



For event listings,
wellness notes, and
hospital news:

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*Caring for the
Community!*

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Reach For Good Health!

- SUMMER 2022 -

A newsletter from Redington-Fairview General Hospital

Preventing Tick-Related Disease

Warmer weather means a higher risk of picking up a tick or more on your outdoor adventures, and ticks (and mosquitos) can carry a variety of diseases that can infect humans.

According to the Maine CDC:

www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/tick-messaging.shtml

Maine has high rates of tickborne diseases across the state. Lyme disease, anaplasmosis, and babesiosis are the most reported tickborne diseases in Maine.

Mosquito-borne diseases acquired in Maine are rare in humans, but can include Eastern Equine Encephalitis (EEE), West Nile virus, and Jamestown Canyon virus.



Reducing your exposure to ticks lowers your chances of getting a tickborne disease.

When outdoors, you should:

- Wear EPA-approved repellents.
- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Wear long-sleeved, light-colored clothing.
- Tuck your pant legs into your socks and your shirt into your pants.

When going back indoors you should:

- Check your clothing and gear for ticks and do a full-body tick check when coming back indoors. Pay special attention to under the arms, behind the knees, between the legs, in and around the ears, in the belly button, around the waist, and in the hair.
- Take a shower within two hours after spending time outdoors, which will wash off any unattached ticks.

In addition, keeping your yard clear of leaf litter and brush, and your lawn mowed to 3 inches or less, can help cut down on the tick population on your property.

Continue reading on the next page.

Preventing Tick-Related Disease

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What To Do if You Find an Attached Tick

Remove attached ticks as soon as possible. While there are many tick removal devices available, a pair of fine-tipped tweezers or a tick removal spoon work best.

- If you are using tweezers, grasp the tick as close to the skin's surface as possible and pull upward with steady, even pressure.
- If you are using a tick spoon, place the notch on the skin near the tick. Apply slight downward pressure while sliding the spoon forward to remove the tick.

Do not twist or jerk the tick, as this can cause the mouth-parts to break off and remain in the skin.

Do not use petroleum jelly, a hot match, dish-soap, nail polish, or other folk remedies to remove ticks. They are generally not effective and may increase the risk of infection.



After removing the tick, disinfect the bite site and wash your hands with soap and water.

Tick and mosquito-borne diseases can range from mild to severe and vary based on the disease. Flu-like symptoms, especially in the summer months, are a sign of a vector-borne illness and could be caused by a tick or a mosquito. Signs and symptoms for a specific tickborne disease can be found at <https://www.cdc.gov/ticks/diseases/>.

Call your doctor if you think you have a tickborne disease. If a person is not treated early for a tick or mosquito-borne disease, symptoms could become more serious. Tickborne diseases are diagnosed with a combination of clinical symptoms and laboratory testing.

According to the U.S. CDC, (<https://www.cdc.gov/ticks/tickbornediseases/tick-bite-prophylaxis.html>):

In areas that are highly endemic for Lyme disease, a single prophylactic dose of doxycycline (200 mg for adults or 4.4 mg/kg for children of any age weighing less than 45 kg) may be used to reduce the risk of acquiring Lyme disease after the bite of a high-risk tick bite. Benefits of prophylaxis may outweigh risks when all of the following circumstances are present:

- Doxycycline is not contraindicated.
- The attached tick can be identified as an adult or nymphal I. scapularis (deer) tick.
- The estimated time of attachment is ≥ 36 h based on the degree of tick engorgement with blood or likely time of exposure to the tick.
- Prophylaxis can be started within 72 hours of tick removal.
- Lyme disease is common in the county or state where the tick bite occurred.

Antibiotic treatment following a tick bite is not recommended as a means to prevent anaplasmosis, babesiosis, ehrlichiosis, Rocky Mountain spotted fever, or other rickettsial diseases. There is no evidence this practice is effective, and it may simply delay onset of disease.

Quinoa, Black Bean, Corn and Tomato Salad



Packed with plant-based proteins, this dish can be a side salad or a complete meal. It is truly best in summer when you can use fresh garden tomatoes and corn. If you prefer, you can use bulgur (or any other whole grain) in place of quinoa. As with most grain salad recipes, the exact quantities of ingredients can be adjusted based on what you have available and what you like.

