



CELEBRATING 20 YEARS
2006 2026

North Haven
8 DEVINE ST

Gaylord Wellness Center

From original FYI announcement

Then & Now: From its opening in 2006 to today, the North Haven clinic has grown in both scope and space—while remaining grounded in Gaylord's mission to preserve and enhance health and function.



North Haven Outpatient Therapy Turns Twenty

This year marks 20 years since Gaylord opened the doors of its North Haven Outpatient Therapy Clinic at 8 Devine Street—a milestone that reflects two decades of trusted care, thoughtful growth, and deep roots in the community.

In 2006, “Gaylord Physical Therapy of North Haven” officially opened, forming a partnership with Healthtrax and expanding access to outpatient rehabilitation services in the region. Just days later, the clinic welcomed its first patients—beginning a story that continues to evolve today.

In the original announcement article published in the June 8, 2006 issue of FYI, the opening of the North Haven clinic was described as *“a dream becoming reality”*—a phrase that still resonates two decades later. What began as a partnership focused on expanding access to outpatient rehabilitation has grown into a cornerstone location serving patients across the region.

continued on page 8...

It's Opening Day in Guilford!

Doors are officially open at our Guilford Speech Therapy Clinic, marking yet another milestone for Outpatient Therapy. Wishing the Guilford team a fantastic Opening Day!

7th LOCATION

Gaylord
Specialty Healthcare

NOW OPEN

669 Boston Post Rd, Guilford, CT





Welcome Patients!

Innovation
Teamwork
Inclusion
Safety
Integrity
Compassion
Accountability
Respect
Excellence

FYI DEADLINE

Submissions for the next issue due:
Fri, Jan 30, 2026

Submit requests in JIRA

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



**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

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



Congratulations!

We're proud to recognize James Russo on becoming SHRM-CP certified—a nationally recognized credential from the Society for Human Resource Management that demonstrates leadership and expertise in HR policy, compliance, and people-centered workplace practices.

Way to go, Jim!




Gaylord Human Resources

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.

Attention: Nursing Department Team Members



Nursing Town Hall Meeting

PRESENTED BY:
LISA KALAFUS, VP, CNO

Brooker Lecture Hall or Via Zoom

Please attend one of the two sessions!
Sign-up in UKG

Check your email for Zoom link.
Refreshments will be served.

Employee Meeting

THURSDAY FEB 19

12:10PM ZOOM and BROOKER LECTURE HALL

Check your email for Zoom link information.



GAYLORD IN THE



There Are More Tools For Pain Management Than You Know



WICC Radio recently hosted Anton Cherry, PA-C, who joined Lisa Wexler on the Lisa Wexler Show to talk about our new Interventional Pain Center which helps patients feel, move, and function.

[Have a listen here.](#)

Kindness Brewing in the Community



A recent FOX61 story highlights a longtime Manchester coffee shop's kindness campaign—and features one of our Gaylord patients whose journey is a powerful reminder of the impact small acts can have. We're proud to see our patient's story woven into this nearly decade-long tradition of generosity and community support.

[Read the article here.](#)

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 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.



Come support  Gaylord | Physical Therapy

Madison Souper Bowl

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

Sat, February 21, 12-2:30 pm

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

Select **FREE** entry tickets!

To claim, please email kbrophy@gaylord.org



Wheelchair Rugby Tournament

**VOLUNTEERS
NEEDED**

**This Saturday and Sunday
New Haven**

More info on page 11



America's Semiquincentennial Celebration in Wallingford

This year marks **AMERICA'S 250TH BIRTHDAY**, and Gaylord is proud to help Wallingford commemorate this milestone.

We will even be rolling out our very own parade float!

Interested in helping bring it to life? Contact Kate Brophy at x3459 or kbrophy@gaylord.org.



It's America's Semiquincentennial

What's that mean? America is turning 250 years old in 2026. From local to national events, we will party like it's 1776!

The celebrations will be [national](#), [statewide](#) and [local](#). Mark your calendars and plan to attend these special events across the state and the country. Click [here](#) to view the history of America as seen through a series of videos and timelines commissioned by the White House.



