Sonja LaBarbera speaks at the Wallingford Mayor’s State of the Town Address

Sonja LaBarbera and nine other team members attended the annual state of the town address on January 30 to hear Mayor William Dickinson recap the economic growth and financial status of the town of Wallingford. Thank you to the staff who were able to carve out time from their schedules to attend and make connections with other Wallingford business folks.

While the meeting was held at Ashlar Village at Masonicare, Gaylord was the sponsor which allowed Sonja to speak to the 120 plus attendees about the growth and updates occurring at Gaylord. Another benefit of the sponsorship is the ability to greet guests and share information about services and events both before and after the presentation.

The Gaylord Gauntlet was of interest to most attendees and the opportunity to recruit both runners and potential sponsors was a successful take away from the afternoon.

February is National Therapeutic Recreation Month

One of the four Inpatient Therapy disciplines here at Gaylord is Therapeutic Recreation (TR). The goal of Therapeutic Recreation is to help individuals see what a difference leisure can make in improving their quality of life – and to get them to realize they can do things they never thought possible because of their illness or injury. Through individual and group activities, our Certified Therapeutic Recreation Specialists (CTRS) address the total person and the associated life factors to help people make the most of their lives. Our TR staff addresses therapy goals with PT, OT and Speech, to create a comprehensive treatment plan to help patients reach their rehab goals. Our CTRS staff have Bachelor's degrees or higher in Therapeutic Recreation, have completed an internship under qualified supervision, have passed a national certification exam, and maintain their certification, re-certifying every five years. Ask your favorite CTRS what they love about their jobs and you will hear what is new and exciting in TR.
Team “Heavy Pedal” Raises Money for ASA

Kevin Johnson (pictured on far left), Gaylord Admissions Marketing Manager, was unrecognizable for a great cause on January 23. Representing Gaylord, along with friends and family, his team exceeded their fundraising goal facilitated through CycleNation to help the American Stroke Association (ASA) raise a total of $38,000 during a two hour cycling event. Kevin thanked his co-workers and Gaylord for supporting his efforts and shared that his team was the highest fundraiser of all the teams that participated. They also appeared to have had the best costumes as well. Now that is pedaling your way to success Kevin – congratulations.

Next Casual for Causes: Friday, February 21

For a small donation, staff can dress casually for the day and help a local charity on Friday, February 21. 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 and proceeds will benefit the Gaylord Special Needs Fund.

Attention FYI Readers

Moving forward, if you would like to submit an article, promote an event, etc., in FYI, please email publicrelations@gaylord.org with your details until further notice. Thank you.

REGISTRATION NOW OPEN

www.gaylordgauntlet.org

Early Bird Discount Code: February (if you sign up February 1 - 29)
HIPAA Reminder for All Staff

Gaylord admits high profile individuals, family of staff, staff and former staff on some regular basis. All of our patients deserve to have their privacy protected, and inappropriate access or disclosure of patient information not only puts our patients’ privacy at risk it also puts our organization at risk.

HIPAA Privacy Guidelines as well as State and other regulatory agencies restrict access to patient information unless you need to know in order to perform your job. Unless you are directly involved in the care of a patient, do not access information or discuss the care of a patient outside of your own job responsibilities.

Inappropriate access by a staff member to a medical record may result in termination of employment. Please refer to Administrative Policy 2.600-B.02 SUBJECT: HIPAA Confidentiality for further clarification of our policy.

Thank you for doing your part to meet the privacy requirements as well as to protect the privacy of our patients. Please contact any member of the Compliance Team if you have any questions or concerns.

Craig Stearns: Compliance Officer & IT Security Officer
Tracey Nolan: Privacy Officer

If you got engaged email the following information:
Name, department, got engaged to ________ (optional). Our wedding date will be_______ (if already set).

If you just got married email the following information:
Name, department, married on (date), to whom. Location (optional), Last name change if applicable.

If you recently had a baby email the following information:
Name, department, baby name, date of birth and weight

All emails should be sent to publicrelations@gaylord.org. By sending your information you are giving approval for your information to be published in FYI. Please do not send photos.