INGREDIENTS

- ½ cup vegetable broth (or water)
- ⅓ cup quinoa
- ½ tsp cumin
- 1 can (15 oz) black beans, drained and rinsed
- 1 medium tomato, seeded and diced
- 1 cup fresh or frozen corn (about 3 ears if using fresh)
- 3 tbsp fresh lemon or lime juice (juice of one small lemon or lime)
- 2 tbsp extra virgin olive oil
- 2 tbsp cilantro or parsley
- 2 tbsp scallions (green onions) chopped)
- ½ tsp minced garlic

INSTRUCTIONS

1. Cook quinoa with cumin in broth for 12-15 minutes, until liquid is absorbed.
2. Cool slightly, then transfer to a large bowl and add beans, tomato and corn.
3. Mix the last five ingredients (lemon juice, olive oil, cilantro, scallions and garlic) to make a dressing, and stir into salad.
4. Chill for 2 to 4 hours until ready to serve.

Yields 4 servings.

Nutrition:

Calories: 250, Total Fat 9 gm, Saturated Fat 1 gm., Sodium: 140 mg, Carbohydrate: 35 gm, Fiber 8 gm, Protein 10 gm

Recipe is courtesy of Oldways (www.OldwaysPT.org)



2022 Summer Meals In Somerset County

FREE meals to all kids 18 and under!



RSU 74 Area Locations

Carrabec High School

June 21 - 24, Tuesday - Friday
June 27 - 30, Monday - Thursday
Breakfast 8:00 AM - 9:00 AM
Lunch 11:00 AM - 12:00 PM

Carrabec Community School

July 11 - July 28, Monday - Thursday
Breakfast 8:00 AM - 9:00 AM
Lunch 11:00 AM - 12:00 PM

Solon Elementary School

August 1 - 11, Monday - Thursday
Breakfast 8:30 AM - 9:00 AM
Lunch 11:30 AM - 12:00 PM

MSAD 59 Area Locations

Madison Elementary School

July 11 - August 11, Monday - Thursday
Breakfast 8:00 AM - 8:30 AM
Lunch 11:00 AM - 11:30 AM

Madison Junior High School

July 11 - July 21, Monday - Thursday
August 1 - August 11, Monday - Thursday
Breakfast 8:00 AM - 8:30 AM
Lunch 11:30 AM - 12:00 AM

Madison High School

July 11 - August 11, Monday - Thursday
Breakfast 9:00 AM - 9:30 AM
Lunch 11:30 AM - 12:00 AM



RSU 54 Area Locations

Canaan Elementary School

July 5 - August 12, Monday - Friday
11:30 AM - 12:00 AM

Margaret Chase Smith School

July 5 - August 12, Monday - Friday
10:50 AM - 11:20 AM

Mill Stream Elementary School

July 5 - August 12, Monday - Friday
11:30 AM - 12:00 PM

North Elementary School

July 5 - August 12, Monday - Friday
11:30 AM - 12:00 PM

Skowhegan Area High School

July 5 - August 12, Monday - Friday
11:00 AM - 12:00 PM

Bucky Quinn Field

July 5 - August 12, Monday - Friday
10:50 AM - 11:20 AM

Riverside Terrace Community

July 5 - August 12, Monday - Friday
10:50 AM - 11:20 AM



2022 Summer Meals In Somerset County

FREE meals to all kids 18 and under!



Centenary United Methodist Church

113 Dr Mann Road, Skowhegan

Free Evening Meals through the end of June on the 2nd and 4th Tuesday of the month.

Call the church 474-3915, leave your name and the number of meals you would like to pick up.

Then go to the church between 5:00 PM - 6:00 PM to pick up the meals you ordered.

