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***Caring
for the
Community!***

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Reach For Good Health!

- WINTER 2023 -

A newsletter from Redington-Fairview General Hospital

Lateral Ankle Instability

by Lance Hopkin, DPM, Redington Podiatry



Have you had repeated ankle sprains or continuously turned your ankle throughout life?

If so, your ankle ligaments may have healed in a weakened or loosened position leading to a common problem called chronic lateral ankle instability. This may cause an ankle that often gives out or turns/sprains when you walk or perform daily activities. This can cause chronic pain.

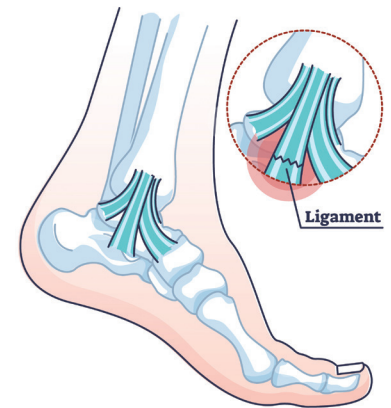
Certain foot problems or deformities can make you more likely to develop an unstable ankle, such as:

- Angled heel bone (Hindfoot varus)
- High arches (Plantar flexion of the first ray)
- General looseness of your ligaments - for example, from a medical condition like Ehlers-Danlos

Treatment typically starts with physical therapy and special foot inserts. A healthcare provider may advise surgery if other treatments for your ankle haven't worked. It's not common to need this surgery right after a first ankle sprain, but if you have chronic lateral ankle instability, you may be eligible for lateral ankle ligament reconstruction.

In this surgery, a small cut is made on the outside of your ankle. This is done while you are under general anesthesia. One or more of the ligaments on the outside of your foot are then tightened.

SPRAIN



If you have frequent ankle turns, feel like your ankles always buckle, have a high arched foot, or have chronic ankle pain, call Redington Podiatry at (207) 858-8130.

Try Muesli for Breakfast!

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

A bowl of hot cereal is a popular breakfast choice during the cold winter months in Maine. Muesli is a cereal that can be eaten either cold or hot. It was developed in the early 1900's by a Swiss physician for his patients who were in the hospital. From the beginning, Muesli, which is made from nutritious ingredients including whole grains and nuts and dried fruit, has been associated with health conscious diets.

Muesli can be purchased packaged or you can make your own home made version, based on your preferences, following the basic proportions of 80% grain, 10% nuts and seeds, and 10% dried fruit. Bob's Red Mill is a company that makes an Old Country Style and a Gluten Free European Style Muesli that is available in the grocery store. Just add water, heat for a few minutes and it makes a delicious hot cereal or for a breakfast on the go, you can make these tasty muesli breakfast squares.

Muesli Breakfast Squares

Ingredients:

- 2 cups of muesli
- 2/3 cup whole wheat flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup dark brown sugar
- 1 large egg
- 1 medium banana
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla extract

Instructions:

Preheat oven to 325 degrees and line an 8 X 8 baking pan with parchment paper.

In a large bowl, whisk together the muesli, whole wheat flour, baking powder, salt, cinnamon, and sugar.

In a small bowl, beat the egg, add the banana and mash with a fork. Add the coconut oil and vanilla and whisk until combined.

Add the wet ingredients to the dry and mix to combine. The mixture will be thick.

Press the dough into the prepared baking pan.

Bake for 25 minutes.

Allow to cool for 10 minutes in the pan. Transfer to a wire baking rack to cool completely before cutting into 12 squares.

Store the muesli squares in a sealed container, they will stay fresh for 5 to 7 days.

Nutrition: Calories 205, Carbs 30 grams, Fiber 4 grams, Fat 7 grams, (5 grams saturated fat), Protein 5 grams, Sodium 100 mg.



Skowhegan Area High School Receives NATA Safe Sports School Award

Program recognizes high schools that prioritize keeping young athletes safe.

Skowhegan Area High School is the recipient of the National Athletic Trainers' Association (NATA) Safe Sports School award for its coverage of its athletics programs. The award champions safety and recognizes secondary schools that have met the recommended standards to improve safety in sports. The award reinforces the importance of providing the best level of care, injury prevention, and treatment.