Welcome the Latest Group of New Employees

Tahjjie Carter, Food Services Assistant
Carla Onofrio, Respiratory Therapist
Jennifer Johnson, Respiratory Therapist
Eva Gibson, EVS Aide
Shari Mayerson, Speech Pathologist
Shari Williams, Respiratory Therapist
Jonathan Guest, RN Lyman 2
William Pesillo, RN Lyman 2
Maddie Demers, TR Student

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<th>June</th>
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<td>Gaylord Golf Classic June 1</td>
<td>Casual for Causes July 10</td>
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<td>Casual for Causes September 4</td>
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<td>Casual for Causes June 5</td>
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<td>Casual for Causes October 16</td>
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<td>7th Annual Gaylord Gauntlet 5k June 27</td>
<td>National Rehabilitation Awareness Week September 21-27</td>
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Dear Staff Members,

Are you frustrated with your monthly student loan payment? Figuring out how to better manage your student loans is not easy. That’s why we are pleased to partner with Fiducius. The expert Advisors at Fiducius help you navigate and determine your best option, including forgiveness and refinancing, based on your specific situation. As a Gaylord Specialty Healthcare employee, you are eligible for this benefit if you have loans for yourself or loans you’ve taken out for children or even grandchildren. Your spouse and other family members are also eligible to take advantage of this money-saving benefit for their own student loans.

Others are already working with Fiducius. Those using forgiveness have reduced their monthly payments by an average of $585 and are projected to receive an average of $58,000 in tax-free loan forgiveness.

It’s easy to get started. In just a few minutes, you can determine your eligibility, learn your potential savings and schedule time to talk with an Advisor about your next steps.

Fiducius will fully educate you about all available options and provide a personalized Student Loan Financial Wellness Plan at no cost before you decide whether or not to use their services. As with other voluntary benefits, like life insurance, you only pay Fiducius when you choose to use their services.

Visit www.getFiducius.com to learn more.

Questions or trouble logging in?

Call 1.513.645.5400 email the team at Fiducius.

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

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**Celebrate NEAR MISSES**

Ed McAnneny, Radiology Department verified patient identification before the exam. He sought clarification and discovered the CT exam had been ordered on the incorrect patient. Top picture: Susan Stango, Ed McAnneny, Lorraine Cullen and Dr. Holland

Kristin Myers, Medical Services, submitted the occurrence report in RL solutions. Thank you to Kristin and Ed for their focus on patient safety. Bottom picture: Dr. Holland, Kristin Myers PA, Susan Stango

We had 11 near misses reported in December 2019 by the following people:

- Elizabeth Spataj
- Jamie Burke
- Jillian Mattson
- Keri Saxton
- Kristin Myers
- Lydia Jandreau
- Mary DiCristofaro
- Nicole Bartone
- Noungning Rogozinski
- Yeimy Calderon

Our goal for FY20 is to have >100 near misses submitted in RL Solutions for the year.
Interested in Research Opportunities?

**WHAT?** Gaylord has a long standing history of participating in and conducting research. Over the past year, we have been diligently working to refocus our research efforts and expand our research team. We are actively working to secure part time or full time research staff to guide and assist with our current and future projects.

**WHY?** There are many ways that increasing participation in research can benefit staff and our patients. These include providing up-to-date evidence-based interventions to our patients, professional development, national recognition at professional conferences, increasing interdisciplinary collaboration, technology advancement, as well as collaboration with various institutions.

**HOW?** If you are interested in research however do not want to take on a project as the primary investigator (PI), you may be able to assist in data collection, literature review, patient interactions and consenting or other research related tasks. Have an idea but not sure where to start? Email research@gaylord.org. Anyone can participate!

A few highlights of current Internal Review Board (IRB) approved studies:

- Exploration of the Benefits of ZeroG TRiP System to Improve Balance: PI Amanda Bernabe, Co-PI's Erica Cutler, Emily Meise, Jill Hellstrand and Kate Rudolf
- Implementation of a Free Water Protocol in a Long-Term Acute Care Facility: PI Stefanie Gaidos
- National Spinal Cord Injury Database Project: Research Demonstration and Education Projects aka Outcomes Database, Equity and Quality in Assistive Technology for Individuals with Spinal Cord Injury 2.0 aka EQuATE 2.0 and Development and Evaluation of the SCI-Functional Index/Assistive Technology (SCI-FI/AT) Inpatient Short Forms aka SCI-FI/AT/IP, and My Care My Call: Site PI Dr. Rosenblum, Contact-Diana Pernigotti

