

# "Expansion Team" Earns Gaylord Cup

The January Gaylord Cup was awarded to the interdepartmental Expansion Team during the Management Meeting on January 28, recognizing the collective effort behind several major growth initiatives across the organization.

The award honors the many departments and individuals who played a central role in expanding inpatient bed capacity on Lyman 2, opening the new Fairfield Outpatient Therapy Clinic, and launching the Guilford Speech Therapy office.

*continued on page. 3...*



## Emily Clifford Named Latest DAISY Award Honoree

Gaylord's DAISY Award for Extraordinary Nursing Care was presented to Emily Clifford, BSN, RN, PCCN, of Milne 1.

Emily was nominated by Sarah Luedee, a Gateway Nursing student who completed her winter capstone experience under Emily's mentorship. From her very first shift at Gaylord, Sarah recalls Emily as a trusted and dependable resource—someone her colleagues consistently turn to for guidance, support, and leadership.

*continued on page 2...*



*Psst..*

Did you know  
that we now have a Director of  
Nursing Operations?

Find out who it is on page 3!

### Employee Meeting

THURSDAY  
FEB 19

12:10PM  
ZOOM  
and  
BROOKER  
LECTURE  
HALL

Check your  
email for  
Zoom link  
information.



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 13, 2026**

Submit requests in JIRA

## GAYLORD IN THE



### How a Stroke Survivor Found Purpose Helping Others Heal



A recent feature from WSHU (Fairfield County Public Radio) highlights the powerful full-circle journey of **Garrett Mendez**, who returned to Gaylord as a rehab aide in Fairfield after his own stroke recovery. Garrett shared his story on WSHU's Good at Heart podcast, shining a light on resilience, purpose, and the impact of rehabilitation.

Great job, Garrett—and thank you for helping amplify stroke recovery and Gaylord's mission.

[Read the article here.](#)

## Our Experts in Action



After a national source request from HealthCentral, a digital health media company empowering people living with chronic illnesses, Gaylord's neuro physical therapist, Kim Fredsall, was tapped to share her vast expertise in multiple sclerosis care.

Kim was featured in a recent HealthCentral article discussing how targeted exercise can help manage MS-related fatigue.

What's the Best Exercise to Beat MS Fatigue?  
[Check out the full article to find out](#)

Way to go, Kim!

## Daisy Award (cont.)

Emily is known for her exceptional ability to multitask and prioritize patient care while remaining organized, efficient, and composed. Whether serving as a floor nurse, charge nurse, or supervisor, she demonstrates strong professional integrity by consistently following through on her commitments to both patients and colleagues.

Emily's colleagues describe her as a nurse who exemplifies excellence in practice and compassion. "*Emily reinforced the kind of nurse I aspire to become—skilled, composed, and trusted by both patients and colleagues,*" Sarah shared. Emily is deeply committed to patient-centered care and continually strives to improve the quality and safety of the care she provides. Through her active involvement in Nursing Shared Governance, Emily's leadership and collaboration help drive positive change for patients and staff alike.

In addition to her role on Milne 1, Emily also serves as a per diem clinical educator and nursing supervisor, extending her impact through mentorship, education, and leadership. Her willingness to teach and her patience with learners leave a lasting impression—particularly on those just beginning their nursing careers.

As her nominator shared, Emily represents the kind of nurse she aspires to become: skilled, composed, and trusted by both patients and colleagues. Emily's dedication, professionalism, and genuine care reflect the true spirit of the DAISY Award.

Congratulations, Emily.



# June Napolitano Named Director of Nursing Operations

Congratulations to June Napolitano on her promotion to Director of Nursing Operations!

June's promotion recognizes the many ways she's helped move nursing—and our organization—forward. Known for rolling up her sleeves wherever she's needed—from nursing operations to lending a hand behind the scenes—June brings a steady, down-to-earth leadership style that's felt across the organization. As Lisa Kalafus noted,

“June's leadership, expertise, and proven impact made her the clear and natural choice for this position.”

In her previous role as Manager of Nursing Services and Patient Flow, June played a key role in strengthening patient flow across Gaylord—working through interdisciplinary collaboration to help more patients access care and support positive recovery outcomes.

