

FYI

Cheshire PT is on the Move!

We're excited to share that, on August 25, Gaylord Physical Therapy in Cheshire is relocating to a brand-new space just down the street at 415 Highland Avenue!

This state-of-the-art clinic is nearly twice the size of the previous location and was thoughtfully designed with recovery, comfort, and progress in mind.

One of the most exciting additions? A dedicated turf area! This new feature isn't just for athletes — turf allows for functional movement training that mimics real-life activity, helping patients of all abilities safely build strength, balance, and mobility. It's a game-changer for sports injury rehab, fall prevention, and everyday movement goals alike.

Whether someone is recovering from surgery, managing pain, or working toward better movement, our expert PTs are ready to help them take the next step.

Learn more about the new space [here](#).



— NEW LOCATION —
COMING SOON

August 25, 2025



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 15, 2025

Email:
publicrelations@gaylord.org

Last Chance to Vote! We can vote EVERY DAY (and with multiple emails) and we ask that you cast your vote! Voting ends on August 8 at 5pm.

Click the image below or scan the QR code to visit the voting site. Let's break the internet with vote volume!

Vote for Us:  Gaylord
Specialty Healthcare



Health and Beauty:
Physical Therapy



Top Employers:
Place to work
(250+ employees)



Vote once a day, everyday! Help us win!

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

Get To Know PM&R Resident, Dr. Tommy To



Five Questions with Tommy To, MD

Dr. To, a graduate of Lake Erie College of Osteopathic Medicine at Elmira, is working on his spinal cord injury rotation at Gaylord Hospital through October.

Q. What drew you to medicine?

A. It's an opportunity to make a positive impact on someone's life. Yes, it sounds like a cheesy answer, but it's all true. I also find the complex science in medicine to be very challenging, engaging, and fun.

Q. What impact do you want to make in your career?

A. At the very least, I want to be a kind and beneficial influence on people in their time of need. I also hope to do more research so I can have a more far-reaching impact on people during my residency.

Q. Why is Gaylord a unique place to spend part of your residency?

A. The culture is great. Everyone is cooperative and works very well together to maximize the therapeutic potential of their specialties. I can easily gel into the unique team dynamic here.

Q. What would you do if you weren't in medicine?

A. I think I would be a teacher. I love teaching because I think it's fun and engaging to share knowledge with others, especially complex materials like medicine.

Q. Tell us a fun fact about yourself!

A. The first time I went snowboarding, my buddy tricked me into going on the black diamond. I ended up rolling all the way down! But I had a lot of fun, and now I go snowboarding every year.



Dye-namic Team Bonding

On July 24, our therapy department embraced the joy of tie-dye!

There were plenty of laughs and splashes of color as everyone came together to bond, get creative, and celebrate the teamwork that helps us provide exceptional care every day.



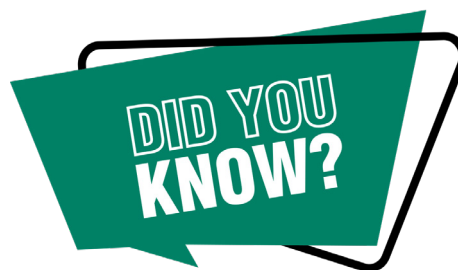
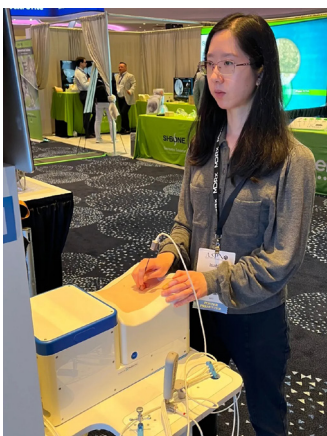
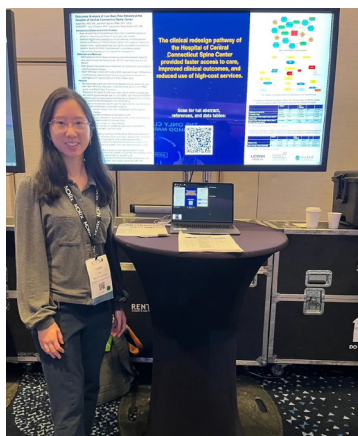
Need to access Gaylord's
Employee Assistance Program?
Call (860) 233-6228.

