

New Installation Recognizes Clinical Excellence

If you're passing through the hallway between Milne/Luscomb and the Cafeteria/Therapy Gym, take a moment to check out our newly installed recognition wall.



Featuring the DAISY Award, Nightingale Awards, and The PHIL Award, it celebrates the incredible nurses and respiratory therapists who make a lasting impact on our patients every day.

It's more than just a display—it's a reflection of our culture of compassion, clinical excellence, and appreciation for the people who make Gaylord, Gaylord.

FYI

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

FYI DEADLINE

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



In Momentum Across Gaylord: Big Wins, National Recognition & Team Highlights

Big wins, meaningful moments, and a lot of momentum—here's a glimpse of what's been happening across Gaylord. From our Sports Association athletes making waves in competition and in the media to growing recognition of our MS program and patients on a national stage, there's a lot to celebrate.

These snapshots reflect the energy, expertise, and heart behind the work we do every day—showing how our teams, patients, and community continue to push forward and make an impact.

CELEBRATE CERTIFIED NURSES

MARCH 19

A message and special recognition to our Gaylord Certified Nurses:

Gaylord celebrates Certified Nurses Day every year on March 19. Board certification of nurses plays an important role in the assurance of high standards of care for our patients and their loved ones. At Gaylord, we are fortunate to have several nurses who have voluntarily pursued and achieved a specialty certification in their area of expertise. Achieving a certification requires extensive education and, most importantly, a strong personal commitment to excellence. I commend and congratulate all of our board-certified nurses at Gaylord for their professionalism, leadership, and expertise you provide for our hospital and our patients. Thank you for achieving such excellence in nursing practice!

With gratitude,
Lisa Kalafus, MSN, RN, CENP

Christine Babina, ACM
Sonia Belcourt, CIC
Beth Benigni, PCCN
Evelyn Bykowski, CRRN
Catharine Burke, CWOCN
Catherine Cervero, CRRN
Caitlin Cote, MSN, PCCN, NPD-BC
Monica Dalton, VA-BC
Janet DiBiasco, CRRN
Senada Duracak, MSN, PCCN
Ann Dwyer, CRRN
Emily Clifford, PCCN
Tara Ferraulo, MSN, CCRN, CNE
Grace Gilbert, PCCN
Katey Green, CWOCN
Aysa Hardy, Med-Surg
Tracy Houle, ACNS-BC, CWOCN

Lisa Kalafus, MSN, CENP
Aubrey Marotta, CRRN
Jillian Mattson, CRRN
Kate McNelly, NI-BC, CRRN
June Napolitano, CRRN, PCCN, VA-BC
Beth Nemic, CRRN
Tina Nepal, CRRN
Mohandas Orenca, CRRN
Sam Osei, DNP, MSN, LNC
Patricia Petronis, CRRN
Janelle Roman, CRRN
Keri Saxton, PCCN
Susan Stango, CPHQ, CPPS
Tabatha Madgic, PCCN
Tina Ufferfilge, CRRN
Alice Wang, MSN, CRRN
Cezary Wroblewski, CRRN
Yi Qui, CWON

Are you a certified nurse?

Let Nursing Professional Development
know so we can celebrate you too!

Reminder: Badge Buddy Refresh

We've rolled out updated Badge Buddies across the organization. If you haven't received yours yet, please let your manager know and they'll get one to you.

JOINT COMMISSION NATIONAL PERFORMANCE GOALS

- 1 Correct patient. Correct care. Correct time.
- 2 Foster a culture of safety and prevent workplace violence.
- 3 Emergency management program.
- 4 Excellent health outcomes for all.
- 5 Infection prevention and control.
- 6 Pain management and safe prescribing practices.
- 7 Patient's right to safe, informed care.
- 8 Reduces the risk of suicide.
- 9 Safe transplant practices.
- 10 Waived testing.
- 11 Maintains workplace and patient safety.
- 12 Staffed to meet the needs of the patients.
- 13 Safe imaging services for patients and staff.
- 14 Safe medication management program.





