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

Gaylord Specialty Healthcare

August 15, 2019

New Technology, **KINESIQ**, Added to Outpatient Therapy Wallingford

Gaylord is pleased to announce the purchase of a new piece of technology in the outpatient therapy gym in Wallingford called KINESIQ.

What is KINESIQ?
KINESIQ is the first balance and motor capacity exercise equipment dedicated to physical and neurological rehabilitation as well as preservation of functional autonomy. It combines two motion platforms in perfect synchronization with multimedia content for passive and assisted movements.

What scenarios does it feature?
- Play balance games to restore everyday abilities
- Take a bus or a subway ride
- Dance with rhythm on Latin tunes
- Ride a gondola in Venice or sail thru the Caribbean Sea
- Stroll along a beach in Thailand or explore the trails along the Mediterranean on the island of Corsica
- Walk along Seine River or near Notre-Dame Cathedral
- Ski to the French Alps or experience a dog sledding activity

What are the advantages?
- Single equipment that serves multiple purposes: rehabilitation and functional autonomy preservation
- Constantly renew content and personalized exercise that can be adapted to different users’ abilities
- Safe, accessible and easy to use

Who can use the equipment?
- Amputees
- Concussion and brain injury patients
- Stroke survivors
- Neurological conditions like Parkinson’s, Multiple Sclerosis and Cerebral palsy

Gaylord Aims to Reduce Waste

We all need to work together to reduce hospital waste and supplies. Not only are these supplies expensive and charged to the patient or the unit, but they also run the risk of using expired equipment and supplies if they are left in the rooms after the patient discharges. The PPE cabinets in Hooker and Lyman were cleaned recently and a giant pile of outdated and wasted supplies were found, including a resuscitator mask that had expired 15 years ago (pictured below). When a patient is discharged, unexpectedly transferred out of the hospital, or passes away, patient belongings bags should only have actual patient belongings in them (clothes, shoes, books, etc.). Hospital supplies should not be in the patient belonging bags. Remember to return items to the supply Pyxis that are unopened and unused. If something has not been opened and can be wiped down with hospital approved disinfectant wipes then it can be cleaned and returned to the Pyxis.

Continued on page 3
Sports Association's Adaptive Golf Program Receives Donation from Mt. Carmel Women's Golf League

The Gaylord Hospital Sports Association was recently presented with a donation of $1,620 raised by the Mt. Carmel Women's Golf League's annual golf tournament. The Hamden-based club's generous gift will be used to support the Gaylord Hospital Sports Association's Adaptive Golf Program.

According to Katie Joly, Gaylord Hospital Sports Association Program Manager, the Adaptive Golf Program has helped hundreds of individuals who have experienced a permanent physical disability such as a spinal cord injury, amputation, stroke or brain injury try a new activity or return to the sport they loved before their injury or illness. "We are grateful to the Mt. Carmel Women's Golf League for helping us improve the lives of persons with disabilities. Programs like Adaptive Golf help our participants embrace new challenges and reach beyond the barriers to discover what is possible through adaptive sports," Joly explained.

The program offers introductory adaptive golf clinics held at Gaylord Hospital, a Veteran's adaptive golf program, an Adaptive Golf Club, and the annual Ken Murphy Memorial Open Golf tournament for adaptive players.

Gaylord Offering Referral Bonus for Patient Care Technicians

Do you know any Patient Care Technicians? If so, refer them to Gaylord and you could receive a $500 net referral bonus!

Patient Care Technician: The Patient Care Technician performs a variety of key patient care assignments on medical or rehab-based specialty with valuable exposure to trachs, vents, telemetry, g-tubes and IV drips while working in a warm and friendly atmosphere with supportive, interdisciplinary teams. *24 & 32 hour positions* Qualifications: H.S. Diploma or GED required, Certified Nursing Assistant (CNA) or Certified or Registered Medical Assistant required, Current American Heart Association (AHA) or American Red Cross (ARC) CPR Certification required, Patient care experience in an acute care setting preferred.