Backed by Science: Gaylord Resident Brings Research to the National Stage

Dr. Isabel Nip, one of our amazing PM&R residents, had a fantastic time at the 2025 American Society of Pain & Neuroscience (ASPN) Conference in Miami. It is considered a leading event for staying current in interventional pain management and neuroscientific approaches to pain care.

Dr. Nip presented her original research on the outcomes of low back pain patients at the Hospital of Central Connecticut Spine Center and participated in hands-on workshops, where she engaged in advanced skill building including the latest minimally invasive spine techniques, ultrasound, and more.

We are proud of Dr. Nip for her dedication to advancing her skills and contributing to the fields of pain management and neuroscience.



We have **ACTIVITY BOXES** stocked on each unit for patients and their family and friends to enjoy!

**Board Games
Card Games
Coloring Sheets**

**Word Searches
Worksheets
Crosswords**

Activity Boxes Are Now Restocked



Hey there, Staff and Care Partners!

Did you know that each unit has its very own **Activity Box**? Boxes are filled with fun activities to entertain patients and their families. Boxes are available any time they are looking for a little entertainment!

Where to find them:

Hooker 1 - Solarium Closet | Hooker 2 - Solarium Counter
Lyman 1 - Solarium Counter | Lyman 2 - In the LOFT
Milne 1 - Solarium | Milne 2 - At Nurses Station

Questions? Call Therapeutic Recreation x2732





Stay connected, your way.

Whether you're into sports medicine, brain injury updates, healthcare trends, or wellness tips — we've got a newsletter for that.

Together, we make this a great place to work. Let's keep each other informed.

[Click here](#) to check out our newsletter offerings and sign up today.

GAYLORD IN THE



8 Habits That Are Quietly Sabotaging Your Brain Health

Featured in *Real Simple*, Dr. Sarah Bullard reminds us that protecting your brain doesn't require a PhD — just smart, consistent choices. Her advice is simple, science-backed, and seriously important.

[Read the full article here.](#)

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

Have You Seen Our Blog Lately?

From incredible patient journeys to our staff sharing their expertise, the **Gaylord blog** is full of inspiring, insightful, and sometimes just plain awesome stories.

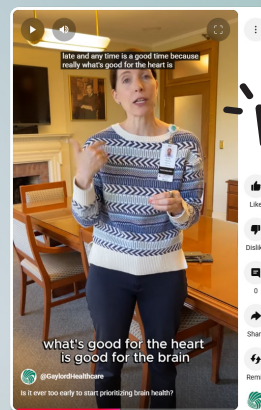
Want to check it out? Of course you do:

www.gaylord.org/news

Psst ... Know of a great patient story ... or do you have a topic that you're passionate about? We'd love to hear from you! Shoot a note to Joy at jsavulak@gaylord.org and let's get blogging!

Check Out Our YouTube Shorts

Curious About Brain Health at any age?



Dr. Bullard answers the question:

"Is it ever too early to start prioritizing brain



Adaptive Waterski Clinic

What an amazing day on the water!

Our Sports Association athletes showed up with strength, determination, and unstoppable drive at Saturday's Adaptive Waterski Clinic.

From first-time skiers to experienced athletes, it was a day full of progress, confidence, and unforgettable moments on the water.

A heartfelt THANK YOU to our amazing volunteers who made it all possible with their time, energy, and support, and to our generous sponsors, Move United Sport and the Craig H. Neilsen Foundation, for helping us bring our mission to life.

The next clinic is on August 16! Click here to learn more: <https://sportsassociation.gaylord.org/calendar> and check out more action shots from the event on our [facebook page](#).



