

Gaylord Therapy Clinic in Fairfield NOW OPEN

We are thrilled to announce the opening of our newest location at 75 Kings Highway Cutoff in Fairfield. The new 6,000-square-foot clinic is now officially up and running, and treating patients. They offer appointments Monday-Friday 8am-4:30pm in service of communities in the southwest shoreline area. Led by Clinic Supervisor, Jadean Hoff, this location is Gaylord's third outpatient center boasting both Ortho and Neuro services, offering PT, OT, as well as Speech Therapy in one convenient destination.

Learn more at: <https://info.gaylord.org/fairfield>.

Thank you to all of our incredible staff who made the opening of Fairfield a success!

Stay tuned for more info on our newest team's first weeks!



Gaylord Cup Awarded to The Interventional Pain Center Team

Congratulations to the Interventional Pain Center team, awarded the Gaylord Cup at the October 22 Management Meeting!

Led by Chrissy Rutigliano, Practice Manager of Outpatient Medical Services, the team was recognized for building the infrastructure and staffing needed to launch Gaylord's new Interventional Pain Center. This exciting initiative represents a major step forward in expanding the hospital's outpatient offerings and enhancing patient care.

continued on page 2...

Tammy Maher Honored with PHIL Award

Story on page 4.



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, Nov. 7, 2025

Submit requests in JIRA

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

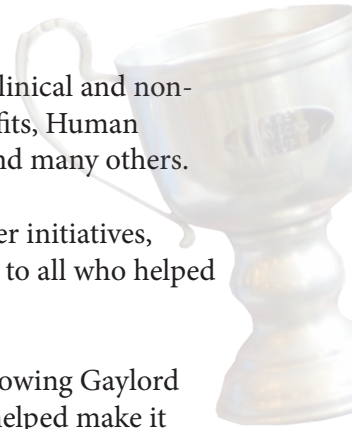


(continued from pg 1) Gaylord Cup

The creation of this program was a true Gaylord family effort, with contributions from multiple clinical and non-clinical departments across the organization—including Facilities, IT, EVS, Pharmacy, PFS, Benefits, Human Resources, PR & Marketing, the Center for Education, Nursing, Medicine, Radiology, Security, and many others.

Not everyone was able to attend the award presentation (many were hard at work supporting other initiatives, including the opening of our newest outpatient location in Fairfield), but the recognition belongs to all who helped bring this vision to life.

The new Interventional Pain Center complements our existing psychiatry and therapy services, allowing Gaylord to further expand our continuum of care for patients in need. Congratulations to everyone who helped make it possible—and thank you for continuing to move Gaylord forward, together.



DON'T MISS IT!

TODAY:

HALLOWEEN BAKE SALE

Thursday, October 30
11:30 a.m. - 1:30 p.m.
Cafeteria

TOMORROW:

Halloween PARADE

DRESS UP AND JOIN THE FUN!

Friday, October 31

12:10 p.m.

Inpatient Gym

Followed by treats and trophies in the Brooker Lecture Hall

AND the Prize Winning Pumpkin is Picked!

A Garden That Grows With Gratitude

This season, the Cottage Garden blossomed in more ways than one. Thanks to the generosity of our donors, new signage and artwork have been installed as a beautiful addition to the grounds, offering comfort and inspiration to patients, their families, and our staff.



Excellent News from the Development Office

It's been an exciting few weeks full of progress on the fundraising front! Thanks to the generosity of our donors and collaboration across Gaylord, several new gifts and grants are helping us improve.

Here's a quick look at what's been happening:

- Received a **\$100,000 grant for outpatient equipment** to enhance patient care
- Awarded funding for the **next two years of our nurse residency program** to support and grow our nursing team
- Awarded \$33,000 for equipment needed in the Center for Education
- Over **\$2.5 million raised for the Luscomb Gym renovation project** so far— an incredible milestone!
- Received **grants for music therapy**, helping to keep this program available for our patients
- Received **\$100,000 in funding for inpatient equipment**, ensuring our care teams have the best tools

A big thank you to our Gaylord team, who continues to help share Gaylord's story and make these successes possible!