"Skowhegan Area High School is honored to receive this 1st Team recognition from NATA," said Tyler Cates, ATC. "We remain committed to keeping our student athletes safe during physical education classes, team practices, and games so they can accomplish their own goals of great competition, winning records, fair sportsmanship, and good health. Our goal is to lead our athletics program to the highest safety standards for our players."



"The health and safety of student athletes is critical as it has both immediate and long-term effects," said NATA President Kathy Dieringer, EdD, LAT, ATC. "The National Athletic Trainers' Association created the 'Safe Sports School Award' to recognize and champion schools nationwide that are committed to safety in sports. We are proud to see the list of award recipients grow exponentially each year as schools see the immense value in holding themselves to best practices and policies that ensure a high standard of athlete care."

In order to achieve Safe Sports School status like Skowhegan Area High School, athletic programs must do the following:

- Create a positive athletic health care administrative system
- Provide or coordinate pre-participation physical examinations
- Promote safe and appropriate practice and competition facilities
- Plan for selection, fit function and proper maintenance of athletic equipment
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes
- Develop injury and illness prevention strategies, including protocols for environmental conditions
- Provide or facilitate injury intervention
- Create and rehearse a venue-specific Emergency Action Plan
- Provide or facilitate psychosocial consultation and nutritional counseling/education
- Be sure athletes and parents are educated about the potential benefits and risks in sports as well as their responsibilities

To apply, schools complete an in-depth questionnaire that assesses adherence to best practice standards and recommendations. For more information about the Safe Sports School Award, visit www.athletictrainers.org.

About NATA: National Athletic Trainers' Association (NATA) – Health Care for Life & Sport

Athletic trainers are health care professionals who specialize in the prevention, diagnosis, treatment, and rehabilitation of injuries and sport-related illnesses. They prevent and treat chronic musculoskeletal injuries from sports, physical and occupational activity, and provide immediate care for acute injuries. Athletic trainers offer a continuum of care that is unparalleled in health care. The National Athletic Trainers' Association represents and supports more than 40,000 members of the athletic training profession. For more information, visit www.nata.org. At Your Own Risk is NATA's public awareness campaign designed to educate, provide resources and equip the public to act and advocate for safety in work, life, and sport. In an effort to provide comprehensive information, the association has launched a website that provides recommendations on keeping student athletes and communities active and employees safe on the job. Visit AtYourOwnRisk.org.

Welcome New Providers!



Kaitlin Dyer, FNP
Redington Cardiology
(207) 858-8121

Kaitlin Dyer, FNP is a licensed family nurse practitioner specializing in cardiology. A graduate of the University of Southern Maine, Ms. Dyer is a member of the American College of Cardiology.



Lance Hopkin, DPM
Redington Podiatry
(207) 858-8130

Lance Hopkin, DPM earned his Doctor of Podiatric Medicine at California School of Podiatric Medicine and completed a residency in Foot & Ankle Surgery at Medstar Georgetown, Washington, DC.



Jacob Marceau, DO
RFGH Emergency Department
(207) 474-5121

Jacob Marceau, DO earned his medical degree from the University of New England College of Osteopathic Medicine and completed his residency at the University of Connecticut - Emergency Medicine Residency Program.



Robert Rousseau, PA-C
RFGH Emergency Department
(207) 474-5121

Robert Rousseau, PA-C is an Army veteran trained in emergency medical response through the combat lifesaver military education program. He earned his Master's of Science degree from Northeastern University's Physician Assistant program.

Welcome New Providers!



Jo-Nell Orlando, MD
RFGH Emergency Department
(207) 474-5121

Jo-Nell Orlando, MD is a board-certified Emergency Medicine physician. She earned her medical degree from the University of Connecticut School of Medicine where she also completed her residency in Emergency Medicine.



James Thompson, MD
Redington Neurology
(207) 474-6943

James Thompson, MD earned his medical degree from the Medical College of Georgia and holds a master's degree in Neuroscience from the University of Hartford. He completed his residency in Neurology at Yale University School of Medicine, where he also completed fellowship training as a Gilbert Glaser Epilepsy Fellow.



