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wellness notes, and
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Caring for the Community!

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Reach For Good Health!

- SUMMER 2023 -

A newsletter from Redington-Fairview General Hospital

Kids at Home Alone This Summer?



Summer is here and school is out, which means many kids will be spending more time at home unsupervised. In Maine, there is no minimum age requirement for leaving a child home alone. As a parent, you're the best judge of whether your children are ready for this responsibility. When making this decision, it's always a good practice to implement some safety protocols.

Below are some helpful summer safety tips you can use to ensure that your child stays safe while you're away.

- Make sure your child has important contact information. Make a list with your cell phone and work numbers as well as other emergency numbers and post it in a visible area. If possible, have your child memorize your phone numbers.
- Designate a trusted neighbor to be available in case you are not immediately reachable in an emergency. If you've asked a relative or a friend to check in on your child during the day, be sure that your child is completely comfortable with being around that person alone. If there seems to be any hesitation, no matter what the reason, don't do it.
- Set clear boundaries in terms of whether it's okay for your child to go outside, and whether it's okay for them to have friends over. Instruct your child to always keep house doors locked when home alone, and when it is okay to answer the door.
- Make sure that your child knows not to tell anyone that they're going to be home alone beforehand. They should also be instructed not to reveal that information to anyone over the phone.

Make Sure Your Child is Prepared for an Emergency

The US Centers for Disease Control and Prevention (blogs.cdc.gov/publichealthmatters/2021/08/home-alone/) provides these tips to help kids feel more comfortable about calling 911:

- Explain the purpose of 911. They should dial 911 only for an emergency. An emergency is a serious situation when a police officer, firefighter, or paramedic is needed right away.
- Prepare kids to answer the 911 operator's questions. Explain to them that the operator will ask several questions like, "What is your emergency? What is your address? What phone number can they call you back on?" And they will ask more detailed questions about who needs help, why they need help, and if it's a medical emergency, they will ask a series of questions and may give directions on what to do to help.
- Teach kids how to use the emergency call feature from a locked cell phone.
- Give kids examples of when to call 911. For example, tell them to "Call 911 if someone is threatening or hurting someone else, if something is on fire, or someone is hurt, bleeding, or lying on the ground and not moving."
- Reassure kids that calling 911 is easy to do and that operators want to help. Emphasize the importance of answering the operator's questions honestly, following their directions, and staying on the phone until told to hang up.
- Go over what to do if your child accidentally calls 911 and there is not an emergency. It is important to stay on the line and explain there is no emergency so that 911 does not send responders to investigate a hang-up call. Deciding if a situation is an emergency can be difficult for a child. They might have to use their best judgment. Tell them it is better to call 911 if they are in doubt.

Staying home alone can be a positive experience for your child, empowering them with a sense of responsibility. Giving them a good set of instructions and boundaries to abide by will help them succeed and have a great, safe summer! Equip your child with the skills they need to stay home alone by signing them up for a class, like Basic First Aid or a Babysitting Training Class.

RFGH offers Safe Sitter® several times a year. This class teaches students in grades 6-8 safety skills, childcare skills, first aid and rescue skills, and life and business skills. Students who attend have the option to participate in a 2-hour Family & Friends CPR class. Visit www.rfgh.net/community/calendar-of-events to find the next class.

COMING AUGUST 5

MOVE MORE KIDS 5K



**Virtual Store Tour**

**FREE \$10**
Hannaford Gift Card!

Virtual Store Tours are OFF for the summer
Watch for them again in October!

Stay Hydrated this Summer

by Tricia Sprengel, MS, RD, LD, RFGH Director of Nutrition Services

Patients often tell me that they don't think they drink enough fluids and they want to know how much they should be drinking every day to maintain hydration. Fluid needs vary depending on your weight, how active you are, and the climate you live in.

It's commonly recommended that you drink eight 8-ounce glasses of water per day (the 8x8 rule). There are formulas to estimate an individual's fluid needs. An easy way to estimate fluid requirements is to drink 1/2 ounce per pound of body weight per day. So, if you weigh 150 pounds, you would consume approximately 75 ounces of fluid or 9 – 8 ounce glasses ($9 \times 8 = 72$ ounces).

Water makes up more than 50% of your body weight and is necessary for the function of every cell, tissue, and organ in your body. Fluids are lost daily through perspiration, respiration, and urination. Fluid loss can result in dehydration if you are not drinking enough to replace fluid losses.

You can stay fully hydrated throughout the day by drinking water and other fluids, as well as eating foods such as fruits and vegetables that have a high water content. Milk is a good choice; it is 90 percent water, has carbohydrates and protein, and contains sodium and potassium, the electrolytes lost when we sweat. Sodas, juices and sports drinks are also hydrating but can add a lot of additional sugar and calories to our diet. Coffee and tea also count. It was once believed that because they contained caffeine they were dehydrating, however their diuretic effect does not offset hydration (www.webmd.com/fitness-exercise/rm-quiz-know-about-hydration.)