Schedule your flu vaccination today!

More information
on page 13

Inpatient Physical Therapists Celebrate **PT Awareness Month** with Olympic-Inspired Challenge

Our amazing Inpatient Physical Therapy team celebrated Physical Therapy Awareness Month on Wednesday, October 22nd, with an Olympic-themed information board and a fun balancing challenge held in the cafeteria.

Participants learned about the importance of the four pillars of physical therapy—flexibility, endurance, strength, and balance—and how each contributes to recovery and overall well-being. The therapists chose to highlight balance through an engaging, hands-on competition that brought education and fun together.

Caitlin Boland, PT Supervisor, shared, “Balance plays a vital role in helping people stay active and independent. It supports posture, coordination, and confidence in movement—skills that are essential both in daily life and during rehabilitation.”

Jill Hellstrand, PT Supervisor, added, “When balance starts to decline, it can signal underlying changes in strength or stability. That's why exercises that challenge balance are such an important part of maintaining mobility and preventing falls.”

Participants tested their skills by balancing on one leg with their eyes closed. The winner, Kate Donahue, PT in Outpatient, earned a free lunch voucher courtesy of our Food and Nutrition Department. Kate held her balance for an impressive 26 seconds!



Tammy Maher, RRT, Honored With This Year's PHIL Award



It is with great excitement that we announce Tammy Maher as the recipient of the 2025 Gaylord Hospital PHIL Award. People living with life-threatening pulmonary disease feel profound appreciation for the healthcare providers who allow them to “breathe easy”. The PHIL Award (Pulmonary Health & Illnesses of the Lungs) celebrates a key member of that team: the outstanding Respiratory Therapist. This exemplary professional sees the “person” instead of the “patient,” and he or she is committed to the belief that every breath matters.

Tammy was nominated by multiple colleagues and a patient who wrote, “Tammy provides professional excellence and compassion to her patients and their families. She consistently goes out of her way to assist anyone who is in need of help.” Tammy is consistently recognized by patients and peers alike for her thorough, compassionate, and patient-centered approach to care. She is a strong advocate for patients and their families, ensuring their voices are heard and their needs are met. Organized and detail-oriented, Tammy goes above and beyond to optimize patient outcomes and exemplifies professionalism in all she does.

Tammy is a dedicated Respiratory Therapist that exemplifies Gaylord’s ICARE values. She provides patient-centered care and is a true team player. Furthermore, she promotes positivity, camaraderie and teamwork within the department. She represents the department and hospital with pride and a grateful spirit. She actively supports team building and morale by celebrating others and finding any reason to get people together.

Tammy is an exceptional mentor, serving as a preceptor for both Respiratory Care students and new employees. She ensures that every student has a meaningful and positive learning experience and fosters lasting mentorship relationships with new staff even after their orientation period. Her feedback from students, peers, and orientees has been overwhelmingly positive, highlighting her dedication and patient-centered approach to healthcare.

Tammy’s contributions extend beyond her primary role. She is cross-trained to work in pulmonary rehab and as a discharge liaison, demonstrating remarkable flexibility and an unwavering commitment to excellence. Her ability to adapt seamlessly to different roles within the department has been invaluable, and she approaches every task with the same high level of quality and accountability.

The Gaylord Hospital PHIL Award Committee reviewed the nominations and recognized Tammy as an exemplary Respiratory Therapist known to provide high quality patient centered care. Her positive attitude, loyalty and dedication to the team and unselfish nature shines through regularly and was evident in her PHIL award nominations. Tammy truly bleeds green. She is an asset to Gaylord, our patients and the field of Respiratory Care and well deserving of the PHIL award.

Congratulations and thank you for always going above and beyond!