Kathleen Thompson, NP-C
Redington Pediatrics
(207) 474-6265

Kathleen Thompson, NP-C is a certified nurse practitioner. She earned her Master of Science in Nursing, and her degree as a Family Nurse Practitioner, from Sacred Heart University in Connecticut. Ms. Thompson is a member of the American Academy of Nurse Practitioners.

Caring for the Community!

Community Health Classes

Domestic Violence Monthly Webinars (via Zoom)

Every 3rd Tuesday of the Month from 12:00-12:30pm

Join us to learn about various topics related to domestic violence, presented by the Family Violence Project.

Upcoming dates and topics:

January 17 – Stalking Awareness

February 21 – Teen Dating Violence

March 21 – The Effects of Domestic Violence on Children

April 18 – Sexual Assault Awareness

May 16 – The Mental Health Effects of Domestic Violence

Car Seat Safety Class (via Zoom)

February 15, 2023 from 4:30-6:00pm

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.

Family & Friends CPR and Narcan Training

(at Upper Kennebec Valley High School, Bingham, ME)

March 14, 2023 from 2:30-6:00pm

RFGH and Somerset Public Health will be hosting a free Family & Friends CPR and Narcan Training. Family & Friends CPR is great for anyone who wants to learn how to save a life, but may not need a CPR certification card. Participants will learn adult, child and infant CPR, and how to use an automatic external defibrillator (AED). Participants will also learn about what an overdose is, how to safely give someone Narcan, and more. Those who complete the class will go home with a Family & Friends booklet and completion card, and 2 Narcan kits.

Prevent T2 (via Zoom)

Wednesdays, April 12, 2023 to April 10, 2024 from 9:00-10:00am

Those who are at risk for developing type 2 diabetes can cut their risk in half by participating in the National Diabetes Prevention Program! The National Diabetes Prevention Program (NDPP) is a yearlong CDC recognized lifestyle change program. RFGH delivers the NDPP by using the Prevent T2 curriculum. To find out if you qualify for the program, please talk with your doctor or by calling Brittney Dunphy at the number listed below.

**To sign-up for a class, please contact Brittney Dunphy, RFGH
Community Health Educator at (207) 858-2318 or bdunphy@rfggh.net.**



KEEP QUITTING IN THE NEW YEAR

Somerset Public Health loves a quitter and is encouraging our community to commit or recommit to healthy, smoke-free lives in the New Year.

“The most important thing smokers can do to improve their health is to quit smoking cigarettes and other forms of tobacco,” said Matt L'Italien, Director of Somerset Public Health. “Take this opportunity to encourage the smokers you care about to quit for good. Every try brings a smoker closer to long term success.”

Eligible Maine residents can get 8-weeks of FREE gum, patches, or lozenges. To get started, contact **1-800-QUIT-NOW** or **MaineQuitLink.com**



TREATMENT IS AVAILABLE, RECOVERY IS POSSIBLE



Oftentimes, individuals who experience substance use disorder (SUD) or opioid use disorder (OUD) feel isolated and alone. Too many people are still unaware that recovery is possible and that substance use disorders can be treated, just like other health issues.

What is recovery?

Recovery is a long-term process. People living with SUD/OUD have trouble controlling their substance use even though they know substances are harmful. During recovery, the brain is adjusting to

natural levels of dopamine. Recovery is not always a straight path and can take multiple attempts.

Ready to start your treatment and recovery journey or have a loved one living with SUD/OUD? Connect with Somerset Public Health's Patient Navigator, Cynthia Currier, (207) 858-8459 or email PNavigator@RFGH.net.

Treatment services are also available at the **Redington-Fairview General Hospital Bridge Clinic**. Visit the Emergency Dept. for SAME DAY help 24/7 or talk to a Medical Assistant at (207) 474-6939, Monday-Friday, 7-4:30.



Virtual NARCAN TRAINING



**Scan to
register**



**or email Betsy,
brichard@rfgb.net**



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

Website: somersetpublichealth.org Facebook and Instagram: @SomersetPublicHealth Email: sphinfo@rfgb.net



46 Fairview Avenue
Skowhegan, ME 04976

On-going Support Groups

Road to Wellness (via Zoom)

Every Wednesday, 3:00 - 4:00pm

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 - 11:00am

3rd Thursday of every month, 5:00 - 6:00pm

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

To stay up to date on classes and events, visit www.rfgh.net/community/calendar-of-events

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.