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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!

- SPRING 2025 -

A newsletter from Redington-Fairview General Hospital

Get Ready for Summer With These Water Safety Tips

As the weather warms up, families will be heading to the many swimming spots that grace our state. It is important to take steps to ensure 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 (CDC). Staying alert, being aware of your surroundings, and being prepared helps keep the entire family safe and having fun all summer long.



As you head out to have fun, RFGH Rehab & Fitness Services' Aquatic & Fitness Program Coordinator, Tori MacDonald, has these helpful safety tips:

- 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 times.
- 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.

Read more on next page.

- 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!

If you are boating, always wear a life jacket and check state rules and regulations for water safety, including watercraft operation. A guide to Maine's boating laws can be found at: www.maine.gov/ifw/docs/maine-boating-laws.pdf.

Does Swimwear Color Matter?



You may have seen different versions of swimwear visibility charts making the rounds on social media and wondered if it's accurate. Does swimwear color keep you safer? We put the question to RFGH Rehab & Fitness' Aquatics & Fitness Program Director, Tori MacDonald.

"This picture is an accurate representation of swimsuit visibility in the water," Tori said. "Just as a pedestrian walking at night wears reflective clothing to ensure visibility, a bright colored bathing suit in the water makes swimmers easier to locate in the event of an emergency."

According to the website www.stopdrowningnow.org, the choice of colors can be crucial in quickly locating your child if they go underwater. Visibility is a critical factor in preventing drowning incidents. Bright and contrasting colors can make spotting a child in the water easier, especially in crowded or murky conditions. In potential drowning situations, those seconds saved can be life-saving.

The safest swimwear colors for kids in pools are neon pink and orange. Neon orange, yellow, and lime green swimwear works best in natural bodies of water. Colors to avoid include dark colors like navy blue, black, and dark green, and pale colors like white and light blue. These colors can blend into the water, making it difficult to spot a child quickly.

While choosing the best color swimwear for your child can make a child in distress more visible, it's important to remember that active supervision is the most effective way to prevent drowning. An assigned adult must vigilantly supervise children when they are in or near water. This means maintaining undivided attention on the children - no texting, answering phone calls, reading, or rummaging through bags for supplies. Supervision should always be within arm's reach for young children.

Welcome New Providers



Emily Jacobs, DO

Redington Pediatrics

46 Fairview Avenue, Suite 225

Skowhegan, ME 04976

Telephone: (207) 474-6265

Emily Jacobs, DO is a board-certified pediatric provider. A graduate of the Philadelphia College of Osteopathic Medicine, Dr. Jacobs completed her residency training at Maine Medical Center. She is a member of the American Academy of Pediatrics and the American Osteopathic Association.



Samantha O'Brien, FNP

Somerset Primary Care

62 Main Street

Skowhegan, ME 04976

Telephone: (207) 858/4844

Ms. O'Brien is a board-certified family nurse practitioner. She graduated with a Masters of Science degree in Nursing from Purdue University.



Nicole Sennett, FNP

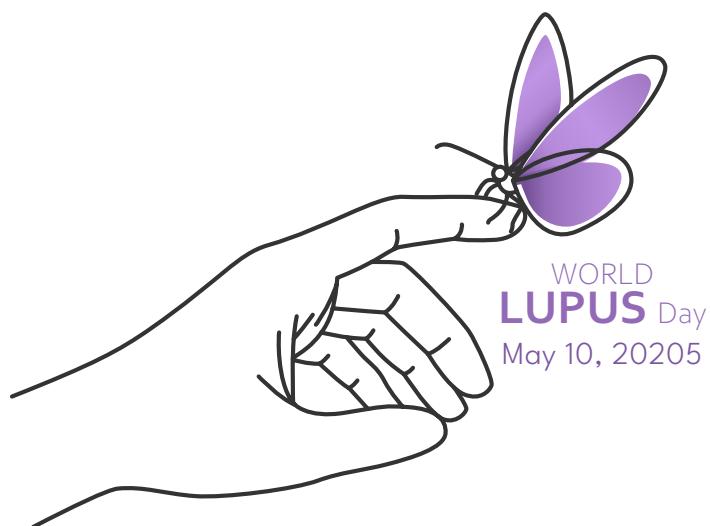
Redington Pediatrics

46 Fairview Avenue, Suite 225

Skowhegan, ME 04976

Telephone: (207) 474-6265

Nicole Sennett is a board-certified family nurse practitioner. She graduated from Purdue Global University with a Master of Nursing, Nurse Practitioner degree, and is a member of the American Academy of Nurse Practitioners.



May is Lupus Awareness Month

By Brittney Dunphy, RFGH Community Health Educator

About 1 in 2,000 people in the United States have a diagnosis of lupus, and 90% of those diagnosed with lupus are women. Lupus is a chronic disease that causes inflammation and pain in any part of your body. Living with lupus can be very painful and frustrating.

Who is at risk of developing lupus?