Gaylord Blog

Check out our latest blog from Dr. Sarah Bullard, Director of Psychology:



[Could Your Child Have a Concussion Without You Knowing It? Statistics Show it's More than Likely.](#)

Gaylord Blog

Check out our latest blog from Andrew McIsaac, PT, DPT, Clinic Supervisor in North Haven:



[Recovering from a Sports Injury? Here's When to Start Physical Therapy](#)

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 SLP Presents at UConn Health Symposium

Shannon Masella, an outpatient speech-language pathologist in Wallingford, presented on cognitive interventions for individuals with dementia at the recent symposium held at UConn Health titled "Annual Movement Disorders Symposium: Cognitive Disorders in Parkinson's Disease and other Dementias".

Presentations were also given by neurologists, a palliative care physician, psychiatrist and a neuropsychologist. Shannon presented on the role that a speech-language pathologist has for individuals diagnosed with dementia who are experiencing cognitive and communication deficits.



HAPPY PHYSIATRY DAY!



Special thanks to our PM&R staff and residents!

If you are not already registered to receive emergency alerts, text

Gaylord to **67283** from your smartphone.



MISSION COMPLIANCE

MONTHLY INTEL FROM THE RISK SQUAD:

Join us for

CORPORATE COMPLIANCE & ETHICS WEEK

November 2-8, 2025

IT, PRIVACY, AND COMPLIANCE

ELEMENTS OF AN EFFECTIVE COMPLIANCE & ETHICS PROGRAM



STANDARDS AND PROCEDURES

Put these policies in writing and use them as the foundation for your entire program.



COMPLIANCE OVERSIGHT

Delegate an individual or group with operational responsibility, autonomy, and authority.



RESPONSE AND PREVENTION

Resolve identified problems promptly and add related issues to monitoring activities.



EDUCATION AND TRAINING

Create effective, ongoing training methods and establish open lines of communication.



ENFORCEMENT AND DISCIPLINE

Establish appropriate incentives for compliance and disciplinary actions for violations.



MONITORING AND AUDITING

Use internal tools to evaluate program effectiveness and detect criminal conduct.



REPORTING AND INVESTIGATING

Encourage employees to raise concerns and have investigative procedures in place.

THE RISK SQUAD

GAYLORD'S REPRESENTATIVES FOR COMPLIANCE



Lisa Avellino,
Vice President & Chief
Information Officer

Information Security Officer



Tracey Nolan,
Director, Health Info
Management

Privacy Officer



Sue Stango
Director, Quality and Safety

Compliance Officer



Charles Wallhofer
Cybersecurity Engineer

New Upgrades at Gaylord

Innovation continues at Gaylord! Our Jackson Lobby now features new interactive touch-screen panels, providing our community with easy access to information about our programs, services, events, and campus. Thanks to a generous donor, these upgrades reflect Gaylord's ongoing commitment to continuously elevating the patient and family experience.





Gaylord In The Community

Gaylord therapists and staff have been busy sharing our mission and expertise at local events this month.

- The Brain Injury Alliance of CT's (BIAC) Walk for Thought is always a fantastic day for Gaylord Staff to get together, get active, and get visibility for a great cause.
- Debbie Gibilaro represents Gaylord's Sports Association at the local VA Community Fair on October 22.

These events are a great reminder of how Gaylord's care extends beyond our walls, building lasting connections and supporting our neighbors where they live and work.



Alzheimer's Walk

In anticipation of our new Fairfield Clinic Opening, Gaylord went out into the community to spread the word to over 2500 people at the Westport Walk to End Alzheimer's.



- ■ Nov 8 - Cheshire Hot Cocoa 5k, Walk & Kids Fun Run
- ■ Nov 8 - Wallingford YMCA Health Fair
- ■ Nov 8 - Elim Park Health Fair
- Nov 23 - Kiwanis Turkey Trot, Wallingford
- ■ Nov 27 - Madison Turkey Trot

● Community Events ■ Sponsorships



CENTER for EDUCATION

Scholar Spotlight

Each month, one lucky scholar will win a raffle prize by completing one of October's featured courses in Gaylord University!

- Preparing a Great Virtual Presentation *0.5 Credit Hrs*
- Recognizing & Effectively Responding to a Person in Crisis *1 Credit Hr*
- Boosting Performance via the Employee Appraisal Process *0.5 Credit Hrs*
- Organizing your Email *0.5 Credit Hours*

Winner
will be announced
in the November 13
issue of FYI.