Along the way, June has helped launch and grow several major initiatives, including the expansion of the nursing float pool to more than 50 staff across all nursing roles, as well as supporting telesitting, virtual nursing, vascular access resources, and emergency preparedness.

Please join us in congratulating June on this well-deserved next chapter!



## Congratulations!



# HAPPY VALENTINE'S DAY

## Cupcakes On Us

Cafeteria  
**Thursday, February 12**  
11:30 a.m. - 1:30 p.m.  
4:30 p.m. - 5:30 p.m.

Night shift and Off-site locations:  
Cupcakes will be delivered to your areas

Also available  
Brighten a patient's day by writing a Valentine's  
Day card which will be given out to patients.

Brought to you by: Human Resources Department





## Goody Grams of Gratitude! for Brain Injury Awareness

hot cocoa packet   coffee k-cup   candy

**Goody Grams are back!**  
Send a sweet treat to a co-worker and support the  
Brain Injury Committee's **Helmet Drive**.

**Purchase in Cafeteria | 12–1 PM | Feb 2–6**  
**Delivery of Grams: Feb 13**

 **\$3**

Looking ahead, March is Brain Injury Awareness Month, a time to promote prevention and education. In 2025 alone, **more than 214,000 people were hospitalized for traumatic brain injuries**, not including the many cases treated in emergency rooms, urgent care settings, or those that went unreported. The good news? **Wearing a helmet can reduce the risk of serious head injury by up to 85%**, making prevention one of the most powerful tools we have.

Join the Brain Injury Committee in making an impact this TBI Awareness Month by sending a **Goody Gram**—a heartfelt message paired with a treat to brighten a coworker's day.

**All proceeds support our helmets-for-kids initiative**, helping provide helmets to children in need—because every brain is worth protecting.



## 2025 Overtime Pay Update

Recent tax code changes under the One Big Beautiful Bill Act (retroactive to January 1, 2025) introduce a new tax deduction related to overtime pay that may affect some employees.

### What to know:

- Only the premium portion of overtime qualifies.
- On your paystub, this appears as “**Overtime .5 Pay.**”
- Some limits may apply.
- This **will not appear on your 2025 W-2**; starting next year, it will be reported in Box 14.

Your qualified overtime amount can be found on your **final 2025 paystub** in the YTD section under “Overtime .5 Pay.” Letters will also be sent to impacted employees summarizing their total qualified overtime for 2025.

### Questions?

For calculation details, contact  
Scott Jungeblut (Finance)  
x2753 • [sjungeblut@gaylord.org](mailto:sjungeblut@gaylord.org)

More tax-related questions?  
Consult a tax professional.

## Gaylord Cup (continued from first page)

These projects required close coordination across teams—including Therapies, IT, Materials Management, PR/Marketing, Facilities, PFS, Patient Access, Nursing, and many others.

The Expansion Team was recognized for its problem-solving, exceptional communication, grace under pressure, and flexibility—qualities that helped bring complex initiatives to life and support Gaylord’s continued growth.

**Congratulations  
to everyone  
involved!**

## Footwear Reminder

For everyone’s safety, open-toed shoes and Crocs with holes aren’t permitted in clinical areas. Staff providing direct patient care must wear clean, closed-toe shoes with no openings on top, plus socks or stockings. This helps protect against sharp objects and exposure to bodily fluids.

This guideline is also part of Human Resources’ dress code policy. Nursing personnel who provide direct patient care must wear clean sneakers or closed-toe shoes with no openings on the top. Stockings or socks are required. (See HR Policy 2.600-B.05 for details.)







NUTRITION AWARENESS SEMINAR:  
**SOLUTIONS FOR  
 HEART HEALTH**

**Wednesday, February 18**  
 12:10 p.m. - 1 p.m.  
 Brooker Lecture Hall

RSVP to [jdimichele@gaylord.org](mailto:jdimichele@gaylord.org)

Join us for an engaging onsite event focused on empowering employees with practical tools and knowledge to support cardiovascular wellness.

This event will feature expert insights and easy-to-apply strategies for improving heart health through nutrition, movement, stress management, and preventive care.

Participants will have the opportunity to learn about key heart health indicators, connect with wellness resources, and walk away with actionable steps to support long-term wellbeing — all in a convenient, supportive workplace setting.

