

Third Quarter 2026 ICARE Nominees Announced



Four recipients of the quarterly nominations for the Joseph A. Lindenmayer Employee of the Year were announced this week. These four remarkable individuals comprise the third recognition cycle for 2026 and, collectively, have dedicated 22 years of their lives to Gaylord and our patients.

It is our employees who make Gaylord truly 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. In its deliberations of the candidates, the voting committee constantly reflects upon the importance of respect, not only for patients and families, but also for co-workers. Each of these nominees truly embody these values and serve as role models for the rest of us.

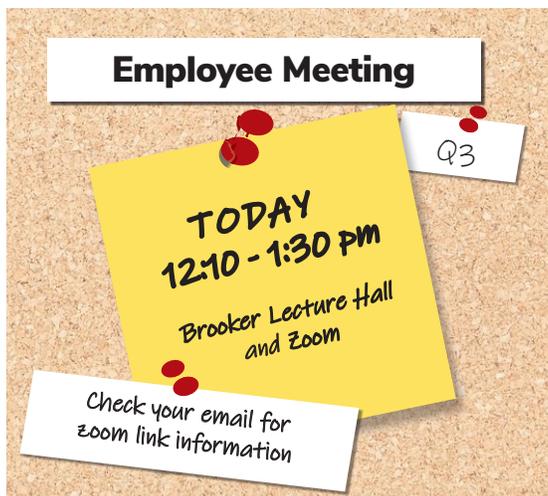
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Leading The Way As Connecticut's Only Rehabilitation Partner In MS Care

Gaylord has been named Connecticut's only "Rehabilitation Partner in MS Care" by the National Multiple Sclerosis Society—a highly selective recognition awarded to just a small group of expert and committed providers nationwide—and one that reflects the depth and consistency of the care our teams provide every day.



continued on page 4...



FYI

- I nnovation
- T eamwork
- I nclusion
- S afety
- I ntegrity
- C ompassion
- A ccountability
- R espect
- E xcellence

FYI DEADLINE

Submissions for the next issue due:
Fri, Feb 27, 2026
Submit requests in JIRA

ICARE (continued from first page)



Our first nominee is **Allen Abayao**, a Registered Nurse on Hooker 2, who has been here since February 2015 and was nominated by a patient.

His patient states, "Allen is very attentive and pleasant. He was quick to respond and helpful and he has been great! Allen has made my stay pleasant and has made an extremely challenging

time feel a little less stressful. He is great."

Allen's supervisor, Tina Ufferfilge, states:

"It is with much excitement that I fully support Allen Abayao's ICARE nomination. I have worked with Allen for over 10 years, and I can honestly say he has consistently demonstrated the values and characteristics of this award.

Allen is an invaluable asset to both our team and our patients. He has a gentle, compassionate demeanor that consistently puts patients and families at ease. Many have shared how reassured they feel knowing Allen is on duty. He remains calm and composed under pressure, adapting seamlessly to challenging situations. Allen is exceptionally well-suited to work with our TBI and stroke population and is never flustered by unpredictable behaviors. He is often the go-to staff member for de-escalating difficult situations. While highly skilled with our H2 population, he is equally knowledgeable, adaptable, and effective across all units. He demonstrates exceptional clinic skills and judgement.

Allen leads by example and is always professional and respectful. He is a highly valued team member who willingly steps in to help whenever and wherever he is needed. He promotes teamwork and collaboration throughout the organization. For example, Allen is frequently called upon by other units to obtain IV access for their patients, and he never refuses or complains—he is always more than happy to assist any patient or staff member on any unit.

Allen never hesitates when asked—often many times—to orient new staff. He has even oriented staff while working on other units, demonstrating his flexibility, leadership, and commitment to teamwork. His dedication to providing high-quality, patient-centered care is evident to all. Allen

is widely recognized for his welcoming attitude and supportive approach to staff, making new team members feel comfortable and confident in their roles. He has received a Preceptor Award in recognition of his exceptional ability to teach, mentor, and support new staff. Allen is a fantastic mentor and an outstanding role model for others.