Gaylord and the COMMUNITY

- July 11-August 8 - Bartlem Beats Concert Series
- August 14 - Madison Beachcombers
- August 15 - Ray LaMay Golf Tournament
- September 9 - Madison Triathlon
- September 12 - Cheshire Fall Festival
- September 20 - North Haven Festival and Business Expo
- October 5 - Fishbein/Wallingford YMCA Race
- October 5 - Apple Harvest Road Race

● Community Events ■ Sponsorships



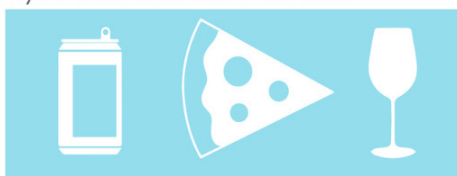
MADISON CHAMBER OF COMMERCE
Beachcomber Night
THURSDAY, AUGUST 14, 2025
4:00-7:30PM



The 16th Annual Beachcomber Night Is Back!

Come out for an afternoon of food, drinks, live music and plenty of fun for everyone along Boston Post Road and Wall Street in downtown, Madison.

Scan the QR code to skip the line and order your drink wristband in advance.



To claim one of six **COMPLEMENTARY WRISTBANDS:**

Please email Kate Brophy at kbrophy@gaylord.org.

Good for sampling drinks from participating beer/wine/spirits Beachcomber vendors

For more information on the event, [click here](#).

Meet Our New Chaplains

Please join us in warmly welcoming two new members of our Spiritual Care team: Janice Lautier and Rabbi Niema Hirsch. Both bring a wealth of experience, deep compassion, and a shared commitment to supporting our patients, families, and staff. We're thrilled to have them on board and look forward to the meaningful presence they'll bring to our community.

Janice Lautier

Janice Lautier joins us as one of our new per diem chaplains. She previously served as the Director of the Spiritual Care Department at Griffin Hospital, where she also spent many years as a chaplain.



Janice is passionate about helping patients and their families recognize, embrace, and nourish their spirituality in ways that are life-giving and healing. She is also deeply committed to supporting staff.

What drew her back into chaplaincy was the opportunity to be at Gaylord.

"I was very aware of what a special place Gaylord is," she shared. "I knew the first time I visited someone here years ago that Gaylord was truly something exceptional. And that feeling has only continued to grow. I am excited to be joining this incredible team."

Janice will primarily serve on Lyman 2. She lives in Southington with her dog Finn and is the proud mother of two adult sons, two daughters-in-law, and grandmother to four delightful grandchildren.

Rabbi Niema Hirsch

Rabbi Niema Hirsch is also joining our team of per diem chaplains. She currently serves as a rabbi at Congregation Rodeph Sholom in Bridgeport and brings with her a dynamic background that spans spiritual care, education, and technology.



A former corporate IT manager, Rabbi Hirsch is also an educator of all ages and a certified Kripalu yoga instructor. She was ordained at the Academy for Jewish Religion in New York, where she deepened her knowledge of scripture, philosophy, counseling, and ritual. She also holds a BA from The George Washington University and an MBA from Sacred Heart University.

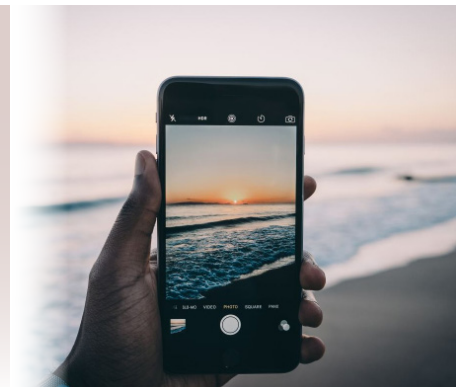
Rabbi Hirsch is passionate about spirituality, liturgical music, and education. Off the pulpit, her many interests include computer consulting, gardening, leading yoga and meditation sessions, translating legal documents, and organizing group trips to Israel.

She lives in Fairfield with her husband, Joram, and is the proud mother of two married sons and grandmother to three wonderful grandchildren.

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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.