# Welcome to the Gaylord Team!

|                           |                         |
|---------------------------|-------------------------|
| <b>Amanda Case</b>        | Mobility Technician- M2 |
| <b>John Flanagan</b>      | RTA- Madison            |
| <b>Nickeshia Grant</b>    | LPN-H1                  |
| <b>Nevaeh Henderson</b>   | PCT- L2                 |
| <b>Abby Lasker</b>        | RTA- North Haven        |
| <b>Gabriella Melendez</b> | SNT- Lyman 1            |
| <b>Evertha Mims</b>       | Intake-Rep              |
| <b>Jessica Palumbo</b>    | SNT- Lyman 1            |
| <b>Amaiya Rivera</b>      | PCT-H1                  |
| <b>Christine Sloss</b>    | Intake Rep- Guilford    |
| <b>Destahni Swindell</b>  | LPN-H2                  |
| <b>Jacklyn Skirkanich</b> | PT- Cheshire            |



## National Women Physicians Day Reception

Staff gathered on February 3 to recognize National Women Physicians Day, honoring the contributions of women physicians and celebrating their impact on patient care at Gaylord.

*Thank you for the knowledge, judgment, and humanity you bring to your work every day.*

## Flower Vase Collection

Have extra vases taking up space on your unit, in your office or at home? Our friendly florists at Wallingford Flower will gladly reuse clean vases for future arrangements.

Please drop vases off by  
**Tuesday, Feb 10.**

Collection bins are located in Jackson Lobby, Milne Lobby, and Brooker Lobby.

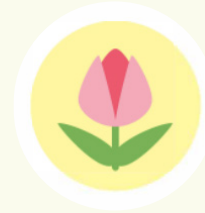


## • AMERICAN CANCER SOCIETY •



### DAFFODILS

**\$15**  
bunch of daffodils  
**\$20**  
bunch of daffodils in vase  
**\$20**  
mini potted daffodils



### TULIPS

**\$15**  
bunch of tulips  
**\$25**  
- bunch of tulips in vase



### GIFT OF HOPE

**\$25**

Support our Gift of Hope program where volunteers deliver flowers to local hospitals/cancer centers or nursing home.

To order or if you have any questions, please contact Cammy Nigro at [cnigro@gaylord.org](mailto:cnigro@gaylord.org)

**Orders are due by February 13, 2026**

## WINTER PAINT PARTY

Let's come together to explore your artistic side while enjoying a relaxed and social atmosphere!

**Thursday, February 26 from 4pm to 5pm**



**At the  
Brooker  
Lecture Hall**

**Step-by-step  
instructions  
will be  
provided or  
you can "paint  
it your way."**

**Light  
Refreshments  
and snacks  
provided**



Please Contact Jessica at [jdimichele@gaylord.org](mailto:jdimichele@gaylord.org) by Monday, February. 23 to RSVP

## Grand Rounds: Home Grown

Last week's Grand Rounds marked a milestone moment for the series—and for us. While Grand Rounds launched just last year and has already seen strong engagement, this session was the first time our own Gaylord clinicians took the lead as presenters.

Kate Rudolph and Jill Hellstrand shared their expertise during a well-attended session on Disorders of Consciousness, sparking thoughtful discussion and plenty of great questions. It was a proud reminder that the experts we look to for learning and insight aren't just visiting our halls—they work right alongside us every day.

Huge thanks to Kate and Jill for sharing their knowledge and helping set the tone for what's shaping up to be a strong run of Grand Rounds through February. Flip the page to see what's coming up next.







# CENTER for EDUCATION

## Scholar SPOTLIGHT

*Congrats!*

### WE HAVE A RAFFLE WINNER:

Joe Janetto, Security Manager

Joe was selected as our Scholar Spotlight for taking one of the January featured courses in Gaylord U!

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

*The next winner will be announced in the March 5 FYI issue.*

## ADULT SPINAL DEFORMITY

A Grand Rounds Presentation, brought to you by Gaylord's Center for Education

**Thursday, February 12, 2026**  
**12:00 - 1:00 pm**  
**Brooker Lecture Hall**

1 AMA PRA Category 1 Credit(s)™

Presented by:  
**Dr. Hardeep Singh**  
Assistant Prof. of Orthopedic Surgery  
UCONN Health



Seating is Limited. Sign up with Gaylord U's Training Calendar

### Next Grand Rounds:

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

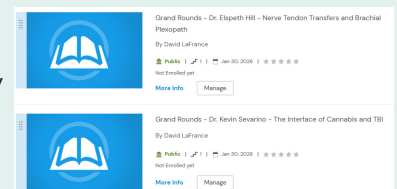
## February's Featured Courses:

- [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.)

