

FYI



## Broccoli Isn't Just a Side Dish - He's Now the Main Course

*Chef Gabe Pacheco Passes the Torch of Executive Chef to John Broccoli, the New Head of the Kitchen*

As many of you know, Executive Chef Gabriel Pacheco departs Gaylord this week to begin a new role within Compass Group. Gabe has been an integral part of our dining services team, leading with skill, creativity, and dedication. From patient meals to special events, his leadership and presence have left a lasting mark on the

Gaylord community. We are grateful for his many contributions and wish him continued success in this next chapter.

At the same time, we are excited to announce that this transition marks a fresh course for our culinary team, as John Broccoli steps into the role of Executive Chef!

*continued on pg 5...*

## First Quarter Nominees Announced for 2026



Four recipients of the Quarterly Nominations for the Joseph A. Lindenmayer Employee of the Year were recently announced. This group is the first of this recognition cycle for FY2026.

It is our employees who truly make Gaylord so special for our patients. Whether providing direct patient care or providing the myriad of support to the caregiver teams, each employee is vital to our success and to our mission of improving the health and functionality of our patients.

Our core values spell, "IT IS ICARE:" Innovation, Teamwork, Inclusion, Safety, Integrity, Compassion, Accountability, Respect and Excellence - and each nominee exemplifies these values both with patients and their families, and with colleagues. These four have **collectively dedicated over 47 years of their lives to Gaylord and its patients.** They are remarkable individuals and serve as role models for the rest of us.

To the nominees: Take pride in who you are and know that your colleagues and our patients recognize your unique contributions.

*continued on next page...*

I nnovation  
T eamwork  
I nclusion  
S afety  
I ntegrity  
C ompassion  
A ccountability  
R espect  
E xcellence

### FYI DEADLINE

The deadline for the next FYI is  
**Friday, August 29, 2025**

Email:  
publicrelations@gaylord.org

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

## ICARE (continued from pg 1)



Our first nominee is **Tammy Rodriguez**. Tammy is the Admissions Representative in our Admissions Department. Tammy was nominated by a colleague and joined Gaylord in December 2021.

The colleague states, "I am honored to nominate Tammy Rodriguez for the Employee of the Year. Over

the past year, Tammy has consistently exemplified the core values of our organization. Her integrity, accountability, dedication, adaptability, and commitment to Gaylord have made her an invaluable asset. Tammy approaches each task with a positive attitude and a strong sense of responsibility. She takes ownership of her work. She is reliable, fast, and efficient. Her willingness to help and her proactive style help the team identify and implement solutions to improve the process.

During a coworker's extended leave of absence, Tammy took on additional responsibilities and covered both jobs. She frequently worked extra hours, including nights and weekends, to make sure that admissions were not delayed. Currently, Tammy has been asked to take on additional tasks/responsibilities to help cover an open position in the department. Once again, Tammy has stepped up with a positive attitude and a smile on her face, happy to assist in any way she can. She is doing a great job with all aspects of her current job responsibilities. Tammy is also in the process of cross-training to learn the authorization process so she can assist in covering when our authorization specialist takes time off. She is a member of the Safety Committee and keeps the Admission Department up to date regarding any safety issues/concerns. We are lucky to have Tammy here at Gaylord. She is an exemplary employee who demonstrates all of IT IS I CARE values and some. Tammy is an absolute pleasure to work with; she is a hard-working, dedicated employee committed to Gaylord. I firmly believe that Tammy is an ideal candidate for the Employee of the Year Award; she deserves this highest recognition for all she does. Please consider my nomination for Tammy Rodriguez as our next Employee of the Year. Thank you for your time and consideration."

Tammy's supervisor, Kathleen Sullivan, states: "I am so thrilled to see that Tammy Rodriguez has received an ICARE nomination. She is an integral part of the Admissions Department, and we couldn't function without her. She holds to the core values that are sought in every Gaylord employee: integrity, compassion, accountability, respect, and excellence. And she does it all with a warm and

friendly smile on her face. Tammy can be counted on to fulfill her job role with efficiency and attention to detail.

