



For event listings,  
wellness notes, and  
hospital news:

**Check out our  
website at  
[www.rfgh.net](http://www.rfgh.net)**



[www.instagram.com/redingtonfairview](http://www.instagram.com/redingtonfairview)



@RedingtonFairviewGeneralHospital

*Caring for the  
Community!*

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# Reach For Good Health!

**- WINTER 2022 -**

*A newsletter from Redington-Fairview General Hospital*



## 10 Small Actions That Will Impact a Child's Future

*Connecting with children each day lowers the chance of them to engage in risky behavior later in life.*

**Read a book** - Set a regular time in your child's schedule. It has benefits outside of creating shared time together: you help set rules and routines.

**Eat Dinner Together** - Taking time to eat dinner together isn't about the food on the table, but the conversations around it.

**Ask them Questions** - Conversations build brain power. When kids talk seriously about what they are doing, their skills grow and their self-confidence blossoms.

**Manage Technology** - Set limits on the use of devices. Excessive or unrestricted use can lead to challenges and reduce the quality and amount of family time.

**Give Praise** - Praise a child for at least one thing they are doing right, even if it's small. When children feel good about themselves it benefits their mental health and wellbeing.

**Find 10 Minutes to Play** - When children get love and support in a fun environment, they are better able to take on the childhood tasks of exploring their world and learning new skills on their own.

**Put Down the Phone** - Take time to connect face-to-face with your child.

**Join a Playgroup** - Having friends, family, and neighbors with kids of similar ages, who help out and provide emotional support, can provide strong social connections for you and your child.

**Take Care of You** - Parenting can be stressful. Find time to re-energize by taking a bath, writing in a journal, laughing, talking with a friend, or exercising.

**Get Support** - Reach out to friends or call places for support. Dial "211" to find out about organizations that support families in your area.

**See the Be a Hero social media campaign at:  
[facebook.com/SomersetPublicHealth](https://facebook.com/SomersetPublicHealth)**

# A Breath of Fresh Air for Bus Shelters

As of October 5, 2021, a new law prohibits smoking in bus shelters in Maine. In Somerset County, this law covers the Somerset Explorer bus shelter in Skowhegan.

The Governor signed LD 269, an Act to Prohibit Smoking in Bus Shelters, on May 5, 2021. Senator Heather Sanborn of Senate District 30 was motivated to introduce the bill. One of her constituents, a man in his 80s who is entirely reliant on the bus for transportation, shared the many times he had to wait in the rain or cold because people were smoking in the bus shelter.

Many Mainers use public transportation to get to and from work, shops, health appointments, and places of worship. Others travel for recreation, entertainment, or spending time with family and friends. Mainers have the right to public transportation and public spaces free from secondhand smoke exposure. Smoke-free public places also help normalize tobacco-free living, which helps support the community's overall health.

*“The Somerset Public Health Tobacco Prevention Team works with our community partners to promote a tobacco-free Somerset County. We provide education and training on tobacco use and treatment resources. We also offer technical assistance for strengthening tobacco-free policies in various settings, including public places such as bus stops,” said Community Health Educator Deb Casey.*

If you're interested in quitting, reach out to the Maine QuitLink online at [MaineQuitLink.com](http://MaineQuitLink.com) or call 1-800-QUIT-NOW (800-784-8669), which is available to provide free, confidential support to all. People are 2 to 3 times more likely to quit with the Maine QuitLink than when trying to stop on their own.

To learn more about Somerset Public Health's prevention education and policy efforts, contact Deb Casey at [dcasey@rfggh.net](mailto:dcasey@rfggh.net)

Find Somerset Public Health Online:

[somersetpublichealth.org](http://somersetpublichealth.org) / [facebook.com/SomersetPublicHealth](https://facebook.com/SomersetPublicHealth) / Instagram: @SomersetPublicHealth



## About Somerset Public Health:

Somerset Public Health is a coalition of staff members, community members, organizations, and businesses working together to improve health in Somerset County.