Access via UKG's Gaylord University. Select: "Training" > "Courses" > and search by course name or topic

## Missed a Grand Rounds? Watch Online!

Recordings are now available on Gaylord University for those who were unable to attend live.



Visit Gaylord University, click "training" > "courses" > then search "grand rounds."

## CPR CLASS for Staff



### Class Details

- 📍 Clinical Education Classroom, Jackson Ground
- 📅 Tuesday, February 24, 2026
- 🕒 9AM-12PM
- 💰 FREE for staff

### Who should attend?

This CPR class is intended for staff members whose roles do not require CPR certification, but who would like to be prepared and confident in an emergency.

### Registration

- Seats are limited
- Advance registration is required
- Register through Gaylord University

## The Mulligan Concept™: Lower Quadrant Course

Hands-on manual therapy training hosted at Gaylord



### Course Details

📍 Gaylord Therapy-North Haven

📅 March 7-8, 2026

🕒 Sat: 8AM-5:30PM | Sun 7:30AM-1PM

💰 \$599

### 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

Register Now



Scan to register

# FEBRUARY

## Service Awards

Thank you and congratulations to the following employees for their years of service to Gaylord:

### **30 YEARS**

**Cate Burke**  
Wound Care

### **15 YEARS**

**Valerie Yeaton**  
Nursing Services

### **10 YEARS**

**Lauren Jedidian**  
Nursing Services

**Klaudia Montalvo**  
Nursing Services

**Anika Yolas**  
Nursing Services

**Liz Weber**  
Workers' Compensation

### **5 YEARS**

**Kristina Clodfelter**  
Nursing Services

**Danielle Joy**  
Nursing Services

**Jaimme Fanson**  
Physician Services

# 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.



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

|                     |                        |
|---------------------|------------------------|
| Dr. Patrick Siegele | Physician Services     |
| Jillian Mattson     | Nursing Services H1    |
| Catherine Cervero   | Care Management        |
| Garrett Mendez      | Fairfield PT Neuro     |
| Stanley Stiffe      | Environmental Services |
| Donna Fonteyn       | President's Office     |
| Doreen Westphal     | Administration         |

**Liz Marquis** Care Management

**RAFFLE WINNER**

|                  |                        |
|------------------|------------------------|
| Sarah Carpenter  | Physical Therapy IP    |
| Kaitlyn Koch     | Development            |
| Kelly Romano     | Diagnostic Radiology   |
| Melvin Ayala     | Environmental Services |
| Jennifer Cooper  | Environmental Services |
| Regina Teesdale  | Nursing Services M2    |
| Nicoasha Frazier | Nursing Services M1    |
| Mario D'Amore    | Nursing Services L1    |
| Carrie Micker    | Nursing Services L1    |

Did your  
co-worker go  
above and  
beyond?



Scan the  
QR code to  
recognize  
them!





Come support  Gaylord Specialty Healthcare Physical Therapy

## 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

**Limited FREE entry tickets!**

To claim, please email [kbrophy@gaylord.org](mailto:kbrophy@gaylord.org)



## A Local Fitness Favorite—with a Staff Discount

Is getting in shape for 2026 one of your New Year's resolutions? If so, Coach Lily of Orangetheory Hamden invites you to come try a free class!

Call them at (203) 764-2211 to book, or sign up online at [Orangetheory-Hamden.com](http://Orangetheory-Hamden.com). Be sure to mention Coach Lily and Gaylord's newsletter when you go for an exclusive discount.

Good news for those with Cigna insurance—you can also visit the Cigna Healthy Start website to apply for a discount code toward membership.

Pictured below: Cheryl Joyner with Coach Lily (left) and Amy, the studio owner (right, in the zip-up).

Orangetheory offers coach-led workouts designed to help you build lean muscle, boost strength and energy, and carry that momentum into everyday life—both at work and at home.



