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Caring for the Community!

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REACH FOR GOOD HEALTH!

- SUMMER 2025 -

A newsletter from Redington-Fairview General Hospital

Grilling & Campfire Safety

by Barbara Demchak, BA, EMT-P, RFGH EMS Director



With warmer weather here, families are firing up grills, gathering around campfires, and lighting fire pits to enjoy the outdoors. But these fun activities come with real fire risks, especially for children. According to the National Fire Protection Association (NFPA), there are nearly 9,000 home fires each

year related to grills - gas grills cause more home fires than charcoal. Fire pits or campfires cause over 5,000 burn injuries annually, many to kids under 5. Here are essential safety tips to help your family enjoy the outdoor safely.

Grill Safety Tips

All grills, whether gas or charcoal-fired, should be on stable, level ground, at least 10 feet from your home or other structures. Grill in the open air. The by-products of both gas and charcoal can become concentrated in an enclosed environment and cause a deadly build-up of carbon monoxide.

Thoroughly clean the grill, including the receptacles for ash and food drippings. Mice find that grills are a cozy place to spend the winter, and their nest material is very flammable. Check all fittings on gas grills to be sure they are not loose. Check the bottom of charcoal grills for rust holes that could allow hot coals to drop through to the ground. Scrub grates and grilling surfaces, but beware of using wire brushes that can leave bristles behind and become embedded in food. Every year, there are approximately 150 injuries caused by steel bristles either being ingested or embedded in the soft tissues of the mouth and throat.

When using charcoal, always use specially designated charcoal lighting fluid, and never substitute any other flammable liquid. Each year, approximately 17,000 people are seen in emergency departments due to grill-related incidents, and about half of these are burn injuries. For both gas and charcoal, light or ignite with lids open to avoid explosive starts. Never leave a hot grill unattended, and create a child and pet-free zone around the grilling area. Keep a fire extinguisher nearby so that it's quickly available if needed.

Read more on next page.

Grilling & Campfire Safety Tips (continued from previous page)

Use utensils with long handles to avoid having to lean over the grill. Dress like a grill master- wear an apron and grilling gloves or mitts to reduce the risk of burns. Never wear clothing with dangling sleeves or other loose embellishments that could easily catch fire. Beware of long hair hanging over the grill. Don't forget about your feet. Wear footwear that protects your feet from hot embers, food, and splashes.

Dispose of charcoal ashes in a metal container with a lid, and store them away from structures. Ashes can stay hot for hours, dump them when the container is completely cool to touch.

Campfire Safety Tips

Backyard fire pits and campfires are a cozy way to unwind, but they can be dangerous without the right precautions. Make sure to choose a safe location on a level, non-flammable surface, at least 10 feet from structures. Use a spark screen to prevent embers from flying, and have a fire extinguisher or water hose nearby. Only burn dry, seasoned wood, and avoid burning trash or treated wood, which can release toxic fumes. Teach kids a "fire-free zone" of at least 3 feet around the pit.

Source: National Fire Protection Association – www.nfpa.org

A few words about food safety:

- Nothing ruins a cookout with family and friends like a bout of food poisoning the next day.
- Keep cold foods cold and hot foods hot.
- Always practice good hand hygiene when handling food.
- Salads that contain mayonnaise tend to spoil very quickly at summertime room temperature, make sure to keep them chilled.
- Keep food and condiments covered to avoid attracting unfriendly guests like wasps and hornets, who are attracted to relish, ketchup, and sweet drinks.
- Use a food thermometer to ensure that meat and fish are cooked to the recommended temperature to avoid serving undercooked entrees.
- Be aware of food allergies that guests may have.



Healthy Cooking
Fuel Your Summer Adventures

Explore healthy eating with our hands-on 6-lesson series, perfect for fueling your summer adventures!

Whether you're hitting the trail or firing up the grill, we've got you covered.

