



For event listings,
wellness notes, and
hospital news visit:

www.rfgh.net



@redingtonfairview



Caring for the Community!

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REACH FOR GOOD HEALTH!

- FALL 2025 -

A newsletter from Redington-Fairview General Hospital

RFGH Named a 2025 Best Place to Work in Maine

The Maine State Council of the Society for Human Resource Management, Best Companies Group, and BridgeTower Media have named Redington-Fairview General Hospital (RFGH) as one of the 2025 Best Places to Work in Maine in the large employer category.

Best Places to Work in Maine identifies, recognizes, and honors the best places of employment in Maine. To be considered, companies must have at least 15 full-time or part-time employees working in Maine; be a for-profit or not-for-profit business or government entity; be a publicly or privately held business; have a facility in the state of Maine; and be in business for a minimum of one year.

“Redington-Fairview General Hospital is honored to once again be recognized as one of the Best Places to Work in Maine for 2025,” said Rachel Grant, Human Resources Director. “We extend our gratitude to every member of our team whose dedication and commitment make RFGH not only a successful hospital, but also a truly great place to work. We are fortunate to have such an exceptional staff.”

There were two parts used to determine the rankings. The first, worth approximately 25 percent of the total evaluation, consisted of evaluating each nominated company's workplace policies, practices, and demographics. The second part, worth 75 percent of the total, consisted of an employee survey to measure the employee experience. The combined scores determined the top companies and the final rankings.

“The 2025 Best Places to Work in Maine know that the people in their organizations are the key to their success. These businesses realize what it takes to create an environment that results in teamwork and excellence,” said Suzanne Fischer-Huettner, managing director of BridgeTower Media for the East Division. “BridgeTower Media is pleased to join the Maine State Council of the Society for Human Resource Management and the Best Companies Group in honoring these outstanding Maine businesses.”

RFGH will join other winners at a Rock N Roll-themed celebration at the Augusta Civic Center on October 7, where final rankings will be announced. The Best Places to Work in Maine Endorsement Sponsor is Maine HR Convention. For an updated listing of sponsors and more information about the event, visit bestcompaniesgroup.com/best-places-to-work-in-maine/.



**Best Places to
Work in ME**

'Tis the Season for Pumpkin

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



With fall now upon us, several foods are worth taking the time to explore, one of which is pumpkins. This favorite fall centerpiece is packed full of nutrients and minerals.

Pumpkins belong to the Cucurbitaceae family, which also includes squash. Not only are pumpkins a great decoration piece or a filling for a pie, but they can also be incorporated into our diet in so many other ways. The different parts of the pumpkin, including the seeds, flesh, and peel, are a rich source of carbohydrates, proteins, fiber, iron, monounsaturated and polyunsaturated fatty acids, carotenoids, and many other phytochemicals. One cup of cooked

pumpkin provides us with 3 grams of dietary fiber, 245% of the recommended dietary allowance of Vitamin A, 1/3 daily value of Vitamin C, and only 49 calories. It's one of the best sources of beta-carotene, which is converted into Vitamin A in the body. Vitamin A is key to a strong immune system, healthy vision, and proper cell growth.

Pumpkin seeds are a nutritional powerhouse with their zinc, copper, phosphorus, magnesium, potassium, and Vitamin E content. They are also noteworthy for their flavonoids and phenolic compounds, which have antioxidant and anti-inflammatory properties. Pumpkin seeds are delicious roasted or sautéed and may actually release some of their bound phenols and flavonoids when roasted. They can be a great on-the-go snack. Try adding them to your favorite baked goods, yogurt, granola, or as a topping to your salads.

Pumpkin is so versatile that adding it to soups, stews, smoothies, or roasting it like a sweet potato can also be a great way to incorporate pumpkin into your diet and enjoy the many health benefits it provides. Happy pumpkin eating this fall!

Homemade Roasted Pumpkin Seeds:

Soak cleaned pumpkin seeds in water for 30 minutes, then drain

Place the seeds in a large pan of salted water and boil them for 10 minutes. Drain well and toss them with olive oil and seasonings.

Spread them in a single layer on a sheet pan lined with parchment paper and roast them at 325 degrees F until they're browned, "popping" and crispy.

The roasted seed can be stored in an airtight container in the pantry or refrigerator for up to two or three months.

