



## **Apple Pies for All Staff!**

With our gratitude and appreciation for all that you do, and in the spirit of Thanksgiving, on behalf of Gaylord's Management Executive Committee, each Gaylord employee will be receiving a delicious apple pie from Lyman Orchards!

Wishing you and your family a wonderful Thanksgiving!

witch

More info on page 2

Our Values are

ntegrity

**C**ompassion

 $oldsymbol{\Delta}$  ccountability

Respect

Excellence

#### **FYI DEADLINE**

The deadline for the next FYI is Friday, November 22.

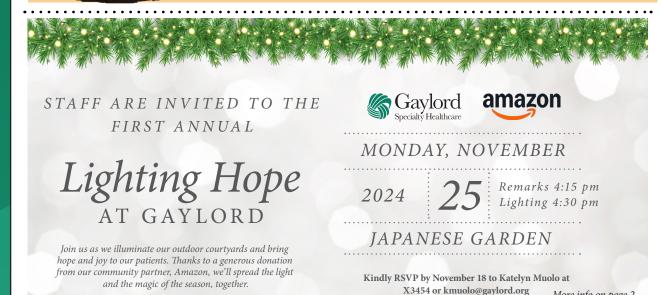
Email: publicrelations@gaylord.org

Pies will be distributed from Brooker Lobby by the Human **Resources Department:** 

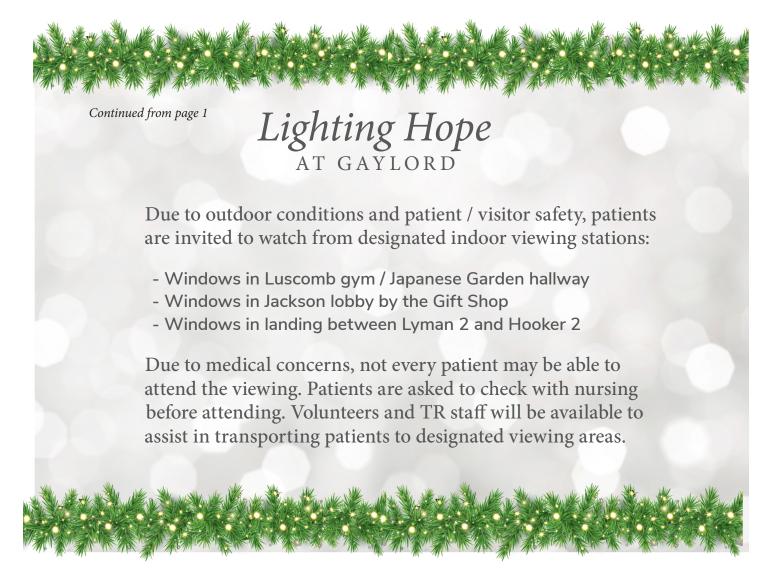
#### PIE PICK-UP SCHEDULE

Monday, November 25, 7 am - 4:30 pm Tuesday, November 26, 7am - 4:30 pm Wednesday, November 27, 7 am - 12pm

Pies will be delivered to our therapy sites Monday and Tuesday.



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





## COVID-19 Vaccine Reminder



There have been several COVID-19 variants in the vaccines that have circulated over the past several years and as new variants are identified, new vaccines are developed to offer the public protection against COVID-19. COVID-19 vaccines are no longer

mandated but rather recommended in order to be protected. The most "up-to-date" vaccine can offer protection against COVID-19. The most recently released vaccine was in August 2024, so if you received it then or plan on receiving you would be considered "up-to-date".

Although, COVID -19 vaccines are now only recommended, the reporting of all employees that are "up-to-date", is still required for healthcare facilities by Centers for Medicare and Medicaid Services (CMS). Therefore, if you have received the most "up-to-date" or plan on receiving, please forward a copy of the documentation stating what and when you received to CovidVaccine@gaylord.org.

# Second Quarter IGCOITE Nominees Announced

Four recipients of the Quarterly Nominations for the Joseph A. Lindenmayer Employee of the Year were recently announced. This group is the second of this recognition cycle for 2024.