**Wednesdays and Thursdays,
July 30 – August 14,
4:30 PM – 6:30 PM**

Oosoola Park, Norridgewock

All skill levels welcome

Plus, take home the ingredients to recreate one of the meals we made in class!

To register
Visit: somersepublichealth.org/register/
or call: (207) 474-7473

Please bring your own chair.



Welcome New Providers



Lauren Blanchette, PA-C

Redington Cardiology

a department of Redington-Fairview General Hospital

61 Fairview Avenue

Skowhegan, ME 04976

Telephone: (207) 858-8121

Lauren Blanchette, PA-C is a certified physician assistant specializing in cardiology. Ms. Blanchette has experience managing acute and chronic cardiovascular conditions. She graduated from the University of New England with a Master of Science, Physician Assistant Studies degree.



Mallori Marcotte, FNP

Redington Medical Primary Care

a department of Redington-Fairview General Hospital

46 Fairview Avenue, Suite 111

Skowhegan, ME 04976

Telephone: (207) 474-0905

Mallori Marcotte is a licensed Family Nurse Practitioner who earned her Master of Science in Nursing from Drexel University. She holds certifications in Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS), and Pediatric Advanced Life Support (PALS). Ms. Marcotte is also a member of the American Academy of Nurse Practitioners.



Nicolette Wallace, FNP

Somerset Primary Care

a department of Redington-Fairview General Hospital

62 Main Street

Skowhegan, ME 04976

Telephone: (207) 858-4844

Nicolette Wallace earned her Master of Science in Nursing from the University of Maine, Orono.

Savor the Season: The Surprising Benefits of Eating Summer's Freshest Foods

by April L. Hay, RD, LD, RFGH Director of Nutrition



With summer now upon us, a variety of fruits and vegetables are becoming available, making it an ideal time for trying fresh and locally grown produce and incorporating these fresh ingredients into our diets. Why should we eat seasonal foods? Seasonal eating refers to consuming foods that are naturally harvested or grown during a particular time of the year. The advantages of eating seasonal foods include improved nutrition, enhanced flavor, environmental sustainability, and economic benefits.

Firstly, seasonal foods are often more nutritious than out-of-season products. When fruits and vegetables are harvested at the peak of their ripeness, they contain a maximum concentration of vitamins, minerals, and antioxidants that support our health. Additionally, seasonal foods generally taste better. When fruits and vegetables are allowed to ripen naturally in their native environment, they develop a more intense and satisfying flavor. Furthermore, fresh produce is typically free from extensive preservatives and chemicals that prolong shelf life, making it a healthier choice. Think of biting into a juicy, sun-ripened peach in August or enjoying the crisp sweetness of freshly harvested corn on the cob. These flavors are honestly incomparable to produce that has been artificially ripened or stored for long periods. The superb flavor of local produce should encourage us to prepare more nutritious meals at home, rather than opting for processed foods, which are often high in added sugars and unhealthy fats.

This summer, challenge yourself to eat more of the plentiful fresh produce that Maine has to offer. This includes cucumbers, tomatoes, peppers, eggplant, summer squash, string beans, carrots, beets, spinach, kale, herbs, berries, peas, peaches, melons, and corn, to name a few.

Some food for thought, tomatoes in the summer are rich in lycopene, a powerful antioxidant that helps fight various diseases (National Institutes of Health, <https://pmc.ncbi.nlm.nih.gov/articles/PMC80172/>). Berries are rich in antioxidants and can be added to smoothies, salads, or enjoyed as a snack. Leafy greens like spinach and kale can be used in salads or as a base for wraps. Grilling vegetables like zucchini, bell peppers, and eggplant is a delicious way to enjoy them while limiting added fats. Eating fresh, seasonal foods ensures that we consume high-quality nutrients, which helps us maintain good health during the hotter months.