Our goal is to make Somerset County a healthier place to live and work for the families we serve. We strive to make this happen by:

- Improving nutrition
- Increasing physical activity
- Stopping tobacco use
- Preventing substance misuse
- Promoting the responsible use of alcohol

To do all of this, we need your help. We work with community members, schools, workplaces, child-care centers, service groups, and other community groups to make the places we visit every day healthier.

# RFGH Earns Platinum-level Status for Tobacco-Free Efforts



We are pleased to announce that Redington-Fairview General Hospital has been recognized at the Platinum level for the 2021 Tobacco-Free Hospital & Healthcare Gold Star Standards of Excellence Program!

The Gold Star Standards of Excellence provides an annual opportunity to recognize Maine's hospitals/healthcare organizations for the work they have done to create tobacco-free environments and support tobacco-free lifestyles.

Breathe Easy, a program of the MaineHealth Center for Tobacco Independence Tobacco Prevention Services is pleased to celebrate hospitals and healthcare organizations across the state that have worked hard to continuously support tobacco-free environments.

## Welcome New Providers!



**Melissa Covenant, APRN, FNP-C**  
**RMPC Endocrinology**

Melissa Covenant earned her Master of Science degree in Nursing from Gonzaga University's Family Nurse Practitioner Program and is a certified and licensed Family Nurse Practitioner.



**Jayson Richter, PA-C**  
**RFGH Emergency Department**

Jason Richter earned his Master of Science degree for Physician Assistant Studies from the University of New England and is a certified Physician Assistant.

# January is National Blood Donor Month

By *Brittney Watt, RFGH Community Health Educator, in collaboration with Jackie Gershman-Mannocchi, Account Manager for Northern New England Red Cross*



For the past 50 years, January has been known as National Blood Donor Month. This is also the time of year that the American Red Cross struggles to collect enough blood donations for patients in need. RFGH would like to support the American Red Cross by encouraging you to donate blood or volunteer at your local blood drive.

According to the Northern New England Red Cross, 152 pints of whole blood needs to be collected by donors each day to fulfill the need of patients in Maine. This means that 1,064 different Mainers need to donate blood each week! At this time, only 3% of people in the United States donate blood and in 2021 alone, the Red Cross has seen a 30% decrease in blood donors. The need for blood donors is crucial because every two seconds, someone in the United States needs blood!

## What is a “Whole Blood Donation”?

A whole blood donation is probably what you imagine when you think about donating blood. The blood collected during a whole blood donation is usually given to trauma patients and people who have surgery. When you donate whole blood, you are donating red blood cells, plasma, and platelets. All blood types can be collected during a whole blood donation.

To donate whole blood, you must:

- Be in good health and feeling well
- Be at least 16 years old in most states (those under 18 years will need parental permission)
- Weigh at least 110 pounds
- Have not made a previous whole blood donation less than 56 days ago

## What is a “Power Red Donation”?

A power red donation is when you give a concentrated amount of red blood cells. When you give a power red donation, the blood is separated from your plasma and platelets. Your plasma and platelets are then safely transferred back into your body. Power red donations are usually given to trauma patients, those with sickle cell anemia, newborn babies, women who need emergency blood transfusions after giving birth, and anyone suffering from blood loss. O+, O-, A-, and B- are the blood types that can be collected during a power red donation.

To make a power red donation, you must:

- Be in good health and feeling well
- Male donors: be at least 17 years old in most states (those under 18 years will need parental permission), be at least 5’1” tall, and weigh at least 130 pounds
- Female donors: must be at least 19 years old, at least 5’5” tall, and weigh at least 150 pounds
- Have not made a previous power red donation less than 112 days ago

*Continue reading on the next page.*

# January is National Blood Donor Month

## What are red blood cells, plasma, and platelets?

- Red blood cells are a part of your blood that helps carry oxygen from your lungs to other parts of your body. Medical providers can look at your red blood cells to check for anemia, dehydration, and malnutrition.
- Plasma is the liquid part of your blood. It is about 92% water and the rest is a mix of proteins, salts, sugars, fats, hormones, and vitamins.
- Platelets are the part of our blood that creates blood clots to prevent bleeding.

