

CARF Survey Prep Team Awarded the Gaylord Cup

At the August 26 Management Meeting, Vice President and Chief Medical Officer Mike Ivy, MD proudly announced that the CARF Survey Prep Team has been awarded the Gaylord Cup in recognition of their hardwork and dedication over the past year preparing for the CARF survey. And thanks to all the front line staff who made the day a success.



In presenting the award, Dr. Ivy thanked and congratulated everyone who participated in the CARF survey. He stated, "This achievement was truly a collective effort. If someone had told me beforehand that the CARF surveyors would bring many of us to tears during the exit interview, I would have been very worried about the survey. Instead, what we heard was one of the most glowing tributes to Gaylord that I have ever experienced."

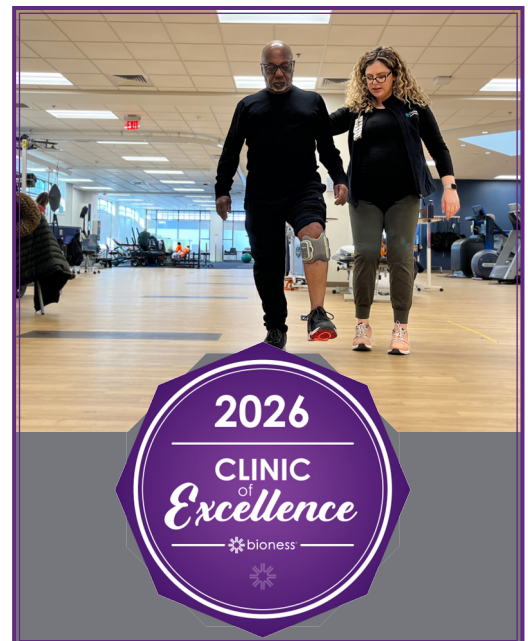
I also want to extend my heartfelt congratulations to Lori Vickers. Lori provided exceptional leadership throughout this effort, guiding the team and coordinating the work across the hospital and health system. We cannot thank her enough for her dedication, expertise, and commitment to excellence. Lori, congratulations on an outstanding job and a truly remarkable achievement."

Bioness Clinic of Excellence

Congratulations to Gaylord Specialty Healthcare on being selected as a Bioness Clinic of Excellence!

A Bioness representative said, "We work with thousands of rehabilitation clinics across the country, and your team's commitment to clinician education, operational excellence, evidence-based practice, and the intentional integration of rehabilitation technology has created a program that truly stands out. This recognition is incredibly well deserved."

Stay tuned for details on an upcoming celebration!



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:

Thurs, Sept 10

Submit requests in JIRA

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



JOIN US 9.11.26

Gaylord will be holding a ceremony to commemorate the 25th anniversary of the 9/11 terrorist attacks.

Friday, September 11
12 p.m.
Flagpole, Chauncey side lawn

Help Us Recognize Our First Responders & Military Veterans

As we prepare for our 9/11 Memorial Ceremony, we would like to recognize Gaylord staff who are current or former first responders or members of the military. If you are a first responder or veteran, please let us know by emailing publicrelations@gaylord.org so we can honor you during the ceremony.

Thank you for your service and dedication to our community and country.



Friday, Sept. 4

The featured organization is:

Crohn's & Colitis Foundation

Our mission: To cure Crohn's disease and ulcerative colitis, and to improve the quality of life of children and adults affected by these diseases.

The Foundation sponsors basic and clinical research of the highest quality.

[Click here to learn more](#)

Friday, Sept. 18

The featured organization is:

Michael J. Fox Foundation

The Michael J. Fox Foundation is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today.

[Click here to learn more](#)

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.

Fun Scrub Fridays supports with the same charities featured for each Jeans for Charity event going forward, and therefore will use the same stickers and buttons for participation.

CORKS & FORKS

FOOD • SIGNATURE DRINKS • LIVE MUSIC

**Thursday,
September 17, 2026**

5:30pm - 9:00pm
Brooker South Lawn

Staff Discount:

**\$100
PER TICKET**

Limit 2 discounted tickets per employee

To purchase tickets contact
Georgette MacQuarrie at ext. 2881 or
gmacquarrie@gaylord.org.