Gaylord will add Americana flourishes to some of its special events throughout 2026. Don't miss the fun of helping us construct and decorate a float in the Wallingford Semiquincentennial parade on June 20th. If you are interested in being on the committee, please email PublicRelations@gaylord.org. Planning has already begun, but it will take many hands to pull off the Committee's vision.

If you have any ideas on ways to celebrate in 2026, email PublicRelations@gaylord.org

If you would like to purchase some Wallingford SWAG (see flyer at end of FYI), contact Tara Knapp at tknapp@gaylord.org.





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

— Henry "Hank" Hrdlicka, PhD —

Congratulations to our Innovator of the Month for December: **Henry "Hank" Hrdlicka, PhD, Director of Research**

Wayfinding Handouts for Improved Hospital Navigation

December's Innovator of the Month goes to Hank Hrdlicka for his idea of offering printed wayfinding handouts at the front security desk to help patients and visitors navigate Gaylord with greater confidence. This thoughtful, patient-centered idea aims to reduce stress and support a smoother experience for all visitors across the hospital, from appointments and visitation to everyday destinations like the cafeteria.

Congratulations to Hank on this well-deserved recognition and for his continued commitment to improving the Gaylord experience.



SAFETY STARTS WITH ME

NEAR MISS OF THE MONTH

The Safety Coaches have selected to celebrate L2 Unit Nurse Leader, **Karen Doukas, RN**, and her use of our CHAMP tools to catch and report a Near Miss she submitted in October.

By maintaining a strong Questioning Attitude, Karen identified a potential medication error and took action before it reached the patient. Using the CHAMP tools "STAR" and "Validate and Verify", she caught an incorrectly labeled bulk medication—preventing it from being administered.

Thank you, Karen, for your vigilance and commitment to keeping our patients safe. Your actions truly exemplify a culture of safety!

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

- Stephanie Belanger
- Karolina D'Angelo
- Jessica Skiffington
- Alice Wang
- Heather Errichetti

On behalf of the
Quality & Safety Department

Thank You for
Speaking Up for Safety

See something that
doesn't feel right?
Say something.

Near Miss reports help us learn, improve, and prevent harm — even when nothing goes wrong.

You might never know the impact — but your voice matters.

Near Miss Reporting can be found on Sharepoint, under Frequent Links: Quick Launch

This Recognition Includes:

- A Safety Huddle shout-out
- A feature in FYI
- A gift card
- A visit from the Safety Gnome



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 February 5 FYI issue.

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

Is someone you know interested in starting a career in healthcare?

Our CNA Academy is
Now Accepting Applications!

Info on page 12

CELEBRATING NATIONAL IV NURSES WEEK

Gaylord
Specialty Healthcare

January 26 - 30

DISORDERS OF CONSCIOUSNESS

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

1 AMA PRA
Category 1 Credit(s)™



**Thursday,
January 29, 2026**

12:00 - 1:00 pm

Kyriacou Lecture Hall

Presented by:

- Kate Rudolf, PT, DPT
- Jill Hellstrand, PT

Gaylord Specialty Healthcare

Seating is Limited,
Sign up in Gaylord University, using the Training Calendar

Accreditation: Gaylord Hospital is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians

Save the Date: Upcoming Education

Grand Rounds: Register in Gaylord University via the Course Calendar

- » Feb 04 • 12-1p: **Vagus Nerve Stimulation**, Christopher Conner
- » Feb 12 • 12-1p: **Complex Spinal Surgery**, Dr. Singh, UCONN

Mulligan Movement – March 7 & 8, 2026

**Thank You
to our Vascular Access
Team which includes:**

Monica Dalton
Hilda Gneiting
Sam Osei
Andrew Rae
June Napolitano

FOOD + NUTRISH

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!

For Staff

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)!



Equipment Need to Know



NOT microwaveable



I'm NOT trash

• AMERICAN CANCER SOCIETY •



Daffodil Days



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

Orders are due by February 13, 2026



Friday,
January 30

The featured organization is:

The Jack Mattsson Foundation

The Jack Mattsson Foundation raises funds to support children and families impacted by pediatric brain tumors, while advancing research, awareness, and family-centered care.