**WHEN?** Join the research committee which meets the second Wednesday of every month from 3-4 pm in Brooker 119. Contact Amanda Bernabe at abernabe@gaylord.org

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Gaylord Staff Provides Education on Keeping a Positive Mindset

On Monday February 3, Gaylord provided a morning Wellness Lecture to the members of the Cheshire Senior Center. The topic covered HOW TO KEEP A POSITIVE MINDSET DURING AN ILLNESS OR INJURY. Melissa Pinto, LCSW from the Gaylord Psychology department spoke to 16 senior members about how to be patient with yourself, use mindfulness, practice self-care, and re-adjust ones goals. Following an active Q&A, Melissa finished by providing and demonstrating a few gratitude exercises.

Pictured standing in the photo, Melissa is schedule to give the same talk at the Wallingford YMCA on March 3 at 11:30am. Thank you Melissa for sharing your expertise with the members of our community.

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**WINE, BEER & CORDIAL TASTING EVENT**

**FRIDAY**
**May 8, 2020**

Gaylord Grounds
5:30 pm - 8:30 pm

*$60*

[www.gaylord.org/wine](http://www.gaylord.org/wine)
Gaylord Cup Awarded to Respiratory Department

Congratulations to the Respiratory Department for being awarded the Gaylord Cup for January. Pete Grevelding, Vice President, Clinical Operations, shared how a recent successful survey resulted in the department being awarded the Gaylord Cup at the Management Meeting. Congratulations to this talented and hard working group.

“I would like to congratulate Lorraine Cullen, Laurie Jano and the respiratory department in their success on January 7 in the DPH CLIA unannounced inspection of the blood gas lab. Once again, they came through with flying colors and NO findings! Year in and year out, they have maintained this high level of excellence. The surveyor actually complimented them on their preparation and thoroughness! Please join me in congratulating the Respiratory team on their exemplary survey!”

Katie Joly Acknowledged in DSUSA Newsletter

Katie Joly’s award from the Hartford Business Journal as a Healthcare Hero made the Disabled Sports USA Chapter Newsletter. The article stated that she was nominated for improving the quality of life for hundreds of Connecticut and New England residents by introducing them to the world of disabled sports. Congratulations to Katie for her dedication to carrying out the mission of the Sports Association by providing inclusive sports for those of all abilities.

February Service Awards

Congratulations to the following employees for their years of service to Gaylord:

30 YEARS
Marcia Annunziata
Occupational Therapy

25 YEARS
David Farfan
EVS

Olga Dryfoos
Nursing Services

20 YEARS
Karen Ingham
HIM

15 YEARS
Susan Shara
Food and Nutrition

Gregory Sczurek
Physical Therapy

10 YEARS
Karen Miraldi
Respiratory Therapy

5 YEARS
Caitlin Degrand
Pharmacy Services

Allen Abayao
Nursing Services
Feeling Sick?
A Message From Infection Prevention

S- There has been an increase in employee illness.

B- According to CDC, the current flu season is being compared to two of the most severe in recent decades. Viruses and Gastrointestinal Illnesses (GI) peak this time of year. Flu, Upper Respiratory Infections, and Gastrointestinal Illnesses (GI) can affect us all.

A- If you are feeling ill, please stay home! This is the best way to protect other staff members and our vulnerable patient population. All staff members with symptoms of Upper Respiratory Illness, GI symptoms, or confirmed Flu should stay home and not come to work.
   > Those with GI symptoms can return to work after they are symptom free for 48 hours.
   > Those with the Flu or Upper Respiratory Infections may return to work when they have been fever free for 24 hours WITHOUT the use of medication (Tylenol).

In addition, the CDC recommends:
   - Those with confirmed flu should stay home for 4-5 days from the onset of symptoms (cough, fever, etc.).
   - Those with confirmed flu are most contagious in the first 3 days.

R- Please remember to use diligent hand hygiene. There is to be no food at the nurses’ station or uncovered drinks. No community or pot luck style food. Please wipe down your phones, computer stations and any high touch surfaces and items.

Any questions, please contact Courtney Raynor at x 3278 or Sonnia Belcourt at x 2795.