She predominantly checks the medical benefits of the patients who are referred to Gaylord. This is a highly underrated task, as the financial success of Gaylord is reliant on accurate insurance information. The department is always challenged with unique insurance plans and complex benefit coordination. Tammy frequently researches and critically analyzes the information until she can come up with the correct answer. She is often asked to stop what she is doing to help her co-workers with a more urgent need. She does so willingly and efficiently, finding joy in helping others.

She has also been a long-standing active member of the safety committee. She will join in to help round in the hospital and to coordinate safety week events. The fact that a co-worker has submitted this nomination says a lot about what Tammy means to this department. We are all appreciative of her enthusiasm, positivity, proactive thinking, and willingness to help. I am in full support of this nomination and hope that Tammy is considered for Employee of the Year."



**Phil Silverio**, our next nominee, is the Site Manager, Outpatient Cheshire Clinic. Phil joined Gaylord in April 2015 and was nominated by a patient.

The patient states, "We have been Phil's clients for quite a while. When we need PT, he is our "go-to guy". Phil takes care to understand our situation and needs, as well as our medical history and capabilities. He designs appropriate rehab programs that work; Phil makes himself available and respects our desires to schedule the right amount of PT sessions. Phil takes his time to get to know us. He uses our first names (which not many medical professionals do) and takes his time to make sure we connect with him and are heard.

We have referred others to Phil, and they have had similar pleasant outcomes.

**PHIL IS THE MAN!"**

Phil's supervisor, Jacob Hunter, states: I am very proud to support the nomination of Phil Silverio for the ICARE employee of the year. Phil is our clinic supervisor in Cheshire, where he demonstrates an unwavering sense of ownership.

*continued on next page...*

# Fresh Eyes on the Team: Welcoming Our New Neuro-Optometrists

We're thrilled to announce and warmly welcome the newest members of our medical staff consultant team — neuro-optometrists Dr. Allison McCain-Schroeder (pictured left) and Dr. Randy Schulman (pictured right).



Both Dr. McCain-Schroeder and Dr. Schulman bring a wealth of expertise and a shared commitment to patient-centered care. Their addition to our multidisciplinary team will significantly enhance our ability to provide comprehensive, collaborative care.

Over the next few weeks, they will get to know our systems and workflows, so please don't hesitate to introduce yourselves and offer your support as they settle in.

Please join us in offering a warm welcome — and don't hesitate to say hello!

We look forward to the valuable contributions that Dr. McCain-Schroeder and Dr. Schulman will bring to our patients, staff, and community.

## The Vision Clinic will be held Wednesdays

|  |         |                       |
|--|---------|-----------------------|
| Inpatient:                             | 9am-2pm | H2 Solarium           |
| Outpatient:                            | 1-4pm   | Outpatient OT Kitchen |
| 45min Evaluations and 30min Follow-ups |         |                       |

Assisting with the clinic are Heidi Fagan (inpatient) and Lauren Pocius (outpatient).



MADISON CHAMBER OF COMMERCE  
*Beachcomber Night*  
THURSDAY, AUGUST 14, 2025  
4:00-7:30PM



## Madison Beachcombers 2025

This past Saturday, our Madison Physical Therapy clinic proudly represented Gaylord as a major sponsor of the annual Beachcomber event along the Madison shoreline. One of the town's largest community gatherings, the event drew more than 450 attendees for an evening filled with food, drinks, live music, and local pride.

Our team enjoyed connecting with residents, sharing information about our services, and handing out plenty of Gaylord goodies. It was a fantastic night celebrating local businesses and the greater Madison community.

Thank you to everyone who stopped by — we're already looking forward to next year!



## ICARE (continued from pg 2)

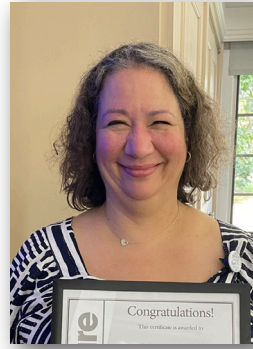
He is at the heart of every community event, marketing initiative, or professional education opportunity that takes place in Cheshire, while also acting as a core contributor to our Physical Therapy service line as a whole. As the Chair of our OPTIC Committee (Outpatient Inner-connection Committee), he allows staff from all outpatient departments to voice ideas for growth and to problem-solve challenges that arise in the ever-changing healthcare landscape.