It is without hesitation that I fully support Allen's ICARE nomination. His dedication to our patients and to the organization is unwavering. He is truly deserving of this recognition and should be our next Employee of the Year!!"



Our next nominee is **Hannah Cox**, a Speech Pathologist in our Inpatient Therapy Department. Hannah joined Gaylord in September 2021 and was nominated by a family member of a patient.

The nomination states, "Hannah is wonderful. She worked incredibly hard with my dad for the 3 weeks he was at Gaylord.

Not only did she have my dad in her office daily, but she also had to deal with my mom, me, and my sister sitting in on their sessions. Hannah was very kind and patient, and you could tell that she cares about her patients. She helps you understand the process she's following.

Hannah never gave up on my dad. She did not talk down to him or treat him like he was a child. She wants her patients to succeed and improve, and she will take whatever steps are necessary to help them do so. She was always ready to work when we got to her office.

As happy as we all were to end our time at Gaylord, it was sad to say goodbye to Hannah. She definitely touched my dad's life and started him on the road to recovery. We have brought her lessons home with us and will continue to use what we learned to help with my dad's recovery process."

Hannah's supervisor, Cheryl Tansley, states: "I am proud to strongly support Hannah for ICARE Employee of the Year, as she truly embodies our ICARE values in every aspect of her work. In just four months as an inpatient speech-language pathologist, Hannah had already distinguished herself through exceptional patient care, meaningful

continued on page 5...

NATIONAL HEART MONTH



Heart-Healthy Eating:
Simple Diet Changes for
Better Cardiovascular Health

AMANDA PERRIELLO, RD, CDN



Simple Diet Changes, Better Heart Health

Cardiovascular disease (CVD) remains the leading cause of death globally, but many risk factors can be managed with simple lifestyle changes. While factors like age and family history are beyond our control, adopting a heart-healthy diet and regular exercise can significantly reduce the risk of CVD.

Key components of a heart-healthy diet include:

- Fruits
- Vegetables
- Whole grains
- Lean proteins
- Healthy fats like monounsaturated and omega-3 fatty acids

Learning to read nutrition labels and looking for the American Heart Association's "Heart Check Mark" can help simplify healthy eating choices.

Gaylord offers virtual sessions on heart health, including Diet & Exercise for Heart Health, to help guide you on this journey.

Check out our blog, authored by registered dietician Amanda Perriello: "[Diet for Heart Health](#)"



Keep an eye out in upcoming issues for the results of the Brain Injury Committee's Goody Gram sales drive.

How many helmets will they be able to donate this year??



Come support



Madison Souper Bowl

Featuring tastings of the Shoreline's best soups, chowders and chili!

Saturday, February 21,
12-2:30 pm

Downtown Madison
Check in table in front of Café Allegre
725 Boston Post Road

Visit madison.org to get tasting tickets!



THANK YOU

to the Human Resources department
for sponsoring cupcakes for all
employees on Valentine's Day!



GAYLORD IN THE



He learned to walk here. Now he works here, helping others do the same.



Last week, **Fox61** ran a 4½-minute feature on the comeback story of our former patient, Jimbo Cohrs who survived a devastating crash last year, leaving him

learning how to take his first steps again. This year, he's helping patients take theirs — as a mobility tech on the very same floor.

[Read the article here.](#)

For the hundreds of individuals living with MS who come through our outpatient programs each year, this recognition affirms something they already know: they're receiving specialized, coordinated care from clinicians who understand the complexities of this disease at every stage.

From aquatic therapy and PT to OT, speech-language pathology, psychiatry, and community-based support like our monthly MS group, Gaylord's approach goes beyond symptom management. It's about helping people maintain independence, function, and quality of life over time.