Accounting Department Relocating

In order to expand Pain Management in Medical Services adjacent to Jackson Lobby, there will be several department moves happening over the next two months.

On August 13th, Accounting will be moving from its current location on Brooker 3 to its new location in the Lirot House. Payroll (aka Terry Talburt) will remain on Brooker 3 for a little while but will also be relocating to Brooker 1 in early September. All other Accounting staff, including Elena Baxter, Leesa George, Scott Jungeblut, Diane Modine and Mark Morariu will be moving to the second floor of Lirot House.

Any questions regarding the move can be directed to Scott (pronounced Youngblood) at x2753.
More info to come on other department relocations.

Welcome to the Gaylord Team!

Neelab Manzoor	Pharmacist	Daline Figaro	RTA-Cheshire
Isabella Latina	RTA-Cheshire	Kimberly Sivels	PCT-Float
Christopher Bellino	PT-Wallingford OP	Taeyah Freeman	PCT- L2
Laserne Icart	LPN- H2	Alexis Clarke	LPN- Float Pool
Alberto Candelario	LPN-Float Pool	Anass Fiadzigbe	PCT-Float
Maria Figueroa	LPN-Float Pool	Elizabeth Martich	PCT-Float Pool
Sheila Morales	LPN-H2	Marie Morrison	PCT-Float Pool
Miss Bennett	LPN-Float Pool	Chinwe Ekpunobi	PCT-Float Pool
Carol Leigh Hardy	GN- M2	Sarah Kopcza	PCT-H2
Diana Desmornes	RN-H1	Sophia Vuong	PCT-H1
Tanaya Reddick	PCT-L1	Sophie Theriault	PCT-Float Pool
Taneisha DiBartolomeo	LPN-Float Pool	Ryan Ngo	PCT- Float Pool
Lizdaisy Delgado	GPN-L2	Olivia Fonteyn	Mobility Tech- Float
Tonya Bell	PCT-H1	Matthew Williams	HR Generalist
Jennifer Young	LPN-Float Pool	Danielle Orsini	Certified TR Specialist/ Sports. Assoc.



AUGUST

Service Awards

Thank you and congratulations to the following employees for their years of service to Gaylord:

40 YEARS

Susan Goldstein
Physical Therapist

25 YEARS

Brian Murray
Applications Analyst

10 YEARS

Erica Cutler
Physical Therapist

Kaitlyn McNelly
Applications Analyst

Kristy Morrone
Respiratory Care Practitioner

Eric Sokolowski
Physical Therapist

5 YEARS

Rachel Scranton
Registered Nurse

Marianne DiPasquale
Switchboard Operator, Mail Clerk

Danielle M. McGuire
Physical Therapist

Congratulations

- to -

Jenna Risko from our IT department, who married the love of her life, Chris Giori on June 28, 2025.

Cheers to the happy couple!



Rings, Rice & Rattles

If you got engaged email the following info:

Name, department, got engaged to _____ (optional).

Our wedding date will be _____ (if already set).

If you just got married email the following info:

Name, department, married on (date), to whom.

Location (optional), Last name change, if applicable.

If you recently had a baby email the following info:

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.

August Safety Habit:
Mentor Each Other
200% Accountability



Mentor Each Other

What should we do?

Look out for one another to catch each other's mistakes while building a greater sense of accountability for our actions.

Why should we do this?

To catch and trap honest errors **BEFORE** they reach our patients

To hold each other accountable for meeting practice expectations

Error Prevention Tools

- Crosscheck and Coach teammates
- Speak Up for Safety: ARCC it up – "I have a Concern!"

Coach Teammates:
Use 5:1 Feedback

Encourage safe and productive behaviors 5 times as often as you...