To benefit:



For more information visit www.gaylord.org/corks



*Put it on
the Calendar!*

Tuesdays: "Take a Breath Tuesdays" - Ten Minute Meditative Moment, 12:10pm, Chapel on Jackson Ground

SEPT

**SCI Awareness Month
Sepsis Awareness Month**

F 9/4: Jeans for Charity
M 9/7: Labor Day
F 9/11: 9/11 25th Memorial Ceremony
Su 9/13: World Sepsis Day
T 9/15: Grand Rounds – GLP-1s
Th 9/17: Corks & Forks Event
Th 9/24: Employee Appreciation Day
9/13-9/19: National EVS Week
9/13-9/19: Professional Development Week
9/14-9/18: Chef Appreciation Week
F 9/18: Jeans for Charity



Reminder

Pins only go on a badge
buddy. Not the badge.
A pin in the badge will
affect its ability to work.





Fall Into Sustainable Habits

Fall is a time to slow down, reflect, and care for the systems that support us, starting with the planet. The season of fall is a natural reset. As routines return and the weather shifts, small sustainable choices made now can last all year. It is a time of transition, making it the perfect time to reset routines in environmentally friendly ways. As the season changes, our habits can change too.



Back-to-School Sustainability

Back-to-school season often increases waste, energy use, and consumption. It is a great time to start creating greener habits early to help reduce environmental impact, while teaching responsibility that could last throughout the whole year.

- Greener school and work supplies
- Reuse supplies from previous years when you can
- Reducing lunch waste (durable, reusable/ refillable containers and water bottles)
- Sustainable backpacks, clothing, and shoes
- Paper reduction during the school year and utilize more digital tools when possible
- Walking, biking, or carpooling when feasible
- Turn off lights and electronics when not in use
- Establish regular recycling stations at home and school



Preparing for Fall & Winter Sustainability

Fall is a critical season for ecosystems and how we care for land and resources now affects winter resilience. Preparing ahead of time helps support natural cycles in fall and helps us reduce resource use throughout the winter.

Energy Awareness as Weather Changes

- Try to use natural light as much as you can during the day
- Turn off lights and unplug other devices when not in use
- Lower thermostats slightly and dress in layers
- Maintain heating systems for efficiency
- Schedule energy audits

Outdoor & Environmental Care

- Leave fallen leaves to protect soil and wildlife
- Plant native trees or plants in early fall
- Avoid over-cleaning yards and green spaces
- Prepare gardens using compost instead of chemicals

Household Preparation

- Weatherproof doors and windows
- Layer clothing and use blankets instead of turning up heat
- Prepare reusable items in colder months (mugs, containers)



Fall Mental Health & the Environment

Changes in daylight, temperature, and routines can impact mood, sleep, and stress levels. Caring for the environment can support mental and emotional health.

Sustainable Self-Care Habits

- Spend time outside daily and choose outdoor movement over screen time
- Practice mindfulness in nature
- Create and maintain routines that include rest and reflection
- Seasonal sensory experiences calm the nervous system and green spaces can reduce anxiety and stress



Welcome

to the Gaylord Team!

Monica Bonsu PCT-Hooker 1
Rachel Burgos Intake Rep-North Haven
Awa Cisse PCT-Hooker 1
Claudia DeAngelis Billing & A/R
Alyssa Goldstein Adaptive Sports Program
Admin Specialist
Alex Hakim Graduate Nurse- Lyman 1
Jesse Hana Volunteer
Sara Hefnaoui PCT-Hooker 1
Cecilia Hidalgo PCT-Milne 2
Armani Jones PCT-Lyman 1
Ken Lane Security Officer
Thomas Magda PT- Wallingford OP

Stacey Mlodzianowski Occupational Therapist
Alexa Modell SLP- Inpatient
Hannington Njenga PCT-Float
Paris Pearson CSA-Hooker 1
Angie Perzanowski Medical Assistant-Psychology
Amir Rajeh RN-Milne 2
Suleika Ramos PCT-Milne 1
Ashley Rufo Pharmacist
Matthew St. Hilaire EVS Aide
Gianna Stagnaro PCT-Lyman 2
Loundes Torres PCT-Lyman 1
Charles Washington Security Officer
Danisha Williams PCT-Lyman 2





Congratulations to the following staff who were recognized by their peers in the month of August. Each month a name is pulled to win a prize.

