



For event listings, wellness notes, and hospital news visit:

www.rfgh.net



Follow us on **Instagram**

@redingtonfairview



LIKE US ON

facebook

Caring for the Community!

In This Issue

Community Health	2
What is Sepsis?	3
New Providers.....	4
Caring Cradle	5
Somerset Public Health	5
Indoor Walking Locations	6
Nutrition.....	7
Daisy Award	8

REACH FOR GOOD HEALTH!

- WINTER 2024 -

A newsletter from Redington-Fairview General Hospital

Down With a Case of Cabin Fever?

By Brittney Dunphy, RFGH Community Health Educator



The long winter months in Maine can be difficult for many people. We can feel bored, down, stuck or distressed. There is not one way to “fix” cabin fever, but there are ways to help you feel better during these dark and cold months.

Spend time outside. Just because it is cold, doesn’t mean you can’t go outside.

You can do many different activities in the winter, like snowshoeing, ice fishing, and building a snowman. You can also sit outside when the sun is shining, even if there is snow on the ground.

Keep a routine. Try your best to keep your normal routine during the winter, or make a new routine. Schedule activities to do while the sun is out.

Keep in touch with loved ones. Having a social life and social connections are important. If the weather makes it difficult to see people in person, consider a phone call or video chat.

Find a new hobby. Do you have an old hobby that you have not done in a while? Are you interested in trying something new? Hobbies like playing or learning to play an instrument, scrapbooking, painting, or crocheting are perfect activities to do during the winter.

Break a sweat. Head to the gym or turn on a workout video at home. Physical activity causes your brain to release endorphins, which are chemicals that boost your mood and make you feel good.

Relax and have some “me time”. Find ways to relax that you enjoy. Turn on a movie or grab a good book.

Cabin fever shouldn’t last a long time. It is a feeling that often goes away quickly once you feel like your time is being spent well. If you are having difficulty coping with the winter months, you may want to consider contacting your primary care provider.

Community Health Education Classes at RFGH

ROAD TO WELLNESS

Bi-Weekly on Wednesdays
February 7 – April 17, 2024
3:00pm – 4:00pm
at RFGH

This is a support program for adults (18+) who are 100lbs or more overweight and want to live a life of wellness. Participants will get support from other participants while learning about a variety of healthy living tips.

TOTAL WELLNESS

Weekly on Mondays
February 12 – April 1, 2024
10:00 – 11:00am
or 4:30 – 5:30pm
at RFGH

This is a weekly health program for adults (18+). Participants learn about a variety of health topics.

SAFE SITTER

Friday, February 23, 2024
9:30am – 4:30pm
at RFGH

This program is ideal for students in grades 6-8.

WHAT IS SEPSIS?

Tuesday, March 5, 2024
5:00 – 6:00pm
at RFGH

This is a community class to help you learn about a common infection. Participants will learn about what sepsis is, signs and symptoms of sepsis, how to know when you should go to the Emergency Department, and more.

ADVANCE HEALTH CARE DIRECTIVE WORKSHOP

Tuesday, March 12, 2024
5:00 – 7:00pm
at RFGH

This live workshop will guide you through the importance of having an Advance Health Care Directive and how to fill one out.

FOR MORE INFORMATION & TO SIGN UP CONTACT:

Brittney Dunphy
RFGH Community Health Education
(207) 858-2318 / bdunphy@rfg.net

What is Sepsis?

By Jessica LaChance, RN, BSN, RFGH Outpatient Clinical Nurse Educator

When asked this question, many say “it is a bloodstream infection,” or “it is blood poisoning.” Sepsis was once talked about in these terms, but today we have a better understanding of what it really is.

Sepsis is the body’s over-the-top reaction to a really bad infection. This can lead to problems with organs and tissues, and even lead to death. At least 1.7 million adults in the United States will have sepsis in the next year and about 350,000 of those adults will die from it. Understanding the risks and steps to take is important in keeping yourself safe against sepsis.

Most sepsis infections are caused by bacteria, viruses, fungi, or parasites. Normally, the body tries to fight these off, but during sepsis the body does not work correctly and it causes inflammation, blood clots, and leaky blood vessels. If the body isn’t working like it should, organs may stop working, tissue and cells become injured, and death may occur. It is important to go to the emergency room or see your primary care doctor for infections to help avoid sepsis.

Common symptoms of sepsis include fever, chills, fast breathing, fast heart rate, rash, confusion, and tiredness. These symptoms are also common among many other diseases, making sepsis hard to recognize in its early stages. Please talk to your healthcare provider if you have any of the symptoms listed above.