Finally, eating seasonal foods can be more cost-effective. Fruits and vegetables that are more plentiful during particular times of the year are often less expensive and more available than those that are imported from faraway areas. For example, during the summer, locally grown fruits and vegetables found at supermarkets and farmers markets are typically lower in price due to their abundance and limited shipping costs, allowing families to enjoy nutritious meals without straining their budgets.

By choosing to buy locally sourced, seasonal foods, you help support local farmers and contribute to sustainable agricultural practices. Exploring the seasonal foods that Maine has to offer can help improve our overall health and well-being, but also supports the local economy. Therefore, it is worthwhile to see what is available this summer and challenge yourself to incorporate more locally grown foods into your meals. It can be a delightful and nourishing experience!

Open-Faced Grilled Eggplant Sandwiches with Pesto

Pesto Ingredients

2 cups fresh baby spinach or arugula, lightly packed
1 cup fresh basil leaves, lightly packed
2 tbsp pine nuts (may substitute with walnuts)
2 tbsp grated Parmesan cheese
2 tsp lemon juice
1/4 tsp salt
2 cloves garlic
1/4 cup olive oil

Sandwich Ingredients

1 (1 1/4 lb) eggplant
1 red bell pepper
4 (1/2-inch-thick) slices hearty Italian bread
1 tbsp olive oil
4 oz fresh mozzarella cheese, thinly sliced



Recipe from Today's Dietitian. Serves 4. Nutrient Analysis per serving:
Calories: 350; Total fat: 27g; Sat fat: 7g; Cholesterol: 20mg; Sodium:
350mg; Total carbohydrate: 17g; Dietary fiber: 5g; Sugars: 6g; Protein: 10g

Directions

1. For the pesto: Combine spinach or arugula, basil, pine nuts, Parmesan cheese, lemon juice, salt, and garlic in a food processor; cover and process until well blended. With the food processor running, slowly drizzle olive oil through the chute, blending until the mixture forms a paste, scraping down the sides as needed.
2. For the sandwiches: Preheat a grill to medium-high heat. Trim ends from eggplant, and cut into 1-inch-thick rounds; brush both sides with olive oil and set aside.
3. Grill bell pepper 10 to 15 minutes, turning every few minutes, or until charred on all sides. Transfer charred pepper to a bowl, and cover tightly with plastic wrap. Let steam 10 minutes. Use a paper towel to gently remove skin from pepper. Cut into halves, and remove seeds and membranes. Slice pepper halves.
4. While pepper is steaming, grill eggplant, covered and in batches, 3-5 minutes on each side or until charred.
5. Brush both sides of bread lightly with oil. Grill 30 seconds per side or until toasted.
6. Spread 2 tablespoons of pesto on each slice of bread. Top evenly with sliced mozzarella cheese, eggplant, and bell pepper strips. Top with additional basil, if desired.

* Note: Pesto freezes well. Double this recipe and freeze extra pesto, if desired. Scoop 1 tbsp of pesto into each compartment of an ice cube tray. Freeze four hours or until firm. Remove cubes of pesto from tray, and place in a zip-top plastic freezer bag. Freeze up to three months.

Community Health Education

Find more classes at www.rfgh.net/community/calendar-of-events.xhtml

CAR SEAT SAFETY CHECK

Saturday, August 2
9:00 AM – 2:00 PM

behind 23 Commercial St, Skowhegan

This FREE back to school car seat check event is an opportunity to have your child's car seat checked by a CPST! Families who get a seat checked will receive a free back to school kit for their child. Safety check spots are first-come, first-served. No sign-up required.

MEDICARE/ HEALTH INSURANCE 101

Tuesday, August 12
5:00 – 6:00 PM at RFGH

This FREE in-person class will discuss how Medicare and other health insurances work, and how to make sure your coverage meets your needs.

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

WHAT IS SEPSIS?

Tuesday, September 9
5:00 - 6:00 PM at RFGH

Visit RFGH during Hospital Week 2025 to learn about important health topics and receive free giveaways! The RFGH Auxiliary will be doing a bake sale during the event.

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.