It is our employees who 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 ICARE: Integrity, Compassion, Accountability, Respect and Excellence. In its deliberations of the candidates, the Committee constantly reflected upon the importance of respect, not only for patients and families, but also for co-workers.



The first nominee is **Maddy Murgatroyd**. Maddy is a Team Leader/
Occupational Therapist in Inpatient
Therapy. She has been here since June
2020 and was nominated by a patient.

The patient states,"Maddy worked tirelessly to help my husband recover

and walk. She was the only person who took the time to give him a shower. She was thoughtful, considerate and kind and she knew how to motivate him. She was always smiling and pleasant."

Marci Brassard states,"It is with great pleasure and confidence that I support the nomination of Madeline Murgatroyd as an ICARE recipient.

Maddy joined the inpatient therapy department in June 2020 to cover a maternity leave during an incredibly challenging summer. She quickly acclimated and impressed everyone with her skills and knowledge. She hung in through all the challenges of COVID and staffing. When a full-time position opened later that year it was an easy decision. Since then, she has repeatedly demonstrated her commitment to her patients, peers, and the Gaylord mission. Her drive to grow as a clinician is evident to everyone working alongside her. She is frequently the first to take on new learning opportunities and has sought continuing education courses in various areas.

Maddy has been a leader within the inpatient occupational therapy department during increased staffing needs. She has consistently stepped up and assisted supervisors and her peers in obtaining coverage and thinking creatively to provide the best care for our patients. She professionally communicates with all interdisciplinary team members effectively to foster the best team approach for our patients. She now holds the Inpatient Therapy Milne 2 Team Leader position and has already been shining in this new role. She is working to create a stronger relationship between therapy and nursing and medical staff as well as care management.

In conclusion, Maddy is dependable, organized, effective, and professional. Her patients have excellent outcomes and it's clear she loves what she does. It certainly is no surprise she was nominated for this deserving award from a previous patient. Her nomination stated that "she was always smiling and she worked tirelessly to help him recover".



Our next nominee is **Susana Nunes**. Susana is a PCT on Hooker 2 and originally was hired as an EVS Aide. She joined us in March 2020 and was nominated by two patients.

The first patient states, "I leave Gaylord thinking of how wonderful I was

treated. If you have to go through rehab, Gaylord is the best place to go.

My PCT, Susana, was my best supporter. She was very knowledgeable in her profession and I always felt secure under her care from when I needed help with my bed pan to shower and even hair care.

Susana went above what is expected. She was always accountable, following through with each situation. Her performance went above and beyond and she really shined in her position. She deserves the award for her compassion, respect, excellence and much more."

The second patient states, "Susana is caring, concerned and has a smiling face. She wants to do all she can to make you feel confident and believe in yourself. No matter how busy she is she always has the time to say hello and always asks what she can do for you. Gaylord is a wonderful hospital and they need people like Susana to make it a true reality."

Continued on page 4

# ICARE article continued from page 3

Susana's supervisor, Tina Ufferfilge, states, "I fully support Susana Nunes' ICARE nomination. I truly believe that Susana is excellent in her role as a PCT. She is compassionate, patient, caring, and professional every single day. She truly puts her patients first. I am not surprised she was nominated by two of her patients.

As one patient wrote, I always feel secure in her care. She also noted that Susana is accountable and follows through with each situation. I could not agree more. Susana goes out of her way to make each of her patients feel special and encourage them through their recovery. She takes the time to get to know them as an individual and what their goals are. Susana comes to work with a smile and never complains. She always has a positive attitude that is infectious to others. Her patients truly enjoy and look forward to seeing her each day they work with her.

Susana's dedication to her patients and her coworkers shows every day. She strives to deliver high-quality care and succeeds every time. It is for these reasons and so many more that Susana is truly deserving of this ICARE nomination."



Our next nominee is **Kathy Popolizio**. Kathy is the Clinical Support Associate in our Nursing Department/Lyman 2. Kathy joined us in November 2010 and was nominated by a peer.

The co-worker states," Kathy is wonderful to work with, anticipates

needs, goes out of her way to help our staff and patients, somehow manages to cover multiple units effectively with a smile, goes the extra mile for our team and our patients, great communicator, she is an integral part of our team!!!.