Save the Date: Upcoming Education

- **Grand Rounds:** Register in Gaylord University via the Course Calendar
 - November 11, 12-1pm:
Dr. Randy Schulman and Dr Allison McCain-Schroeder, Neuro Optometry
 - December 17, 12-1pm:
Christopher Conner, Vagal Nerve Stimulation
- **Mulligan Movement** – March 7 & 8, 2026

Download the
UKG Pro Learning App
and use access code "gaylord."

To find featured courses, just search
by name or topic.

NEURO OPTOMETRY

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

Presented by:

- Dr. Randy Schulman, M.S., O.D., F.C.O.V.D., F.C.S.O.
 - Dr. Allison McCain-Schroeder, O.D.
- Eyecare Associates, PC

1 AMA PRA
Category 1 Credit(s)™

**Wednesday,
November 12, 2025
12:00 - 1:00 pm
Brooker Lecture Hall**



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.

NOVEMBER

Service Awards

THANK YOU and **CONGRATULATIONS**
to the following employees for
their years of service to Gaylord:

20 YEARS

Paula Savino
Inpatient Therapy

Patty Shara
Traurig House

15 YEARS

Kathy Popolizio
Nursing Services

Jacob Hunter
Outpatient Services

10 YEARS

Allen Abayao
Nursing Services

5 YEARS

Tatiana Velasquez
Nursing Services

Stephanie Muraski
Nursing Services

Catherine Buonaiuto
Nursing Services

INTERNATIONAL AAC AWARENESS MONTH

is celebrated globally each October. The goal is to raise **awareness** of and **celebrate** **Augmentative and Alternative Communication (AAC)** and to **educate** people about the many different ways in which people communicate using communication devices. This includes any form of communication such as gestures, picture cards, or speech generating devices.

AAC FACTSHEET



People who use AAC to communicate love to chat just as much as you do!

There are many ways of communicating. AAC users may use multiple means, with different people, in different contexts, and at different times.



People who use AAC need access to many different types of AAC -- from sign language and pen and paper all the way up to speech generating devices.

AAC can encourage speech development, not hinder it.



Talk directly to the person who is using AAC, not to an accompanying family member or assistant.

Most people who use AAC have typical hearing. Speak in a normal tone of voice, without exaggerating.



A patient attitude is an effective tool in communicating with people who use AAC.

Ask individuals about their preferences. For example, some people who use AAC don't like it when people read over their shoulders or finish their sentences before they completely type them out.



People who use AAC need access to an appropriate AAC system that is not restricted to selection based on their assumed abilities.

It may look as if people who use AAC are not communicating, but people can control whole AAC systems with any body part, including their eyes!



AAC competence can take a long time to build.

People who use AAC have various levels of independence. Don't assume they need an assistant.





**American
Red Cross**

BLOOD DRIVE

Sponsored by:
Gaylord Specialty Healthcare

MONDAY
NOVEMBER 10
11AM-4PM

BROOKER LECTURE HALL

To schedule an appointment call:
(1-800-733-2767)
or visit: redcrossblood.org-enter Gaylord

\$20 e-gift cards to all who donate

High Risk for Violence Sign



As a reminder, if you see this sign on a patient door, check-in with nursing for specific safety information you need before interacting with the patient.



New Employee Group: Energy Management

Ever have one of those days when your energy takes a dip and it's hard to pull back up?

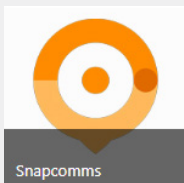
Join Chaplain Janice Lautier for a new Energy Management Group — a hands-on, three-week series designed to help you “take five” and change the direction of that spiral.

Thursdays,
November 6, 13 & 20 | 4–5 p.m.
Library Collaboration Room

Each session offers time for reflection and simple, practical tools to help you optimize your energy and stay grounded during stressful moments. All sessions are interactive and based on what each individual may need.