Phil was recently honored alongside Kim Hopkins for winning the Hartford Business Journal's Healthcare Hero Award for his role in creating and launching the successful Exercise is Life Program. EX4L provides an opportunity for community members with paralysis to learn how to use exercise equipment and is given professional guidance to build strength and conditioning programs. Both Phil and Kim volunteered considerable time to get this program off the ground, writing grants and adapting to growth to provide this necessary service at no charge to the participants.

Phil's patients are always highly appreciative of his expertise and compassionate care as he helps restore function and alleviate pain. He is consistently recognized through patient satisfaction surveys and by our employees. He is highly knowledgeable about their conditions and shows a genuine desire to help. He has many patients who will routinely seek him out and who have also recommended their own family and friends due to his effectiveness and personalized approach.

Under Phil's supervision, the Cheshire clinic has exceeded all expectations regarding providing a fantastic patient experience and attending visits. This takes consistent communication, commitment, oversight, and problem-solving to ensure all patients have access to our care. This has led to the exciting expansion project that will see his clinic almost double in size in a new location. Phil led brainstorming sessions for clinic design and equipment purchases with his clinical team, allowing us to build a state-of-the-art facility in the heart of Cheshire. This incredible growth opportunity will enable Gaylord to help more patients in the community and further cement our premier reputation for the highest quality of physical therapy care.

I am greatly appreciative of Phil's commitment to the success of Gaylord Physical Therapy and for his dedication to the Physical Therapy profession. Thank you for considering Phil for the employee of the year



Our next nominee, **Gina Smith** is one of our Care Managers. Gina has been with Gaylord 1 ½ years and was nominated by one of her patients.

The patient states: "Gina Smith has been a lifesaver. My wife, Lisa, began watching our 3-month-old grandson, Dustin, 5 days a week, right when I entered Gaylord.

She likes to be "on top" of everything, aka a control freak. LOL. But, with the baby, she has not been able to be involved as she likes to be. After a bit of frustration, she was able to reach out to Gina, who was excellent. Gina answered every question she had and soothed every worry and concern she had!! Gina went above and beyond in the attention and support she gave Lisa and is, without question, an invaluable asset to your Hospital.

Gina, you are so kind and a beautiful person. You had such a positive impact during a challenging time and will never be forgotten. God Bless You and Thank you, Gina."

Gina's supervisor, Chris Babina, states "Nothing Short of Amazing! As one of the newest RN Care Managers since joining Gaylord's Care Management Department approximately a year and a half ago. Gina has been a spitfire in her role as a Care Manager and has been the recipient of numerous accolades (i.e., a previous ICARE nomination, Cheers for Peers, kudos from management for facilitating challenging patient discharges, and recognition with stars). Gina approaches every person she encounters with patience, empathy, and loving concern. It is no wonder she is working towards her APRN in Psychiatry.

The patient's wife was not only dealing with her husband's medical crisis and subsequent admission to Gaylord, but was also responsible for caring for their three-month-old grandson five days a week. Gina provided a listening ear and spoke with the patient's wife, patiently answering her questions and putting her fears to rest. Further, the patient wrote, Gina went above and beyond in [her] attention and support...and is without question, an invaluable asset to your company!!" I could NOT agree more with the last statement. Gina intuitively knows what patients and families need to hear and envelops them with love and concern. She knows what they need and when they need it, connecting with them on an emotional level.

Gina's patient closes his nomination citing Gina as a "kind and beautiful person... truly "an invaluable asset" to Gaylord, which is why I fully support her nomination."

*continued on pg 6...*

## *(continued from pg 1) Broccoli: Freshly Picked for a New Role*

John is no stranger to Gaylord — his career began here nearly 17 years ago as a food service assistant before attending Johnson & Wales University for culinary school. After serving as Executive Chef at Charlotte Hungerford Hospital, John returned “home” to his Gaylord roots, where he has worked as our Sous Chef for the past five years.

John brings both a fresh culinary perspective and a deep understanding of Gaylord’s culture and community. With his leadership, we look forward to continued growth in patient meals, retail offerings, and catering events.

Please join us in thanking Chef Gabe for his service and in congratulating Chef John Broccoli on this well-deserved promotion!