Gaylord Gear, Now Easier Than Ever

A faster, easier way to shop Gaylord Gear—now open to **staff and patients.**

Introducing Gaylord Gear Plus

A streamlined online shop with:



- Ships directly to your home (flat rate)
- Faster delivery (2–2.5 weeks)
- No SharePoint required
- Variety of items--including gift cards!

Shop Gaylord Gear Plus

You can also still purchase from the original shop by accessing it on SharePoint—[Click Here](#)



INTERNATIONAL GRANT PROFESSIONALS DAY

FOUNDED BY THE GRANT PROFESSIONALS ASSOCIATION

International Grant Professionals Day (#IGPD) recognizes the individuals who help turn mission into momentum.

In nonprofit healthcare, grant professionals play a critical role—securing funding that supports patient programs, innovative therapies, research, and specialized equipment that might not otherwise be possible.



Many nonprofit hospitals rely on grant funding to launch new initiatives and expand access to care in meaningful ways. Many of the programs and innovations we're most proud of start with grant funding.

We're grateful for the expertise, persistence, and behind-the-scenes work that helps bring these opportunities to life.

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



NATIONAL NUTRITION MONTH

Dietitians' Choice

Stop by the Cafeteria
Friday, March 20
 11:30 am - 1:00 pm

Miso Salmon or Chicken
 Grain Bowls for purchase
 and a FREE Smoothie Table



NUTRITION BINGO!

Eat well. Feel good. Win prizes.
 How many healthy habits can you check off?

- ★ Get 5 in a row (any direction!) to score BINGO.
- ★ First 5 winners = meal voucher (cafe or coffee shop)
- ★ Submit cards by March 31 to mzampedri@gaylord.org for a chance to win!

B	I	N	G	O
Eat healthy foods from all 5 food groups	Make a meal plan for the week	Learn a new cooking skill	Enjoy your meal with friends or family	Try a new fruit or vegetable
Use the Nutrition Facts Label to compare two foods	Grocery shop with a list	Cook a new recipe	Tell a joke that involves a healthful food	Draw your favorite healthful meal
Make your favorite traditional food	Choose healthful options when eating out	Free Space	Have a healthy recipe contest	Go for a walk or run
Have a dance party with new music	Choose low-sugar drinks to stay hydrated	Try a recipe from another country	Wash your hands for 20 seconds with soap and warm water	Try a new form of seafood
Eat breakfast – lean protein, whole grains, and fruit/vegetable	Reduce food waste and eat leftovers	Use herbs to flavor your food	Have screen-free mealtime	Try a snack from a different food culture



Meet Our Registered Clinical Dietitians



Alexa Marks,
 Lead Registered Clinical Dietitian



Meghan Zampedri,
 Clinical Nutrition Manager



Dela Bernard,
 Clinical Dietitian



GAYLORD TO-GO:

Skip the Lunch Line,
 Order Ahead Online!



Order online and save time! The cafeteria now offers online ordering for lunch. Place your order in advance and pick it up at your scheduled time for a faster, line-free lunch

Recipe for Independence: Adaptive Cooking Classes

Adaptive cooking classes (led by our Dietitians, partnering with OT teams) are all about helping patients return to something familiar, meaningful, and empowering: cooking.

What do they focus on?

- **Safe techniques** for navigating the kitchen after injury or illness
- **Adaptive tools & strategies** to make cooking more accessible
- **Energy conservation** to reduce fatigue during meal prep
- **Nutrition education** tailored to specific recovery needs
- **Building independence** in a meaningful daily activity

Our latest class, Healthy Eating After a Stroke, highlighted how small adjustments can make a big difference in returning to cooking safely and successfully.



MS in the Spotlight: Podcast + Press

Our "Three Kims" are having a full-on media moment. In recognition of MS Awareness Week, *Kim Fredsall, PT*, alongside Gaylord outpatients *Kim Ward* and *Kim Perssonatti*, were featured on the **National MS Society's RealTalk MS Podcast with Kristine Werner Ozug**—sharing their experiences living with different forms of MS and the realities of what's often an "invisible" condition.