Click here for the online application website and to learn more about the positions. Please note that the employee's name must be listed at the time the application is submitted. Please contact Human Resources with any questions. *$500 net; ¥½ payable upon hire; ¥½ payable after 6 months of service in good standing.

Next Casual for Causes: Friday, August 16

For a small donation, staff can dress casually for the day and help a local charity on Friday, August 16. Employees need a button or a Casual for Causes sticker to indicate their participation. Stickers can be purchased in the Cafeteria, Human Resources, Jackson 2 Outpatient, North Haven, Cheshire and the Servery. The cost of the sticker is $2. All proceeds benefits Alzheimer's-Local Chapter.

Safety Starts with Me Refresher

For most of us, it has been a long while since we attended the Gaylord's three-hour 'Safety Starts With Me' training program. It's been long enough that you may need a reminder of what it was all about: 'Safety Starts With Me' was the class that taught us the CHAMP safety behaviors and the safety tools to make each behavior into a safety habit (just look at your 'Safety Starts With Me' badge buddy to see them). As the days have passed, however, the importance and challenges of patient safety have grown and grown. We all need to be well-versed in the CHAMP behaviors and tools to give our patients the safest stay possible.

In August, all employees will be assigned the HealthStream course, Safety Starts With Me Refresher. This course reviews each of the CHAMP safety behaviors and associated tools. You will have ample time to complete the approximately 25 minute long course by the end of September, but please attend to it at your earliest opportunity so that you can be sure you are up-to-speed on all the necessary and expected safety tools.

<table>
<thead>
<tr>
<th>August</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
<th>January 2020</th>
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<tbody>
<tr>
<td>Casual for Causes August 16</td>
<td>National Rehabilitation Awareness Month</td>
<td>National Physical Therapy Month</td>
<td>Casual for Causes November 1</td>
<td>Casual for Causes December 6</td>
<td>New Year's Day January 1</td>
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<td>Free Chair Massage August 27</td>
<td>ABI Specialist Course Begins September 4</td>
<td>Casual for Causes October 4</td>
<td>Casual for Causes November 15</td>
<td>Santa Visit December 6</td>
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<td>Casual for Causes August 30</td>
<td>Traurig House Reunion Picnic September 6</td>
<td>Casual for Causes October 18</td>
<td>Respiratory Care Week October 20 - 26</td>
<td>Casual for Causes December 20</td>
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<td>Casual for Causes September 6</td>
<td>Staff Appreciation Day September 13</td>
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<td>Casual for Causes September 20</td>
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Development Staff Member Awarded Scholarship

Congratulations to Cindy Bartholomew, Development, on being awarded a full scholarship from the Grant Professionals Foundation to attend the Grant Professionals Association conference in November in Washington, DC. The scholarship pays the conference registration fee and three hotel nights in DC. Out of 122 applicants, Cindy’s was chosen for one of the limited scholarships to the conference.

If you are going to a conference or training please check out the scholarship opportunities within any of your professional organizations or the conference organizer. Any reimbursements back to Gaylord will then return to our education and training fund and support others who wish to attend training and conferences.

Reducing Waste Article Continued

Milne 2 has been working hard to figure out ways to reduce waste and limit the number of supplies that are in the rooms. This includes the use of organizational bins and labels on the shelves of the patient’s closets.

Volunteers Needed for Annual United Way Day of Caring

Gaylord will once again be participating in the United Way Day of Caring on Tuesday, September 17. The project will be a local project from 1 p.m. - 4:30 p.m. and could be painting, landscaping, organizing, or whatever the local nonprofit organization may need assistance with. Gaylord will cover the PTO time for this project with your Supervisors approval in advance. If you have any questions or want to sign up please contact Community Relations Committee members Stefanie Landry at slandry@gaylord.org, extension 3553 or Lori Evon at levon@gaylord.org or extension 3454.

Cross Out the Old Before Writing the New

Remember, when sending interoffice mail, please cross off the previous recipient’s name and department on the interoffice envelope before writing-in the new recipient’s name and department.