## On a Roll: Sushi Gets a Sweet Upgrade

During his last Chef’s Table with Gaylord, Chef Gabe brought a creative twist to the cafeteria this week with a sushi pop-up table — and it was a huge hit!



Incorporating our superfood of the month, stone fruit, he crafted a delicious mango-tuna roll that had staff lining up for seconds. The response was so positive that we’re already brainstorming future sushi-inspired specials.

Stay tuned... more tasty surprises may be rolling your way!

## A New Day for Patient Dining at Gaylord



As part of our commitment to innovation in Food and Nutrition Services, in partnership with Morrison Healthcare, we’re thrilled to announce the launch of new patient menus.

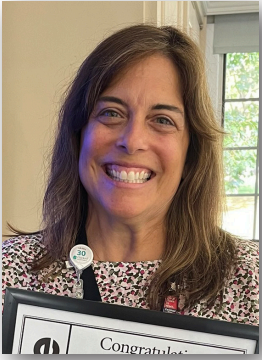
These menus will bring a restaurant-style dining experience to our patients, offering fresh, high-quality dishes.

Enjoy some photos from our Patient Expo event this past Tuesday, where colleagues got to taste test these delicious dishes.

Be on the lookout September 23<sup>rd</sup> for the official roll out!



## ICARE (continued from pg 4)



Our final nominee, **Tammy Spurgeon** is a Speech Pathologist in our Outpatient Therapy Department in Wallingford. She has been here since January 1993 and was nominated by a patient and a peer.

The patient states, "As a client of Tammy's for the past year, I have witnessed her high level of excellence and professionalism. She is extremely kind and always welcomes me to our sessions in a way that creates a warm and safe environment when addressing my limitations."

Tammy is compassionate and sensitive in her approach as we work towards my goals for speech improvement. She is always willing to speak with my family member regarding my work with her.

Tammy is considerate of her client's time constraints, willing to adjust her schedule when necessary. She investigates new strategies, discusses options, and provides support throughout the process and if expectations are not met, Tammy will find a more appropriate therapy based on the outcomes.

For these reasons and more, I highly recommend Tammy Spurgeon for Employee of the Year".

The peer states, "Tammy always has welcoming smile to everyone she comes in contact with. She is patient, caring and thorough with each of her patients. Her work with the Day Treatment/ Traurig House residents is remarkable."

Tammy's supervisor, Kris Provost states, "Tammy is one of our Outpatient Speech Language Pathologists. She began her career at Gaylord over 30 years ago, as our Day Treatment Assistant. She obtained her Master's Degree in Communication Disorders and started her professional career at Gaylord as one of our inpatient Speech Pathologists. She moved to a per diem position when she was raising her children, and five years ago, returned to a part-time, 21-hour-per-week position at our Outpatient level of care. She excels as both a clinician and a member of our outpatient team. Most recently, she was accepted onto Gaylord's Career Ladder as the Day Treatment Coordinator and has made significant contributions to improving this program."

Tammy lives the ICARE values in both her personal and

professional roles; that is just who she is. She always goes above and beyond for her patients, her colleagues, the department, and the hospital, always putting the needs of others before her own.

Examples of her ICARE values regarding her patients are vast. She consistently goes beyond everyday standard practices and always "thinks outside the box" to ensure that she provides the best treatment possible to all of her patients. Tammy consistently exhibits exemplary patient-centered care and always provides individualized, functional patient and family-focused treatments. She spends many hours, outside of her work schedule, investigating research-based, efficacious treatments and creating personalized treatment materials to maximize her patients' gains and outcomes.

Tammy has been nominated for this honor numerous times in the past, and for this quarter, she has been nominated twice, once by a colleague and the other by a grateful patient. On my last count, she has also received more than a dozen stars through the Recognize-A-Star program. Her patients and colleagues love her for many good reasons, as her recent nominations illustrate. Her colleague comments on her welcoming smile, her patient and caring demeanor, and the remarkable work that she does with Gaylord's Day Treatment program. Her patient's nomination further describes her as incredibly kind, always welcoming, compassionate, sensitive, and exhibiting a high level of excellence and professionalism. They both know her well, and these statements reflect the care that Tammy provides to all of her patients.