Kathy's supervisor, Tina Ufferfilge states, "It is with great excitement that I support Kathy Popolizio's ICARE nomination. As her nominator stated, Kathy is an integral part of our team. She exemplifies all the qualities we look for in an employee. She is dedicated to our patients and her team. Kathy consistently goes above and beyond daily. Kathy is currently the full-time CSA on Lyman 2 which keeps her very busy as she often covers other units and never hesitates to assist her peers. She truly puts our patients first. Kathy assists with answering call lights and reassuring patients as she finds the appropriate staff

to assist with the patient's needs. She jumps in to assist with transporting patients to and from therapy whenever needed. Kathy is always welcoming and greets patients and coworkers with a smile.

Kathy has also been the go-to person for training new staff due to her professionalism and knowledge of her role. She is an excellent resource for others and can handle stressful situations and multiple tasks with ease.

Kathy is without a doubt worthy of her ICARE nomination. It is an absolute joy to work with her and she is an asset to our L2 team and Gaylord as a whole."



Our final nominee is **Daisy Yepez.**Daisy is a Lifeguard at our Wallingford
Outpatient Campus. She has been with
Gaylord since 1999 and was nominated
by a patient.

The patient states, "I have been going to the pool for PT for a number of years

and met many fine therapists but some of the constant people is Daisy. She is very welcoming but I have been impressed with the positive attitude and constant smile of Daisy.

Daisy is always in a good mood and very attentive to the needs of the patients who use your great therapeutic pool.

She is welcoming, compassionate, and attentive and always goes the extra mile to help patients. I hope she can be recognized for her contribution."

Daisy's supervisor, Kris Provost, states, "I am writing to enthusiastically support the nomination of Daisy Yepez for the ICARE Employee of the Year award. As her supervisor, I have had the privilege of working closely with Daisy over the past three years, and I can confidently say that she embodies the qualities and accomplishments that make her a deserving candidate for this prestigious recognition.

Daisy joined the Gaylord Family more than 25 years ago in 1999 and has served in the roles of lifeguard, rehab aide, pool attendant, as well as aquacise instructor. She independently assists whenever needed for inpatient, outpatient, as well as aquacise and the Gaylord Sports Association. She always takes ownership of ensuring the patients are doing their programs as instructed by the clinicians to maximize their experience and functional outcomes.

Continued on page 5

### ICARE article continued from page 4

This is not the first nomination for Daisy for ICARE and she demonstrates these ICARE values and SOP daily in all of her interactions. It is no surprise that Daisy was nominated by a patient, who was impressed with Daisy's positive attitude and constant smile (which is always present). He notes that she is always in a good mood, is attentive to the needs of her patients, and is welcoming, compassionate, and attentive. Always goes the extra mile to help her patients. Her dedication to Gaylord's aquatic program is exemplary and her personal attributes have also not gone unnoticed, as evidenced by numerous additional patient recognitions that she has received over the years.

These values also extend beyond patient care to our aquatic program, her colleagues as well as the hospital as a whole. For instance, over the past several years, we have struggled with staffing and Daisy is always willing to work additional hours to ensure the safety of our patients and the success of the program. Some days she works more than 12 hours to ensure adequate staffing and we cannot thank her enough for all the time and effort she puts forth.

Throughout Daisy's illustrious career at Gaylord, she has consistently demonstrated the key qualities of integrity, dedication, accountability, compassion, respect, and excellence, which have made a lasting impact not only on her patients but also on her colleagues and the whole Gaylord Community. I wholeheartedly support Daisy's nomination and I hope that you will give this nomination the full consideration it deserves."

### Congratulations to all of our nominees!





# Has a colleague gone above and beyond?

Nominate them today.

Scan the QR code.