- Women ages 15 – 44
- African American, Asian American, Hispanic/Latino, Native American and Pacific Islanders are more likely to develop lupus than other racial or ethnic groups
- People who have a relative with lupus or other autoimmune disease

What causes lupus?

There isn't a specific reason someone develops lupus. Lupus and other autoimmune diseases do run in families, which can increase the chances someone will develop lupus. Some experts believe that estrogen or environmental conditions could also be causes, but this hasn't been proven.

How does lupus impact someone?

Lupus can be very painful. 65% of people with lupus say that the pain is the worst part of living with lupus. 76% of people say the fatigue from lupus causes them to miss out on social opportunities. 89% of people with lupus say they can no longer work full-time because of their diagnosis.

How can you help?

If you know someone with lupus and want to help, reach out to them and ask what you can do for them. Anyone can help spread awareness about lupus by learning more and sharing what they know.

Sources:

Lupus Foundation of America (www.lupus.org)

John Hopkins Lupus Center (<https://www.hopkinslupus.org/>)

Community Health Education

ADVANCE HEALTH CARE DIRECTIVE

**WEDNESDAY, APRIL 23
5:00 – 7:00 PM AT RFGH**

This in-person workshop will guide you through the importance of having an Advance Health Care Directive and how to fill one out.

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

MEDICARE/HEALTH INSURANCE 101

**WEDNESDAY, MAY 7
9:00 – 10:00 AM AT RFGH**

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.**

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.**

ANNUAL COMMUNITY HEALTH FAIR

**FRIDAY, MAY 16
8:00 - 11:00 AM 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.

**Find more Community Health Education classes at
www.rfgh.net/community/calendar-of-events.xhtml**

Asparagus, a Spring Time Favorite!

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

Asparagus is one of the most popular early spring vegetables that is typically harvested in central Maine during the month of May. The tender green spears can be eaten raw or cooked a variety of ways. Asparagus can be grilled, roasted, or sautéed with lemon, oil, or butter to make an easy and delicious dish. The different varieties of asparagus include the standard green color and the less popular purple and white varieties.

Asparagus is considered a nutritional superfood. It is rich in antioxidants, fiber, minerals, and the vitamins A, C, E, K, and folic acid. Asparagus has few calories with only 27 per cup of raw.

This recipe for roasted parmesan asparagus is easy enough to prepare during the week and special enough for Easter Dinner. The combination of parmesan cheese and panko bread crumbs with asparagus is deliciously crispy with so much flavor your family will love it!



ROASTED PARMESAN ASPARAGUS

Ingredients:

2 pounds of
Asparagus

3 tablespoons
Olive Oil

2 Garlic Cloves,
minced

1/2 cup grated
Parmesan Cheese

1/2 cup Panko
Bread Crumbs

2 teaspoons finely
chopped Parsley

Salt and Pepper to
taste

Instructions:

Preheat oven to 400 degrees Fahrenheit.

Lightly grease a baking pan with oil or with a nonstick cooking spray.

Prepare the asparagus by washing, drying and snapping or cutting off the woody ends.

Place the asparagus in a bowl, pour on the olive oil and thoroughly coat the spears.

Add the minced garlic, parmesan cheese, panko bread crumbs and parsley and toss to coat.

Transfer the asparagus and breadcrumb mixture onto the prepared baking sheet and arrange into one even layer.

Bake for 10 to 12 minutes or until spears are fork tender and the crumb mixture is golden brown.

Makes 4 servings.

Nutrition Information: 210 calories, 14 grams fat, 4 grams saturated fat, 12 grams carbohydrate, 9 grams protein, 5 grams fiber, 220 mg sodium



APRIL/MAY 2025



Shaleigh

WANTS

YOU

TO BE A

SAFE STORAGE

**SUPER
HERO**

IT'S IMPORTANT
TO STORE MEDICATIONS
AND SUBSTANCES LIKE
CANNABIS UP HIGH AND
OUT OF REACH AFTER
EVERY USE

FIND US AT

SKOWPENDOUS

APRIL 25, 5:00-7:30 PM

FREE

**LOCKING BAGS AND BOXES FOR
SAFE STORAGE OF MEDICATIONS**



HAVE UNWANTED, UNUSED, OR
EXPIRED MEDICATIONS?

DRUG TAKE BACK DAY **APRIL 26**

BUT WHY WAIT? WE HAVE MANY

EVERYDAY TAKE BACK

LOCATIONS IN SOMERSET COUNTY
SCAN THE QR CODE FOR A FULL LIST



46 Fairview Avenue
Skowhegan, ME 04976

Thank You BEEcoming the Change!



Five local high school students recently presented the hospital with gift bags for members of our nursing team. Twenty-one nursing staff were chosen at random to receive these gift bags.

The students belong to a community group, BEEcoming the Change. Their mission is “to promote and grow a positive and connected community by creating a safe environment for peers to engage in kind acts, take risks, and work towards a common goal!”

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, 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.