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wellness notes, and
hospital news visit:

www.rfgh.net



@redingtonfairview



***Caring
for the
Community!***

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REACH FOR GOOD HEALTH!

- WINTER 2025 -

A newsletter from Redington-Fairview General Hospital

Enhancing Our Patients' Healthcare Experience



Redington-Fairview General Hospital continually takes steps to enhance our patients' experiences by implementing regular feedback surveys conducted by mail, email, and text. You may have received one of our surveys following your visit to our hospital. Press Ganey, a leader in patient satisfaction measurement, conducts these surveys for us. Press Ganey sends millions of surveys yearly

to patients who have recently received care at a participating facility. This initiative aims to gather valuable insights from patients and visitors, ensuring that the hospital continues to provide the highest quality of care.

With a commitment to excellence, RFGH recognizes that understanding patient needs and experiences is crucial for delivering exceptional healthcare. The surveys cover various aspects of the patient experience, including staff interactions, communication with doctors and nurses, waiting times, and overall satisfaction with the care received.

"Patient feedback is invaluable," said RFGH CEO, Dick Willett. "By utilizing Press Ganey's surveys, we can identify areas of strength and opportunities for improvement. Our goal is to ensure that every patient feels valued and well cared for during their time with us."

Surveys are sent to RFGH patients randomly by Press Ganey. The hospital encourages all patients to participate in the surveys. Responses are confidential and will be used to inform improvements in services and patient care practices.

RFGH is proud to be a trusted healthcare provider in the community, and this patient survey initiative is just one of the many ways it is committed to continuous improvement and exceptional care.

About Press Ganey: Press Ganey (www.pressganey.com) partners with healthcare providers and health plans to improve the experiences of their patients, consumers, and workforce by marrying data with unparalleled technology, analytics, and expertise. Our Human Experience (HX) platform unites and enlivens disparate data, enabling clients to gather, analyze, visualize, and act on key insights to retain talent, improve access to care, and ensure the care journey is safe, equitable, and patient-centered. We are the trusted partner to 41,000+ healthcare provider organizations globally and 85% of health plans in the United States. Press Ganey is a PG Forsta company.

RFGH Receives a 2024 Rural Excellence in Healthcare Award



The Maine CDC Rural Health & Primary Care Program gathered at the Maine State House, Hall of Flags in celebration of National Rural Health Day on Thursday, November 21, 2024. This event showcased the extraordinary people and programs committed to supporting the health and well-being of Maine's rural communities.

At the event, RFGH was honored to receive a Rural Excellence in Health Care award "For providing outstanding health services, innovation, and support to rural populations, improving health outcomes in Maine."

The nomination states "Redington-Fairview General Hospital, located in Skowhegan understands this community and their needs. Embracing their mission to serve, they are also members of the Somerset community. The patients and the people of Redington-Fairview are neighbors, family, friends. Everyone in the hospital is part of the same team.

Embracing this supportive family atmosphere, it is the responsibility of everyone to do their best work each day. The result is team member longevity. People who come to work at Redington-Fairview stay. New hires who plan for a career stop – reach milestones of 10, 20, or even 40 years of service.



And the community benefits. The Chartis Center for Rural Health notes that Redington-Fairview consistently ranks high among its critical access hospital peers for clinical outcomes and patient satisfaction. Redington Fairview was acknowledged in 2018, 2019, 2020, 2021, 2022 and 2024 with Performance Leadership Awards for Outcomes and Patient Satisfaction and a 2023 Performance Leadership Award for Outcomes."

Dr. Gust Stringos, Medical Director, and Tiffany Comis, Chief Nursing Officer, accepted the award on behalf of the hospital.