This achievement is the result of collaborative, multidisciplinary work — with special recognition to **Kim Fredsall**, who led the effort to advance and formalize this partnership.

This isn't just a title — it solidifies Gaylord as the statewide leader in rehabilitation for people living with MS.

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Gaylord Experts Shaping The Conversation



Marielle Mikos In National Outlet

In **Everyday Health**, Marielle Mikos, DPT, a

neurologic PT specialist in North Haven, contributed expert insight to a national feature on managing CIDP. The article explores how medical treatments may slow disease progression, while specialized neurologic physical therapy helps patients rebuild strength, balance, and endurance.

Marielle reinforced that PT is not an “extra,” but a vital component of preserving independence and improving quality of life.

[Beyond the CIDP Infusion: Why Physical Therapy Is Your Secret Weapon for Remission](#)



Corey Podbielski in Hearst Connecticut Media

In a widely circulated **Hearst Connecticut Media**

feature on strength training and aging, Corey Podbielski, PT and clinic supervisor of Madison and Cromwell, was featured as an expert voice on the growing importance of strength training as we age.

As the article explored the science behind muscle loss and functional decline, Corey helped connect research to everyday life — explaining how strength directly impacts daily tasks, fall prevention, and long-term independence.

[Why Experts Say Strength Training Matters More Than Cardio as We Age?](#)



Dr. Bullard in Medical News Today

Our resident brain-health expert and

Director of Psychology, **Dr. Sarah Bullard**, was quoted in **Medical News Today** discussing new research on the link between heart health and dementia risk. She emphasized that brain changes often begin decades before symptoms appear, underscoring how lifestyle choices earlier in life can significantly impact long-term brain health.

Her perspective helped translate complex research into practical, preventative insight. The article has since been published in multiple languages worldwide.

[Preventing Hypertension, Heart Disease Could Keep Dementia at Bay](#)

ICARE (continued)

collaboration with colleagues, and a genuine commitment to excellence. Her impact is evident in her recent patient nomination, a remarkable achievement so early in her tenure with us.

When observing Hannah's interactions with patients, it is clear that she treats each individual as if they were a member of her own family. She brings an easy, down-to-earth manner to every session, immediately putting patients and families at ease. Her kindness, compassion, and strong clinical knowledge are seamlessly woven into her therapy sessions, creating an atmosphere that feels genuine and effortless. As a result, patients and families consistently leave her office smiling and confident, something I witness daily, having an office directly across from hers.

Hannah's presence has elevated our inpatient therapy team, and it truly feels as though we "hit the jackpot" when she joined us. Her dedication, empathy, and professionalism are the reasons I am proud to be a speech therapy supervisor and proud to work alongside her. Hannah is an outstanding representative of ICARE values and is exceptionally deserving of this recognition."



Our next nominee is **Karolina D'Angelo**, a LPN on Hooker 1. Karolina joined Gaylord in February 2022 and was nominated by a patient.

The patient states, "Karolina is one of the best nurses. She is kind, respectful and clearly loves what she does. I didn't have socks and she gave me medical socks and made sure I was comfortable. A nurse can

do it again and again - and still stand tall because she truly loves what she does."

Karolina's supervisor, Jill Mattson, states: "I am pleased to enthusiastically endorse Karolina for an ICARE award. She demonstrates exceptional clinical skill, compassion, and dedication to patient-centered care. Beyond her technical expertise, Karolina is a trusted colleague and advocate who goes above and beyond to support patients, families, and the healthcare team. Her professionalism, leadership, and unwavering commitment to excellence truly exemplify the values of nursing and make her highly deserving of this recognition."



Our final nominee is **Marc Farbes**, a Physical Therapist in our North Haven Outpatient Clinic, who joined Gaylord in August 2024 and was nominated by a patient.