Sources:

[National Institutes of Health](#); [Today's Dietitian](#), [Frontiers in Nutrition](#)



RFGH Medical Director, Gust Stringos, DO, Receives Kennebec Behavioral Health's Transformational Clinical Collaboration Award



In photo, left to right: Cynthia Currier, Somerset Public Health Patient Navigator, Rachel Grant, RFGH Human Resources Director, Gust Stringos, DO, RFGH Medical Director, Richard Willett, RFGH CEO, Tiffany Comis, RFGH COO, and Matt L'Italien, Somerset Public Health Director

EMS Director, Barbara Demchak Receives EMS Excellence Award



The award honors her significant contributions to emergency medical services in Maine.

“Maine EMS is proud to recognize the following individuals and entities throughout the State of Maine that go above

and beyond what is expected to meet the needs of the state's residents and visitors.”

RFGH is Proud to be a Safe Care Hospital

Redington-Fairview General Hospital has successfully met all Year 2 Validation Requirements for the Safe Care: Obstetrics Program by Medical Mutual!

This achievement reflects our OB team's outstanding commitment to patient safety, excellence in care, and collaborative teamwork.

Highlights of our accomplishment:

- 100% staff participation in advanced OB education
- Use of national standards like NICHD terminology
- Implementation of safety-driven protocols
- Recognized with a premium credit and official certification

SafeCare
Obstetrics Program

Welcome New Providers



Muhammad "Zak" Alam, MD

Redington Neurology

A department of Redington-Fairview General Hospital
46 Fairview Avenue, Suite 114, Skowhegan, ME 04976 207-474-6943

Muhammad "Zak" Alam, MD, is board-certified by the American Board of Psychiatry and Neurology. Dr. Alam earned his medical degree from Aga Khan University Medical School, and completed his residency in neurology and a fellowship in clinical neurophysiology at the University of Massachusetts Medical School.



Hilary Lee, FNP CWOCN

Redington General Surgery

A department of Redington-Fairview General Hospital
46 Fairview Avenue, Suite 223, Skowhegan, ME 04976 207-474-7045

Hilary Lee earned her Bachelor of Science in Nursing degree from the University of Southern Maine, and her Master of Science - Family Nurse Practitioner degree from Husson University. She completed her Advanced Practice for Wound, Ostomy, and Continence Care at Emory University and is a certified wound, ostomy, and continence nurse.



Brigid Mullally, MD FACOG

Redington OB/GYN

A department of Redington-Fairview General Hospital
46 Fairview Avenue, Suite 229, Skowhegan, ME 04976 207-474-7131

Brigid A. Mullally, MD, FACOG is a board-certified obstetrician & gynecologist. A graduate of the University of Iowa College of Medicine, she completed her residency at Boston Medical Center.



Benjamin Williams, PA-C

RFGH Emergency Department

46 Fairview Avenue, Skowhegan, ME 04976 207-474-5121

Benjamin Williams, PA-C is a board-certified physician assistant who graduated from Marist University with a Bachelor of Science in Biomedical Sciences and a Master of Science in Physician Assistant Studies. He is a member of the American Academy of Physician Associates.

Welcome New Providers

Rural Health Family Care

A department of Redington-Fairview General Hospital
344 Lakewood Road, Madison, ME 04950 207-474-2994



Zainab Alam, MD

Zainab Alam, MD is a board-certified pediatric physician. A graduate of the Aga Khan University Medical College, she completed a residency in pediatrics at the University of Massachusetts Medical Center in Worcester.



Fiona Champagne, FNP

Fiona Champagne, FNP is a licensed and certified family nurse practitioner. She earned her Master of Science Family Nurse Practitioner degree from Walden University.



Loraine Paradis, DO

Loraine Paradis, DO is a board-certified family medicine physician. A graduate of the University of New England College of Osteopathic Medicine, she completed a residency in family practice at the Community Hospital of Lancaster, in Pennsylvania.



RFGH is pleased to introduce our new Chief Nursing Officer, Lindsay Holmstrom, MSM, RN

Lindsay Holmstrom, MSM, RN, is the new Chief Nursing Officer at Redington-Fairview General Hospital, bringing over 18 years of nursing experience across acute care, public health, and hospital operations. A respected and forward-thinking leader, Lindsay is known for her commitment to compassionate, evidence-based care and her ability to lead through change with clarity, empathy, and strategic insight. Lindsay's clinical background spans medical surgical, perioperative, and school health nursing. Her leadership experience most recently includes serving as Associate Vice President of Clinical Development for Northern Light Health, where she directed system wide professional development initiatives across nine hospitals. She has overseen large-scale clinical construction transition projects, pandemic surge planning, and education programs impacting more than 200 clinicians, while maintaining a focus on quality, safety, and workforce sustainability.

November is Bladder Health Month

Did you know?