CUP Café

113 Dr Mann Road, Skowhegan

Free Lunch / Snacks and Coffee in the church this summer

Wednesday's 9:00 AM - 12:00 PM

Lake George Regional Park ~ East Side

158 Lake George Drive, E. Canaan

June 17 - August 19

Monday thru Friday

Lunch 11:30 AM - 12:30 PM



Skowhegan Community Center

39 Poulin Drive, Skowhegan

June 17 - August 19

Monday thru Friday

Breakfast 8:00 AM - 9:00 AM

Lunch 11:30 AM - 12:30 PM

Yogi Bear's Campground

221 Lakewood Road, Madison

June 17 - August 19

Monday thru Friday

Breakfast 8:00 AM - 9:00 AM

Lunch 11:30 AM - 12:30 PM

Per state requirements summer meals will be operating back to pre-covid years, which means all meals must be consumed on-site in the designated areas. Grab & Go meals are no longer available. For more information call 474-6901



Please Note: dates and times are subject to change.

RFGH Community Health Classes



Women's Health (via Zoom)

October 13, 4:30 - 5:00 p.m.

Join us to learn about pelvic floor and bladder control myths, types of urinary incontinence, and how you can improve bladder control without medication or surgery!



Car Seat Safety (via Zoom)

**September 7, 1:00 - 2:30 p.m. and
September 21, 5:00 - 6:30 p.m.**

Car seat safety isn't just for parents, it's for anyone who transports a child. Join us to learn about Maine's car seat law, how to choose a car seat or booster seat, how to secure a child into a car seat or booster seat the right way, what can happen if a seat is not used correctly, common myths about car seats and booster seats, and the Car Seat Safety Program at RFGH.

On-going Support Groups at RFGH

Road to Wellness (via Zoom)

**Every Wednesday
3:00 - 4:00 p.m.**

Road to Wellness is a free community support group for adults (18+) who are 100lbs or more overweight, and want to achieve a life of wellness.

Circle of Strength (via Zoom)

**1st Tuesday of Every Month
10:00 - 11:00 a.m.
3rd Thursday of Every Month
5:00 - 6:00 p.m.**

Circle of Strength is a free virtual cancer support group designed for anyone affected by cancer.

To sign-up for a class or support group, please contact [Brittney Dunphy](#), RFGH Community Health Educator at (207) 858-2318 or bdunphy@rfgh.net.

Adult Mental Health First Aid

Every three years, Redington-Fairview General Hospital (RFGH) participates in a statewide Community Health Needs Assessment (CHNA). During the CHNA, community leaders, organizations, and businesses come together to discuss the top health needs in their communities. In Somerset County, Mental Health was chosen as the top health need.

According to the National Institute of Mental Health, 1 in 5 adults in the United States will experience a mental illness at some point in their life. Knowing how to engage and support adults experiencing mental health challenges can positively impact the likelihood of recovery.

The Education Department at RFGH is now offering Adult Mental Health First Aid to community groups, businesses, and organizations in Somerset County. Adult Mental Health First Aid teaches participants how to:

- Recognize signs and symptoms of potential mental health challenges.
- Engage in difficult conversations about mental health challenges.
- Listen nonjudgmentally and give reassurance to someone experiencing a mental health challenge.
- How to refer a person to appropriate professional support and services.

If your organization would like a team Adult Mental Health First Aid training, please contact Brittney at (207) 858-2318 or bdunphy@rfgH.net.

To read the full CHNA Report, please visit:

www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/final-CHNA-reports.shtml

In June 2022, RFGH Community Health Educator, Brittney Dunphy, provided Adult Mental Health First Aid Training to staff at the Skowhegan Free Public Library.



(In photo,
left to
right):

Lyn
Demchak

Jocelia
Pease

Angie
Herrick

and
Breanna
Bussell-
Fitzgerald

COVID-19 Vaccine Boosters - Are You Fully Vaccinated?

The U.S. CDC recommends everyone 5 years and older receive a COVID-19 vaccine booster shot after their initial vaccine series. For some, a second booster is also recommended. People are protected best from severe COVID-19 illness when they stay up to date with their COVID-19 vaccines, which includes getting all recommended boosters when eligible.

Vaccine recommendations are different depending on your age, the vaccine you first received, and how much time has passed since your last dose. Visit the CDC website to find out if you are due for a booster: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>.

It is never too late to get the added protection offered by a COVID-19 booster.

RFGH offers COVID-19 vaccines and boosters through their provider offices. Visit www.rfgh.net for more information.

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