

# Speech Therapy Services Come to Guilford

We're excited to share that this January, Gaylord will open a new outpatient location in Guilford, expanding access to specialized speech therapy services for adults along the Connecticut shoreline.

Leading speech-language services at the new clinic is Tammy Spurgeon, MS, CCC-SLP, a long-time member of the Gaylord team with more than 30 years of experience. Tammy is widely known for her compassionate, patient-centered approach and her work with individuals recovering from stroke, brain injury, and other neurological conditions — helping patients rebuild communication, confidence, and connection.

This expansion reflects Gaylord's continued commitment to meeting patients where they are — with expert, compassionate care.



The Guilford location will offer evaluation and treatment for speech and language disorders, cognitive-communication deficits, aphasia, and swallowing and voice difficulties. Its close proximity to our Madison ortho clinic also creates new opportunities for coordinated care and added convenience for patients who may benefit from multiple services.

Please join us in celebrating this exciting expansion — and in congratulating Tammy as she brings Gaylord's outpatient speech therapy services to the shoreline community.

Check out our website's new Outpatient Speech Therapy page [here](#).

FYI

Innovation  
Teamwork  
Inclusion  
Safety  
Integrity  
Compassion  
Accountability  
Respect  
Excellence

#### FYI DEADLINE

Submissions for the  
next issue due:  
**Fri, Jan 16, 2026**

Submit requests in JIRA

**ITS HERE!  
REGISTRATION  
NOW OPEN!**

**SIGN UP  
TODAY!**



**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 JANUARY 31.**

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

## Come Move With Us!



### Zumba Class

**Mondays**  
4:10 p.m.  
Inpatient Gym

### Yoga Class

**Wednesdays**  
4:10 p.m.  
Brooker Lecture Hall

RSVP: Reach out to Jessica DiMichele at  
jdimichele@gaylord.org to register

## HUMAN RESOURCES UPDATES

### New Mileage Rate for 2026

The IRS has issued its annual update of mileage rates for business travel in 2026. As of January 1, the new rate will be **\$0.725 per mile**. As in the past, Gaylord will adjust its mileage reimbursement rate to reflect the latest IRS rate.



Effective January 1, 2026, all miles traveled for business purposes will be reimbursed at \$0.725 per mile.

If you have any questions, please feel free to contact Scott Jungeblut at extension 2753.

### New Electronic Forms Process on UKG

#### Overview Sessions

The following are now submitted electronically in UKG:

- Missed Punch Form
- Payroll Correction Form
- Paid Time Off Buy Back Program
- Paid Time Off Donations
- Educational Assistance Approval & Reimbursement
- Employee Injury Form

All sessions will be **12 p.m. - 1 p.m.**  
and held virtually, over **Zoom**. Link sent to everyone

**Employees:** **Tues, January 8 & Thurs, January 15**  
**Managers:** **Tues, January 13**

### DID YOU KNOW:

**The Pool on Jackson Ground is open to employees Monday - Thursday from 4pm - 8pm and on Saturdays from 9am - 1pm**

## Employee Meeting

Need to access  
Gaylord's  
Employee Assistance  
Program?

Call (860) 233-6228.

THURSDAY  
FEB 19

12:10PM  
ZOOM  
and  
BROOKER  
LECTURE  
HALL

Check your  
email for  
Zoom link  
information.





# Welcome

## to the Gaylord Team!

<b>Kiana Cameron</b>	SNT- Lyman 1
<b>John Clark</b>	Cook/Baker
<b>Leontine Daley</b>	SNT-Lyman 1
<b>Alexus Desouza</b>	SNT-Lyman 1
<b>Joey Dessino</b>	Graduate Nurse- Lyman 1
<b>Emily Durant</b>	PT-Inpatient PD
<b>Winnifred Eshun</b>	RN- Lyman 2
<b>Adriana Gordon</b>	Fluro Technologist
<b>Nicole Juarez</b>	SNT- Lyman 1
<b>Brandon Leclerc</b>	PT- Cromwell
<b>Adrienne McHale</b>	Intake Rep- Wallingford
<b>Richard Mesquita Jr</b>	Intake Rep- North Haven
<b>Marcus Moody</b>	PCT- Milne 1
<b>Alayzha Nelson</b>	SNT- Lyman 1
<b>Sydney Osborne</b>	SNT- Lyman 1
<b>Angel Padin</b>	EVS Aide
<b>Kali Pensiero</b>	RN- Lyman 1
<b>Lauren Riley</b>	SNT- Lyman 1
<b>Ali Silva</b>	Quality & Risk Mgmt Intake
<b>Wendy Stocking</b>	Rep-Wallingford
<b>Brittany Vogt</b>	PCT- Milne 1
<b>Katie Westcott</b>	SNT- Lyman 1



## Need to communicate to all staff in a snap?



SnapComms is a method used to communicate messages to all staff in all locations "in a snap".