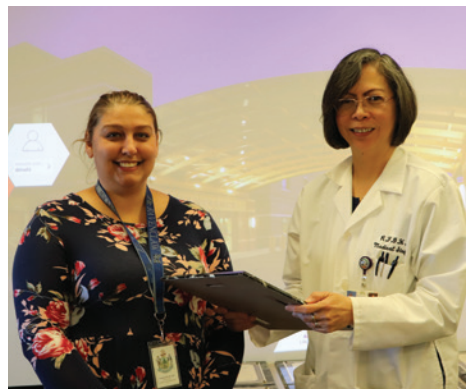
RFGH CEO, Richard Willett, received a Rural Health Hero award "In recognition of his tireless efforts, compassion, and advocacy in advancing rural health care access across Maine."

RFGH is Proud of our J-1 Visa Program Physicians!

In celebration of 30 Years of the Conrad 30 J-1 Visa Program, The Rural Health and Primary Care Program at Maine's DHHS honored J-1 physicians who have made long-term commitments to Maine, recognizing their resilience and contributions to rural health care as part of the National Rural Health Day celebration on November 21, 2024.

The Conrad 30 J-1 Visa Program is a vital initiative addressing physician shortages in rural and underserved areas. In Maine, this program has significantly enhanced health care access, bringing skilled physicians to communities facing critical shortages. Many of these doctors have not only fulfilled their service commitments but also chosen to stay, becoming integral parts of their communities and building lasting patient relationships. The program has enriched Maine's health care workforce, fostering diversity and improving health outcomes in our rural communities.

Thank you to representatives from the Maine DHHS Rural Health and Primary Care Program who presented plaques honoring our J-1 Visa physicians: Nicole Breton, Director of Rural Health & Primary Care Programs, Kyle Kagele, Office Associate, and Erica Dyer, Public Health Educator.



Thank you, physicians, for your contributions to our community and your commitment to our patients.

(top row, l-r) Ganna Chugay, MD, Gina Gomez, MD, Pameela Bisram, MD
(bottom row, l-r) Mariano Toledo, MD, Tirunellai Shankar, MD, Amir Baig, MD
(not shown) Paraschos Archontakis Barakakis, MD, Nancy Fleming, MD, Oto Prokop, MD,
Cheryll Quianzon, MD, Eric Quianzon, MD

Stay Active During the Cold Months

By Brittney Dunphy, RFGH Community Health Educator

Now that we are in the thick of winter, it can be tempting to stay inside and avoid exercise. But, staying active during the winter months is important for both physical and mental health. Here are some tips to help you stay active and healthy this winter.

Embrace Indoor Workouts. When it is too cold or icy outside, indoor exercises can keep you moving. Try activities like yoga, Pilates, or strength training at home. Many online platforms offer free workout videos, so you can easily follow along from the comfort of your home. These exercises not only help with physical fitness but also reduce stress and improve mood, especially during the darker days of winter.

Winter Walks and Outdoor Activities. While it is important to stay safe on slippery sidewalks, you can still enjoy outdoor activities. Bundle up in layers, wear warm, moisture-wicking clothing, and choose non-slip footwear for safer walking. Taking a brisk walk or even snowshoeing can be excellent low-impact exercises that help you stay active while enjoying winter scenery. If you enjoy skiing or snowboarding, these activities are great for your heart and lungs.

Make Use of Winter Sports. Winter sports like ice skating, skiing, or snowboarding are not only fun but also excellent ways to move your body. These activities help build strength, coordination, and endurance. Even shoveling snow can be a good workout when done safely and with the proper technique!

Stay Consistent with Small Activities. On especially cold days, try breaking up your exercise into shorter sessions. You can take several 10-15-minute movement breaks throughout the day, which may include stretching, bodyweight exercises (like squats and push-ups), or a quick walk around the house or building.

Use Technology to Stay Motivated. Fitness trackers and apps can be excellent motivators during winter months. Many apps can track your steps, set challenges, or join virtual fitness groups, which can help you stay accountable and make exercise more fun.

Winter doesn't have to be a time for inactivity. With a little creativity, you can maintain an exercise routine that works for you, no matter how cold it gets. Whether indoors or out, staying active is key to keeping your body strong and your mind clear.