How can you tell if you're getting enough fluids during the day? If you're urinating every two to four hours, the output is light-colored, and there's significant volume, then you're probably well-hydrated.

Staying hydrated during the summer months can be challenging because you sweat more. Water is the best choice if the exercise or activity is moderate intensity and 1 hour or less.

Sports drinks are recommended during intense physical activity or when exercising for longer than an hour to replenish fluid, carbohydrates and electrolytes lost through sweat. The fluid will keep you hydrated, the carbohydrates provide fuel for your muscles and the electrolytes, sodium and potassium, help you maintain fluid balance.

Commercial sports drinks are expensive and the ingredient list often includes high fructose corn syrup or artificial sugars, artificial colors and flavors and preservatives. Making your own sports drinks is easy, inexpensive and a healthier alternative!

Sports drinks usually contain: 14 to 20 grams carbohydrate, 10 to 125 mg. of sodium and 20 to 35 mg. of potassium. Eight ounces of Gatorade provides 14 grams carbohydrate, 110 mg sodium and 20 to 35 mg potassium.



Homemade Sports Drink Recipe

1/4 cup sugar
1/4 teaspoon salt
1/4 cup hot water
1/4 cup orange juice
2 tablespoons lemon juice
3 1/2 cups cold water

Optional: add sugar free lemonade to enhance the flavor.

Directions: Dissolve the salt and sugar in the hot water, add the juice and the remaining cold water. Chill.

Makes 4 cups.

Nutrition per 1 cup serving:
Calories 50, Carbohydrates 12 grams,
Sodium 110 mg, Potassium 40 mg

Water Safety Tips

by Tori MacDonald, Aquatic & Fitness Program Coordinator at RFGH Rehab & Fitness Services



As the summer months approach, opportunities for recreation, in and around the water, are numerous in the state of Maine. It is important to take steps to ensure that safety is a priority during all water-related activities. Accidental drowning is the leading cause of death in children ages 1-4 and the second leading cause of unintentional injury in children ages 5-14 (www.cdc.gov/drowning/facts/). Staying alert, being aware of your surroundings, and being prepared helps keep the entire family safe and having fun all summer long.

One of the simplest ways to stay safe is to wear a life jacket while enjoying water craft activities. This provides a safety net when things don't go as expected. What happens if you do fall in? Make sure to have a plan in place.

As you head out to have fun, please keep in mind the following:

- Before heading out, check your state rules and regulations for water safety, including water craft operation. The link for the state of Maine: www.maine.gov/ifw/docs/maine-boating-laws.pdf
- NEVER swim alone. Always swim with a partner.
- ALWAYS get in and swim with young swimmers. Do not rely on a life jacket to keep them safe. They should remain within an arm's reach at all time.
- Wear sunglasses, hats, rash guards and sunscreen to prevent sunburn.
- Whenever possible swim in an area that has a lifeguard on duty.
- If someone needs help in the water do not go in after them. Try to reach or throw an object such as a pool noodle, fishing pole, life jacket, or throw bag.
- Enter the water carefully. Don't jump or dive into murky or cloudy water. Watch for hazards such as rocks, sunken logs, broken glass, rusty metal or other swimmers.
- NEVER dive into shallow water!

Heatstroke Prevention:

Never leave your child alone in a vehicle!

by Brittney Dunphy, RFGH Community Health Educator

As Maine weather warms up, it is important to remember that the temperature outside does not equal the temperature inside of a vehicle. On average, a vehicle can heat up 19°F in just 10-minutes. And despite popular belief, cracking a window does not help. Across the United States, 10 children die every day from heatstroke because they are left alone in a hot vehicle. Over half of these children's deaths were because their parent/caregiver forgot they were in the vehicle.

Heatstroke happens when a person's body isn't able to control its temperature. During this time, a person's body temperature rises very quickly and cannot cool down. A person's body can raise up to 106°F in just 10-15 minutes. The bodies of young children actually heat up 3-5x faster than an adult's body, making them more at risk for dying of heatstroke.

These situations are preventable. Here are 3 easy steps to keeping your children safe during Maine's summer months:

- Avoid leaving your child alone in a vehicle, not even for a minute or two. When you are not using your vehicle, make sure to keep it locked so your child doesn't get inside on their own.
- Create reminders for yourself to check the backseat every time you exit your vehicle. Some people find that leaving a stuffed animal in a child's car seat when they are not in the car and moving it to the front seat when they are in the car, is a helpful reminder to always check that your child is not still in the backseat.
- Take action if you see a child left alone in a vehicle. If you see this, please call 911. Trained personnel will respond to these situations.