One of the SnapComms method is screen savers. You may have noticed when a computer "goes to sleep", screen savers have been appearing promoting various Gaylord events, reminders and awareness weeks.

If you would like a SnapComms screen saver created, please submit a request through JIRA, located on Sharepoint with detailed information.

**REMINDER**  
for all emergencies dial  
**3399**

# JANUARY

## Service Awards

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

### 25 YEARS

**Katie Joly**  
Sports Association

### 20 YEARS

**Allison Greco**  
Inpatient Speech

### 10 YEARS

**Julie Purzycki**  
Admissions  
  
**Darnell Herring**  
Nursing Services

### 5 YEARS

**Melissa McKeon**  
Nursing Services  
  
**Leesa George**  
Accounting



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

Donna Fonteyn	Presidents Office
John Broccoli	Food & Nutrition
Stanley Stiffe	Environmental Services
Anne Pacileo	Info Technology
Mona Hana	Food & Nutrition

<b>Diane Modine</b>	<b>Accounting</b>	<b>RAFFLE WINNER</b>
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Jamey Forbs	Environmental Services
Joshua Fink	Physician Services
Tracy Houle	Physician Services
Emily Clifford	Nursing Services Milne
Lauren Rescsanski	Occupational Therapy IP
Georgette MacQuarrie	Development
Derek Davison	Info Technology

Did your  
co-worker go  
above and  
beyond?



Scan the  
QR code to  
recognize  
them!

## Did you know...



Gaylord is immensely proud to share that we have taken steps to ensure the healing journey here is one of inclusion by now offering products for patients that are suitable for all types of hair.

Products available by request, please call the storeroom.





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# GAYLORD'S CHAMPIONS OF SERVICE

The following employees were named for providing exceptional service in a patient satisfaction survey and/or patient rounding in FY25 Q3-Q4 (Apr-Sep):

## Care Management

Gina Smith  
Jaime Kaska  
Jennifer Kleinschmidt  
Karen Moore  
Mary Kate Barron  
Nivia Rodriguez

## EVS

Susan Burke

## Food & Nutrition Services

Brenda Paluszewski  
Claudia Torres  
Gabriel Pacheco  
Kim Reutenauer  
Roberto Torres

## Inpatient Therapy

Allison Greco  
Amy Grindle  
Ashley MacDonald  
Bradley Douglas  
Brandon Musto  
Donna Piercey  
Emily Meise  
Emily Zuckerman  
Eric Stanulis  
Finn LaPierre  
Greg Sczurek  
Heidi Fagan  
Jack Kolvig  
Jaime Cassidy  
Kacey Gifford

Kaitlin Brosnihan  
Kaitlyn Rudolf  
Kali Cika  
Katelyn Donohue  
Lauren Rescsanski  
Madeline Murgatroyd  
Mandy  
Marcia Brassard  
Mario D'Amore  
Michelle Saunders  
Paula Savino  
Rachel Noia  
Rossella Graniero  
Stephanie Zanvettor  
Taylor Pagnam

## Nursing Services

Alyssa Battick  
Alyssa Holmes  
Christy Carrano  
Denise Downer  
Donald Briggs  
Gabrielle Lefevre  
Jaime Maddalena  
Kayla Rossignol  
Kendra Wilson  
Kylie Jensen  
Maha Serakh  
Mario D'Amore  
Mary Ann St. Martin  
Michele Lutz  
Monica Fernandez  
Pat Haskell  
Susanna Bennett  
Yazmin Ortiz

## OP Medical Services

Christine Rutigliano  
Janice Page  
Jessica Skiffington

## Outpatient Therapy

Bart Kolcz  
Becky Juliano  
Bianca Tata  
Caisea Phillips  
Caleb Mayer  
Caroline Loverud  
Corey Podbielski  
Dhimitri Stojko  
Eddie Pomaes  
Eric Lagoy  
Eric Sokolowski  
Ingrid Marschner  
John McGeorge  
Kelsey Cognetta  
Kimberly Fredsall  
Kimberly Hopkins  
Kristine Serina  
Lauren Beale  
Lizzie Warren  
Marc Farbes  
Michael Racca  
Morgan Raymond  
Shane Gallagher  
Shannon Masella  
Sonya James  
Tony Le