Tammy also does a fantastic job of creating positive interpersonal relations as part of a caring and professional team. She has initiated teambuilding activities for the department. She is always suggesting ideas and ways that we can celebrate the team and "spend more time together", which helps make us a more cohesive team!

We are so blessed to have Tammy as a member of our team. She is highly deserving of this recognition, and I strongly support her nomination. As stated in one of her previous nomination letters, "Ms. Spurgeon is an outstanding clinician whom Gaylord should celebrate".



Do you know of a Gaylord employee who lives these Gaylord values?  
**NOMINATE THEM TODAY!**



## New Support Group for Family & Caregivers

Caring for a loved one in the hospital can be overwhelming — but no one should have to go through it alone. To provide connection and encouragement, Chaplain Vince Gierer has launched a new Family & Caregiver Support Group, *open to all family members and loved ones of our inpatient population.*

**Fridays, 5 p.m.**  
**Milne 2 Balcony**

Each week, participants share a meal and meaningful conversation about the challenges and joys of supporting someone during their hospital stay.



*"I'm excited about this new group," says Chaplain Vince. "It's a space to share stories, find encouragement, and know you're not alone."*



Caregivers often put their own well-being last. Gatherings like this remind them that taking time to connect and care for themselves is essential, too.

We invite all family members and caregivers to join us — you'll find good food, open hearts, and a supportive community.

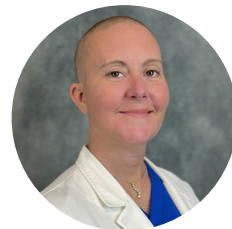
**For details or questions, please contact**  
Chaplain Vince Gierer at (203) 741-3345 or  
email [vgierer@gaylord.org](mailto:vgierer@gaylord.org)



## GAYLORD IN THE



### June Napolitano Lends Voice to FOX 61 Story on a Local Legacy



We're proud to share that June Napolitano, Nurse Supervisor and Meriden Volunteer Fire Lt., was recently featured in a **FOX 61 News** story reflecting on the legacy and community impact of South Meriden's Volunteer Fire Unit as it prepares to disband after 117 years of service.

[Read the full article here](#)

[Click here](#) for more media mentions.

## Listen Up: Blogs Just Got an Upgrade

Introducing a new feature on our website: **AUDIO VERSIONS OF OUR BLOGS AND ARTICLES!**

Now you can listen on the go — making our content more accessible and convenient than ever.

And this is just the beginning: we have even more **accessibility features** rolling out soon. Stay tuned!

Want to check it out? Of course you do:

[www.gaylord.org/news](http://www.gaylord.org/news)



## From Injury to Independence - And Beyond

# Gaylord Launches New Spinal Cord Injury Day Treatment Program

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Every spinal cord injury journey is different, and so is every path forward. To help meet patients where they are, Gaylord has launched the **Spinal Cord Injury (SCI) Day Treatment Program**, the only program of its kind in Connecticut.

This full-day outpatient program is designed to bridge the gap between inpatient rehabilitation and community living. It gives participants the chance to fine-tune their skills, build confidence, and stay focused on long-term goals like independence, mobility, and overall wellness.

### WHAT THE PROGRAM LOOKS LIKE

The SCI Day Treatment Program runs three days a week at Wallingford outpatient. Each day combines therapy, education, and real-world practice. A sample schedule may include:

- » One-on-one and group physical and occupational therapy (with speech therapy as needed)
- » Education sessions on health management and preventing complications
- » Presentations from community partners on adaptive tech, mobility, nutrition, and more
- » Driver retraining and vocational support
- » Wheelchair and seating services
- » Community outings to practice daily navigation
- » Caregiver training and support
- » Adaptive sports, fitness, and leisure activities
- » Peer support and social opportunities

### WHO CAN JOIN

The program is designed for individuals who:

- » Have a complete or incomplete spinal cord injury (acute or chronic)
- » Use a wheelchair as their primary means of mobility
- » Need moderate assistance or less (50% or under) for transfers
- » Require only distance supervision or less for toileting\*

\*Exceptions may be made if a caregiver is able to attend with them.