Community Benefit Tracking Information Session

As part of the ongoing process of collecting all the relevant data related to the community benefits Gaylord provides, there will be an information session on Feb 27 from 12-1pm held on the Wallingford campus. If you or your department currently has students who shadow or perform internships at any Gaylord location, the PR department would like to learn more. Please discuss with your supervisor to see if a representative from your area is already attending.

If your area is not already being represented, please contact Jim Russo, Community Relations Coordinator at JamesRusso@gaylord.org to find out more information and to register.

REMINDER for all emergencies dial 3399

HOW FAR will you go?
Gaylord Specialty Healthcare
Physical Therapy
Cheshire
North Haven gaylord.org
Celebrate Pulmonary Rehab Week!

Please join us for

GAYLORD’S 2020
PULMONARY VENDOR HALL

When: Wednesday, March 11th
Location: 50 Gaylord Farm Road, Wallingford, CT
At the Chauncey Conference Center
Milne Pavilion Entrance, across from the softball field
Time: 11:00AM – 2:00PM

Stop in to meet representatives and learn more about:
• Pulmonary medications
• Airway clearance devices
• Oxygen devices
• American Lung Association
• Tai Chi
• Nutrition
• Home air quality and ventilation
• Radon
• Endobronchial valve therapy

AND MORE!

Questions? Contact Helen or Emily at (P) 203-741-3351
Join us for
“HOOPS FOR JAMMERS”
3 VS. 3 BASKETBALL TOURNAMENT
Hosted by Gaylord Physical Therapy, in collaboration with Gaylord Sports Association

**Why?** To support the Gaylord Jammers Wheelchair Rugby Team, one of the Gaylord Sports Associations’ adaptive teams, that competes at both a regional and national level. Formed in 1991, the Jammers have given adaptive athletes a chance at returning to competitive sports!

**When?** Saturday, March 28, 2020, 9am-3pm
**Where?** Healthtrax Fitness, 8 Devine St, North Haven CT
**Cost:** $30 per team or $10 solo. A minimum of 3 games guaranteed!
**Ages:** 18 and older. Mixed teams are welcome!

**For Registration** and more info please go to www.Gaylord.org/Basketball

Food will be available for purchase. Check out Gaylord’s social media for more details.

Part of the Gaylord Specialty Healthcare system.
Gaylord Specialty Healthcare is a rehabilitation-focused, nonprofit health system that provides inpatient, outpatient, and physical therapy care for people at every point in their journey from illness or injury to maximum recovery. Headquartered in Wallingford, CT, today Gaylord serves a mix of local, regional, national, and international patients.
Daffodil Days is an opportunity for everyone to join the American Cancer Society in saving lives, celebrating lives and leading the fight for a world without cancer. Dollars raised through Daffodil Days support groundbreaking research, patient services, and other lifesaving programs. Through the daffodil, the first flower of spring, this campaign brings a symbol of hope to cancer patients and those affected by the disease.
HEALTH ALERT: Travelers from China
There is an outbreak of respiratory illness in China.

Travelers are required to be monitored for up to 14 days after leaving China.
Some people may have their movement restricted or be asked to limit contact with others within this 14-day period.

Take your temperature with a thermometer twice a day and watch your health.
If you develop a fever (100.4°F/38°C or higher), cough, or have difficulty breathing:
- Call ahead to your doctor or health official for medical advice before seeking care.
- Tell them your symptoms and that you were in China.

Triage Staff/Clinicians:
- Use standard, contact, and airborne precautions, and eye protection.
- Notify infection control and your state/local health department immediately.

For more information: www.cdc.gov/nCoV

For the safety of all patients and visitors, please read:

If you or someone you have been in close contact with has traveled to China and returned in the past 14 days, and has any of the symptoms described above, follow these instructions:

**Patients:** Please put on a mask which is located at the desk. Ask for your Gaylord appointment to be rescheduled, explain your symptoms and recent travels/connection to a traveler and consult with your primary care provider.

**Visitors:** Please put on a mask which is located at the desk. Do not continue on with your visit, return home and consult with your primary care provider.

CORNOAVIRUS symptoms to be concerned with include cough, fever or difficulty breathing.

*Thank you for your attention,*
Sonnia Belcourt, BSN, RN, CIC
Infection Prevention Manager
(203) 284-2795
Posted February 3, 2020