[Click here to listen to the podcast](#)

They were also spotlighted in the **Hartford Courant**, which tells the story of Kim and Kim's partnership, how they support one another through different MS symptoms, and the role Gaylord plays in their care. The piece also gives a great nod to Gaylord's designation as Connecticut's only Rehabilitation Partner in MS Care—a big moment worth celebrating.



Hartford Courant

[Click here to read the story](#)



GAYLORD IN THE



NBC30 Feature – Gaylord Wolfpack Sled Hockey



Lights, camera... puck drop. NBC30 joined the Gaylord Wolfpack at practice for a Paralympic-themed feature—broadcasting live and capturing the heart (and hustle) of Connecticut's only sled hockey team as they chase a league title. Big shoutout to *Coach Corey Podbielski, PT* and the whole crew for representing Gaylord in style.

[Watch the story here](#)

WNPR's Audacious – Adaptive Athlete Feature



This one's a must-listen. Audacious with Chion Wolf spotlighted adaptive sports through the story of longtime Gaylord Sports Association athlete and Wolfpack team manager *Karen Smith*. In this powerful 50-minute feature, Karen reflects on resilience, identity, and what it truly means to be an athlete. (And stay tuned—another Gaylord athlete, *Joe Stone*, is up next in a future segment).

[Listen to the article here](#)

Woman's World Magazine – Pelvic Health Expertise



Our very own pelvic floor powerhouse, Jackie Skirkanich, was featured in Woman's World Magazine, sharing expert guidance on Kegel exercises. Not only did she land the national spotlight, but her insights also gave us plenty of inspiration for upcoming Gaylord blog content—stay tuned for more from Jackie!

[Read the article here.](#)

Blog Alert!



Dela Bernard, RDN, CDN, LDN — Think nutrition is just about food? Our newest Dietitian highlights practical ways to support your health from the inside out— from sleep to gut health and beyond—combining evidence-based guidance with everyday habits that stick.

[5 Simple Ways to Improve Your Nutrition](#)

Blog Alert!

Dorene Scolnic, LCSW — In a recent blog, Dorene breaks down the five most common emotional changes after stroke and how caregivers can offer meaningful, compassionate support.

[Understanding the Five Most Common Emotional Effects of Stroke: A Caregiver's Guide](#)



Psst... Want to contribute to a blog? Do you have a topic that you're passionate about? We'd love to hear from you! Email Joy at jsavulak@gaylord.org and let's get blogging!

GAYLORD SPORTS ASSOCIATION ROUNDUP

It's been a big few weeks for Gaylord athletes—here's a quick look at what's been happening across the GSA world:

Sled Hockey

The Gaylord Sled Hockey Team delivered a strong performance at the Northeast Sled Hockey League Finals at the Flyers Training Center in New Jersey. The team went 3–0 in preliminary play before falling to NEP in the semifinals, securing an impressive 3rd place finish in the Championship Division. It was a standout weekend showcasing skill, teamwork, and determination.



Wheelchair Rugby

The Gaylord Warriors Wheelchair Rugby Team made program history this weekend, qualifying for Nationals for the first time after a 4th place finish at the Western Semi-Finals in Milwaukee. The team will head to Lakeshore in Birmingham, Alabama, April 9–12 to compete in the United States Wheelchair Rugby Association (USWRA) National Championships against the top teams in the country.



Skiing

GSA athlete and Gaylord outpatient Jessica Youngblood recently earned 3rd place in her division at a Snow'Kart downhill race at Cannon Mountain, New Hampshire—qualifying her for the TetraSki Nationals on March 28 at Powder Mountain in Utah.

Jess began skiing with GSA and Summit Adaptive this season and uses a Tessier Snow'Kart—an adaptive sit-ski that allows individuals with limited mobility to independently navigate the slopes using a stable four-ski frame and intuitive steering system.

From the rink to the slopes, Gaylord athletes are making moves—congrats all around!