## 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](http://www.IonBank.com) between February 2 and 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.



# FOOD + NUTRISH



## SUPER BOWL BITES

JOIN US FOR A GAME DAY INSPIRED LUNCH IN THE CAFETERIA

**FEBRUARY 6TH | 11:30-1:30PM**

Hosted by our  
USJ Dietetic Interns

### WHAT'S ON THE MENU?

CHICKEN WINGS  
POTATO SKINS  
SPINACH ARTICHOKE DIP  
PRETZELS  
MASHED POTATO PIZZA  
ITALIAN SLIDERS

### Make YOUR PICK

**GUESS THE SCORE  
& WIN A PRIZE!**

ANSWER SHEETS WILL BE PROVIDED  
DURING LUNCH, CLOSEST GUESS WILL WIN!



## Therapeutic Recreation Awareness Month!



Join us for education, fun and prizes:  
**February 26th**  
**12-1PM - Cafeteria**

Jeans for  
**Charity**

Friday,  
February 6

*The featured organization is:*

**Go Red for Women  
– American Heart  
Association**

Go Red for Women is the American Heart Association's national movement dedicated to raising awareness about heart disease and stroke in women and promoting heart-healthy lives.

[Click here to learn more](#)

Jeans for  
**Charity**

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](#)

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.

The new Jeans for Charity (JFC) year kicks off tomorrow, February 6. That means buttons from last year are officially retired, and a new sticker or button is needed to participate going forward.

Jeans for Charity (JFC) is Gaylord's "Dress Down Day" program that supports charitable causes. For a \$2 donation, employees can purchase a sticker that allows them to wear jeans on designated days. Employees may also purchase a \$50 annual button at the start of the JFC year, which covers all jean days for the year and offers a cost savings over time.

2026 Schedule & Button Form on pg 16





## ♻️ Stop Plastic “Wishcycling” ♻️ Smarter purchases to make recycling work

Putting something in the recycling bin and hoping it's recyclable is often known as “wishcycling.” But wishcycling often does more harm than good. The best way to reduce waste starts before we buy.

Don't just wish for the best. Tossing things in recycling pile without knowing if they are accepted can contaminate recycling streams, damage sorting equipment, and cause entire loads to be sent to landfills. When unsure, it's better to check local guidelines or throw it away.

### Here are four tips to make smarter purchases that can make recycling actually work:

#### 1. Buy Plastics That Are More Likely to Be Recycled

- Plastics labeled #1 (PET), #2 (HDPE), and #5 (PP) have stronger recycling markets.
- Plastics #3, #6, and #7 are often not recyclable and are common wishcycling items.

#### 2. Avoid Black & Dark Plastic

- Black and very dark plastics can't be detected by recycling facility scanners.
- Even when placed in recycling bins, they're usually discarded.
- Choose goods with clear, white, or light-colored packaging whenever possible.

#### 3. Skip Complicated Packaging

- Pumps, droppers, and mixed materials (like plastic + metal + rubber) are difficult to dismantle and are rarely recycled.
- Opt for simple containers.

#### 4. The Recycling Symbol Isn't a Guarantee

- The recycle symbol shows the type of plastic, not whether it's recyclable.

Know your community guidelines.



Diagram illustrating the Quick Launch process:

- A green box labeled **Frequent Links** (containing a cursor icon) has a downward arrow pointing to the **Quick Launch** section.
- The **Quick Launch** section (indicated by a dotted arrow) leads to a grid of application icons, including the **Online Occurrence Reporting System**.

SAFETY  
STARTS  
WITH ► ME





*Know the past, shape the future*

Honoring Black Innovators

Who Shaped the Future  
of Healthcare

FEBRUARY IS

BLACK  
HISTORY  
MONTH



**Jane Cooke Wright, MD (1919-2013)** was a pioneering surgeon and cancer researcher most noted for her contributions to chemotherapy that led to **remission in patients with leukemia and lymphoma**. Throughout her career, she held many high-ranking positions, received many awards, was a founding member of the American Society of Clinical Oncology, and authored 135 scientific papers, all while raising two daughters.



**Dr. Helene D. Gayle (b. 1955)** is a physician and epidemiology specialist and **one of the nation's top scientists in AIDS research**, who has made significant contributions to the international and domestic **study, control, and prevention of HIV and AIDS and other infectious diseases**. She was the first female AND first African-American Director of the National Center for HIV, STD, and TB Prevention.