-quality-safety-corner-

<table>
<thead>
<tr>
<th>Monitor</th>
<th>FY18 Goal</th>
<th>FY 18 Actual</th>
<th>FY 19 Goal</th>
<th>FYTD 2019 as of June</th>
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<tbody>
<tr>
<td>Hospital Acquired Pneumonias on Ventilator</td>
<td>&lt;=6</td>
<td>4</td>
<td>&lt;=4</td>
<td>2</td>
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<tr>
<td>Hospital Acquired C. diff</td>
<td>&lt;=18</td>
<td>31</td>
<td>&lt;=24</td>
<td>12</td>
</tr>
<tr>
<td>Vent-Weaning</td>
<td>&gt;=71%</td>
<td>66%</td>
<td>&gt;=69%</td>
<td>71%</td>
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</tbody>
</table>

February: National Heart Month, National Psychology Month
March: National Nutrition Month, National Professional Social Work Month
April: National Occupational Therapy Month
May: Better Hearing and Speech Month
June: 7th Annual Gaylord Gauntlet 5k June 27

Quality & Safety Dashboard FY 2019

Celebrations
Welcome the Latest Group of New Employees

Jamie Burke, RN, L1
Catrenna Burney, RN, L1
Torquisha Grant, Mobility Technician, L1
Monya Harris, Mobility Technician, L1
Laura Liistro, Inpatient Counselor
Kyle McCormick, Mobility Technician, M1
Creasha McDaniel, PCT, M2
Katelyn Miller, PCT, M2
Laura Moran, PCT, L2
Zeena Sindi, Pharmacy Technician
Chris Walsh, Cook
Zia Yang, RN, H1

Become an Acquired Brain Injury Specialist; ABI Education Series to be Held at Gaylord This Fall

Become an Acquired Brain Injury Specialist! A 14-week course will be held in the Brooker Lecture Hall on Wednesdays beginning Wednesday, September 4 through December 11. The cost of the course is $100 or pay $10 per class, pay as you go.

This course offers a comprehensive review of neuroanatomy and the rehabilitative process related to acquired brain injury. Gaylord Hospital clinical specialists and guest speakers will present on their area of expertise through lectures in anatomy, associated complications including skin, wounds, lymphedema, spasticity, HO, pain, respiratory, DVT, PE, bowel and bladder, functional mobility and outcomes, advanced ADLs, augmentative and alternative communication, substance abuse and return to community and resources. See the course brochure on page 7. If you have any questions, please contact Cheryl Tansley by emailing ctansley@gaylord.org.

Traurig House to Hold Annual Picnic September 6

The Traurig House is throwing their annual picnic on Friday, September 6 from 5 p.m. to 7 p.m. There will be food, music and a chance to catch up with old friends and make new ones. Staff interested in attending the picnic to reconnect with their former patients that have resided at Traurig, please RSVP by calling extension 2773 by August 23.

Follow Gaylord Specialty Healthcare on Facebook!
www.facebook.com/gaylordspecialtyhealthcare

Gaylord is also on YouTube.
www.youtube.com/user/GaylordHealthcare

Check out Gaylord's boards on Pinterest.
pinterest.com/gaylordhealth

Follow Gaylord on Twitter.
twitter.com/GaylordHealth
Need a break?

How about a Chair Massage?

Tuesday, August 27
• 12pm - 3pm
• Brooker Lecture Hall
• 10 minute massage appointments from 12pm - 2:50pm

To make an appointment contact Melody Espada at ext. 2848 or email mespada@gaylord.org

Sundara
Massage & Wellness

Gaylord
Specialty Healthcare

Brought to you by ConnectiCare and the Wellness Council Committee
Octoberfest
Staff Appreciation Day
Brooker South Lawn
11:30am - 1:30pm & 4pm - 6pm

- Photo Booth
- Free Dress Down Day
- Dunk Tank
- DJ - Mike Moscato
- Free Raffle Prizes

Gaylord Specialty Healthcare
REGISTRATION

$100 fee for all 14 weeks or $10 per class, pay as you go. Please make check payable to Gaylord Hospital (Please include Acquired Brain Injury Specialist Course) and return to Cheryl Tansley, Inpatient Therapy, (203) 294-3219, email ctansley@gaylord.org

Registration Deadline:
Thursday, August 29, 2019

REGISTRATION FORM

Name_________________________________
Address________________________________
City/State/Zip__________________________
Phone (home) (      )_________________
Phone (work) (      )_________________
Email________________________________

Please clearly print your email address for course confirmation.