Correct an unsafe and unproductive behavior

TIPS

- Be willing to give feedback to others...and be willing to have others give feedback to you!
- Provide feedback based on observations
- Use the "lightest touch" possible

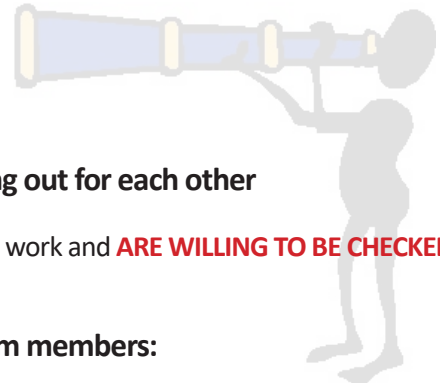
Remember—without saying a word:
"What you permit, you promote."

200% Accountability in Health Care

When we mentor each other, we significantly decrease the chance of making errors with skill-based tasks.

**We are
better together!**

Crosscheck



Crosscheck = Watching out for each other

Peers check each others' work and **ARE WILLING TO BE CHECKED**

Look out for your team members:

- Offer to check the work of others
- Point out work conditions (hazards) your team member might not have noticed
- Point out unintended slips and lapses
- Say **"Thanks for the crosscheck!"**



**Questions about
CHAMP?**

Ask a Safety Coach. Talk to a staff member wearing the Safety Coach button.



Monarch Butterflies and Milkweed

In the last issue, we explored the vital relationship between monarch butterflies and milkweed—and how you can help protect these pollinators. Now it's time to bring it home—literally.

This week, we're sharing practical tips for planting milkweed in your own yard or garden, so you can create a haven for monarchs and other pollinators right outside your door.

When and Where To Plant Milkweed

Light: Plant in full sun locations. Milkweed plants need plenty of light as they grow.

Spacing: Milkweed plants establish large, deep root systems and prefer not to be transplanted. In the right conditions, milkweed plants can spread by runners, or by reseeding. If you want them to naturalize and spread to increase habitat, then give them plenty of space to expand.

Plant low-growing perennials in front of the milkweed, as they'll hide the spindly stems once the flowers have passed or once leaves have been eaten by Monarch caterpillars. You'll still be able to see them bloom, as the caterpillars don't eat up to the flowers.

Planting Time: Milkweed plants can be planted in spring or fall.

Milkweed Care

Like most wildflowers, milkweed is easy to grow and requires very little pampering. Most species are not seriously bothered by heat, drought, deer or other pests. And because milkweed is a native plant that tolerates poor soils, fertilization isn't necessary.

Join Paula Savino and the GO GREEN Committee harvesting milkweed right here on campus to plant in your own garden!

Please email Paula with questions or for help harvesting at psavino@gaylord.org.





American
Red Cross

Thank you!

Blood Drive Success

Thank you all who came to Brooker on July 29 to donate blood.

The results of the drive are:

- Drive Goal 20
- Appointments Scheduled 43
- Presenting Donors 34
- Units Collected: 29 Whole Blood
- First-time donors: 6!!!
- Type O Donors 15

Next Gaylord
Blood Drive:

MON NOV 10
11 AM - 4 PM

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

**One single blood donation can help
save more than one life. Thank you for
supporting our lifesaving mission!**



Did your co-worker
go above and
beyond?

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




SMOOTHIE BOWLS

AT THE GAYLORD CAFE

FOR ONE DAY ONLY, JOIN US IN THE CAFETERIA FOR OUR NEW SMOOTHIE BOWL CONCEPT, **BLENDED THEORY**

BUILD YOUR OWN SMOOTHIE BOWL WITH YOUR CHOICE OF TOPPINGS



AVAILABLE THURSDAY 8/7 FROM 11:30-1

BLENDED THEORY
SIMPLY GOOD SMOOTHIE BOWLS



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.

To benefit:



For more information visit www.gaylord.org/corks



Beat the Heat while making a difference! This **August**, head over to our selected Stop & Shop Store and grab a reusable \$2.50 Community Bag. Every purchase will send \$1 donation directly to our organization.