## Patient Relations

Dorothy Orłowski

## Physician Services

Aaditya Kiri  
Catharine Burke  
David Chen  
David Rosenblum  
Franklin Wendt  
Hongmei Wang  
Jerrold Kaplan  
Luci Juvan  
Mircea Tamasdan  
Patrick Siegele  
Susan Paxton  
Tracy Houle  
Yi Qiu

## Psychology

Emily Williamson  
Irene Scanlon  
Kristin Kiczuk  
Rose Vazquez-Santiago  
Sarah Bullard

## Therapeutic Recreation

Alexxandra Niss  
Tyler Rogers

## Celebrating Future Physical Therapists

Gaylord is proud to continue supporting future physical therapists, through our partnership with Quinnipiac University through the ICARE Scholarship, awarded to two third-year graduate physical therapy students who exemplify our core values of Innovation, Teamwork, Inclusion, Safety, Integrity, Compassion, Accountability, Respect, and Excellence (IT IS ICARE).

At the school's recent 5th annual White Coat Ceremony, Pete Grevelding presented the ICARE scholarship to Marissa Frasier and Lauren Fletcher for their outstanding achievements and commitment to exceptional, patient-centered care.

Congratulations!



# CENTER

for EDUCATION



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

### January's Featured Courses:

- [Patient Hand-Off and Communication Failures](#) (0.5 credit hours)
- [Transferring Safely](#) (0.25 credit hours)
- [Leading in the Age of Generative AI](#) (0.5 credit hours)
- [Building Up Your Emotional Intelligence](#) (0.5 credit hours)

To find the featured courses, click on the links above - or log into UKG, Gaylord University. Select: "Training" > "Courses" > then search by course name or topic

Basic Life Support  
2026 RENEWALS



SCAN  
FOR  
INFO



### Save the Date: Upcoming Education

**Grand Rounds:** Register in Gaylord University via the Course Calendar

- » Jan 29 • 12-1p: **Disorders of Consciousness** (Kyriacou Lecture Hall), Kate Rudolph & Jill Hellstrand
- » Feb 04 • 12-1p: **Vagus Nerve Stimulation**, Christopher Conner
- » Feb 12 • 12-1p: **Complex Spinal Surgery**, Dr. Singh, UCONN

**DID YOU  
KNOW?**

Gaylord is officially a  
**Premier Partner** with  
Post University?



**30% or more**  
TUITION  
DISCOUNT

For Gaylord Employees and anyone  
living in their household.

Learn more on  
**Wednesday, January 14**

Post University rep. Edgar, visits Gaylord for:

- Rounding on Units -

**- LUNCH & LEARN -**

Cafeteria Conference Room,  
11am – 1:30pm

Flip to page 11 for discount info

## Healthy Start LUNCH & LEARN

January 29  
11:30am–12:30pm

Lunch plans you don't want to skip! Join us as we feature a live food demo and practical tips for healthy eating in the New Year—presented by our team of registered dietitians. Learn something new, create your own realistic nutrition goals and a plan for the New Year with assistance, and best of all—enjoy a free meal while you do it. Come hungry, leave inspired (and well fed)!

For our patients:

Nutrition Services and Occupational Therapy  
are teaming up to host an upcoming:

### Adaptive Cooking Class

January 28  
4pm–6pm • Cafeteria

Stay tuned for more info!

## FOOD + NUTRISH



### What's Cookin' In The Cafeteria?

Visit the Food & Nutrition department page on Sharepoint to see what they're serving up this week - including soup specials!

### Need to get ahold of someone in the kitchen?

- Hooker 1 & Lyman 2: x6318
- Lyman 1: x6320
- Milne 1 & 2: x6321
- Hooker 2: x6319



Food service supervisor should only be called in case of an emergency.



SCAN FOR  
SURVEY

## THE GAYLORD GO GREEN COMMITTEE WANTS YOUR INPUT!

Gaylord is investigating the possibility of creating dedicated healing gardens and/or experiential HBG farm accessible spaces on our campus, in collaboration with Healing By Growing (HBG) Farms. Your feedback is crucial to determine if we should move forward with this partnership and investment in these Healing Gardens.

Please take a few moments to complete the survey by scanning the QR code. Thanks, in advance, for helping Gaylord move forward in becoming a greener place to work!



