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www.rfgh.net



@redingtonfairview



Caring for the Community!

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REACH FOR GOOD HEALTH!

- SPRING 2024 -

A newsletter from Redington-Fairview General Hospital

Summer Sun Safety



As the days get longer and warmer, it's natural for kids to start spending more time outside. That means more exposure to the sun and its harmful UV rays, and a higher risk of sunburn. Children need special attention to keep them protected from the sun. They usually spend more time outdoors and burn more easily.

Sunburn is an often painful sign of skin damage from spending too much time outdoors without wearing protective sunscreen. According to the CDC (www.cdc.gov/niosh/topics/sunexposure/), years of overexposure to the sun lead to premature wrinkling, aging of the skin, age spots, and an increased risk of skin cancer. In addition to the skin, the eyes can get burned from sun exposure. Sunburned eyes become red, dry, and painful, and feel gritty. Chronic exposure of eyes to sunlight may cause pterygium (tissue growth that leads to blindness), cataracts, and perhaps macular degeneration, a leading cause of blindness.

Ensure your family is covered this summer by following these sun safety tips from the American Cancer Society (www.cancer.org):

Use sunscreen and apply it correctly. Sunscreen can help protect your skin from the sun's UV rays. Use products with broad-spectrum protection (against both UVA and UVB rays). Choose a sunscreen with a sun protection factor (SPF) of 30 or higher. Don't forget to protect your lips by using a lip balm with sunscreen.

Continued on next page.

Summer Sun Safety continued

Keep babies younger than 6 months out of direct sunlight. They should also wear hats and protective clothing. Sunscreen used on babies should only be put on small areas of exposed skin.

Stay out of direct sunlight. Staying in the shade is one of the best ways to help prevent UV exposure. Try to stay out of direct sunlight between 10 a.m. and 4 p.m., when UV light is strongest.

Wear clothes to cover your skin. Long-sleeved shirts, long pants, or long skirts cover the most skin and are the most protective. Some clothing is made with UV protection.

Wear a wide-brim hat. Be sure that your hat protects the eyes, forehead, nose, scalp, and ears. A hat with a 2” or 3” brim all around is best.

Wear sunglasses that block both UVA and UVB rays. Large-framed and wraparound sunglasses protect best. Children need smaller versions of protective adult sunglasses – do not use toy sunglasses.

There is no quick cure for sunburn and it’s best to avoid getting one. If your child does get a sunburn, follow these tips from Skin Cancer Foundation (www.skincancer.org)

Bathe in clear, tepid water to cool the skin.

For a baby less than 1 year old, sunburn should be treated as an emergency. Call your doctor immediately.

For a child 1 year or older, call your doctor if there is severe pain, blistering, lethargy, or fever over 101 degrees F.

Sunburn can cause dehydration. Give your child water or juice to replace body fluids. Contact the doctor if the child is not urinating regularly; this is an emergency.

Apply light moisturizing lotion to soothe the skin, but don’t rub it in.

Dabbing on plain calamine lotion may help, but don’t use one with an added antihistamine.

Do not apply alcohol, which can over-cool the skin.

Do not use any medicated cream such as hydrocortisone or benzocaine unless instructed by your pediatrician.

Keep your child out of the sun entirely until the sunburn heals.

Practice sun protection and make sure that no matter where your child goes, sun safety is taken into account.

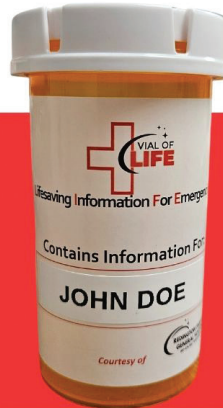


Vial of Life

By Brittney Dunphy, Community Health Educator

Vial of Life is a tool to help first responders know your important health information when you can't share it yourself. When you get a **Vial of Life**, you will have to write down your important health information, like your health conditions, any medication you take, and if you have an Advance Directive.

If Emergency Medical Services (EMS) has to come to your house, the **Vial of Life** will tell them the information they need to know to help you.



WHAT IS VIAL OF LIFE?

The **Vial of Life** is a tool to help first responders know someone's important health information when they can't share it themselves.

What's Included?