CARS HEAT UP FASTER THAN YOU THINK

Elapsed Time for Vehicle Heating		Outside (°F)		
		70°	80°	90°
10 min	Inside (°F)	89°	99°	109°
30 min		104°	114°	124°
60 min		113°	123°	133°

**DO NOT LEAVE KIDS
OR PETS IN PARKED
VEHICLES**

NoHeatstroke.org

Sources:

Safe Kids Worldwide www.safekids.org/heatstroke

National Child Passenger Safety Board www.cpsboard.org/car-seat-safety/kids-and-hot-cars/#child-forgotten

Centers for Disease Control and Prevention www.cdc.gov/disasters/extremeheat/index.html



Community Connection Center for Substance Use in Madison

Somerset Public Health (SPH) hosts a Community Connection Center for Substance Use at the Old Point Avenue School in Madison, each Thursday from 9am-1pm.

The Community Connection Center's goal is to connect people who have a substance use disorder, and their loved ones, to treatment and recovery supports. People visiting the Community Connection Center meet individually with a member of the SPH team to find treatment options that fit their needs and get help with recovery supports like transportation, housing, and health insurance.

Narcan training and distribution is available. To learn more, email brichard@rfgh.net.

Be a Safe Storage Super Hero

Somerset Public Health is working with local cannabis retailers to help prevent accidental use and misuse of cannabis by promoting safe storage practices!

Cannabis Safe Storage Checklist

My cannabis is:

- In child-resistant packaging
- Clearly labeled with a THC warning
- In a locked cabinet or lock box
- Kept in the trunk while driving

Other helpful tips:

- Know exactly how much you have so you'll notice if any is missing.
- Know where your cannabis is at all times.
- Keep your cannabis in the original container with the label and child-resistant packaging.

Brought to you by Maine Prevention Network - Maine CDC



Virtual Narcan Training



Scan to register or email Betsy at brichard@rfgh.net

2023 SOMERSET SUMMER NUTRITION PROGRAM

Summer Meals Sites Located in:

**SKOWHEGAN
MADISON
NORTH ANSON
& SOLON**

No fees. No Registration.
No Restrictions. Just Show Up!
Meals are first come first served.
Open to all ages 18 years and younger.
Adults ages 19 or older may purchase
a meal for \$4.00.

Need help with food?
Scan the QR Code to
find the community
resources for food
and meals near you.



SCAN ME

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

In case of emergency dates may change.
Please visit each school district
website for more information.



2023 SUMMER NUTRITION PROGRAM SKOWHEGAN

RSU 54 Summer Meals Sites

June 26th - August 10th Monday thru Friday
Sites are NOT opened July 3rd - July 7th

Mill Stream Elementary School
Breakfast 8:00AM-8:30AM
Lunch 11:30AM-12:00PM

North Elementary School
Breakfast 8:00AM-8:30AM
Lunch 11:30AM-12:00PM

Canaan Elementary School
Lunch 11:30AM-12:00PM

Skowhegan Area High School
Breakfast 8:00AM-8:30AM
Lunch 11:30AM-12:00PM

Riverside Terrace Community
Lunch 10:45AM-11:15AM



2023 SUMMER NUTRITION PROGRAM MADISON

RSU 59 Summer Meals Sites
Monday thru Thursday

Madison Elementary School
July 10th - July 14th & July 17th - July 21st
Breakfast 8:00AM-8:30AM
Lunch 11:30AM-12:00PM

July 24th - July 28th & July 31st - August 4th
Breakfast 9:00AM-9:30AM
Lunch 11:30AM-12:00PM

Madison High School
July 10th - July 14th & July 17th - July 21st
Breakfast 9:00AM-9:30AM
Lunch 11:30AM-12:00PM

July 24th - July 28th & July 31st - August 4th
Breakfast 9:00AM-9:30AM
Lunch 11:30AM-12:00PM



2023 SUMMER NUTRITION PROGRAM NORTH ANSON & SOLON

RSU 74 Summer Meals Sites
Monday thru Friday CHS
Monday thru Thursday CCS and SES

Carrabec High School
June 20th - June 30th
Breakfast 8:00AM-9:00AM
Lunch 11:00AM-12:00PM

Carrabec Community School
June 26th - June 29th
July 10th - July 19th
Breakfast 8:00AM-9:00AM
Lunch 11:00AM-12:00PM

Solon Elementary School
July 24th - August 10th
Breakfast 8:30AM-9:00AM
Lunch 11:30AM-12:00PM





46 Fairview Avenue
Skowhegan, ME 04976



SAVE THE DATE!
AUGUST 1
5-7 PM
COBURN PARK



POLICE • COMMUNITY PARTNERSHIPS

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.