For Spiritual or Religious Support

• When you are trying to make sense of your medical crisis.

• When you are asking “Why me?”

• When you need to understand or discuss treatment outcome concerns.

• When you are making healthcare decisions such as a living will or the appointment of a healthcare representative.

• When you need someone to pray with you.

• When you are feeling neglected and need support in finding appropriate care.

• When family conflicts are interfering with medical care.

• When you need a spiritual counselor to listen, give advice or make an appropriate referral.

• When you have suffered a major loss resulting from trauma, the death of a loved one or a pet.

• When you are anticipating a major loss.

• When you are sad, mad, glad, hurt, afraid or ashamed.

• When you feel your world is falling apart.

• When you need to cry, yell, share or just tell somebody how you feel about what is happening to you.

• When you need support from your own religious tradition.

• When you need to reconnect with separated loved ones or want to get back in touch with somebody you love.

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**How to contact the Chaplain**
1-866-GAYLORD (toll free), ext. 3345
203-741-3345
lwilliams@gaylord.org

**Gaylord Hospital and Gaylord Outpatient Services**
50 Gaylord Farm Road
Wallingford, CT 06492

**Chaplain’s Schedule**
Second and Fourth Sundays
8 a.m. – 11 a.m.

Wednesday, Thursday and Friday
Weeks 1 & 3, 9:30 - 6:00 p.m.
Weeks 2 & 4, 9:30 - 5:00 p.m.

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**Spiritual, Religious Care and Resources at Gaylord**

- Interfaith Worship – Conducted at Gaylord Hospital on the Second and Fourth Sundays of the month.
- Roman Catholic Communion/Eucharist: Fridays and First Wednesday of the month. Other Sacraments are provided upon request.
- The Eucharist is provided for other Christian faith traditions upon request and by appointment.
- Religious and spiritual literature, for example, the Bible, Torah, and Quran.
- Prayers for Jewish, Christian, Islamic, Buddhist, Hindu, and Native American practices.

**Additional resources available at Gaylord**

- Religious support from community clergy.
- Spiritual assessments.
- Chaplaincy visitation.
- Patient and family support.
- Staff support.
- Quiet/Meditation Rooms.
- Music for relaxation.
- Memorials.

Visit www.gaylord.org and click on the Patient Information and Supports Groups for resources which patients and their family and friends may find helpful.

**Take Care of Yourself**

- Retreat to spiritual spaces or natural settings.
- Pay attention to moments of beauty, peace, love and hope.
- Take the time to recognize your own needs and attend to them regularly.
- Exercise regularly and practice healthy nutrition.
- Practice stress reduction techniques such as forgiveness, journaling, meditation, or positive visualization.
- Ask for help.

www.gaylord.org