Buyer Beware!

Thinking about buying a used car seat at a yard sale or thrift store this summer? Be careful!

Used car seats might look okay, but they could be unsafe. You may not know if they were in a crash or are too old to use. Even small cracks or missing parts make them dangerous. Sometimes, you can't even see damage at all!

Our Certified Child Passenger Safety Technicians (called CPSTs) want to make sure your children are safe. It is recommend that you do not buy a used car seat unless:

1. You know the car seat's full history and are 100% sure it was never in a crash.
2. You see the label on the car seat and check to make sure there are no recalls.
3. You check the label for the expiration date, and it is not expired.

Need help? RFGH gives free new car seats to families who qualify. That way, you don't have to risk your child's safety from buying a cheap used seat.

Want a free car seat, to check your child's seat, or have questions? Call (207)858-2318.



What is Psoriasis?

Psoriasis is a chronic skin condition that causes red or discolored patches on someone's skin. These patches are usually scaly looking and are itchy. Psoriasis is not contagious.

What causes Psoriasis?

Psoriasis is an immune-mediated disease that causes someone to have inflammation in their body. An immune-mediated disease means that a person's immune system is causing the problem. When someone has an immune-mediated disease, their immune system starts to fight their body when it shouldn't.

We don't really know what causes Psoriasis, but experts believe it can be a combination of genetics, the person's immune system, and their environment.

Types of Psoriasis

There are five different types of Psoriasis, but the most common type is Plaque Psoriasis. People can have more than one type of Psoriasis in their lifetime and the treatment can be different each time.

Diagnosing Psoriasis

A healthcare provider will look at different signs and symptoms before diagnosis someone with Psoriasis and giving them a treatment plan. If your healthcare provider says you have Psoriasis, they will talk with you about treatment options.

Source: National Psoriasis Foundation www.psoriasis.org.

Other Health Problems Related to Psoriasis

People with Psoriasis can also develop other health problems. These health problems include:

- Psoriatic arthritis
- Heart disease
- Metabolic syndrome
- Obesity
- High blood pressure
- Dyslipidemia (constant high levels of cholesterol)
- Type 2 diabetes
- Anxiety and depression
- Inflammatory bowel disease
- Cancer
- Kidney disease
- Sleep apnea
- Chronic Obstructive Pulmonary Disease (COPD)
- Uveitis (inflammation in the eye)
- Liver disease



FREE Summer Meals!

Somerset County

Free Meals for Kids & Teens (18 & Under)

Meals are available at multiple locations from
June 9th to August 15th.
 Open to all children and teens.
 Adults can purchase meals for \$4.00.

SCAN for locations and details






46 Fairview Avenue
Skowhegan, ME 04976

We're Building for the Future – Thank You for Your Patience!



To continue to provide high-quality care for our community, Redington-Fairview General Hospital is expanding space for our provider practices who have outgrown their current spaces. Our new Medical Office Building is now under construction. As a result, the current main entrance off Fairview Avenue will be closed to patients, visitors, and staff. Access to the Medical Offices will be via the Jones Street entrance. Radiology & Imaging, Outpatient Lab, and Day Surgery/Endoscopy patients should use the Emergency Department entrance.

During the next 18 months there will be many construction vehicles and construction workers crossing Fairview Avenue. Please respect the speed limit on Fairview Avenue for everyone's safety. We appreciate your patience and cooperation.

For more information about this newsletter, please contact Lori Paradis at 207-858-2305 or Buffy Higgins at 207-858-2330.

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, Rural Health Family Care, Redington Pediatrics, Redington Cardiology, Redington Endocrinology, Redington Gastroenterology, Redington General Surgery, Redington Neurology, Redington OB/GYN, RFGH Oncology, Redington Orthopedic Surgery, Redington Podiatry, RFGH Vascular Surgery Clinic, RFGH Rehabilitation & Fitness Services, Somerset Sports & Fitness, and Somerset Public Health.