The patient states, "I was very impressed with Marc. He encouraged but didn't push me beyond my tolerance level. He also supported me in my choice to try water therapy. When I requested my records, they were done expediently and were pleasantly provided. All of the characteristics which make a great candidate for this award."

Marc's supervisor, Andrew McIsaac, states: "It is with great pride that I support the nomination of Marc Farbes for the Joseph A. Lindenmayer Employee of the Year Award. Marc first joined Gaylord as a travel physical therapist in August 2024 before accepting a full-time position in December 2024. In this relatively short time, he has made an exceptional impact on our North Haven orthopedic physical therapy team as a clinician, mentor, and valued colleague."

Marc's prior experiences as a travel therapist have given him a unique national perspective on rehabilitation practices. He has leveraged this insight to enhance our clinical processes, sharing knowledge and adopting best practices that keep Gaylord at the forefront of patient care. Additionally, he has taken initiative in mentoring peers on the effective use of modalities and has become a key leader within our Isokinetic Dynamometer team - demonstrating both technical expertise and a collaborative spirit.

Among the ICARE values, Marc most strongly embodies Respect and Integrity. His calm and thoughtful demeanor creates a positive therapeutic environment that patients and colleagues deeply appreciate. One patient described being "very impressed to be encouraged but not 'pushed,'" and appreciated his support in exploring additional treatment options such as aquatic therapy. This feedback truly captures Marc's approach - emphasizing empathy, partnership, and the therapeutic alliance that is central to successful rehabilitation.

As Marc's supervisor, I wholeheartedly endorse this nomination. His professionalism, compassion, and dedication represent the very best of Gaylord's mission and culture. Marc's contributions, both clinical and interpersonal, exemplify the spirit of the Joseph A. Lindenmayer Award, and I am confident he is most deserving of this recognition."

EMPLOYEE of the YEAR



Integrity, Compassion, Accountability, Respect and Excellence



Has a colleague gone above and beyond?

Nominate them today.

Scan the QR code.



Academic Scholarships Available

Apply today!

Visit the intranet/Nomination Forms for the application.



NOMINATE TODAY!

Nightingale Awards for Excellence in Nursing



Scan to nominate

Honoring nurses who embody nursing excellence and go above and beyond the call of duty in an array of clinical and educational environments.

Nominations close March 6

Eligible recipients include: RN, LPN, APRN
Please give examples (in 200 words or less) of what sets this nurse apart.



Got a brilliant idea for a new product or process improvement?

We want to hear it!



Scan the QR code and share your genius with us!



innovator OF THE Month

— Sharon Antoniou —

Congratulations to our Innovator of the Month for January: Sharon Antoniou, RN on Milne 2!

Sharon's innovative idea involves collecting the clean bags used to cover sanitized equipment so they can be reused for trash instead of being discarded. By repurposing materials we use every day, Sharon's idea helps reduce waste and extra costs, reinforcing our commitment to sustainability and smart resource management.

Thank you, Sharon, for your innovative contribution and commitment to helping improve our processes!





Happy THERAPEUTIC RECREATION Month

February is Therapeutic Recreation Month — and we’re celebrating the team that helps patients improve their quality of life through leisure activities, and reconnect with purpose, confidence, and joy during recovery.

Meet Our TR TEAMS:



THE SCIENCE OF *Play* More Than Fun. More Than Games.

At Gaylord, Therapeutic Recreation (TR) is evidence-based, goal-driven, and deeply personal.

Beyond Bingo: What TR Really Does

Therapeutic Recreation uses purposeful activities — movement, games, music, creative arts, and leisure education — to support:

- Physical endurance
- Cognitive engagement
- Emotional well-being
- Social connection

Leisure and recreation aren’t “extras.” -- They’re essential components of holistic healthcare.

At its core, TR helps patients restore quality of life and return to meaningful roles and leisure

**Join us in the cafeteria
on Thursday, February 26
from 12 - 1 pm to play a
game and be entered to win a
cool prize - all in the spirit of
recreation!**

DID YOU KNOW?

