The money, combined with an additional gift, went to the purchase of Ekso Bionics—a remote controlled, battery operated, wearable robotic suit that lets spinal cord injury patients stand up and walk.

When therapists needed patients willing to work with them as they trained on the Ekso, Mike Loura and Kelly Peck were two of the first people they thought of. Mike has been paralyzed from the chest down since 2008 when he was hit by car while training for a triathlon. Kelly has been paralyzed from the chest down for 14 years since drinking too much and getting behind the wheel.

What was the most dramatic moment for Mike when he first stood? “I can look you in the eye now,” he said. “Usually, I’m looking up at people.”

Kelly says she could hardly sleep the night before her first Ekso session on October 8. Her goal was to stand up and take one step. Instead, Kelly stood up and took 89 steps, striding back and forth across the room.

“It was amazing!” said Kelly. “After only one session I just felt better physically, as if everything is refreshed.”

Aside from the wonder of standing and walking after a period of paralysis are physical improvements. Often, leg spasms lessen as muscles are able to stretch. Skin integrity can also improve as it is able to stretch and move. Mike says his daily pain has decreased and he sleeps better—something his wife attests to.

Ekso has been developed from research for military technology. An Exoskeleton on soldiers allows them to lift objects up to 500 pounds. The technology and this application are so new that other possible therapeutic benefits are still being studied. Dr. Rosenblum, Medical Director of Rehabilitation at Gaylord, said, “We’re just at the very beginning to see what the physiological effects are.”

For now the main goal is to improve the quality of life for patients by getting them up, standing and walking. That in itself, he said, represents a “paradigm shift” in the treatment of severely paralyzed people.

Only 15 hospitals nationwide and 5 more worldwide have the device. Gaylord is the only place in Connecticut to have the Ekso. And it took a civic-minded law firm and the Gaylord community to make it happen.
Bequest donors:
Helping Future Generations

A gift to Gaylord Hospital in your will or revocable trust proclaims your desire to help Gaylord make a difference in the lives of future generations. Such bequests, arranged by James and Patricia Gilbert and by Fred and Ella Fullin, have, with their passing, resulted in generous donations in support of Gaylord’s mission.

James and Patricia Gilbert established a Charitable Remainder Trust on behalf of Gaylord in 2003. Both his and Patricia’s parents had been patients at Gaylord and both thought highly of the hospital. Patricia passed on first. James followed in September 2011, and with his estate settled, a gift of $34,949 has come to Gaylord Hospital.

Fred and Ella Fullin were consistent donors to Gaylord for more than 40 years. In 1999 they set up a trust that included four gifts to charity, including Gaylord. Fred predeceased his wife, who died in March of this year at the age of 92. The Fullin’s contribution was a generous $25,000.

Bequests, or gifts from your will, are easy to arrange. They will not alter your current lifestyle in any way and can be easily modified to address your changing needs. One example, a Residual Bequest, is one that transfers to Gaylord after your estate expenses and specific bequests are paid. You can set up this kind of gift by including language in your will such as: I give to Gaylord Hospital, Inc., located in Wallingford, Connecticut, all (or name a percentage) of the rest, residue and remainder of my estate, both real and personal, to be used for its general support (or your can specify a specific fund or program).

You can find summaries of other types of bequests and information on how to establish these at www.gaylord.plannedgiving.org. Or, you may contact Karen Hatcher by phone at 203-284-2844 or e-mail at khatcher@gaylord.org.