### WANT TO LEARN MORE?

Contact Jackie Magnuszewski at ext 2989 or [jmagnuszewski@gaylord.org](mailto:jmagnuszewski@gaylord.org).



## Four Gaylord Wolfpack Athletes Head to Slovakia for First-Ever Women's World Championship

Gaylord Wolfpack players (*pictured left to right above*) – Hope Magelky (goalie), Rachel Grusse, Rebecca Mann, and Robynne Hill – are about to make history on the international stage. The four have been selected to compete as members of Team USA in the **first-ever World Para Ice Hockey Women's World Championship**, taking place in Dolny Kubin, Slovakia, August 26–31, 2025.

This groundbreaking tournament will feature six teams: **Australia, Canada, Great Britain, Norway, USA, and Team World**. For the very first time, the **U.S. Women's National Sled Hockey Team** – founded in 2025 – will represent the country in world championship play against some of the best players from across the globe.

We're proud to see our Wolfpack athletes competing at the highest level and helping to pave the way for future generations of women in sled hockey!



**FUN  
FACT**

The Wolfpack has the most women players on their team than any other in the U.S.!

For more details on the championship, visit:

[USA Hockey – 2025 Women's World Championship](https://www.usahockey.com/2025-women-s-world-championship)

## Tune In To The Games!

**Tue, Aug 26**

10:00 AM — Australia vs USA

**Thu, Aug 28**

10:00 AM — USA vs Norway

**Finals – All Games**

**Sat, Aug 30**

6:30 AM — Placement Game (5–6)

10:00 AM — Semi-Final 1 (Winner Group A vs 2nd Group B)

1:30 PM — Semi-Final 2 (Winner Group B vs 2nd Group A)

**Sun, Aug 31**

10:00 AM — Bronze Medal Game

1:30 PM — Gold Medal Game

All Team USA games can be watched live on the Paralympics livestream channel:  
<https://www.youtube.com/@paralympics/streams>



Experience the thrill, the speed, and the team spirit that makes sled hockey unforgettable.

**Contact:**

Gaylord Sports Association  
sports@gaylord.org  
203-284-2772

Scan to learn more



## VOLUNTEERS NEEDED

Have **hockey experience?**

We need your skills!

Join us on the ice to help mentor and support our athletes.

# Jurassic Community Fair

This past weekend, Gaylord proudly sponsored and participated in Jurassic Community Day, hosted by the Coalition for a Better Wallingford. The event drew more than 250 families for an afternoon filled with music, games, ice cream, raffles, bounce houses, sensory activities, and plenty of community spirit.

Our team enjoyed connecting with local families and sharing information about Gaylord's programs and services — with some help from our youngest volunteer, three-year-old Caroline, pictured below, who was a natural at greeting visitors and handing out goodies.

Events like this remind us what makes Wallingford such a strong and vibrant community. Thank you to everyone who stopped by our table — we had a dino-mite time and look forward to seeing you again next year!

Check out the recap video below — you might just spot yourself in the wild!

[Coalition for a Better Wallingford Facebook Video](#)



- Sept 8 - Community Solutions Golf Classic
- ■ Sept 9 - Madison Triathlon
- ■ Sept 12 - Cheshire Fall Festival
- ■ Sept 20 - North Haven Festival and Business Expo
- ■ Oct 5 - Fishbein/Wallingford YMCA Race
- Oct 5 - Apple Harvest Road Race
- Oct 26 - Walk to End Alzheimer's
- ■ Nov 8 - Cheshire Hot Cocoa 5k, Walk & Kids Fun Run

● Community Events ■ Sponsorships

## Gaylord Staff Sharing Their Expertise Beyond Our Walls



**Corey Podbielski, PT, DPT, OCS**  
Outpatient Clinical Supervisor, Cromwell and Madison

Pro Crease Hockey Goaltending Youth Summer Camp  
August 21

**Speaking topic:**  
Preventative care and maintenance for ice hockey goaltenders, with a special focus on protecting the hips — an area under constant stress in this demanding position.



## innovator OF THE Month

**Courtney Raynor**

This month's Innovation Idea comes from Courtney Raynor:

Courtney suggests giving staff the ability to order food ahead of time so their lunches are ready quickly instead of waiting in line.

This would save time, reduce stress during busy shifts, and help staff make the most of their break time.