## If I received a COVID-19 vaccine can I still give blood?

Yes. There is no wait time to donate blood after receiving the Pfizer, Moderna, or Johnson & Johnson vaccines.

## What is the Red Cross doing to keep everyone safe?

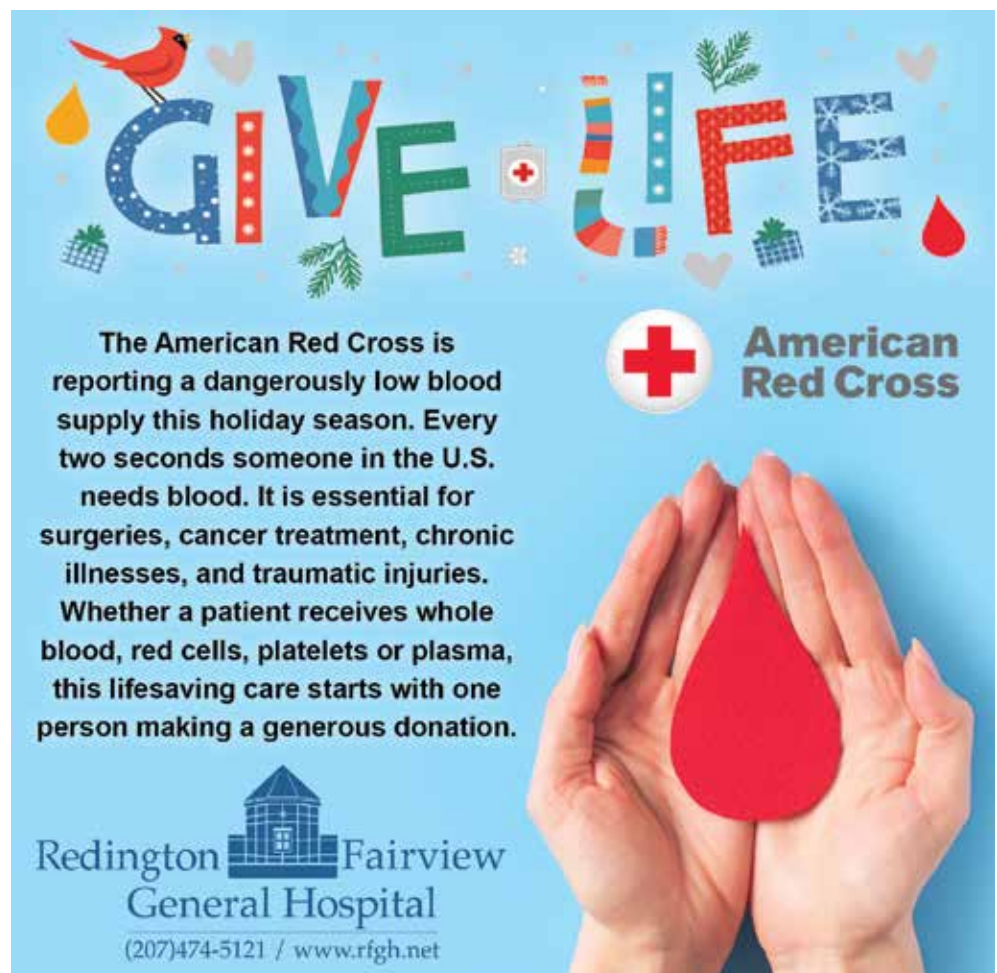
The Red Cross requires everyone to wear a face mask and social distance at a donation site. They provide hand sanitizer for use when you enter a blood drive and offer it throughout your donation experience. Red Cross staff and volunteers will also disinfect surfaces and equipment throughout the blood drive.