# to the Gaylord Team!

**Tavon Hopkins** EVS Aide **LaBria Denny** EVS Aide

Madison Quirk OT-IP Wallingford

**Tony Le** PT-North Haven **Bart Kolez** PT-Cheshire

Michael Racca PT-North Haven

Lyasia Loyd LPN-M2

Vincent Nguyen OT-North Haven

Melissa Mennillo OT-Inpatient

Madison Correa PCT-H1
Nicole Velez PCT-H2
Margaret Solla PCT-H1

Margaret Solla PCT-H1
Ashely Bonertz PCT-Float
Na'Shyia Preston PCT-Float

Olyvia Escobedo PCT-M2
Faith Beyerle PCT-H1

Alexis Kozman Nursing Supervisor

Megan Cusano LPN-L1





## Patient Financial Services Celebrates \$1.3M Day

The Patient Financial Services (PFS) Department has achieved their highest cash collection day to date! This outstanding accomplishment reflects their hard work, dedication, and teamwork.

Patient Financial Services cash collection involves the processes and systems used to collect payments from payers and patients for services provided. These processes include billing, claims follow up, denials and appeals, payment posting, and patient statements/customer service. Each month there are financial targets set for cash collections. The average monthly cash goal for FY 2024 was \$7,890,000. With an average of 21 collection days in a month, the average daily goal is \$375,714. On October 22, 2024 total cash received was \$1,306,877.

This push helped the PFS team exceed the monthly goal and end the month with the third highest monthly cash collections in Gaylord history.

Hitting cash targets improves cash flow to ensure we can meet our obligations and boosts the hospital's financial stability. This success is the result of collaboration across revenue cycle departments since each role is crucial in ensuring a smooth billing process and timely collections.



# NOVEMBER DON'T FORGET! DEADLINES

November 14



### Gaylord Gives

Building the Future Together

Today is the last day to sign-up for the Employee Giving Campaign to be eligible for the raffle prizes. See page 14

#### November 15



Friday, November 15 is the last day for submission of any flu vaccine documentation.

See last page for cover sheet.

#### November 30





Gaylord covered employees and covered spouses who complete the (4) wellness goal activities before 11/30/2024 will earn a premium reduction in 2025. Contact Paul Pacileo with questions, X2824

### **NOVEMBER**

Service Awards

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

#### **15 YEARS**

**Heidi Becker** Inpatient Therapy

#### **10 YEARS**

Katie Zimmerli

Inpatient Therapy

Jaclyn Lavigne Inpatient Therapy

**BJ Palumbo**Inpatient Therapy

#### **5 YEARS**

**Robert Lee**Nursing Services

**Yi Qiu** Nursing Services

### REMINDER

for all emergencies dial

3399





## ABI Peer Mentor Program Celebrates 10 Years

The ABI Peer Mentor Program is celebrating its 10-year anniversary since the program's inception in October of 2014! The committee trained five new peer mentors, including one family member mentor, on October 31, 2024. The Peer Mentor program is designed to help current inpatients with visits from former patients who can provide educational support for patients and their families, expand coping skills, and improve knowledge of ABI and the recovery process. The mentors also benefit by increasing: their ability to cope and face challenges, satisfaction in helping others, self-confidence and decreasing isolation by becoming an extension of our staff as vetted volunteers. Please welcome them when you see them on the units!

Pictured from Left to Right, Elle Maron, Dorothy Orlowski, Kit Casey\*, John Potusek\*, Amanda Otfinoski\*, Jo Maiolino, Jane Milas\*, Rob Pisciotti, Cindy D'Agostino\*, Allison Greco. Not pictured, Dorene Scolnic, Rose Vazquez-Santiago.

\*New trainees

# Gaylord Wolfpack Sled Hockey Players Compete in World Challenge

Congratulations to our incredible Gaylord Wolfpack Sled Hockey athletes: Hope Magelky, Rebecca Mann, Rachel Grusse, and Robynne Hill, for competing at the World Para Ice Hockey Women's World Challenge in Skien, Norway! Rachel was one of the standout performers at the tournament, leading all skaters with four goals.

Team USA brought home the gold for the third consecutive year, finishing with an undefeated record! They absolutely dominated their competition, outscoring their opponents 27-0. The skill and teamwork on display were truly remarkable, and we couldn't be prouder of our Team USA athletes for contributing to this incredible victory!



# Did your co-worker go above and beyond?

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







#### MISSION

To enhance health, maximize function and transform lives.

#### VISION

To become a nationally recognized leader in optimizing outcomes in rehabilitative, regenerative, and complex medical care.