## · 2025 · Looking Back

### Think Possible: Stories That Defined 2025

They made us cry, cheer, and beam with pride. They are the stories that defined Gaylord Specialty Healthcare in 2025.

From transformative initiatives and staff achievements to our patients' rehabilitation successes and our adaptive athletes' victories, join us as we reflect on some of our most inspiring stories from the past year.

[View our Media Room highlights](#)



### The Blog Readers Returned to Most

Last year's clear standout on our blog was ['What Should I Eat After a Concussion?'](#)

Written by Gaylord clinical dietitian Alexa Marks, RD, CDN, the article breaks down how thoughtful food choices can support healing after concussion.

It resonated with our readers far more than any other post this year, making it a must-read.

### A Gentler Way Into the New Year

As a new year begins, many of us feel the quiet — or not-so-quiet — pressure to improve, reset, or get it “right.”

Instead of resolutions, which often ask us to fix something, we invite you to consider an intention.

An intention isn't a goal to achieve.

It's a way of being — something to return to when things feel messy, busy, or uncertain.

It might look like:

- *Moving through the day with a little more patience*
- *Noticing moments of meaning, even small ones*
- *Setting down what isn't mine to carry*
- *Being kinder to my body*
- *Staying curious instead of critical*

You don't need to write it down, share it, or even remember it perfectly.

If it shows up once in a while — that may be enough.

### From Our Clinicians: Approaches That Last

#### [Healthy New Year's Resolutions: Small Changes, Big Impact](#)

What if your New Year's resolution was simply to do a little bit better each day? One extra glass of water, a short walk, or adding veggies to your plate can really add up over time.

Read the blog [here](#) to see how small changes can make a big impact on your health.

#### [Mindful Resolutions to Preserve Your Brain Health](#)

Looking for a New Year's resolution that's good for you and your brain?

Director of Psychology, Dr. Sarah Bullard, Ph.D., ABPP, shares five simple but powerful resolutions designed to support and strengthen your brain health all year long.

Check them out [here](#) and see which one you'll try first!

January Safety Habit:  
**Attention to Detail**



**Attention to Detail**

**What should we do?**

- Pay attention to the task at hand to avoid unintentional skill-based errors

**Why should we do this?**

- To avoid those slips or lapses where the hand is operating before the head
- To reduce the chance that we'll make an error when we're under time pressure, distracted or stressed

**Error Prevention Tool**

- Self check using STAR

**Self-Check Using STAR**

**STOP** ▶ Pause for 1 to 2 seconds to focus our attention on the task at hand

**THINK** ▶ Consider the action you're about to take

**ACT** ▶ Concentrate and carry out the task

**REVIEW** ▶ Check to make sure that the task was done correctly and that you got the correct result

**STOP** is the most important step. It gives your brain a chance to catch up with what your hands are getting ready to do.



**Slap-Your-Head Moments**



Conditions that **increase the chance** you will experience an unintended error when performing a familiar, routine task:

- Working under time pressure
- Doing multiple things at the same time
- Distractions
- Interruptions
- Boredom
- Mental or physical exhaustion
- Disorientation
- Just not paying attention

*Any sound familiar?*

**STAR**

**reduces your chances of making an unintended mental slip or lapse by more than 10 times...**



**Questions about CHAMP?**

Ask a Safety Coach. Talk to a staff member wearing the Safety Coach button.



## 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
- 2026 -	
W 1/14:	Post U Lunch & Learn and Unit Rounding
Th 1/15:	Headshot Appointments - now booking
F 1-16:	Jeans for Charity
S 1/24-1/25:	Wheelchair Rugby Tournament, New Haven
W 1/28:	Adaptive Lunch & Learn, Cafeteria, 4pm
M 1/29:	Grand Rounds: Disorders of Consciousness Healthy Start Lunch and Learn
F 1/30:	Jeans for Charity
W 2/4:	Grand Rounds: Vagus Nerve Stimulation
Su 2/8:	SuperBowl Party in Rec Room 6pm (new!)
Th 2/12:	Grand Rounds: Complex Spinal Surgery
Th 2/19:	Q2 Employee Meeting
F 3/13:	Irish Kaleigh, Inpatient Gym, 4pm (new!)
M 3/30:	Exploring Passover, Lyman Solarium, 4pm
Th 4/30:	Blood Drive

## Complementary Headshots Available

### For anyone whose current headshot:

- No longer resembles them
- Resembles them too much
- Or has never resembled them at all