[Click here to learn more](#)

Employees need a Jeans for Charity sticker or button to indicate their participation.

2026 Schedule & Button Form on pg 14

Stickers can be purchased for \$2 in the cafeteria, Jackson Java, Jackson 2 outpatient, Human Resources, and all outpatient clinics.

(continued from page 1...) North Haven Milestone

Over the past 20 years, the North Haven clinic has grown alongside the needs of its patients. What started as an orthopedic-focused outpatient site has expanded in both scope and space—reflecting Gaylord's commitment to meeting people where they are in their recovery journey.

In 2017, the clinic entered a new chapter with an expanded, reimagined space supporting orthopedic and sports medicine services. Most recently, in 2022, the clinic again evolved—adding neurological therapy services and more than doubling its square footage to better serve individuals requiring a broader range of specialized rehabilitation.

As we mark this anniversary, we celebrate not just a building or an address, but the clinicians, staff, and patients who have shaped its story. The North Haven Outpatient Therapy Clinic stands as a reminder that meaningful impact is built over time — one patient, one visit, one breakthrough at a time.

Here's to 20 years at 8 Devine Street — and to the many more milestones still to come.



Think Possible T-Shirt & Long Sleeve Sale

While Supplies Last!

CASH or
VENMO
only

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

Shop Online For Your Gaylord Gear Today

Did you know you can purchase Gaylord Gear online? The link to **Gaylord Gear Online Shop** is always available on Sharepoint under "The Pulse" — or simply click below.

 Order Here



Orders can be placed using a credit card only (no payroll deduction), and all sales are final. Gear orders are delivered to Gaylord once a month, and you'll receive a notification when your order arrives.





The Behavioral Brief

Your guide to Behavioral resources

Mental Wellness Reset

We can use January as a non-judgmental moment to gently reintroduce sustainable mental health habits.

January is often framed as a fresh start, making it an ideal time to promote:

1. Mindfulness habits
2. Sleep hygiene
3. Boundary setting
4. Time management
5. Digital balance

- [10 Tips to Find Happiness | Cigna Healthcare](#)
- [Mindfulness-Based Stress Reduction | Cigna](#)
- [Stress Management Toolkit | Cigna Healthcare](#)
- [Sleep and Your Health | Cigna](#)
- [Mental Health Podcasts | Cigna Healthcare](#) – Making Screen Time Count

Check out [Magic Sounds](#), the first-of-its-kind collaboration with Cigna Healthcare and Magic Johnson, to experience how the science of sound can help support your mental health.

January Goal Setting Without Burnout

As we step into the new year, remember that sustainable goals start with balance. Instead of rigid resolutions, focus on achievable steps that align with your values.

Break big objectives into manageable actions, celebrate progress along the way, and allow flexibility for life's changes. This approach builds confidence and reduces stress—helping you thrive without the pressure of perfection. Be kind and give yourself a break.

Getting started is easier with the right support. Cigna offers a step-by-step "Setting Goals" guide and a "Change a Habit" module to help employees create specific, and meaningful objectives. For extra support, one-on-one health coaching can boost motivation and help overcome common barriers. Visit MyCigna to explore more.

Cigna Healthcare customers can access 24/7/365 crisis support by calling the number on the back of their Cigna Healthcare ID card.

Resources:

- [Setting Goals | Cigna](#)
- [Change a Habit by Setting Goals | Cigna](#)



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 -

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

F 2/6: Jeans for Charity

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 2/20: Jeans for Charity

F 3/13: Irish Kaleigh, Inpatient Gym, 4pm (new!)

M 3/30: Exploring Passover, Lyman Solarium, 4pm

Th 4/30: Blood Drive

Th 5/14: Q3 Employee Meeting

Therapeutic Recreation Awareness Month!



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



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

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

What is Orangetheory? It's coach-led workouts designed to help you build lean muscle, burn serious calories, and see and feel results—fast. More strength, more energy, and more momentum carry over into your everyday life, both at work and at home.