We'll be cheering you on at Nationals!

Learn more and stay up to date with the Sports Association

[Click Here](#)



Weekend Walking Challenge

Keep Moving, Keep Progressing



Congratulations

to our winner for February for the new Weekend Walking Challenge, **Kendra Wilson, H1.**

The Weekend Walkers program encourages nursing staff to ambulate with patients over the weekend that are contact guard assist or better identified by therapy staff. Any nursing staff that ambulates with one of the weekend walkers indicated by therapy will be put in for a drawing monthly for a free coffee!

Thank you to everyone for participating in Patient Safety Awareness Week!

Turnout was impressive!
You submitted **104** word searches, **67** crossword puzzles, and **22** people played HRO Jeopardy last Friday.

The Amazon gift card raffle winners are...

Word Search:
Hannah Cox - Inpatient Speech

Crossword:
Katelyn Muolo - Development

HRO Jeopardy:
Dr. Chuchla - Medical Services

Check out photos on the next page!



Did your co-worker go above and beyond?

Scan or click the QR code and fill out the form to recognize them.





Congrats!

WE HAVE A
RAFFLE WINNER:

**Kyara Rocha, Patient Access
Intake Rep**

Kyara was selected as our Scholar Spotlight for taking one of the February 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 an April FYI issue.

Gaylord CARF Curriculum



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

Topics include:

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

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

March's Featured Courses:

- [Building Up Your Emotional Intelligence](#) (0.5 credit hrs.)
- [Enhancing Communication Through Listening](#) (0.5 credit hrs.)
- [Preventing And De-Escalating Crisis Situations](#) (1.25 credit hrs.)
- [Daily Time Management Skills for Success](#) (0.5 credit hrs.)

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

**Our CNA Academy is
Now Accepting Applications!**

[Info on page 16](#)

- Despite the snowy weather, our recent CPR class was a success! Thank you to everyone who participated—keep an eye out for future sessions.
- Exploring your education options? Representatives from Quinnipiac University and Albertus Magnus will be in the cafeteria on **March 19 from 11 a.m. – 1 p.m.** to share information about their programs. (See Quinnipiac flyer on page 15.)
- Don't forget: Post University offers a 30% tuition discount for Gaylord employees—and members of their household.

Next Grand Rounds:

» *April 13 • 12-1p: Spinal Cord Injuries* with speaker, Dr. Ian McNeill, UCONN (*Brooker Lecture Hall*)

Missed a Grand Rounds? Watch Online!

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



There are several academic scholarships available for you or your child to apply for. Don't miss this opportunity to earn \$1,000-2,000 towards your/their education. New this year is the Martha Mencseli Scholarship for those pursuing a degree as a registered dietitian or career in culinary arts. This is a great opportunity in addition to the scholarships for pursuing a degree in an allied health field. Applications are due by April 15th. Best of Luck!

To apply, go to Nomination Forms/Sign-ups/Applications tile on SharePoint. Then click on Academic Scholarship.



Nomination Forms/Applications





innovator OF THE Month

— **Michael Bowering** —

Congratulations to our Innovator of the Month for March: **Michael Bowering, Applications Analyst in IT!**

Michael's winning idea proposes a **Patient Technology Enrichment & Digital Literacy Program** to help patients stay connected and engaged during extended stays. Through small, supportive group sessions, patients can receive hands-on help with devices, learn to video call loved ones, and build confidence using everyday technology.

This simple, low-cost initiative supports our goal to promote connection and an enriched patient experience.

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

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!



innovation IN Action

“ **Laura Moran, RN, L2** ”

My idea is **Fun Scrub Fridays**, extending the Jeans for Charity concept to clinical staff. By donating, staff could wear fun print scrubs—boosting staff and patient morale while increasing participation and funds raised for charity.

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!



MEDICAL STAFF APPRECIATION DAY

March 30, 2026

We thank our Hospitalists, PM&R MDs,
Neuropsychologists, PAs, APRNs and
Consultants for their dedication and
compassionate patient care.



Start your day with Rogue Coffee!