Therapeutic Recreation isn’t volunteer-led activity time — it’s a clinical discipline.

Certified Therapeutic Recreation Specialists (CTRSs) complete specialized education, supervised clinical training, and national certification. They design goal-driven interventions rooted in neuroscience, behavioral health, and rehabilitation science.

Every activity has a purpose. Every session has a plan.

Yes — even the games.



In Loving Memory of Dr. Anna Tirado

We are deeply saddened by the passing of Dr. Anna Tirado — a compassionate physician and devoted advocate for women with disabilities.

Dr. Tirado founded the Women’s Clinic at Gaylord Rehabilitation Hospital and volunteered her time and expertise for more than two decades, ensuring every patient received

thoughtful, dignified care. In 2019, she was honored with The Connecticut Hospital Association's Healthcare Hero Award in recognition of her profound impact.

Her legacy lives on in the countless lives she touched and in the standard of care she helped shape at Gaylord. We extend our heartfelt condolences to her family and loved ones.



Need to communicate to all staff in a snap?

If you would like a SnapComms screen saver created, submit a request through **JIRA** (via Sharepoint) to let us know.

Please note: requests emailed directly to team members cannot be guaranteed to be received or processed.

Thank you!



SAFETY STARTS WITH ME

NEAR MISS OF THE MONTH

The Safety Coaches have selected to celebrate **Jaime Cassidy COTA**, from Inpatient Therapy and her use of our CHAMP tools to catch and report a Near Miss she submitted in November '25.

By maintaining a strong Questioning Attitude and keen Attention to Detail, Jaime recognized that a newly exchanged portable O₂ tank did not sound or feel like the correct amount of air was flowing. Using the CHAMP tools “STAR” and “Validate and Verify,” she stopped the transfer, compared the patient’s current tank with the replacement, and confirmed the sound and flow were noticeably different. She immediately removed the questionable tank from service and ensured the patient was placed on a new, functioning tank.

We'd like to acknowledge the following staff who submitted Near Misses in November:

- Aubrey Marotta
- DeAnna Speziale
- Dhimitri Stojko
- Jaime Cassidy x2
- Kali Cika
- Natalie Garcia
- Nicole Morrill

On behalf of the Quality & Safety Department

Thank You for Speaking Up for Safety

Need to access Gaylord's Employee Assistance Program?

Call (860) 233-6228.

Gaylord CARF Curriculum



To support organization-wide compliance and high-quality care, the CARF curriculum provides required education on core CARF competencies for both licensed and unlicensed staff.

Topics include:

- Care of patients with spinal cord injury
- Care of patients with acute brain injury
- Population-specific considerations including age and culture
- Care of patients with an amputation
- Wound care and pressure injury prevention

The course includes a brief knowledge check. Because the content is intentionally broad, some topics may not apply to every role. Departments will assign additional, role-specific CARF education as needed.

➔ Now Available in Gaylord U. • [Due April 1](#)

February's Featured Courses:

- [Minimizing Trips, Slips, and Falls](#) (0.25 credit hrs.)
- [Effective Writing in the Workplace](#) (0.25 credit hrs.)
- [Preventing Medical Errors: Culture of Safety](#) (0.5 credit hrs.)
- [Sepsis Awareness: Key Concepts and Interventions](#) (1 credit hr.)



Each month, one lucky scholar will **win a raffle prize** by completing any one of the monthly featured courses in Gaylord University!

CPR CLASS

open to
ALL STAFF



Tuesday, Feb 24

9AM-12PM

[CLICK FOR INFO](#)

Next Grand Rounds:

- » **Mar 17 • 12-1p: Cognitive Behavior: Acquired Brain Injury Waiver**, Kari Buck, MS, OTR/L, CBIS
Brooker Lecture Hall

Missed a Grand Rounds? Watch Online!