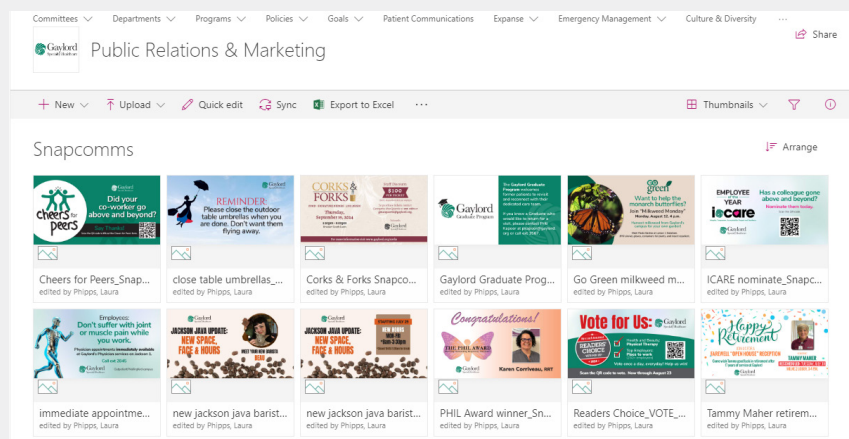
Space is limited to 10 participants on a first-come, first-served basis.

To reserve your spot, or for more details, contact Chaplain Janice Lautier at jlautier@gaylord.org.



You Can View
Snapcomm Ads On
Sharepoint Anytime?

If you don't want to wait or don't ever get to see what's on Snapcomms (computer screensaver announcements), now you can, anytime. All currently running Snapcomms are always available at:
Intranet Homepage > Need to Know > Snapcomms.





MOVEMBER MEN'S HEALTH AWARENESS MONTH



THE GREAT GAYLORD 'STACHE-OFF

This Movember, we're putting our upper lips to work for a good cause—**raising funds and awareness for men's health!** Whether you grow one, fake one, or fund one, every bit helps.

- **Donate** or learn more: us.movember.com
- **Questions? Want to Join?** Email amcisaac@gaylord.org
- Not the facial hair type? **Cheer on your coworkers!**

GET YOUR IDEAS READY...

THE INNOVATION CART IS COMING!



**WILL TRADE:
GREAT IDEAS FOR CIDER...
NOVEMBER 11th & 12th**



FALL PAINT PARTY

Let's come together to explore your artistic side while enjoying a relaxed and social atmosphere!

Thursday, November 20 from 4pm to 5pm



**At the
Brooker
Lecture Hall**

**Step-by-step
instructions
will be
provided or
you can "paint
it your way."**

**Light
Refreshments
and snacks
provided**



Please Contact Paul at
ppacileo@gaylord.org
by Wednesday, Nov. 19
to RSVP

REMINDER

for all emergencies dial

3399



It's true when they say every step counts- **even on the weekends!**

That's why the Therapy Department is excited to continue our Weekend Walking Challenge, an initiative to support continued mobility and recovery even outside of scheduled therapy sessions.

Whether it's a short hallway stroll or a few laps around the unit, staying active is key to maintaining progress, preventing deconditioning, and boosting overall well-being. We thank you in advance for your help with this initiative!

-Inpatient Therapy

Weekend Walking Challenge

Keep Moving, Keep Progressing



Here's how:

1. Patients will be identified by therapists with a green tag on their door saying "Weekend Walker".
2. These walkers will also be highlighted on a form left at the nurse's station.
3. Every walk completed by a staff member will be recorded on this form.
4. The employee who has the most number of walks each month will be our Weekend Walker Champion and be recognized.



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

All orders must be in before Nov. 1

TAKING ORDERS

CUSTOM GAYLORD **crocs**



Speckled
Gaylord Crocs

October 16-31

Contact Georgette MacQuarrie
gmacquarrie@gaylord.org
or stop by B316



Show your Wolfpack Sled Hockey Team Spirit!



The team store has lots of
options including shirts, pants,
hats, jackets and hoodie jerseys
for men, women and youth!