Celebrate Medical Staff Appreciation Day



Visit the Rogue Coffee Truck

Milne Circle
Monday, March 30, 2026
7 a.m. to 12 p.m.

Choose from a variety of drip-brewed
coffees, cold brews, specialty coffee
drinks, teas, or hot chocolate!

Compliments of Gaylord's
Development Office

Free and open to all Gaylord staff

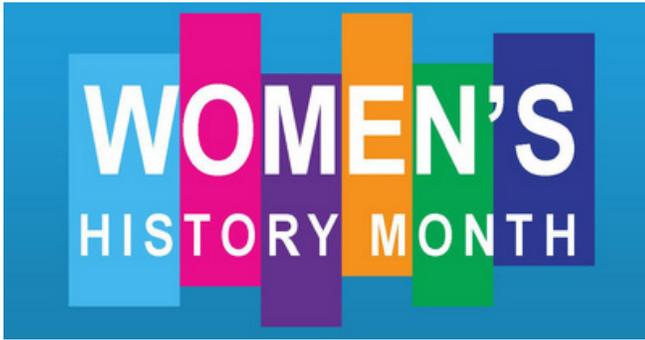
one item per person, please



Gaylord and the COMMUNITY

- **Mar 28** - Fairfield Beach Bunny 5K
- **Apr 12** - Ion Bank Cheshire Road Race
- **May 3** - MS Walk, Cheshire
- **May 21** - Middlesex Chamber Golf Tourn.
Tee Sponsor
- **Aug 2** - Southington-Cheshire YMCA
Charity Golf Tournament

● Community Events ■ Sponsorships



Each March, we join communities across the country in celebrating Women’s History Month—a time to reflect on the many ways women have shaped our history and continue to shape our future. Each year, March is designated Women’s History Month by presidential proclamation to honor women’s contributions to American history.

The observance began as a local Women’s History Week celebration in Santa Rosa, California, in 1978, organized by the Education Task Force of the Sonoma County Commission on the Status of Women. The movement quickly spread across the country, and in 1980 President Jimmy Carter issued the first presidential proclamation recognizing National Women’s History Week. In 1987, Congress officially designated the entire month of March as Women’s History Month, a tradition that continues today.

For 2026, the National Women’s History Alliance (NWAHA) theme is “Leading the Change: Women Shaping a Sustainable Future.” The theme honors women who are reimagining and rebuilding systems to ensure long-term sustainability—environmental, economic, educational, and societal. From environmental advocacy to policy innovation, women are leading efforts to address today’s challenges while building a more resilient and equitable future.

At Gaylord, we are grateful for the women of our past and present whose dedication, expertise, and leadership continue to shape our organization, support exceptional patient care, and strengthen the communities we serve.



GO green

Celebrate with Us

Wednesday, April 22
11:00 a.m. - 2:00 p.m.
Cafeteria

Stop by to:

- Take a quick Earth Day quiz
- Enter a raffle to win an Earth Day themed basket
- Learn more about the Go Green Committee

happy **EARTH DAY**

REMINDER
for all emergencies dial
3399



FUN SCRUB FRIDAYS FOR CHARITY

Friday, March 20

to benefit: *Love Your Brain*

Sticker: \$2

Clinical staff may wear fun scrubs on this day for a small donation to a local charity. **Employees need a Jeans for Charity sticker or button to indicate their participation.** Purchase a sticker for \$2 in the following locations: Cafeteria, Servery, HR, Outpatient Therapy Wallingford. **Fun Scrub Fridays** will follow the **Jeans for Charity** schedule.

Staff can purchase a button from Georgette MacQuarrie, x2881, for \$50 to cover all the days.

Innovation Idea



Friday,
March 20

The featured organization is:

The Joseph and Anthony Manzi Foundation

The Manzi Foundation supports pediatric cancer research and family assistance, honoring the lives of Joseph and Anthony Manzi through advocacy, fundraising, and community engagement.

[Click here to learn more](#)




2026

MEDICAL STAFF PHOTO CONTEST

VOTE TODAY!