#### **VALUES**

Patient-centered care is achieved with a culture that embraces these values: Innovation. Teamwork. Inclusion. Safety. Integrity. Compassion. Accountability. Respect. Excellence.





## Jeans for Charity: Friday, November 15



The featured organization is:

First Tee

Click here to learn more.

Employees need a Jeans for Charity sticker or button to indicate their participation.

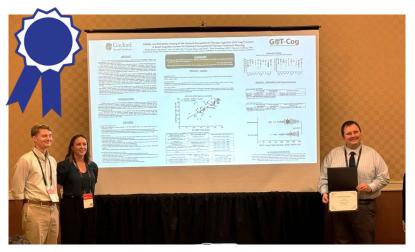
Stickers can be purchased for \$2 in the cafeteria, Jackson Java, Human Resources, Jackson 2 outpatient, North Haven, Cheshire, Cromwell and Madison.



On October 28, Gaylord staff attended the Stroke Survivor & Caregiver Symposium at UCONN Health Center. Michelle Saunders, Emily Meise, Tammy Spurgeon, Heidi Fagan and Alli Greco represented Gaylord with a table full of stroke resources available at Gaylord.

| November   |  | December                            | January 2025               | Februrary 2025           |
|--|--|-------------------------------------|----------------------------|--------------------------|
| COPD Awareness Month   | Lighting Hope, Lighting of the<br>Courtyards | Giving Tuesday  December 3          | Happy New Year             | American Heart Month     |
| National Assistive Tech Month  | November 21                                  |                                     | National Blood Donor Month | National Therapeutic Rec |
| National Radiologic Tech Week  | Happy Thanksgiving November 28               | Holiday Window Painting  December 4 |                            | Month                    |
| All the sales of t | November 28                                  | Holiday Craft Fair                  |                            | Patient Recognition Week |
| National Nurse Practitioner Week   |  | December 5                          |                            | Cardiac Rehab Week       |
| Helping Hands Ice Cream Social<br>November 20  |  | Jeans for Charity  December 6, 20   |                            | day.                     |
| Jeans for Charity November 29  |  |                                     |                            | 0000                     |

# Gaylord Shines at American Congress of Rehabilitation Medicine Annual Meeting



Congratulations Emily Meise, OT, and the research team from Gaylord's Milne Institute for Healthcare Innovation. The ACRM | American Congress of Rehabilitation Medicine selected the Gaylord Occupational Therapy Cognitive (GOT-Cog®) Screen as the winner of this year's Physicians & Clinicians Networking Group Poster Award - a well-deserved recognition for an innovative tool that's set to transform inpatient occupational therapy assessment and treatment globally.

Gaylord was represented at the 101st American Congress for Rehabilitation Medicine (ACRM)

Annual Meeting in Dallas, TX, by members of the Research Team, Hank Hrdlicka and John Corbett, and the Inpatient Therapy Department, Emily Meise, Caitlin Boland, and Stefanie Gaidos. In addition to attending as many of the hundreds of presentations and posters as possible, the group had the opportunity to present four posters of their own that were well-received by many:

- "Comparative Analysis of Serum Biochemical Markers, Age, and Functional Independence in COVID-19 and Guillain-Barré Syndrome Patients: A Single-site Retrospective Study" *Presented by John Corbett*
- "Does Endurance Improve with the Use of Passy-Muir Valve for Patients with Tracheostomy?" *Presented by Caitlin Boland*
- "Analysis of Clinical Trends in Dysphagia Management for Patients with Feeding Tube Placement Prior to LTACH Admission: A Retrospective Review" *Presented by Stefanie Gaidos*
- "Validity and Reliability Testing of the Gaylord Occupational Therapy Cognitive (GOT-Cog\*) Screen: A Novel Cognitive Screen for Inpatient Occupational Therapy Treatment Planning" *Presented by Emily Meise*

#### Congratulations to all of our presenters!

If you want to learn more, please join the next Research Committee Meeting on Wednesday, December 4, at 12:30 p.m. in the inpatient gym.

| February             | March  | April                      | May   | June                           |
|----------------------|--|----------------------------|---|--------------------------------|
| National Heart Month | National Nutrition Month  Brain Injury Awareness Month | Occupational Therapy Month | National Nurses' Week  National Hospital Week | Gaylord Gauntlet 5k<br>June 14 |
| 0000                 |  |                            |   |                                |



#### The Story of Helping Hands

Helping Hands is a committee of staff members that work together with the help of Gaylord to adopt 5 or 6 families from the community to provide them with food and gifts for the holidays. We are given a "wish list" for each child in each family and we try to get items from that wish list. We do provide each family member gifts which includes the mother and/or father. We also give them everything they would need for a holiday meal including a gift card for the perishable items. Each child is also given a stocking with his or her name on it.