One (1) **window cling**, one (1) **magnet**, one (1) **health information sheet**, one (1) **extra large pill bottle**

How to Use a **Vial of Life**:

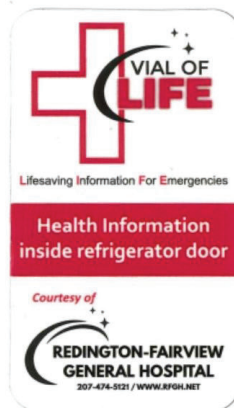
1

Put a *Vial of Life* window cling on your front door or on a window next to it.



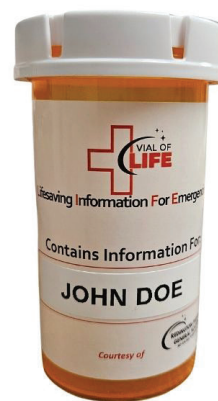
2

Put a *Vial of Life* magnet on the outside of your refrigerator door.



3

Complete the information sheet, place it in the *Vial of Life* bottle, and put it inside your refrigerator door.



For questions about **Vial of Life**, please contact RFGH Community Health at (207) 858-2318.

If you would like a **Vial of Life** mailed to you, please call Brittney Dunphy, RFGH Community Health at 207-858-2318 or email bdunphy@rfgh.net.

Community Health Education Classes at RFGH

TOTAL WELLNESS

Weekly on Mondays
May 6 – July 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.

ADVANCE HEALTH CARE DIRECTIVE WORKSHOP

Monday, May 13, 2024
5:00 – 7:00pm
at RFGH

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

CAR SEAT SAFETY

Wednesday, May 15, 2024
5:00 – 6:30pm
at RFGH

This in-person class is for anyone who wants to learn about the Maine law and how to safely transport children.

CIRCLE OF STRENGTH

3rd Thursday of the Month
5:00 – 6:30pm
at RFGH

This in-person support group is for anyone who has been affected by cancer. To sign-up, please call the Oncology Services Department at (207) 858-2129.

PREVENT T2

Tuesdays,
June 4, 2024 - June 3, 2025
3:00 – 4:00pm
at RFGH

Prevent T2 is a CDC-approved lifestyle change program. Prevent T2 will help you prevent or delay your chances of developing type 2 diabetes. During this program, we will talk about healthy eating and cooking, exercise, sleep, stress, getting support from loved ones, and more!

FOR MORE INFORMATION & TO SIGN UP CONTACT:

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

Fruit Facts

Fruits are an important part of a healthy diet and provide many vital nutrients. They are high in fiber and potassium and most are good sources of vitamins A and C, folate and a wide variety of phytochemicals. The phytochemicals, also called phytonutrients, in fruit have antioxidant properties with a variety of health benefits that improve immune function and decrease the risk of developing diseases including heart disease and cancer.

Fruit Salad

Ingredients:

For the Dressing:

¼ cup honey or agave

¼ cup orange juice

Zest of one lemon

For the Salad:

1 quart strawberries, hulled and quartered

6 oz. blueberries

6 oz. raspberries

3 kiwis, peeled and sliced

1 orange, peeled and wedges cut in half

2 apples, chopped

1 mango peeled and chopped

2 cups grapes



Eating fruit whole or cut up, including the skin, provides the most fiber and phytonutrients. Phytonutrients give fruits their color and eating a variety of colorful fruit is an easy way to make sure you're getting all types of health benefitting phytonutrients. Whole fruit is preferred to juice because of its fiber content. Fruit juice contains little, if any fiber and most Americans don't consume enough fiber. Dietary fiber helps to reduce the risk of heart disease, diabetes and constipation.

Should diabetics avoid fruit because of its sugar content? Whole fruit has natural sugars, but its high fiber content balances the sugar and slows digestion, that helps us feel full longer and may prevent spikes in blood sugar.

Do you know how much fruit you should actually be eating per day? According to the USDA, school aged children, depending on their age, need between 1 and 2 cups and adults should consume 1 ½ to 2 cups daily. One cup of fruit could be either an apple, a banana, a cup of blueberries, three medium-size plums, 2 tablespoons of dried fruit or 2 clementines.