Olivia Aitken	Outpatient Services
Jenilyn Velez	Admissions
Eoin Cohen-McSweeney	Nursing Services
Katelyn Muolo	Development
Qianwen Zeng	Nursing Services-L1
Karolina D'Angelo	Nursing Services-H1
Madelyn Sola	Outpatient Services-NH
Patrick Kenton	Information Technology
Autumn Murray	Nursing Services-M1
Vatsana Bratton	Nursing Services-L1
Sharon Antoniou	Nursing Services-M2
Sarah Bernardo	Nursing Services-Monitor Tech
Stanley Stiffe	Environmental Services

**RAFFLE
WINNER**

Did your
co-worker go above
and beyond?



Scan the
QR code to
recognize
them!



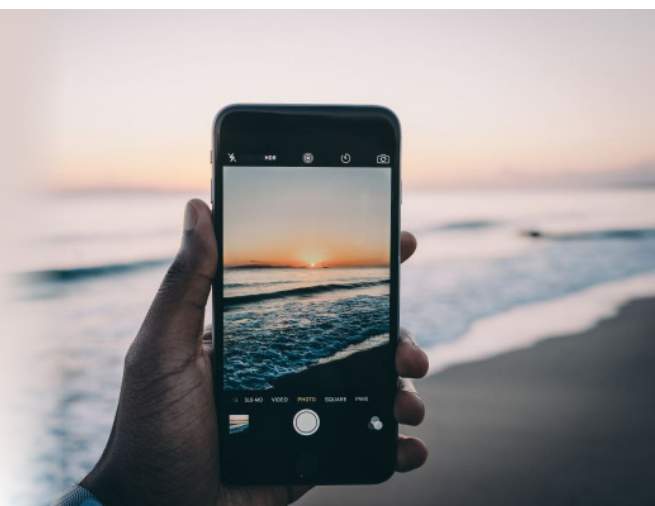
**'CAUSE THAT'S
MY FUN DAY!**



Inpatient staff show their support for their favorite four-legged co-worker, Mandy, by wearing fun Mandy shirts.

Did you know Gaylord holds a weekly 'Photo of the Week' Contest on the intranet homepage?

Share your amazing photos with us and your photo may be chosen for display on the intranet homepage for one week for all to see. Please email photo entries to publicrelations@gaylord.org with your name, department, title and brief description of the photo.





Important Update: Fiducius is now Savi!

Gaylord Specialty Healthcare has partnered with Savi, formerly known as Fiducius, to offer student loan guidance and college planning benefits.

Please be aware that our benefit provider's name has officially changed to Savi. Your old Fiducius account is going away, but rest assured that all of your existing options and up-to-date information will seamlessly continue to be offered on this new platform.

How to Access Your Account: The new portal is now live and fully operational. To access your benefits, please visit our new dedicated landing page at Gaylord.bysavi.com.

Already had a Fiducius account? Your account has automatically transferred over to the new system. Your email address has automatically transferred to Savi. Simply click Forgot Password to set up a new password that meets Savi's security criteria, and you'll be all set.

New to the program? Click Sign Up, enter your work email address, and follow the prompts to create your account and get started.

Need Assistance? If you need help navigating the new site or setting up your password, please visit the Savi Help Center [\[click here\]](#).