Fundraiser events such as the bake sale and ice cream social are ways to raise funds for the gift cards. The more we raise, the bigger the gift cards.



Thanks to everyone who participated in the Helping Hands Annual Halloween Bake Sale!
A total of \$172.27 was raised.



# **GaylordGives**

Building the Future **Together** 

"Gaylord Employee Giving Campaign"

# October 31-November 14

Committee Members will be visible throughout the hospital on Nursing Floors, Cafeteria, Milne and Jackson Lobbies



PARKING

FOR

PTO Day

(2) VIP parking spot for one year

(your choice of location!)

Crockpot
Keurig machine
Various gift cards
and more!





EURIG



Scan this QR code to learn more or to make a gift.



# What does my gift benefit? You choose!







#### **Gaylord Fund**

The Gaylord Fund is an unrestricted fund that supports the greatest needs throughout the year. In 2023, more than half of employees giving dollars to The Gaylord Fund supported professional development services and wellness initiatives for staff.

#### **Special Needs Fund**

The Goff Memorial **Special Needs Fund** is available to any Gaylord patient in need of financial assistance for their current medical situation and is able to demonstrate the inability to pay. Covered items include durable medical equipment not covered by insurance, certain household expenses, Aquasize classes in the therapeutic pool, clothing, meals and transportation.

#### **New Technology**

Employee Giving dollars for **New Technology** provide funding to modernize and upgrade equipment throughout the organization to benefit both inpatients and outpatients, keeping Gaylord at the forefront of rehabilitation medicine and complex medical care.





Scan this QR code to learn more or to make a gift.



# En qué beneficia mi regalo? **Tu eliges**







#### Fonda Gaylord

El Fondo Gaylord es un fondo sin restricciones que respalda las mayores necesidades durante todo el año. En 2023, más de la mitad de los empleados que donaron dólares al Fondo Gaylord apoyaron el servicios de desarrollo profesional y iniciativas de bienestar para el personal.

#### Fund Fondo de Necesidades Especiales

El Fondo de Necesidades
Especiales de Goff Memorial está
disponible para cualquier paciente
de Gaylord que necesite asistencia
financiera para su situación médica
actual y pueda demostrar su
incapacidad de pago. Los artículos
cubiertos incluyen equipo médico
duradero no cubierto por el seguro,
ciertos gastos del hogar, clases de
Aquasize en la piscina terapéutica,
ropa, comidas y transporte.

#### Nueva Tecnología

Los dólares de donaciones de empleados para **nuevas tecnologías** brindan fondos para modernizar y mejorar los equipos en toda la organización para beneficiar tanto a los pacientes hospitalizados como ambulatorios, manteniendo a Gaylord a la vanguardia de la medicina de rehabilitación y la atención médica compleja.





Escanee este código QR para obtener más información o para hacer un regalo.



#### WHY GIVE?

Employee giving is a powerful statement to our patients and the community that we believe in Gaylord's mission and are united in our commitment to provide world-class patient care. Every gift, regardless of amount, is important in helping our patients reclaim their lives!