Stopping sepsis starts with decreasing infections. This can be done by washing your hands, staying up to date with vaccinations, and seeing your healthcare provider when you are feeling sick.

It’s important to remember anyone can get sepsis, however, the following people have a higher risk:

- Infants
- Children
- Older Adults (65+)
- Pregnant Women
- Weakened Immune System
- Multiple Health Issues

SYMPTOMS OF SEPSIS

S	E	P	S	I	S
shiver, fever or very cold	Extrene pain or general discomfort	pale ot discolored skin	Sleepy, difficult to rous. confused	"I Feel like I might die"	short of breath

If you would like to learn more about sepsis, please sign-up and attend our Community Sepsis class on Tuesday, March 5th from 5:00 to 6:00pm at RFGH.

Sign-up by contacting Brittney Dunphy at bdunphy@rfgh.net or 207-858-2318.

Sources: Sepsis Alliance, Centers for Disease Control (CDC), World Health Organization (WHO)

Welcome New Providers!



Rachael Amador, DO

Redington General Surgery
a department of Redington-Fairview General Hospital
Telephone: (207) 474-7045

Rachael Amador, DO is a graduate of Lake Erie College of Osteopathic Medicine. She completed her Residency in General Surgery at SBH Health System, NYIT and CUNY Affiliated Teaching Hospital. Dr. Amador is a member of the American College of Surgeons, American College of Osteopathic Surgeons, American Medical Association, and American Osteopathic Association.



Shelby Mast, DO

Redington Pediatrics
a department of Redington-Fairview General Hospital
Telephone: (207) 474-6265

Dr. Shelby Mast is board-certified in General Pediatrics and a member of the American Academy of Pediatrics. She received her bachelor's degree in Biology from the University of Florida and a Doctor of Osteopathic Medicine degree from Lake Erie College of Osteopathic Medicine. Dr. Mast completed her residency at the University of Connecticut Pediatric Residency Program.



Lisa Vezikov, DO

RFGH Emergency Medicine
a department of Redington-Fairview General Hospital
Telephone: (207) 474-5121

Lisa Vezikov, DO is a board-eligible Emergency Medicine physician. A graduate of Rhode Island College, Dr. Vezikov earned her medical degree at Lake Erie College of Osteopathic Medicine. She completed a residency in the Emergency Medicine Residency Program at Kent County Memorial Hospital/University of New England. She is a member of the American Osteopathic Association, American College of Emergency Physicians, and American College of Osteopathic Emergency Physicians.

Caring Cradle® for RFGH

By Brittney Dunphy, RFGH Community Health Educator



Redington-Fairview General Hospital (RFGH) is a proud recipient of a Caring Cradle®. Through a partnership with Madeline’s Mission, a Maine based non-profit helping families who experience child-loss, RFGH is able to offer the Caring Cradle® to any of our patients going through the life-changing experience of stillbirth or neonatal/infant death.

Every year, 1 in 160 babies are stillborn (March of Dimes). For every 1,000 babies who are born, about 5 of those babies will pass away before their 1st birthday (Centers for Disease Control and Prevention). When a baby dies, the time their families get to spend with them is very short. What the Caring Cradle® will do is give those families the time that they will never again have with their child.

The Caring Cradle® was created with hospitals in mind. It looks similar to a bassinet that you would normally see in a hospital, but it operates in a very special way. Inside of the Caring Cradle® is a device that cools down the baby’s body, which slows down the natural process after death. Parents can also take out the cooling pad and keep it wrapped around their baby, so they can still hold and bond with them.

“Frankly, I just needed more time. Time to process what just happened. Time to take a breath. Time to think that maybe we should have called a photographer. I wish I had had time to snuggle him and rock him. A Caring Cradle® is an amazing support tool that can provide that extra time to a family that finds themselves in a situation of needing more time.” – A quote shared with Caring Cradle® from Pamela Ferguson. Pamela’s son, Declan, was stillborn in 2017.

For more information on The Caring Cradle®, please visit www.caringcradle.com

For more information on Madeline’s Mission, please visit www.madelinemission.org

The Great Kindness Challenge

Mark your calendars for the Great Kindness Challenge, **January 22-26**.
How can you participate in the Great Kindness Challenge? **Here are some ideas:**

- Create a family gratitude jar
- Be kind to yourself and eat a healthy snack
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Raise funds and donate to your favorite cause
- Share food with someone who is hungry

Learn more: <https://thegreatkindnesschallenge.com/>

KIND IS THE NEW COOL

Indoor Walking

Get active in Somerset County

The gyms at these locations are available for winter walking October 30th, 2023 through March 30th, 2024 to follow school and adult ed calendar.