## What is the Blood Donor App?

The Blood Donor App is your way to schedule and view your blood donation all in one place! The Blood Donor App can:


- Help you find a blood drive near you
- Help you make a donation appointment
- Send you reminders for your upcoming appointment
- Let you complete your donation paperwork before going to your appointment
- Let you see what happens to your blood after it has been donated

**If you would like to make an appointment to donate blood, download the Blood Donor App or visit:**  
**[www.redcrossblood.org](http://www.redcrossblood.org)**



The American Red Cross is reporting a dangerously low blood supply this holiday season. Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation.

**American Red Cross**

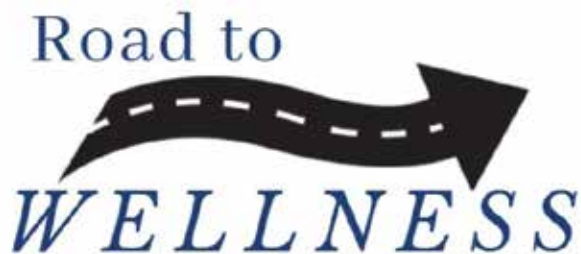
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General Hospital  
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The graphic features the words 'GIVE LIFE' in large, colorful, stylized letters. 'GIVE' is in blue and green, and 'LIFE' is in red and blue. The letters are decorated with holiday-themed icons like a cardinal, a snowflake, a gift, and a heart. Below the text is the American Red Cross logo (a red cross in a white circle) and a pair of hands holding a large red blood drop. The background is light blue with scattered holiday icons.

# 2022 Wellness Programs

RFGH will be offering **FREE** wellness programs again in 2022 to our community members!

To sign-up for a program, or to get more information, please contact: **Brittney Watt, Community Health Educator** at **bwatt@rfgH.net** or **(207) 858-2318**.



**Road to Wellness** is RFGH's free virtual (via Zoom) community support program for adults 18+ who are 100 lbs or more overweight. The first session will be held on Wednesday, February 2, 2022 and will continue to be held on the 1st and 3rd Wednesday of every month from 3:00-4:00pm. Registration is ongoing.



**Total Wellness** is RFGH's free virtual (via Zoom) community wellness program for adults 18+. This class is held on Mondays from March 7 to May 23, 2022. Participants will have 2 session times to choose from: 10:00-11:00am or 4:30-5:30pm. This 12-week program will give you all the tools you need to build a life of wellness! With classes on setting goals, easy snack ideas, yoga, meditation, health assessments and more, we're sure you'll get a well-rounded education on health and wellness! Registration deadline is February 28, 2022.



**Not sure if you qualify for Prevent T2?**

**Your doctor can help you find out if you have prediabetes or are at risk for developing type 2 diabetes.**

**You can also take a free risk test at [www.doihaveprediabetes.org](http://www.doihaveprediabetes.org).**

**Prevent T2** is a CDC-recognized program by the National Diabetes Prevention Program (NDPP) to help individuals delay or lower their risk of developing type 2 diabetes! Participants will receive support and guidance from a trained Lifestyle Coach, have access to a 1-year (12 months) program, and will receive support from other participants. This free program is held over Zoom. All classes will be held on Wednesdays from 9:00-10:00am and will run April 6, 2022 - April 5, 2023. Registration deadline is Friday, March 25, 2022.

# Wellbeing Moving Forward



*By Kelly Coughlin, Somerset Sports & Fitness Director*

With the alarming rise of cases in depression, anxiety, substance abuse, job loss, and cardiovascular-related issues, it is now more important than ever to maintain good health, both mental and physical. But during a pandemic, that isn't always easy to do. According to the International Health, Racquet & Sportsclub Association (Mainebiz, 9/20/2021) since 12/31/2020, 17% of health clubs have permanently closed and 50% of gym-goers have been less active.