- Almost half of all women over age 50 lose control of their bladder but don't tell their doctor about it.
- 17% of women have to use the restroom more than 8 times a day.
- 2 out of every 3 women wake up in the middle of the night from a full bladder.

What is the bladder?

Your bladder is in your lower abdomen, where your urine is. Your kidneys (two bean-shaped organs just below your ribs) send liquid waste (urine) to your bladder so it can be released out of your body. Your bladder is next to your pelvis. For women, pelvic health is important for their overall health and wellness.

Signs your bladder isn't working right:

- Your bladder leaks
- Your urine is cloudy, has blood in it or has a strong smell to it
- You have to use the restroom a lot
- Intercourse is painful for you
- You feel pain or pressure in your lower abdomen

If you have any of these symptoms, it is important that you tell your doctor about them.

How can I take better care of my bladder?

If you have bladder control issues:

- Try drinking most of your liquids in the morning and afternoon.

Drinking a lot in the evening can cause you to wake up in the middle of the night to use the restroom.

- Avoid or limit caffeine or alcohol. These two drinks can increase the amount of urine your body makes.

If you use the bathroom a lot:

- Talk with your doctor about retraining your bladder. Sometimes, going to the bathroom a lot can be a habit and not an underlying issue.

If you have incontinence (you can't control your bladder):

- Talk with your doctor about getting a referral to a Physical Therapist who does pelvic floor therapy. These therapist can help you strengthen your pelvic floor muscles.

Sources: Women First Obstetrics & Gynecology of Louisville



Community Health Education

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

PREVENT T2

Starts Wednesday, October 29
9:00 - 10:00 AM via Zoom

This one-year program is for adults (18+) at high risk of getting type 2 diabetes or have prediabetes. Lower your risk of getting type 2 diabetes through healthy lifestyle changes.

Pre-registration is required.
Contact Brittney Dunphy,
Community Health Educator at
(207) 858-2318.

SAFE SITTER®

Monday, December 29
9:30 AM - 3:00 PM at RFGH

This FREE course is designed to teach students in grades 6-8 safety skills, child care skills, first aid & rescue skills, and life & business skills! Students will participate in a 45-minute introductory CPR class.

Contact Brittney Dunphy,
Community Health Educator at
(207) 858-2318.

CIRCLE OF STRENGTH CANCER SUPPORT GROUP

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.



You can be a

SAFE STORAGE SUPER HERO!

Keep **MEDICATIONS** and **CANNABIS**

safely stored and out of reach to help avoid accidental ingestion!

PLUS You can dispose of unwanted or expired medications on Drug Take Back Day **SATURDAY, OCTOBER 25** or any day at an **EVERYDAY TAKE BACK LOCATION** **SCAN** for a complete list of Somerset County locations



Let the **Great American Smokeout, November 20**, be the day you start a journey toward a smoke-free life.

When you're ready to quit, you don't have to do it alone. The **Maine QuitLink** provides **FREE**

- personalized quit plans,
- one-on-one coaching via phone or text, and
- medications to control cravings



**SCAN or call
1-800-QUIT-NOW**



46 Fairview Avenue
Skowhegan, ME 04976



The banner features a pink and purple background with autumn leaves and footprints. At the top, there is a row of logos: Somerset Public Health, move more kids (new balance FOUNDATION), MAINE QUITLINK.com (1-800-QUIT-NOW), MAINE SNAP-Ed (Healthy Eating on a Budget), PATHWAYS TO RECOVERY (Toll Response to Recovery), REACH (Drug-Free Community), and DFC (DEPARTMENT OF COMMUNITIES SUPPORT PARTNERS). The main title is "Somerse Path & Places the **ULTIMATE GUIDE** to Somerse County's recreation areas!". Below the title, there is a list of activities with icons: Scenic trails & walking paths (hiker icon), Beautiful parks & green spaces (tree icon), Local water access points for swimming, paddling, & fishing (kayaker icon), Free outdoor gear you can borrow (backpack icon), Healthy & delicious recipes for on-the-go adventure (carrot icon), and Helpful tips & local outdoor info (info icon). To the right, it says "VISIT the site" with a QR code and "JOIN the Facebook Group". At the bottom right, there are logos for the State of Maine and UNE UNIVERSITY OF NEW ENGLAND.

Somerse Path & Places
the **ULTIMATE GUIDE**
to Somerse County's recreation areas!

- Scenic trails & walking paths
- Beautiful parks & green spaces
- Local water access points for swimming, paddling, & fishing
- Free outdoor gear you can borrow
- Healthy & delicious recipes for on-the-go adventure
- Helpful tips & local outdoor info

VISIT the site



JOIN the Facebook Group

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.