**Otis Boykin (1920-1982)** was an electrical engineer and inventor whose improvements to resistors—components that resist electrical current flow—helped advance electronic circuits' function control. One of Boykin's resistors was used as a control unit for the **first successful implantable pacemaker**, saving and lengthening countless lives worldwide. Radios, televisions, and computers use other versions of these resistors.



**Terrie Williams (b. 1954)** is a clinical social worker, author, and mental health advocate who has significantly **addressed mental health challenges in the Black community, particularly in reducing stigma and promoting access to care**. She is also known for founding a public relations agency (having represented clients like Eddie Murphy and Miles Davis), which focuses on raising awareness about mental health issues, specifically within the Black community.



**May Edward Chinn, MD (1896-1980)** was a physician and cancer researcher who **helped develop the Pap Smear**. Her work with cancer focused on early detection through screenings and family history. She was the first Black woman to graduate from Bellevue Hospital School of Medicine (now NYU), to intern at Harlem Hospital, and she was the first woman to be an emergency first responder who traveled with ambulances. On top of it all, she co-founded a society to support Black women seeking to attend medical school.



**\$20**



**\$10**



# Think Possible T-Shirt & Long Sleeve Sale

CASH or  
VENMO  
only

While Supplies Last!

Brooker 316  
Between the hours of  
8am and 4:30pm

Questions? Reach out to Georgette at x2881

Unisex sizes XS - XXXL • Please note: We are currently out of stock in long sleeve shirts M & L

## Become a Summer Volunteer!

Do you know a high school or college student looking to volunteer this summer? We have several openings for reliable and responsible individuals ages 16 and over. Must be able to commit to volunteer 1 or 2 times per week during June, July and August and volunteer at least 30 hours.

Contact [emaron@gaylord.org](mailto:emaron@gaylord.org) at Volunteer Services for information and to apply.

Application Deadline: May 15, 2026.

This does not include volunteer opportunities for the Gaylord Gauntlet or Sports Association. For Gauntlet, sign up on [gaylordgauntlet.org](http://gaylordgauntlet.org). For Sports Association, contact Katie Joly [kjoly@gaylord.org](mailto:kjoly@gaylord.org).

**DONT WAIT  
REGISTRATION  
FILLING UP  
QUICKLY**

**SIGN UP  
TODAY!**



SAVINGS CODE  
**staff26**  
**\$10 off**

**SATURDAY  
JUNE 13, 2026  
5K RUN  
OBSTACLE COURSE**  
GAYLORD HOSPITAL, WALLINGFORD, CT

To Benefit:



Register today at [gaylordgauntlet.org](http://gaylordgauntlet.org) • PRICES INCREASE After February 28.



## FEBRUARY 2026 / SAFETY TIPS

From The Employee Health and Safety Committee

### Safe Snow Shoveling Tips

#### Warm Up Before Shoveling

Stretching reduces muscle strain.



#### Push, Don't Lift!

Push snow rather than lifting when possible.



#### Lift Smart

Use small loads and bend with your knees, not your back.



#### Take Breaks and Stay Hydrated

Take frequent breaks and stay hydrated.



Watch our **Safe Shoveling Video**  
by Phil Silverio!

Scan the QR code for the video!



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

*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   |
| F 2/6:      | Jeans for Charity<br>Last Day to Buy Goody Grams  |
| Su 2/8:     | SuperBowl Party in Rec Room 6pm   |
| T 2/10:     | Vase Collection Deadline  |
| Th 2/12:    | Grand Rounds: Complex Spinal Surgery<br>Valentines Cupcakes in the Cafeteria<br>Goody Grams Delivered |
| F 2/13:     | Daffodil Days Orders Due  |
| W 2/18:     | Nutrition Awareness Seminar, 12:10–1pm  |
| 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<br>Winter Paint Party (4–5pm)                                |
| F 3/6:      | Jeans for Charity   |
| S 3/7–8:    | Mulligan Concept Course   |
| F 3/13:     | Irish Kaleigh, Inpatient Gym, 4pm   |
| T 3/17:     | Grand Rounds: Cognitive Behavior ABI  |
| M 3/30:     | Exploring Passover, Lyman Solarium, 4pm   |
| Th 4/30:    | Blood Drive   |
| Th 5/14:    | Q3 Employee Meeting   |