___no email address

Employer_____________________________
Profession____________________________

☐ Check included
☐ Pay as you go

Gaylord Hospital reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.
COURSE DESCRIPTION

This course offers a comprehensive review of neuroanatomy and the rehabilitative process related to acquired brain injury. Gaylord Hospital clinical specialists and guest speakers will present on their area of expertise through lectures in anatomy, associated complications including skin, wounds, lymphedema, spasticity, HO, pain, respiratory, DVT, PE, bowel and bladder, functional mobility and outcomes, advanced ADLs, augmentative and alternative communication, substance abuse and return to community and resources.

COURSE OBJECTIVES

Upon completion of this course participants will be able to:

1. Identify epidemiology and course of recovery for acquired brain injury.
2. Identify major associated complications and their impact on treatment.
3. Identify treatment approaches, progression and outcomes.
4. Describe the roles of each member in a team approach towards maximizing patient mobility, access to support services and return to community.

SUGGESTED AUDIENCE

PTs, OTs, SLPs, RNs, LPNs, Social Workers, Case Managers and other Health Professionals working in any medical setting (ie. Acute care, rehabilitation, sub-acute nursing facility, long term care, home health, private practice) with patients with acquired brain injury as a way to expand their knowledge on topics related to the rehabilitation process.

ACQUIRED BRAIN INJURY SPECIALIST

COURSE SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>HOURS</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, September 4</td>
<td>Neuroanatomy</td>
<td>2 HRS</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, September 11</td>
<td>Brain Injuries 101 &amp; 102</td>
<td>2 HRS</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, September 18</td>
<td>Altered States of Consciousness, Vision &amp; Visual Impairments</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, September 25</td>
<td>Associated Complications I: Skin &amp; Wounds</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td></td>
<td>Associated Complications II: Spasticity &amp; HO</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, October 2</td>
<td>Associated Complications III: Respiratory</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td></td>
<td>Associated Complications IV: DVT &amp; PE</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, October 9</td>
<td>Vascular Injuries 101</td>
<td>2 HRS</td>
<td>BLH</td>
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<tr>
<td>Wednesday, October 16</td>
<td>Associated Complications: Bowel/Bladder in ABI</td>
<td>1 HR</td>
<td>BLH</td>
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<tr>
<td></td>
<td>Return to Community &amp; Resources</td>
<td>1 HR</td>
<td>BLH</td>
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<tr>
<td>Wednesday, October 23</td>
<td>Functional Mobility, Brain Injury Including Gait, Wheelchair Mobility &amp; Orthotics</td>
<td>2 HRS</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, October 30</td>
<td>Swallowing, Speech &amp; Language</td>
<td>1 HR</td>
<td>BLH</td>
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<tr>
<td>Wednesday, November 6</td>
<td>Cognition, Neuropsychology Assessment- An Overview</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, November 13</td>
<td>Advanced Interventions, Augmentative/Alternative Communication</td>
<td>1 HR</td>
<td>BLH</td>
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<tr>
<td>Wednesday, November 20</td>
<td>Mood &amp; Behavior Following ABI, Substance Abuse &amp; Social Management</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, December 4</td>
<td>Post-Traumatic Agitation/Behavior &amp; Pharmacology, Therapeutic Recreation</td>
<td>1 HR</td>
<td>BLH</td>
</tr>
<tr>
<td>Wednesday, December 11</td>
<td>ABI SPECIALIST TEST</td>
<td></td>
<td>BLH</td>
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</table>

CREDITS

Occupational and Physical Therapists: Connecticut licensed Occupational and Physical Therapists successfully finishing this course will receive course completion certificates.

Case Managers: CCMC approval is pending.

Nursing: Gaylord Hospital is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Other Health Professionals: Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

TOTAL HOURS: 26

BLH: Brooker Lecture Hall