Recordings are available on Gaylord University > "training" > "courses" > then search "Grand Rounds."



The Mulligan Concept™: Lower Quadrant Course

Hands-on manual therapy training hosted at Gaylord



Why Attend?

- Learn pain-free **Mobilization With Movement™** (MWM) techniques for the lumbar spine, SI joint, hip, knee, ankle and foot
- Earn **15 CEUs**
- Evidence-based, hands-on training you can use immediately in practice

Course Details

Gaylord Therapy-North Haven

March 7-8, 2026

Sat: 8AM-5:30PM | Sun 7:30AM-1PM

\$599



Scan to register

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.





Friday, February 20

The featured organization is:
**Special Olympics -
Team West Haven**

Special Olympics Team West Haven provides year-round sports training and competition for athletes with intellectual disabilities, fostering confidence, inclusion, and community connection.

[Click here to learn more](#)



Friday, March 6

The featured organization is:
Love Your Brain

Love Your Brain improves the quality of life for people affected by traumatic brain injury through yoga, mindfulness, education, and community-based programs.

[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.

Jeans for Charity (JFC) is Gaylord's "Dress Down Day" program that supports 26 local charitable causes throughout the year.

For a \$2 donation, employees can purchase a single-use sticker that allows them to wear jeans on designated days. Want to cover the whole year? A \$50 button includes all jean days and saves money over time.

The new Jeans for Charity (JFC) year is under way, which means last year's buttons are officially retired — grab a new 2026 button to participate!

Contact Georgette x2881 for info or to purchase.

**Resident Appreciation Week
February 23-27, 2026**

WE ❤️ OUR RESIDENTS & FELLOWS

Residency and fellowship are key components of graduate medical training. Residents serve as the hospital's "house staff" and are an integral part of the healthcare team. They also help fulfill our educational and research missions.

Please show your support by taking the time to thank our hardworking residents and fellows and acknowledge their contributions to Gaylord's success!







**Stay safe on ice
Walk like a
Penguin**

Remember to wear shoes with treads in the parking lots




**Employees:
Don't suffer with joint
or muscle pain while
you work.**

Physician appointments **immediately available** at Gaylord's Physician services on Jackson 1.

Call ext 2845



Outpatient/Wallingford campus



THURSDAY, FEBRUARY 26
4-5 PM
 Doors open at 3:30pm
BROOKER LECTURE HALL
 Light refreshments and
 guided facilitator

Please RSVP to Jessica DiMichele at
 jdimichele@gaylord.org by Monday, Feb 23




PAINT Party

MARCH IS SOCIAL WORK MONTH



**EMPOWERING
 SOCIAL WORKERS!**
Inspiring Action, Leading Change

Let's celebrate our social workers.
Thank you for all that you do for Gaylord!



Ion Bank Customer? A Vote For Gaylord Is Worth \$25!

Vote for Gaylord Specialty Healthcare/Gaylord Hospital in the Community Awards Program at Ion Bank or at www.IonBank.com until **March 2, 2026**. Every Ion Bank customer can vote for a nonprofit organization of their choice to receive a \$25 donation.



The nonprofit with the most votes also may receive a grant from the Foundation! Please share this opportunity with family and friends who are customers at Ion Bank. Gaylord will post this on Facebook and Twitter as well. Thank you for voting for Gaylord!

If you have any questions please contact Cindy Bartholomew at extension 2844.

National Wheelchair Day

March 1, 2026

Wheelchair Facts:

- 70 million people worldwide need a wheelchair and only 5-15% have access
- Only about 20% of wheelchair and walker users are employed
- In 1665, German watchmaker Stephan Farffler invented the 1st self-propelled wheelchair
- In 1933, the 1st lightweight wheelchair was invented, made out of lightweight steel
- ~3.6 million people greater than 15 years of age use a wheelchair in the United States

Famous people in wheelchairs:

- Franklin Delano Roosevelt
- Stephen Hawking
- Christopher Reeves
- Barbara Jordan (civil rights activist)





Know the past, shape the future

Honoring Black Innovators
Who Shaped the Future
of Healthcare

FEBRUARY IS

**BLACK
HISTORY
MONTH**



Kizzmekia S. Corbett, PhD (b.1986) is a viral immunologist and the lead scientist on the team that developed the Moderna COVID-19 vaccine. She is also a research fellow at the Vaccine Research Center of the National Institute of Allergy and Infectious Diseases.