| EMPLOYEE INFOR  | MATION (Ple       | ease print) |                      |                    |  |
|---|-------------------|-------------|----------------------|--------------------|--|
| Name  | Department        |             |                      |                    |  |
| Address   | Work Phone        |             |                      |                    |  |
| City  | State             | Zip         | Location/F           | oor                |  |
| AMOUNT OF GIFT  | *                 |             |                      |                    |  |
| ☐ \$40.00 per pay period ☐ \$19.02 per pay period           |                   | •           |                      |                    |  |
| ☐ \$10.00 per pay period*  *Payroll deduction will continue | , .               |             | . ,                  | n with the Develop | oment Office.                                      |
| GIFT DESIGNATIO   | · -               |             |                      |                    |  |
| ☐ Gaylord Fund ☐ S  | Special Needs I   | -und ∐ I    | New Technology       |                    |  |
| METHOD OF PAYM  | IENT              |             |                      |                    | 回被回  |
| ☐ Payroll deduction (Ple                                    | ease check desire | ed amount a | above)               |                    |  |
| ☐ My check/cash is end                                      | losed \$          | (Make       | checks payable to Ga | ylord Hospital)    | In 105m2   |
| ☐ Please charge my gif                                      | t of \$           | to my:      |                      |                    | Scan this QR code to learn more or to make a gift. |
| ☐ Mastercard ☐  | Discover □ \      | ∕isa □ An   | nerican Express      |                    |  |
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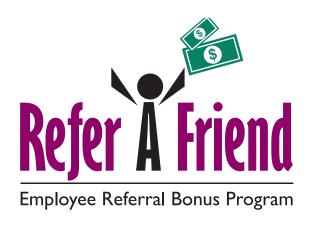


¿POR QUÉ DAR? Las donaciones de los empleados son una poderosa declaración para nuestros pacientes y la comunidad de que creemos en la misión de Gaylord y estamos unidos en nuestro compromiso de brindar atención al paciente de clase mundial. ¡Cada donación, independientemente del monto, es importante para ayudar a nuestros pacientes a recuperar sus vidas!

| INFORMACIÓN D                                  | EL EMPLEADO                       | (Por favor imprim    | a)  |   |  |  |
|--|-----------------------------------|----------------------|---|---|--|--|
| Nombre   |                                   | Departamento         |   |   |  |  |
| Dirección                                      |                                   | Teléfono del trabajo |   |   |  |  |
| Ciudad   | EstadoCódigo postalUbicación/Piso |                      |   |   |  |  |
| CANTIDAD DE RE                                 | EGALO*                            |                      |   |   |  |  |
| ☐ \$40.00 por periodo<br>☐ \$19.02 por periodo | ,                                 |                      | eriodo de pago (\$130)<br>eriodo de pago (\$78)         | □ otro \$   |  |  |
| □ \$10.00 por periodo                          | de pago (\$260)                   | □ \$2.00 por pe      | eriodo de pago (\$52)<br>nalice su deducción con la Ofi |   |  |  |
| DESIGNACIÓN DE  ☐ Fondo Gaylord ☐              | EREGALO                           |                      |   |   |  |  |
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| ☐ Mi cheque/ executiv                          | e esta' adjunto \$                | (Haga los            | cheques a nombre de Ga                                  | ylord Hospital)   |  |  |
| ☐ Por favor carga mi r                         | egalo de \$                       | para mi:             |   |   |  |  |
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# Helping fill jobs is ALL our job. Get paid to help.

| *REFERRAL BON | JS POSITION               |
|---------------|---------------------------|
| \$2,000       | Clinical/Staff Pharmacist |
| \$2,000       | RN                        |
| \$2,000       | Respiratory Therapist     |
| \$2,000       | PT                        |
| \$1,500       | LPN                       |
| \$1,000       | PCT                       |
| \$500         | FVS or F&N                |

\*For program details and payout schedules, contact HR.









### STAY ON TOP OF YOUR HEALTH.

There's still time to get rewarded for healthy activities.

**LEARN MORE** 

It's never too late to get healthy. Or to get rewarded for it. The Gaylord employee Step up to Wellness program rewards you for completing specific healthy actions like the Cigna health assessment, a biometric screening, annual physical exam, and tobacco non-smoker attestation.

To be eligible to earn a premium reduction, the Step up to Wellness action goals must be completed by November 30, 2024.

**Get started today.** Visit **MyCigna.com** → Wellness → View All Incentives to see the required activities you need to complete to earn your rewards.

**LEARN MORE** 

#### Flu Documentation Cover Sheet

If you are submitting proof of flu vaccination documentation <u>NOT</u> received at Gaylord please complete this cover sheet and submit with your flu documentation.

#### **PLEASE PRINT CLEARLY:**