A pilot for this idea is expected to roll out soon.



Got a brilliant idea for a new product or process improvement?

**We want to hear it!**

Scan the QR code and share your genius with us!

## Seas the Day Through Painting & Play

This week's staff paint night was all about salty vibes, thanks to our partners at [Shine Your Light CT](#). The evening was filled with laughter, relaxation, and some masterpieces certainly worth their salt.

Shine Your Light CT is a nonprofit that brings creative, healing experiences to communities through art, yoga, movement, music, and mindfulness. Their mission is to help individuals reduce stress, build confidence, and discover what makes them shine — especially in organizations that might not otherwise have access to these opportunities. Dedicated to the belief that self-expression supports health and wellness, SYL partners with both nonprofits and for-profit organizations to make these offerings widely available.

By teaming up with Shine Your Light, we're able to bring events like paint nights right to our campus — giving staff the chance to unwind, connect, and recharge together outside of the daily routine. Judging by the masterpieces on display, we'd say this one was a shore thing... and we can't wait to see what's on the canvas next time!





## SLOW DOWN, DEER AROUND

### Wildlife Can't Yield — But You Can

Our beautiful, wooded campus means we often share the roads with wildlife — from deer and turkeys to the occasional turtle. These encounters can be sudden, especially at dawn and dusk when animals are most active.

#### A FEW REMINDERS FOR SAFE DRIVING:

- **Take it slow.** Reducing speed gives you more time to react if an animal crosses suddenly, especially near curves and during low-light hours.
- **Stay alert. Watch the road shoulders** for movement or reflective eyes in the dark.
- **Expect company.** If you see one deer, more are usually close behind.
- **Brake, don't swerve.** Sudden swerving can cause accidents — it's safer to brake and stay in your lane.

Thank you for helping keep our campus safe for both our community and the wildlife we share it with.

# Gaylord's Outpatient Spinal Cord Injury Care Just Got Stronger

We're now offering ONWARD ARCEX, the first and only FDA-approved system for non-invasive spinal cord stimulation therapy.

The ARCEX System is a unique and targeted therapy designed for people living with spinal cord injuries. Using small electrodes placed on the back of the neck, it gently delivers electrical signals to the spinal cord — all without surgery.



#### Here's what makes it different:

- **Non-invasive** – no implants or surgery required.
- **Therapy in action** – used while practicing everyday movements with a rehabilitation specialist.
- **Built for progress** – supports up to one hour of daily therapy, helping people get the most out of their rehab sessions.

#### How it works:

The device sends carefully programmed electrical pulses through the skin to the spinal cord. These signals “wake up” spinal circuits and make it easier to practice movements and build strength during therapy.

In short, ARCEX isn't a replacement for rehab — it's a powerful partner. By pairing stimulation with guided exercises, the system helps people push further in their recovery journey.

Our therapists are already putting the new device to use with Wallingford and North Haven patients. In clinical studies, 90% of participants saw improved upper limb strength or function, and 87% reported a better quality of life. While it's cleared for upper extremity use, early research shows promising results for lower extremity recovery, gait and more.

Stay tuned for more information on this exciting new piece of technology!



## E-Waste

Electronic waste (e-waste) management involves the collection, processing, and proper disposal of discarded electrical and electronic equipment. This includes devices such as computers, TVs, phones, and appliances. Proper e-waste management protects both the environment and human health from harmful substances contained in these items.

### Personal Tips to Reduce E-Waste

- 1. Extend Device Lifespan** – Before purchasing new electronics, consider repairing or upgrading your current devices. This saves money and reduces unnecessary waste.
- 2. Donate or Sell Functional Electronics** – If your devices are still operational, donate them to local charities or sell them online. This gives the electronics a second life and benefits others.
- 3. Recycle Responsibly** – When devices are no longer usable, recycle them through certified e-waste programs to keep harmful materials out of landfills.
- 4. Secure Personal Data** – Before recycling, wipe all personal information from your devices. Remove any batteries, as they often require separate recycling.