Dr. Charles Richard Drew (1904-1950) was a surgeon and researcher who pioneered blood transfusions and blood preservation techniques. He's known as the "father of blood banking," whose work saved thousands of lives during World War II. Without him, we could not offer our patients treatments like Platelet-Rich-Plasma (PRP) injections here at Gaylord.



Marilyn Hughes Gaston, MD (b. 1939) is a pediatrician whose 1986 study of sickle-cell disease led to a national screening program for newborns. She also demonstrated penicillin's effectiveness in preventing infections. She was the first Black female director of the Bureau of Primary Health Care and the second Black female assistant surgeon general, achieving the rank of rear admiral in the U.S. Public Health Service.



Daniel Hale Williams III, MD (1856-1931) was the world's first surgeon to successfully perform open-heart surgery in 1893. He also founded Provident Hospital, the first non-segregated and Black-owned hospital in America.



Mary Beatrice Davidson (1912-2006) was a prolific American inventor who patented the first generation of what would eventually become the maxi pad, and still holds the record for the most patents held by a Black woman. Thank you, Mary, on behalf of women everywhere!

Complimentary Headshots Available

Updating your photo helps:

- Your professionalism
- Your confidence
- Your coworkers recognize you in emails

Do your part.

Thurs, March 19
• 9am–3pm •

[Click Here to sign up](#)

Outpatient headshots available on site.
Contact Kate Brophy with any questions.
x3459 • kbrophy@gaylord.org



Rings, Rice & Rattles

Have exciting news to share? We love highlighting the milestones that make our Gaylord family shine.

- **Engaged?** Send us: your name, department, fiancé's name (optional), and your wedding date if it's set.
- **Just Married?** Send us: your name, department, wedding date, spouse's name, location (optional), and any last name change.
- **New Baby or Adoption?** Send us: your name, department, child's name, date of birth, and length & weight (optional).

Email your info to publicrelations@gaylord.org.

By submitting, you're giving us the green light to share your story internally in FYI.



*Put it on
the Calendar!*

More details can be found on our internal Sharepoint Snapcomm page.

Mondays:	Weekly Zumba Series, 4:10pm, Inpatient Gym
Tuesdays:	"Take a Breath Tuesdays" - Ten Minute Meditative Moment, 12:10pm, Chapel on Jackson Ground
Wednesdays:	Weekly Yoga, 4:10pm, Brooker Lecture Hall
Thursdays:	Weekly Walking Group, 12:15- 12:45pm, meet in Jackson Lobby
Th 2/19:	Q2 Employee Meeting
F 2/20:	Jeans for Charity
T 2/24:	CPR Class, 9am-12pm
Th 2/26:	TR's "Super Play with a Purpose," 12-1pm Winter Paint Party (4-5pm)
F 3/6:	Jeans for Charity Nightingale Award Nominations Close
S 3/7-8:	Mulligan Concept Course
F 3/13:	Irish Kaleigh, Inpatient Gym, 4pm
T 3/17:	Grand Rounds: Cognitive Behavior ABI
Th 3/19:	Headshot Appointments
M 3/30:	Exploring Passover, Lyman Solarium, 4pm
W 4/1:	CARF Curriculum in UKG Due
Th 4/30:	Blood Drive
Th 5/14:	Q3 Employee Meeting

**Need to access Gaylord's
Employee Assistance Program?
Call (860) 233-6228.**