Sources: Harvard Health Publishing, Mayo Clinic, American Heart Association, Cleveland Clinic

Indoor Walking Locations

The gyms at these locations are available for winter walking **October 31 - March 31**, to follow school and adult education calendar. Walkers are asked to please **change into a clean pair of indoor shoes** and **sign in** before using the facility.

Canaan Elementary School

Monday-Friday, 6:00-7:30AM

Margaret Chase Smith School

Monday-Friday, 6:30-7:30AM

Millstream Elementary School

Monday-Friday, 6:00-7:00AM

Skowhegan Area High School

Monday-Thursday, 5:00-7:00PM

Skowhegan Community Center

Monday, Wed., Friday, 6:00-10:00AM

Tuesdays & Thursdays, 6:00-9:00AM

Athens Community School

Monday-Friday, 7:00-8:00AM

Main Street Middle School

Monday-Friday, 7:00-7:45AM

Madison Jr./Senior High School

Monday-Friday, 6:30-7:30AM

Carrabec High School

Monday, Wed., Friday, 6:05-6:45AM

Starks Community Center

Monday, 10:00AM-2:00PM

Wednesday, 3:00-7:00PM

Mercer Community Center

Monday, 8:00AM-4:00PM

Tuesday, 11:00AM-6:00PM

Wednesday, 8:00AM-6:00PM

Embden Community Center

Wed., Saturday, 9:15AM-12:00PM

Community Health Education

UNDERSTANDING BREASTFEEDING

Wednesday, February 19
4:30 – 6:30 pm at RFGH

This free in-person class covers how breastfeeding works, getting the best start, latching on, breastfeeding positions, when to feed your baby, getting enough milk, breast care, and breastfeeding lifestyle.

To sign-up, contact Brittney Dunphy at 858-2318 or bdunphy@rfgh.net.

PREVENT T2

(National Diabetes Prevention Program)

Tuesdays, starting March 4
4:30 – 6:30pm
via Zoom

This FREE virtual class is a year-long lifestyle change program for people at risk for developing Type 2 Diabetes.

To sign-up, contact Brittney Dunphy at 858-2318 or bdunphy@rfgh.net.

UNDERSTANDING YOUR NEWBORN

Thursday, March 6
4:30pm – 6:30 pm at RFGH

This free in-person class covers newborn traits, newborn behaviors, crying and comforting, feeding, diapering, bathing, nail care, dressing, newborn health, and newborn safety.

To sign-up, contact Brittney Dunphy at 858-2318 or bdunphy@rfgh.net.

SAFE SITTER

Friday, April 25
9:30 am – 3:30 pm at RFGH

This free in-person class is for students in 6th grade and up. This class teaches safety skills, childcare skills, first aid and rescue skills, CPR, and life and business skills.

To sign-up, contact Brittney Dunphy at 858-2318 or bdunphy@rfgh.net.

UNDERSTANDING BIRTH

Tuesday, April 15 & 22
4:30 – 7:00 pm at RFGH

This free in-person class will cover pregnancy, labor, birth stories, comfort techniques, medical procedures, cesarean births, newborns, and postpartum.

To sign-up, contact Brittney Dunphy at 858-2318 or bdunphy@rfgh.net.

CIRCLE OF STRENGTH

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

This in-person, FREE support group is for anyone who has been affected by cancer.

To sign-up, call the Oncology Services Department at (207) 858-2129.

Cooking with Your Kids



Frustrated with your child refusing to try new foods and only eating the same couple meals everyday? Getting into the kitchen together can help! Cooking with your kids not only provides quality family time, it can also help overcome picky eating habits and instill a lifetime love of healthy foods.

According to practicing pediatrician and founder of the Doctor Yum Project (www.doctoryum.org), Nimali Fernando, MD, MPH, FAAP, when it comes to raising an adventurous eater, it is not just about coaxing kids to eat their veggies.

“Kids may need to have frequent joyful experiences involving food to overcome the anxiety they may have around tasting the unfamiliar. Over time, cooking with your children can help build that confidence—and provide rich sensory experiences,” said Dr. Fernando.