### E-Waste Recycling in Wallingford, CT

Wallingford residents can recycle electronics at the local **Recycling Center**:

- **Location:** 25 Pent Road, Wallingford, CT
- **Hours:**
  - Monday, Tuesday, Thursday, Friday: 8 AM – 4 PM
  - Saturday: 8 AM – 3 PM
  - Sunday, Wednesday: Closed

### Other E-Waste Recycling Options

- **Drop-Off Locations** – Many municipalities and retailers offer convenient drop-off spots.
- **Curbside Pickup** – Some areas provide curbside e-waste collection services.
- **Mail-In Programs** – Select manufacturers and retailers offer mail-in recycling.
- **Manufacturer Take-Back Programs** – Many computer and electronics manufacturers will take back old devices.
- **Retailer Recycling** – For example, Best Buy and Staples both recycle a wide variety of electronics in-store (call your local store for details).
- More information and resources can be found on [CT's Department of Energy & Environmental Protection website](#).





**EMPLOYEE APPRECIATION DAY**

# Summer BBQ

*Wednesday*  
**SEPT 10**



**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**



**Did your co-worker go above and beyond?**



Scan the QR code and fill out the form to recognize them.

**Deadline to sign-up: Tuesday, August 26**

## VOLUNTEERS NEEDED

**United Way Day of Caring**  
**Tuesday, September 9**

Responsibilities may be indoor or outdoor projects. More details will be provided the week of. Employees will be paid for those hours but must have supervisors' approval prior.

Gaylord will team up with other local companies to make an impact in our surrounding community.

To sign-up contact Jim Russo at [jamesrusso@gaylord.org](mailto:jamesrusso@gaylord.org).





**ALL NURSING EMPLOYEES**


## Competency Validation

August 1- 31

See your email for more information




**ALL RESPIRATORY STAFF**



## VALIDATION PACKET

**August 1 - September 15**

Please check your email for further instructions.



## CORKS & FORKS

FOOD • SIGNATURE DRINKS • LIVE MUSIC

**Thursday,  
September 18, 2025**

**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](mailto:gmacquarrie@gaylord.org).

To benefit:



For more information visit [www.gaylord.org/corks](http://www.gaylord.org/corks)



The featured organization is:

## In A Heartbeat Foundation

is a Wallingford non-profit that aims to prevent death from hypertrophic cardiomyopathy (HCM) and sudden cardiac arrest by raising awareness, enabling research, and donating automated external defibrillators (AEDs) to places that need them.

[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.



*Put it on the Calendar!*

More details can be found on our internal Sharepoint Snapcomm page.

- Thursdays: Weekly Walking Group, 12:15pm- 12:45, meet in Jackson Lobby
- Weekly Yoga, 4:10pm, Inpatient Gym
- Mondays: Weekly Zumba Class, 4:10pm, Inpatient Gym
- M 8/25: Opening Day in Cheshire's New Space!
- T 8/26: Signup Deadline for United Way Day of Caring
- F 8/29: Jeans for Charity
- SEPT **SCI Awareness Month**  
**Sepsis Awareness Month**  
**Hispanic Heritage Month (9/15-10/15)**
- M 9/1: Labor Day
- F 9/5: Jeans for Charity
- 9/7-9/13: National EVS Week
- 9/8-9/12: Chef Appreciation Week
- W 9/10: Employee Appreciation Day
- Th 9/18: Corks and Forks Event
- F 9/19: Jeans for Charity
- S 9/20: Gaylord's Anniversary (of First Patients Admitted in 1902)
- W 9/24: Business After Hours at Cheshire Clinic, 4:30pm

## Who Wore It Best?

Four daughters of Gaylord Employees, all Mobility Techs, all working in the Float Pool — and all accidentally twinning.



*Pictured Left to Right: Olivia Fonteyn, Autumn Murray, Emma Ufferfilge, Vanessa Dube*

## Hospital-Wide Open Headshots

Going to a conference?  
Need to refresh your email photo?

Sign up today to  
have a fresh headshot taken!

Thursday, September 18 from 9am-3pm  
Video Room on Jackson Ground

*\*By appointment only*

[Click Here](#)

to select your time slot!

Outpatient headshots available upon request.  
Contact Kate Brophy with any questions. x3459 / [kbrophy@gaylord.org](mailto:kbrophy@gaylord.org)

**Reminder:** For all emergencies dial **3399**