Everyone loves a fresh fruit salad that includes a variety of their favorite fruits. This recipe makes a perfect side dish or a yummy dessert. The simple honey-citrus dressing adds to the taste of the delicious fruit! You can modify the recipe based on your preferences, by adding cherries, pineapple or blackberries, just be sure to stick with fresh fruit. Defrosted frozen fruit can be soft and mushy!

Directions:

Wash all fresh fruit in cold water and pat dry.

Prepare fruit as directed.

Toss the chopped apples with a tablespoon of lemon juice to prevent browning.

Add all prepared fruit to a large bowl.

In a small bowl whisk together honey, orange juice and lemon zest.

Pour dressing over fruit and toss gently to combine.

Chill until ready to serve. Serves 10.

Storing fruit salad:

If you have any leftovers, store them in an airtight container in the refrigerator for up to 3-4 days. To keep your fruit salad fresh (and to prevent it from turning brown), add a few squeezes of lemon juice.

Nutrition Information per 1 cup serving, Calories: 140, Fat 1 gram, Carbohydrates 30 grams, Fiber 5 grams, Protein 2 grams, Potassium 375 mg, Sodium 5 mg.

Recognized for Excellence



Redington- Fairview was recently recognized with a 2023 Performance Leadership Award for excellence in Outcomes. Compiled by the Chartis Center for Rural Health, the Performance Leadership Awards honor top quartile performance (i.e., 75th percentile or above) among rural hospitals in Quality, Outcomes and/or Patient Perspective.

The Performance Leadership Awards are based on the results of the Chartis Rural

Hospital Performance INDEX®, the industry’s most comprehensive and objective assessment of rural hospital performance. INDEX data is relied upon by rural hospitals, health systems with rural footprints, hospital associations and state offices of rural health around the country to measure and monitor performance across several areas impacting hospital operations and finance.

“Wherever we go in rural America, we witness first-hand the commitment, determination, and compassion with which rural hospitals serve their communities. Rural healthcare truly is missiondriven,” said Michael Topchik, National Leader, The Chartis Center for Rural Health. “This National Rural Health Day, let us recognize the efforts of this year’s Performance Leadership Award winners and all those driven to deliver high quality care throughout rural communities.”



1st Response to Recovery

Early this year, Somerset Public Health launched the **1st Response to Recovery Initiative** to reduce the incidence of drug overdose in Somerset County. The initiative, funded by the University of Baltimore Center for Drug Policy and Prevention, is a partnership with the Somerset County Sheriff's Office, the New England High Intensity Drug Trafficking Area, and other first responders.



Care Coordinator for Substance Use Disorder, Betsy Richard, staffs the Community Connection Centers on Thursdays and Fridays.

As part of this initiative, **Community Connection Centers** have been established in **Madison** and **Bingham**. Betsy Richard, a Care Coordinator for Substance Use Disorder, staffs the Community Connection Centers on Thursdays and Fridays for people with substance use disorder and their loved ones to get connected to treatment, recovery services, social services, and peer support. Plus, it's a place where people can connect with each other in their community.

Madison Community Connection Center:
Thursdays from 1-4 PM at the Old Point Ave School

Bingham Community Connection Center:
Fridays from 12-4 PM at 356 Main St

For more information about the 1st Response to Recovery Initiative, contact Somerset Public Health's Care Coordinator for Substance Use Disorder, Betsy Richard at 858-8466 or brichard@rfgh.net.

National Drug Take Back Day

April 27 is National Drug Take Back Day

Safely store your medications until you can dispose of them properly. Unwanted, unused, or expired drugs can be disposed with no questions asked.

Did you know? You don't have to wait for Drug Take Back Day to dispose of medications. Somerset County has many **everyday drop off locations**. Scan the code for the full list.



It's also important to safely dispose E-cigarettes and vapes. If left on the street, they would eventually break down into microplastics and chemicals that flow into the storm drains to pollute our waterways and wildlife. To dispose of e-cigarettes, take them to your local transfer station during a household hazardous waste day. If that is not an option, separate the battery and dispose the vape in a drug take back receptacle.



46 Fairview Avenue
Skowhegan, ME 04976

Join the **Somerset Outing Club** for FREE outdoor activities for families each month.



FREE transportation and lunches provided for every trip!

For more information visit movemorekids.org/projects/somerset-outing-club or call 207-474-7473.

Scan to register now.



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.