The screenshot shows the Savi website landing page. At the top, there's a navigation bar with links: About, How It Works, Pricing, Testimonials, FAQs, Log In, and a green Sign Up button. Below the navigation bar is a dark teal banner with white text: "Federal student loan repayment changed on July 1. The SAVE plan is being phased out, so borrowers on it need to choose a new plan, and a new forgiveness-based plan called RAP is now available. See what the changes mean for you. Understand your options here." The main content area has a light blue background with a large heading: "Savi and Gaylord Specialty Healthcare are working together to help people navigate their student loans and education benefits". Below the heading is a sub-headline: "Savi helps America's 46 million student loan borrowers easily lower their payments and find forgiveness." The page features three cartoon characters: a man on the left, a woman in the center sitting on the ground with a laptop, and an older woman on the right. There are three main interactive elements: 1) A testimonial box from the man stating "Savi lowered my monthly payment by \$187!" and "The whole process was so quick and easy." 2) A central form titled "Get My Estimate" with fields for "My expected income in 2026 is:" and "My federal monthly student loan payment:" (showing \$100.00). It also says "Presented by Gaylord Specialty Healthcare" and has a green "Get My Estimate" button. 3) A box on the right titled "Savi found the best plans for me." listing five options with checkboxes: Public Service Loan Forgiveness, RAP Repayment Plan, Teacher Loan Forgiveness, Income Driven Repayment, and Tiered Standard Plan. All checkboxes are checked.

GLP-1 RECEPTOR AGONISTS & MULTI-AGONIST THERAPIES

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

PRESENTED BY:
DR. JOSHUA FINK, MD

TUESDAY, SEPTEMBER 15, 2026
12:00 - 1:00 PM
BROOKER LECTURE HALL



1 AMA PRACategory 1 Credit(s)™

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.

September Featured Courses:

- [Stroke Care: From Onset to Rehab](#) (1.25 credit hrs.)
- [Conflict Resolution](#) (0.5 credit hrs.)
- [Sepsis Awareness: Key Concepts and Interventions](#) (1.0 credit hrs.)
- [Overcoming Unconscious Bias in the Workplace](#) (0.5 credit hrs.)

To take a featured course:

Gaylord University > Training > Catalog

Search for the course name



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

APPLY NOW

**Classes begin
October 27**



Special thanks to our
Interdisciplinary Clinical Educators



Raquel Conklin, RN, BSN
Nursing Professional
Development Specialist



Emily Clifford, RN, BSN
Nursing Professional
Development Specialist



Morgan Douglas, RN, BSN
Student Nurse Advisor/
Nurse Residency Program
Coordinator



Kristen Berg, RN, BSN
CNA Program
Coordinator



Heidi Fagan,
OTR/L, CLT, CBIS, CSRS
Clinical Educator



Caitlin Cote,
MSN, RN, PCCN, NPD-BC
Director of the Center for
Education

Shout out to all of
our clinical instructors and
per diem educators!

CHESHIRE Parks & Recreation SUMMER 2026 CONCERT LINEUP

GREAT LAWN @ BARTLEM PARK 520 S MAIN ST, CHESHIRE CT



THANK YOU TO ALL OF OUR SPONSORS

Presenting Sponsor: Richard Chevrolet

Platinum Sponsors: IAT Insurance Group & DW Gem Services LLC

Gold Sponsors: Ricci Construction Group, Feldman Orthodontics, Holiday Hill Day Camp, Blacks Road Self Storage, Gaylord Physical Therapy, Liberty Bank, Advanced Dentistry, KDM Kitchens, Cheshire Lions Club, and New Leaf Dental.

Silver Sponsor: Housemann Family & Sport Chiropractic, Dowling Ford Inc, The Goddard School, BH Burke & Co, & Cheshire Coffee.

Concert Productions & Sponsor provided by PowerStation Events

FRIDAY, SEPTEMBER 4

Orchard Hill Band

Rain Date: September 8

Tribute to Four Decades of Classic Rock

7-9pm

FRIDAY, SEPTEMBER 18

Women of Rock

Rain Date: September 22

High-energy of classic rock, hard rock, and rock-pop

7-9pm

SEPTEMBER 2026 / SAFETY TIPS

From The Employee Health and Safety Committee



Infection Prevention & Hand Hygiene Awareness

Focus: Preparation for Flu Season



Wash hands often with soap and warm water for at least 20 seconds.



Pay special attention to fingertips, thumbs, and between fingers.



Use alcohol-based hand sanitizer if soap and water aren't available.