Located at:
930 North Colony Road
Wallingford, CT

SUMMER PAINT PARTY

LET'S COME TOGETHER TO EXPLORE YOUR ARTISTIC SIDE WHILE ENJOYING A RELAXED AND SOCIAL ATMOSPHERE! STEP-BY-STEP INSTRUCTIONS WILL BE PROVIDED OR YOU CAN "PAINT IT YOUR WAY"



TUESDAY, AUGUST 19 | 4PM TO 5PM
AT THE BROOKER LECTURE HALL
DOORS OPEN AT 3:30PM
LIGHT REFRESHMENTS AND SNACKS PROVIDED



PLEASE CONTACT PAUL AT PPACILEO@GAYLORD.ORG BY MONDAY, AUGUST 18 TO RSVP



EMPLOYEE APPRECIATION DAY
Summer BBQ

Wednesday
SEPT 10



BROOKER SOUTH LAWN
11:30 AM-1:30 PM
4:00 PM-6:00 PM

FREE FOOD
DRESS DOWN DAY
LAWN GAMES
PHOTO BOOTH
DOOR PRIZES
POPSICLE TRUCK

3rd Shift BBQ:
12 am-1 am, Cafeteria





The featured organization is:
Chase Michael Anthony Foundation - Sandy Hook Memorial celebrates the life of Chase Kowalski of the Sandy Hook tragedy, by inspiring community healing through family-focused triathlon events and wellness initiatives.
[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.



Game. Set. Dink!

Aug 8: National Pickleball Day

In celebration of National Pickleball Week, we’re spotlighting one of our fastest-growing adaptive sports: Adaptive Pickleball!

This fun, fast-paced sport blends elements of tennis, ping pong, and badminton—and it’s easy to pick up no matter your skill level or mobility. Whether you’re playing standing or seated, our inclusive sessions offer a great way to stay active, connect with others, and learn from experienced coaches.

Adaptive Pickleball is just one of the 19 adaptive sports offered through Gaylord’s Sports Association. Sessions run May through August on our outdoor courts, with sports chairs available by reservation.



***What is a “Dink” in Pickleball?**
A dink is a soft, controlled shot that just clears the net and lands in the opponent’s non-volley zone (also called the “kitchen”). It’s used strategically to slow the game down and force the other player to move closer to the net, which can create opportunities for a winning shot.



Put it on the Calendar!
Snapshot of dates to be aware of

More details for items below 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 |
| Th 8/7: | Smoothie Bowls in the Cafeteria, 11:30am- 1pm |
| F 8/8: | National Pickleball Day |
| W 8/13: | Accounting Dept. moving to Lirot House |
| F 8/15: | Deadline to submit Flu Vaccine Exemption Jeans for Charity |
| Su 8/17: | National Non-Profit Day |
| Tu 8/19: | Summer Paint Party, 4pm, Brooker |
| F 8/29: | Jeans for Charity |
| F 9/5: | Jeans for Charity |
| W 9/10: | Employee Appreciation Day |
| Th 9/18: | Corks and Forks Event |

REMINDER

for all emergencies dial 3399

FIVE IN A ROW!

Top-rated Workplace



UPDATE YOUR EMAIL SIGNATURE
with the badges below today!



Don't forget to update your email signature to include the 2025 Top Workplace badge and help us celebrate this well-earned recognition with every message you send.

Need help updating it?

[Click here for instructions on Sharepoint](#)

Let's show the world what a Great Place to Work really looks like!

TRANSAMERICA®



FINANCIAL WELLNESS AT YOUR FINGERTIPS

Lean on Transamerica for resources and support

There's more to preparing for the future than how much money you have in your retirement account. You likely have other financial goals and challenges to tackle along the way, and we want to help you succeed.

Join Transamerica for an upcoming webinar to explore financial wellness and what it means for you. We'll cover several key elements of Transamerica's financial wellness program, including:

- *Your Retirement Outlook*®, which measures the likelihood of reaching your retirement income goal based on your current strategy — and allows you to make changes in real time
- Our Financial Wellness Center for self-guided learning
- Health partnerships that explain the important connection between financial wellness and personal well-being
- Our teams of financial professionals available to provide guidance and advice during your journey to and through retirement

Watch this financial wellness webinar at your convenience.

[WATCH NOW](#)