Reminder: For all emergencies dial **3399**



GET READY... THE BATTLE OF THE NORTHEAST IS COMING!

JANUARY
24-25

WHEELCHAIR RUGBY RETURNS TO CT!

The Battle of the Northeast brings four wheelchair rugby teams together for an exciting two-day round-robin tournament. Come cheer, volunteer, or sponsor and be a part of the action!



EVENT INFO:

WHERE:

Southern Connecticut State University
488 Fitch Street - Pelz Gym
New Haven, CT 06515

WHEN:

Saturday, January 24: 9:00 AM – 4:00 PM
Sunday, January 25: 9:00 AM – 1:30 PM

**Volunteers Needed
Sponsors Needed
Spectators Welcome!**

Visit the event website to learn more
gaylor.org/sports

For more information:
Gaylor Sports Association
(203) 284-2772
sports@gaylor.org
gaylor.org/sports



HOSTED BY:



Jump start your career in healthcare **TODAY!**

Become a Certified Nursing Assistant and begin a rewarding career in healthcare. With our dedicated simulation lab and clinical learning on Gaylord's state-of-the-art rehabilitation units, you can complete all of your training under one roof. Let Gaylord be the catalyst for your healthcare career by becoming a CNA!



Student Benefits

- Immediate employment after course completion for eligible candidates
- Potential reimbursement of program fees with employment commitment
- Shadowing and mentoring opportunities with RN, LPN, PT, OT, and RT staff



Student Requirements

- 18 years or older
- Fluent in English
- High school diploma or GED
- Resume
- Flu shot required
- Must pass a criminal background check, physical and drug screening



Then Join Our Team & Enjoy Our Employee Benefits!

- Tuition reimbursement for college courses
- Dedicated to work-life balance with robust programs promoting health and wellness
- Opportunities to gain valuable clinical experience:
Progressive care, stroke, traumatic brain injury, telemetry, medical pulmonary and more



Scan our QR Code to apply online or
email CNAacademy@gaylord.org.

Visit gaylord.org/center-for-education/cna-academy

Apply for an upcoming session **TODAY!**

Contact
(203) 284-2784
for questions.

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
WEEK 1		CLASS/LAB 8:00 a.m. - 3:00 p.m.		CLASS/LAB 8:00 a.m. - 3:00 p.m.		CLASS/LAB 8:00 a.m. - 3:00 p.m.	
29	30	31					
WEEK 2		CLASS/LAB 8:00 a.m. - 3:00 p.m.					

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 2 continued			1 CLASS/LAB 8:00 a.m. - 3:00 p.m.	2	3 CLASS/LAB 8:00 a.m. - 3:00 p.m.	4
5	6	7	8 CLASS/LAB 8:00 a.m. - 3:00 p.m.	9	10 CLASS/LAB 8:00 a.m. - 3:00 p.m.	11
WEEK 3		CPR COURSE 8:00 a.m.-1:00p.m.	CLASS/LAB 8:00 a.m. - 3:00 p.m.			
12	13	14	15 CLINICAL 7:00 a.m. - 3:30 p.m.	16 CLINICAL 7:00 a.m. - 3:30 p.m.	17 CLINICAL 7:00 a.m. - 3:30 p.m.	18
19	20	21	22 MAKE UP DAY CLINICAL/SKILLS 8:00 a.m. - 3:00 p.m.	23 CLASS/LAB 8:00 a.m. - 3:00 p.m.	24 CLASS/LAB 8:00 a.m. - 3:00 p.m.	25
26	27	28	29	30		

Students who are eligible for hire will be required to attend New Employee Orientation May 4-8, 2026, followed by Skills Week from May 11-15.

\$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.



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

Jeans for Charity (JFC) is Gaylord's "Jean Day" for charity. With either a \$2 donation, an employee can purchase a sticker that entitles him or her to wear jeans for the day. Buttons purchased for \$50 at the start of JFC year save the employee money over the course of the year and entitle the employee to a year's worth of designated jean days.

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.



\$10

T-shirt



**\$20
each**

**Long sleeve
Insulated Cup
Hat**



**\$20
each**