Avoid touching your face with unwashed hands.



Proper hand hygiene helps prevent flu, colds, and other infections.



CLEAN HANDS.
HEALTHY PEOPLE.

Remember: Safety Starts With You

EMPLOYEE APPRECIATION DAY

Summer BBQ

Thursday
SEPT
24



BROOKER SOUTH LAWN

11:30 AM-1:30 PM

4:30 PM-6:00 PM

FREE FOOD
DRESS DOWN DAY
LAWN GAMES
ICE CREAM TRUCK

3rd Shift BBQ: 1 am-2 am
Cafeteria

Gaylord Blog

Check out our new blog featuring
Rebecca Andrews, PT, DPT:

[How Long Does Vertigo Last?
Treatment and Exercises
That Can Help](#)



PREVENT SEPSIS



Small actions can **HELP PREVENT INFECTIONS** and **SAVE LIVES.**



1. WASH YOUR HANDS OFTEN

Use soap and water for at least **20 seconds**, especially before eating and after using the bathroom.

*Clean hands
save lives!*



2. CLEAN CUTS AND WOUNDS

Clean wounds right away and keep them covered with a clean bandage until they heal.

*Protect your body
from infection.*



3. GET VACCINATED

Stay up to date on vaccines that can help protect you from illnesses like the flu, COVID-19, and pneumonia.

*Vaccines are
powerful protection.*



4. MANAGE CHRONIC CONDITIONS

Follow your doctor's care plan for conditions like diabetes, lung disease, or heart disease to keep your body strong.

*Well-managed
conditions lower
your risk.*



5. TAKE ANTIBIOTICS CORRECTLY

Take all prescribed antibiotics completely, and do not stop early just because you feel better.

*Finish strong.
Fight the infection.*

KNOW THE SIGNS OF SEPSIS

Slurred speech or confusion
Extrême shivering or muscle pain
Passing no urine (in a day)
Severe breathlessness
It feels like you might die
Skin mottled or discolored



SEEK MEDICAL CARE IMMEDIATELY.

*Protect Yourself.
Protect Others.*



**Prevent infections.
Prevent sepsis.**

SAVE LIVES.



PREVENT INFECTIONS. PREVENT SEPSIS. SAVE LIVES.



YOUR HEALTH
IS IN YOUR HANDS.



ONSITE

FARMER'S MARKET

FRESH AND LOCALLY GROWN

Enjoy a wide range of seasonal items, including fresh fruits and vegetables, honey, eggs, jams, relish, and more!

EVERY
MONDAY
July-November

10AM-2PM
JACKSON ENTRANCE

PAYMENT ACCEPTED:
Cash, credit cards, Venmo,
SNAP and EBT

Provided by:
Killam & Bassette Farmstead





Fresh Picks, Happy People.



Human Resources

Calendar of Engagement Events SEPTEMBER

PAYMENT ACCEPTED: Cash, credit cards, Venmo, SNAP and EBT	 EVERY MON SEPT	Farmer's Market 10am-2pm Jackson Entrance	 THUR 3 SEPT	Onsite Massages 8am-1pm Library
	 EVERY MON SEPT	Onsite Zumba 4:10pm Inpatient Gym	 THURS 10 SEPT	Investing for Retirement 12:10pm Brooker Lecture Hall Lunch provided
	 EVERY WED SEPT	Onsite Yoga 4:10pm Brooker Lecture Hall	 TUE 22 SEPT	Could it be PMOS? 12pm Webinar, Zoom Scan the QR code to register
	 WED 2 SEPT	Onsite Massages 12pm-4pm Library	 THURS 24 SEPT	Employee Appreciation Day 11:30am-1:30pm, 4:30pm-6pm Brooker South Lawn

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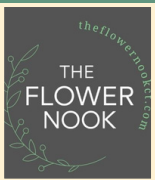
September is Spinal Cord Injury Awareness Month

Please familiarize yourself with our Bladder and Bowel
Protocols Posters located in each unit's staff room.