Source: www.healthychildren.org/English/healthy-living/nutrition/Pages/Cooking-With-Your-Children.aspx

Blueberry Oatmeal Pancakes

www.nutrition.gov/recipes/blueberry-oatmeal-pancakes

Combine two breakfast favorites - oatmeal and pancakes - in this kid-friendly recipe. Prep time: 15 minutes; Cook time: 20 minutes; Yield: 4 servings.

Ingredients

- 1 cup rolled oats (uncooked, old fashioned)
- 1 cup buttermilk
- 1/4 cup whole wheat flour
- 1 1/2 tablespoons sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 large egg (beaten)
- 2 tablespoons butter (unsalted, melted, cooled)
- 1/2 cup blueberry (fresh or frozen)
- non stick spray

Directions

Combine the oats and buttermilk in a medium mixing bowl and let sit, covered, in the refrigerator for at least 30 minutes. If you don't have time to let it sit, microwave the oat-buttermilk mixture until the oats have absorbed the liquid and the mixture is batter-like, about 1-2 minutes).

In a separate medium mixing bowl, whisk together the flour, sugar, baking powder, and baking soda. Add the flour mixture, egg, melted butter, and blueberries to the oat-buttermilk mixture. Stir to combine.

Spray a nonstick skillet with nonstick spray and set over medium heat. Working 1/4 cup at a time and around the perimeter of the skillet, portion the batter into the pan, leaving at least 1/2 inch between each portion of batter.

Cook on the first side until bubbles form and pop on the top surface and the edges are dry, about 3-4 minutes. Flip all of the pancakes over and cook on the other side until golden-brown, about 1-2 minutes.

Repeat steps 5-7 with any remaining batter. Serve warm.

Welcome New Providers



Bridgett Fisher, FNP

Redington Family Practice
(207) 474-3320

Ms. Fisher is a certified Family Nurse Practitioner. She graduated with a Masters of Science degree in Nursing from Husson University. She is a member of the Maine Nurse Practitioner Association and the American Academy of Nurse Practitioners.



Jaclyn Israel, DO

RMPC/Norridgewock Health Center
(207) 634-4366

Dr. Israel earned her Doctorate of Osteopathic Medicine degree from Michigan State University and completed her Family Medicine residency at Central Maine Medical Center. She is a member of the National Rural Health Association, American College of Osteopathic Family Physicians, and Maine Academy of Family Medicine.



Catherine Smith, FNP-C

RFGH Oncology Services
(207) 858-2119

Ms. Smith is a certified family nurse practitioner from MaineGeneral's Alford Center for Cancer Care and works with the RFGH Oncology Services team. She earned her Bachelor of Science in Nursing degree from the University of Southern Maine, and her Master of Science in Nursing degree from St. Joseph's College. She is a member of the Maine Nurse Practitioner Association.



Thank You Taylor!

Every year since 2020, 12-year-old local girl, Taylor White, has raised money to purchase gifts for our pediatric patients who are in the hospital over the holidays.

This year Taylor raised \$1200!

Thank you for your hard work and generous spirit, Taylor!



46 Fairview Avenue
Skowhegan, ME 04976

RFGH Earns 5-Star Rating



Redington-Fairview has earned a 5-star rating for cleanliness based on results from the Hospital Consumer Assessment of Healthcare Providers and Systems surveys. This is a national, standardized survey of hospital patients about their experience during a recent inpatient hospital stay. The surveys were completed between October 2022 and September 2023. Only 350 hospitals in the nation (5 from Maine) received this highest rating.

To see the full list visit: [beckershospitalreview.com/quality/350-cleanest-hospitals](https://www.beckershospitalreview.com/quality/350-cleanest-hospitals)

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 Oncology, RFGH Vascular Surgery Clinic, RFGH Rehabilitation & Fitness Services, Somerset Sports & Fitness, and Somerset Public Health.