**Thurs, January 15**

• 9am-3pm •

**Click Here to book your slot**

Outpatient headshots available on site.  
Contact Kate Brophy with any questions.  
x3459 • [kbrophy@gaylord.org](mailto:kbrophy@gaylord.org)



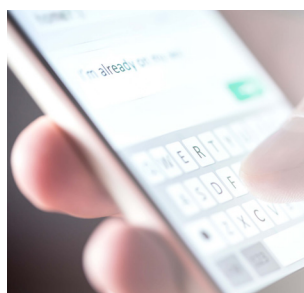
## Friday, January 16

*The featured organization is:*

**Penny F. Dunker-Polek Scholarship**

Established in 2010, this endowment through the National Athletic Trainers' Association (NATA) Foundation, awards \$1,000 annually to a Connecticut athletic training student who reflects Ms. Dunker-Polek's dedication and community spirit. The scholarship honors her legacy as a devoted athletic trainer, educator, and EMT who bravely battled cancer.

[Click here to learn more](#)



If you are not already registered to receive emergency alerts, text

**Gaylord to 67283** from your smartphone.



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.



# Earn Your Degree Debt-Free!



## Looking for a degree, certificate, or professional development? Gaylord Hospital is partnered with Post University

### WHY POST UNIVERSITY?

Through our Premier Education Partnership with **Gaylord Hospital**, Post University can assist you with achieving your career goals by providing fast, flexible, and affordable degrees and certificate programs.

- > **Graduate debt-free!**
- > **Family members** living in the same household receive the same reduced tuition rates
- > **100% Online** classes for your convenience
- > **Flexible format** to work around your schedule
- > **Start year-round**, 8-week terms start every other month
- > **50+ Degrees** and certificates to choose from

### START NOW with No Out-of-Pocket Expenses

Pair your employer or union tuition assistance benefits with Post University's low Premier Partner tuition rates, deferred tuition, and 0% payment plans to start now with **no out-of-pocket expenses and graduate debt-free!**

- > **Transfer credits**, life experience, and other alternative credit options considered for those who qualify
- > **Dedicated Student Success Advisors** and support throughout your journey at Post University

### Premier Partner Tuition Rates\*

PROGRAM	COURSES PER TERM	COURSES PER YEAR	PRICE PER CREDIT*	PRICE PER COURSE*	MAX COST PER YEAR
Undergraduate	1-2	6-12	\$145	\$435	\$5,220
Graduate	1	6	\$290	\$870	\$5,220
DBA**	1	6	\$475	\$1,425	\$8,550

\* Online, credit-bearing courses only. Does not apply to courses at American Sentinel College of Nursing & Health Sciences at Post University.

\*\* Doctor of Business Administration program.

#### FOR MORE INFORMATION, CONTACT:

Edgar Glascott

✉ [eglascott@post.edu](mailto:eglascott@post.edu)

☎ 475.559.8781



OR SCAN THE QR CODE



800 Country Club Road | Waterbury, CT 06708

The pricing displayed on this flyer, while subject to change without notice, is current as of July 17, 2025

# ADVANCE YOUR HEALTHCARE EDUCATION WITH POST UNIVERSITY



## Looking for a degree, certificate, or professional development? Gaylord Hospital is partnered with Post University

Post University has partnered with **Gaylord Hospital** to offer its members next-level education opportunities that could help you develop valuable career skills and knowledge.

### WHY POST UNIVERSITY?

While many students enjoy attending Post University's scenic campus, we understand that working adults require more flexibility, which is why we also offer:

- > **100% Online courses** for your convenience
- > **Flexible log-in times;** complete coursework around your schedule
- > **Accelerated 8-week terms** to complete your degree faster
- > **Two ways to learn** for most nursing programs: **Term Based** structured 8-week terms, or **SIMPath® (Competency Based)** self-paced 16-week semesters
- > **Consideration of transfer credits**, life experience credits, and other alternative credit options
- > **Personalized attention** from faculty and staff throughout your educational journey at Post

### TAKE ADVANTAGE OF YOUR PARTNERSHIP BENEFITS



**30% reduced tuition** on any credit-bearing online course at Post University's American Sentinel College of Nursing & Health Sciences for **Gaylord Hospital employees AND their family** living in the same household.



**Tuition deferment** and 0% interest payment plans available.



**Support services** including academic advising, tutoring, career services, and more



**Over 50 degrees and certificates** to choose from, plus 100+ professional development/continuing education courses

#### FOR MORE INFORMATION, CONTACT:

Edgar Glascott

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☎ 475.559.8781



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