## 2026 SCHEDULE

| DATE               | CHARITY  | COST |
|--------------------|--|------|
| January 2, 2026    | Master's Manna                                       | \$2  |
| January 16, 2026   | Penny Dunker Scholarship                             | \$2  |
| January 30, 2026   | The Jack Mattsson Foundation                         | \$2  |
| February 6, 2026   | Go Red For Women-American Heart Assoc.               | \$2  |
| February 20, 2026  | Special Olympics - Team West Haven                   | \$2  |
| March 6, 2026      | Love Your Brain                                      | \$2  |
| March 20, 2026     | The Joseph and Anthony Manzi Foundation              | \$2  |
| April 3, 2026      | The Stroke Association                               | \$2  |
| April 17, 2026     | The Spanish Community of Wallingford                 | \$2  |
| May 1, 2026        | Spinal Cord Association                              | \$2  |
| May 15, 2026       | Hospital Week  | FREE |
| May 29, 2026       | Donate Life CT                                       | \$2  |
| June 5, 2026       | The Sisters' Project                                 | \$2  |
| June 19, 2026      | ALS - Local Chapter                                  | \$2  |
| July 10, 2026      | In a Heartbeat                                       | \$2  |
| July 24, 2026      | Columbus House - Homeless Veterans                   | \$2  |
| August 7, 2026     | Cystic Fibrosis - Local Chapter                      | \$2  |
| August 21, 2026    | Chase Michael Anthony Foundation-Sandy Hook Memorial | \$2  |
| September 4, 2026  | Crohn's & Colitis Foundation                         | \$2  |
| September 18, 2026 | Michael J. Fox Foundation                            | \$2  |
| October 2, 2026    | Alzheimer's Association-Local Chapter                | \$2  |
| October 16, 2026   | CT Breast Health Initiative                          | \$2  |
| November 6, 2026   | First Tee  | \$2  |
| November 20, 2026  | Healing Meals  | \$2  |
| December 4, 2026   | MS-Local Chapter                                     | \$2  |
| December 18, 2026  | Girls Inc, Meriden                                   | \$2  |

The Community Relations Committee approved the above charitable organizations as recipients of funds raised by the Jeans for Charity program. Employees are encouraged to nominate charitable organizations that serve our community. All nominations are reviewed by the committee.

ANNUAL

**\$50**

Entitles you to **ALL**  
Jeans for Charity Days!

February 2026 - January 2027



## DONOR FORM 2026

### Information

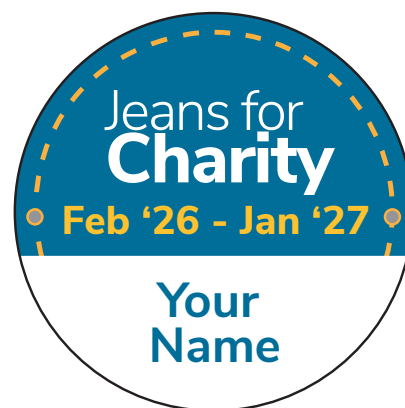
Name: \_\_\_\_\_

Department: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

☐ New Button    ☐ New Insert Only



### Payment

Please check one:

☐ **Cash**

☐ **Check** - Please make checks payable to Gaylord Hospital

☐ **Credit Card** - Credit cards are accepted in Brooker 316 or you can call Georgette MacQuarrie at extension 2881 with your credit card number.

☐ **Venmo @ gaylord-hospital** - Username: \_\_\_\_\_

Return this form and money to Liz Marquis, Care Management, Jackson 1. Make checks payable to Gaylord Hospital. Donation is tax deductible. **If you were a 2025 Casual for Causes Donor and would like to participate in the 2026**

**Jeans for Charity Program a new insert will be sent to you through interoffice mail.** If you are new to the donor button program, your customized button will be mailed through interoffice mail.

**Recycle Your 2025  
Donor Button**



**Please Note: It's \$50 for the button in February. Buttons can be purchased throughout the year at a prorated cost. There will be a \$5 replacement fee if lost at any time.**