Questions or Comments:
Please contact Emily Cahill, OT
ecahill@gaylord.org



the flower nook gives



10% of any order
placed on our website
in the month of
September, will go to:



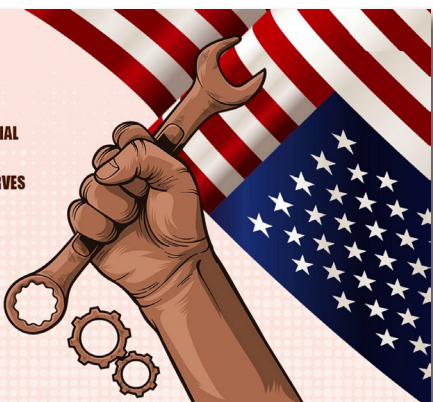

SEPTEMBER
CHARITY OF THE MONTH

visit us at www.theflowernookct.com to order!



Annual Fit Testing

Friday, Sept. 4
12pm-3:40pm
Brooker Lecture Hall
Walk-ins Welcome

EVERY DAY YOU CREATE SOMETHING SPECIAL
WITH THE WORK YOU DO.
YOUR EFFORT IS A GREAT ASSET AND DESERVES
TO BE RECOGNIZED, RESPECTED,
AND CELEBRATED.

HAPPY LABOR DAY
- Mon, Sept 7 -



SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH

Death by suicide is the tenth leading cause of death in the US, and the second leading cause of death for people 15-34. Suicide Prevention Awareness Month aims to break the silence, reduce stigma, and share vital resources. Talking to someone about suicide can feel awkward and uncomfortable. But, if you have concerns, breaking through your own discomfort could save a life. Showing your concern and directly asking about suicidal thoughts can be vital first steps in helping someone get the support they need.

HOW TO START A CONVERSATION

- **Be sensitive to the need for privacy:** Approach and talk in a private setting.
- **Be yourself:** Use honest and non-judgmental language.
- **Be direct:** Ask if they're having suicidal thoughts. Give them a chance to talk.
- **Show concern and support:** Let the person know you care and they are valued.
- **Help connect with professional help:** Help is available through licensed mental health professionals, EAP services, community organizations, and crisis support resources.

RESOURCES

- [Topic: Suicide Awareness and Prevention | Cigna Healthcare](#)
- [Suicide Risk Factors: Teens, Elderly, and Military Veterans | Cigna Healthcare](#)
- [Depression in the Workplace: How to Approach a Depressed Employee | Cigna Healthcare](#)

IMPORTANT CRISIS PHONE NUMBERS

If you or a loved-one is in crisis, please contact one of the numbers below. Counselors are available to assist you 24/7.

National Suicide Prevention Lifeline: 988 (call, text or chat) Note: 1 (800) 273-8255 remains available

Crisis Text Line: Text HOME to 741741 from anywhere in the USA.

Cigna Healthcare Veteran Support Line: 1 (855) 244-6211

Cigna Healthcare customers: Cigna Healthcare customers can access 24/7/365 crisis support by calling the number on the back of their Cigna Healthcare ID card.

September Safety Topic:
Near Miss Reporting



Please take the time to submit an
Occurrence Report when you identify a
NEAR MISS safety event.



Why?

Because learning of a **NEAR MISS** allows us to:

- Take action
- Correct the process or eliminate the hazard
- Before the error or problem happens again
- And hurts a patient, staff or visitor

NEAR MISS examples:

- Incorrect diet on meal tray noted **before** it is delivered to the patient room.
- Incorrect medication order questioned by nurse and order corrected **before** patient medicated.
- Incorrect information printed on ID band found just **before** it was placed on patient's wrist.

What is a NEAR MISS safety event?

We call an occurrence a **NEAR MISS** when:

The error is **caught** or the hazard is corrected before it reaches/affects a patient, staff, or visitor.

Includes both when the catch occurs because of built-in checks or barriers, and when it occurs by luck.

Questions or concerns about reporting occurrences?

Please speak with your manager or a member of the Quality and Safety Department.

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SKECHERS

DIRECT

MORE THAN JUST WORK SHOES



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09/10/2026 - 09/16/2026

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