

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](#).

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, 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 gaylorogauntlet.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

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

Yoga Class

Wednesdays

4:10 p.m.

Brooker Lecture Hall

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**

Need to access
Gaylord's
Employee Assistance
Program?

Call (860) 233-6228.

Employee Meeting

THURSDAY
FEB 19

12:10PM
ZOOM
and
BROOKER
LECTURE
HALL

Check your
email for
Zoom link
information.



Welcome

to the Gaylord Team!

Kiana Cameron SNT- Lyman 1
John Clark Cook/Baker
Leontine Daley SNT-Lyman 1
Alexus Desouza SNT-Lyman 1
Joey Dessino Graduate Nurse- Lyman 1
Emily Durant PT-Inpatient PD
Winnifred Eshun RN- Lyman 2
Adriana Gordon Fluro Technologist
Nicole Juarez SNT- Lyman 1
Brandon Leclerc PT- Cromwell
Adrienne McHale Intake Rep- Wallingford
Richard Mesquita Jr Intake Rep- North Haven
Marcus Moody PCT- Milne 1
Alayzha Nelson SNT- Lyman 1
Sydney Osborne SNT- Lyman 1
Angel Padin EVS Aide
Kali Pensiero RN- Lyman 1
Lauren Riley SNT- Lyman 1
Ali Silva Quality & Risk Mgmt Intake
Wendy Stocking Rep-Wallingford
Brittany Vogt PCT- Milne 1
Katie Westcott 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
Diane Modine	Accounting RAFFLE WINNER
Jamey Forbs	Environmental Services
Joshua Fink	Physician Services
Tracy Houle	Physician Services
Emily Clifford	Nursing Services Milne
Lauren Rescanski	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.



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 Piercy
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 Pomales
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 Orlowski

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!



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.



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



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*

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

FOOD + NUTRISH

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!

Click Here

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.

GO
green



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 members 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

If you are not already registered to receive emergency alerts, text **Gaylord** to **67283** from your smartphone.



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



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](#)

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
☎ 475.559.8781



OR SCAN THE QR CODE

Post
UNIVERSITY®
EST. 1890

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



OR SCAN THE QR CODE

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EST. 1890

800 Country Club Road | Waterbury, CT 06708

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