Somerset Sports and Fitness has provided space for people to exercise and socialize since we opened in 1998. Because of the hard work of our staff and the support of our affiliate, Redington-Fairview General Hospital, we were fortunate to only close for 3 months during the mandated shutdown in Maine for COVID-19. The small SSF staff that remained worked diligently to reopen the facility safely for it's members.

Since the COVID-19 virus started spreading in our area two years ago, we have had zero outbreaks or cases that caused us to shut down. I believe this is due to our diligent staff as well as our clients who follow the guidelines and act responsibly.

Now that the winter weather is here, and the need for indoor exercise space is increasing, SSF has made a number of changes to allow you to come here and feel safe.

We have made as much use out of our workout areas as possible to provide distancing. We have moved Spinning Classes to the high-ceilinged 1000' Aerobic Room, with a maximum of 12 participants with brand new Spin Bikes.

Our facility is divided up into nine workout rooms. Additionally, we have installed IFIT Interactive Bike Stations that are separated for your own private workout (located in the old Spinning Room). These bikes provide classes as well as rides around the world.

Not interested in doing a bike workout? There are hundreds of classes to choose from that take you off the bike, that you can do in these separated curtained stations.

We have invested in high efficiency, air quality filtering HVAC updates. We keep the air temperature cool (65 degrees) and continuously exchange air through the highest grade filters that work with our 5 HVAC systems. Add this to our 15-20 foot ceilings throughout the building, and you have created high quality air flow.

We have hired a professional cleaning company. Along with our front desk staff who clean high touch/highly used areas hourly, our cleaning professionals are cleaning non-stop throughout the day.

Can't make a live class? Want to work out in private? Reserve our Aerobic Room at no extra charge. You can reserve our Aerobic Room at any time (when there is not a class in session) to do your own private workout. Not sure what to do? We are a Studio Sweat on Demand Affiliate – just pick from one of thousands of classes on our big monitor and follow along.

Steamrooms and saunas are reopened in each locker room. We encourage users to clean the room before and after use with the safe disinfectant provided and only one person at a time in each room.

Disinfectants are a part of your workout. We do not allow members to work out here if they are not cleaning their equipment. This is an expectation and an incredible show of courtesy.

*Like us on Facebook or visit us online at [www.rfgh.net/community/somerset-sports-and-fitness.xhtml](http://www.rfgh.net/community/somerset-sports-and-fitness.xhtml) to learn more and view our class schedule. Please call us at 474-2224 or email [kcoughlin@rfgh.net](mailto:kcoughlin@rfgh.net) with any questions.*



## Local Girl Donates Toys for Pediatric Patients During the Holiday Season

Each year local girl, Taylor White, age 9, raises money at locations in downtown Skowhegan to purchase toys for our pediatric patients who are in the hospital during the holiday season.

**This year Taylor raised a total of \$1,440.00!**

**Thank you for your hard work and generous spirit Taylor!**

**For more information about this newsletter, please contact Carol Steward at 207.474.5121, ext. 2319.**

Redington-Fairview General Hospital publishes the opinions of expert authorities in many fields; but the use of these opinions is no substitute for medical and other professional services to suit your specific personal needs.

Always consult a competent professional for answers to your specific questions.

RFGH is an independent, critical access community hospital, located in Skowhegan, Maine. RFGH has provided quality, comprehensive health services to the residents of Somerset County since 1952. A member of the Maine Hospital Association, RFGH offers community-based primary care, pediatric care, surgical and specialty services, rehabilitation, community health education, and 24-hour emergency medical services.

*The RFGH family includes: Redington Medical Primary Care (RMPC), RMPC Norridgewock Health Center, Somerset Primary Care, Redington Family Practice, Skowhegan Family Medicine, Redington Pediatrics, Redington Cardiology, RMPC Endocrinology, Redington Urology, Redington Gastroenterology, Redington Neurology, Redington OB/GYN, Redington Orthopedic Surgery, Redington General Surgery, Rehab & Fitness Services, Somerset Sports & Fitness, and Somerset Public Health.*