Visit the cafeteria or the intranet homepage (PULSE) to vote for your favorite photo.

Voting ends
Thursday, March 26



Friday,
April 3

The featured organization is:

The Stroke Association

The American Stroke Association works to prevent stroke, improve care and outcomes, and support survivors and caregivers through research, education, and advocacy.

[Click here to learn more](#)

Photos will be on display in the cafeteria and on the intranet from March 10 through March 26 and staff are encouraged to vote for their favorite. The winning photo will be announced at the Medical Staff Appreciation Day Reception on March 30th, then framed and displayed in the Milne 1 lobby.

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.



Human Resources

Calendar of Engagement Events MARCH



Onsite Zumba
4:10pm
Inpatient Gym



How to Manage Your Chronic Pelvic Pain and Flourish
12:00pm, Virtual



Scan to register



Onsite Yoga
4:10pm
Brooker Lecture Hall



Gut Health: What You Need to Know
Lunch & Learn
12:10pm
Brooker Lecture Hall

RSVP to Jessica DiMichele
x2848 or jdimichele@gaylord.org

Be part of the conversation

See something you like? Don't keep it to yourself!



Facebook
Join the conversation



Instagram
Like, comment & follow along



LinkedIn
Weigh in & connect



YouTube
Watch, learn & subscribe

Lost Your Desk Phone?

Only have an extension? No problem. Use this chart to match it to the correct prefix and get the full phone number.



Perfect for calling from your cell, following up on missed calls, or sharing direct numbers with patients and partners.

Desk Phone Decoder	
Prefix	Extension Range
(203) 697	1700-1799
(203) 949	2100-2199
(203) 284	2200-2999
(203) 284	3000-3099
(203) 294	3200-3299
(203) 741	3300-3499
(203) 679	3500-3599

Price increase April 1



06 13 26

CLICK TO REGISTER

www.gaylordgauntlet.org

*Put it on
the Calendar!*

- 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
- Th 3/19: Headshot Appointments
- F 3/20: Dietitians' Choice Meal Feature and Free Smoothie Table in the Cafeteria
Jeans for Charity/ Fun Scrubs for Charity
- T 3/24: How to Manage Your Pelvic Pain and Flourish Virtual, 12pm
- W 3/25: Chair Massages, 1-4pm, Library
- Th 3/26: Medical Staff Photo Contest Voting Ends
- M 3/30: Rogue Coffee Truck / Med Staff Appreciation
Exploring Passover, Lyman Solarium, 4pm
- T 3/31: Gut Health: What You Need to Know (Lunch & Learn) Brooker Lecture Hall, 12:10pm
Last Day to Submit Nutrition Bingo Cards
- W 4/1: CARF Curriculum in UKG Due
- F 4/3: Jeans for Charity/ Fun Scrubs for Charity
- M 4/13: Grand Rounds: **Spinal Cord Injuries**
- Th 4/30: Blood Drive
- M 5/11: Committee Fair
- 5/11-5/15: Hospital Week
- Th 5/14: Q3 Employee Meeting

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



Education Benefits for Gaylord Employees & Their Families

Join us for a special site visit on March 19th in the Cafeteria, 11am - 2pm

Meet with Quinnipiac University to learn how you can take the next step in your education.

Benefits for Employees of Corporate Partners

Whether you work in healthcare, nonprofit, corporate or community settings, Quinnipiac University provides educational opportunities designed to help you advance your career while balancing your professional and personal responsibilities.

As a Gaylord employee, you and your family are eligible for:

10% Tuition Discount

- For employees, spouses & dependents under 25
- Online Undergraduate Degree Completion Programs
- Online Graduate Programs

10% Tuition Discount

- Pre-College Summer Programs

10% Discount

- Lifelong Learning & Executive Education

Designed for Working Professionals

- Flexible online courses
- Schedules for busy adults
- Support 7 days a week
- Taught by expert Quinnipiac faculty



[LEARN MORE](#)



qu.edu/gaylordhosp