Walkers are asked to please change into a clean pair of indoor shoes and sign in before using the facility.

Canaan Elementary School	6:00-7:30AM MON-FRI
Margaret Chase Smith School	6:00-7:30AM MON-FRI
Millstream Elementary School	6:00-7:00AM MON-FRI
Skowhegan Area High School	5:00-7:00pm MON-THURS
Athens Community School	7:00-8:00am MON-FRI
Main Street Middle School Formerly Madison Junior High School	7:00-7:45am MON-FRI
Madison Junior/Senior High Formerly Madison High School	6:00-7:00am MON-FRI
Carrabec High School	6:05-6:45am MON, WED, FRI
Forest Hills Consolidated School	6:15-7:15am MON-FRI
Skowhegan Community Center	6:00-10:00am MON-FRI



For more information, please call Somerset Public Health at 474-7473, or schools above.



Any person choosing to be involved in this program does so at his or her own risk. SPH strongly recommends that if you have a medical condition, or have not seen a health care provider in the past year you should do so before starting, or increasing your physical activity.



Winterize Your Diet

Winter in Maine often means colder temperatures and shorter days, which can lead to less exposure to sunlight – an important source of Vitamin D. According to the National Institute of Health, Vitamin D is a nutrient you need to keep healthy and fight infections. Vitamin D also helps your body absorb calcium, one of the main building blocks for strong bones. Your body needs Vitamin D for other functions too. Your muscles need it to move, and your nerves need it to carry messages between your brain and your body.

One of the biggest sources of Vitamin D is through exposure to sunlight and is also found in some foods: egg yolks, oily fish (salmon, mackerel, tuna, and sardines), mushrooms, red meat, and fortified dairy and cereal. (For a more complete list of foods rich in Vitamin D visit: www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-sources)

Boost your Vitamin D intake this Winter with this quick and easy recipe that includes eggs and mushrooms, both excellent sources of Vitamin D.

Baked Eggs with Mushrooms and Spinach

Ingredients:

1 tbsp olive oil
1 small onion, chopped
2 cups mushrooms, sliced
4 slices Canadian bacon or deli ham, cut into thin strips
1/2 (10 oz.) bag frozen spinach, thawed
1/2 (7 oz.) can roasted green chiles
Salt and black pepper to taste
4 eggs

Directions:

Preheat the oven to 375°F.

Heat the oil in a large skillet set over medium heat.

Add the onion and cook for about 3 minutes, until translucent.

Add the mushrooms and cook for about 5 minutes, until lightly browned.

Stir in the bacon, spinach, and chiles, and cook for a few minutes, until the spinach is heated through.

If any water from the spinach accumulates in the pan, carefully drain.

Season with salt and pepper.

Divide the mixture among 4 6-ounce oven-safe ramekins that have been lightly greased with butter. (You can also use a greased muffin pan).

Carefully crack an egg into each, making sure to keep the yolks intact.

Place the ramekins in a baking dish and bake until the whites are just set but the yolks are still runny, about 10 minutes.

NUTRITION: 150 calories, 9g fat (2.5g saturated), 560mg sodium



46 Fairview Avenue
Skowhegan, ME 04976



RFGH is pleased to announce our newest DAISY Foundation award recipient, Tony Brunette!

Tony is a registered nurse of over 30 years and currently works as a nursing supervisor. Here is some of his nomination story:

“My 81 year old mother has been suffering from depression and anxiety since losing my father and her spouse of 59 years. Tony was instrumental in making sure that my mother was reassured and comfortable with the idea of grief counseling. Tony sat by her bedside and discussed that there was no shame in speaking to someone and that it was time to take

care of herself. Tony personally escorted her from the emergency room, encouraging her all the way. Because of this, she has since taken the necessary steps to follow up with her doctor and get established with a grief group.”

The DAISY award at RFGH is made possible through the generosity of Purdue Global. If you have received extraordinary nursing care while at RFGH, please submit a nomination at www.daisynomination.org/4686

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, Redington Endocrinology, Redington Gastroenterology, Redington General Surgery, Redington Neurology, Redington OB/GYN, Redington Orthopedic Surgery, Redington Podiatry, RFGH Rehabilitation & Fitness Services, Somerset Sports & Fitness, and Somerset Public Health.