Place your orders by November 16



\$20



\$10



*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, Inpatient Gym
Thursdays:	Weekly Walking Group, 12:15- 12:45pm, meet in Jackson Lobby
Th 10/30:	Halloween Bake Sale
F 10/31:	Halloween Parade Winning Pumpkin Picked Last Day to Place Gaylord Croc Orders
T 11/4:	Virtual Nursing Pilot Begins
Th 11/6:	Energy Management Group for Staff
F 11/7:	Jeans for Charity
M 11/10:	Blood Drive
T 11/11:	Grand Rounds: Neuro Optometry
Th 11/13:	Center for Ed Scholar Spotlight Announced Energy Management Group for Staff
F 11/14:	Final Day of On-Site Flu Clinics
Su 11/16:	Last Day to Place Orders for Wolfpack Sled Hockey Gear
Th 11/20:	Fall Paint Party
W 12/3:	Holiday Window Painting
Th 12/4:	Holiday Craft Fair
W 12/17:	Grand Rounds: Vagal Nerve Stimulation

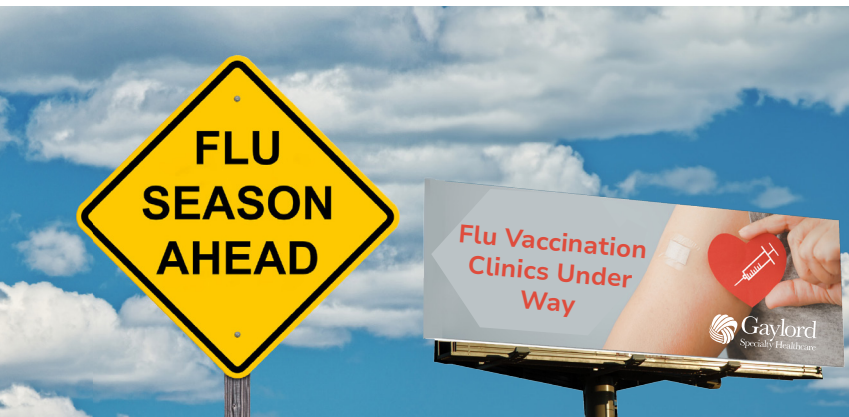
Think Possible T-Shirt & Long Sleeve Sale

While Supplies Last!

Brooker 316
Between the hours of
8am and 4:30pm

CASH or
VENMO
only

Questions? Reach out to Georgette at x2881



Employee Flu Vaccine Program

We have seen a great start to our annual employee flu vaccine program this year. Just a friendly reminder that the annual influenza vaccine is mandatory for all employees including volunteers, students, and contract staff per hospital policy and as a condition of employment.

This year’s Employee Influenza (Flu) Vaccine Clinics are still being held **through Friday, November 14th** in Brooker Lecture Hall, facilitated by Griffin Hospital.

Griffin Hospital will also be offering high-dose for those staff that are 65 and over and will accept all health insurances.

★ Important Reminder:
Griffin Hospital still requires all employees to bring a PHYSICAL PHOTOCOPY of their insurance card-front and back to any of the flu clinics.

Staff at the clinics will not have the ability to make photocopies for employees arriving to get their flu vaccine and may be turned away.

Instructions for scheduling an appointment at one of the flu clinics have been emailed.

Questions? Reach out to Sonnia Belcourt, sbelcourt@gaylord.org.

There are still plenty of appointments available
Sign up through your Gaylord University assignment.
 The dates and times left for flu clinics are as follows:

NOVEMBER 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	OCTOBER 31 Brooker 7am-11am & Cheshire OP 12pm-1pm	1
2	3	4	5 Clumancey 9am-3pm & Cromwell 12:15 pm-1pm	6	7 Madison 12pm-1pm	8 Brooker 1pm-4pm
9	10 Brooker 6 am-10 am	11 Brooker 7 am-2 pm	12	13	14 Last day of flu clinics Brooker 2pm-5pm	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



Did your co-worker go above and beyond?
Scan the QR code above and fill out the form to recognize them.

