Get To Know the RFGH Auxiliary

The RFGH Auxiliary is a volunteer organization dedicated to assisting the hospital through fundraising activities and projects that benefit our patients physical and emotional health. The Auxiliary has a long and proud history with the hospital – it became a member of the Maine Association of Hospital Auxiliaries in 1981.

The Auxiliary Today

(back row): Jane Malbon-Smith (President), Rhonda Daggett, Claudette McManus, Carolyn Small, Donna Chapman (Treasurer), Marie Quimby, Betty Turcotte
(middle row): Mabel Larsen, Diana Demmons (Vice President), Jean Waite, Betty Shorette, Joyce Lambert, Judy Hilton, Raenelle Willette, Connie Goulet (Secretary)
(front): Nora Clapp, Gail Kay, Dot Lacasse, Nancy York, Carol Withee
(not shown): Barbara Neubauer, Judy McLeod, Lucille Currier, Cari Hibbard, Jean Thomas, Maryellen Travers, Darlene Bussell, Kathy Swett, Josephine Chase

The Christmas Craft Fair, which is held every November, is the group’s biggest fundraiser of the year. Employees, volunteers, auxiliary members, and close family members provide handmade crafts for sale, donating a portion of sales to the Auxiliary.

Other fundraising activities by the Auxiliary include hosting book fairs and other sales, such as Super Shoes, throughout the year. A book cart in the hospital lobby also accepts donations to support Auxiliary activities.

The money raised by this group goes to support many hospital departments including Social Services, Oncology, Birthing Center, Med/Surg, Emergency Department, and other inpatient and outpatient areas. Some funds are used for the purchase of new equipment such as medication stations, and swab dryers; other funds go towards activity supplies such as coloring books for patients in the ED and newspapers for patients in Med/Surg.

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The group has also purchased DVDs for the Birthing Center’s Purple Baby project and donated money to the Oncology Department to benefit the patients receiving cancer treatment. The Auxiliary also used funds to provide a free book to children at their annual well visit exams. This book program kicks in when the child turns 5 and no longer qualifies for free books through the Raising Readers program.

The Auxiliary raised funds to support the creation of the RFGH Healing Garden; and provides funds annually to help with maintenance of the garden.

Additionally, the group donates funds to support on-going hospital scholarships to area students. Members volunteer their time at hospital blood drives and other events.

Each March, the Auxiliary hands out vases of daffodils to every patient in Med-Surg, Oncology, and Day Surgery, along with each hospital department and office as a welcome to spring.

The RFGH Auxiliary has been in place for many years. Although the members have changed, the focus of the group remains the same - to support the hospital in any way possible, as requested by hospital administration. New fundraising projects are in development all the time depending upon the needs of the hospital departments and their patients. The Auxiliary welcomes new members to their dedicated group on an on-going basis.

*The RFGH Auxiliary meets on the 1st Thursday of each month at 12:00 p.m. in RFGH Conference Room 4 (except for January, February, June, July and August). The group has lunch, followed by a meeting a 1:00 p.m. All are welcome to join!*
Congratulations RFGH-Philbrick Memorial Scholarship Recipients!

Mackenzie Warren (left) with RFGH Director of Human Resources Lisa Landry (right)

Mackenzie Warren is the daughter of Terry and Melody Warren, and is a 2016 graduate of Skowhegan Area High School. Mackenzie is currently attending Bowdoin College with an undeclared major.

Erin Whalen (right) with RFGH Chief Nursing Officer Sherry Rogers (left)

Erin Whalen is the daughter of Michael and Kelly Whalen, and is a 2016 graduate of Madison Area Memorial High School. Erin is currently enrolled in the nursing program at Husson.

William F. Philbrick Memorial Scholarships are awarded by RFGH each year to graduating high school students living in the RFGH service area. Recipients must demonstrate strong academic achievement, leadership and participation in school and community activities. They are students who continue on to a four-year college or university, and are pursuing a career in Health Sciences.

The Purple Hat Project

In the Fall of 2016, female inmates who are housed at the Somerset County Correctional Facility, learned to knit.

Their first project was to knit purple hats to be distributed to families through Redington-Fairview General Hospital.

The hats were knit in purple yarn, with the significance of raising awareness about The Period of PURPLE Crying, an abusive head trauma/shaken baby prevention program.

These hats are amazing and the women have done an amazing thing by giving back to their communities.
The newest ambulance in the Redington-Fairview EMS fleet is purple. The question everyone has asked is: Why is that ambulance purple?

There has been a recent trend toward ambulances featuring awareness themes. Other agencies in Maine have used themes like breast cancer awareness, domestic abuse awareness, child abuse awareness, and autism awareness. We liked the idea but we wanted an original theme that would be meaningful to the communities we serve.

We came up with pancreatic cancer awareness, whose ribbon is purple. In the past three years, the greater Skowhegan Area has lost two pillars of the community to this disease, which has a survival rate of just 7%.

Brian Michonski, a Norridgewock businessman and brick mason who also coached local ice hockey and baseball, was a victim of pancreatic cancer is 2014.

Chuck Robbins, a long-time Skowhegan businessman, lost his battle early in 2016. Chuck was always the first one in line whenever a local organization needed help, and would send his wrecker out anytime and anywhere to assist EMS. Both men were in their early fifties when they were diagnosed.

Skowhegan has hosted a 5K benefit run to raise money for cancer research for the past four years. Redington-Fairview General Hospital and EMS have been proud sponsors, and many staff members have volunteered at this event, or have participated in the run, so pancreatic cancer is near and dear to our hearts.

Once we got permission to make it purple, we took the idea to Gary York, a local graphic artist. Gary and his staff of artists brought the idea to life.

The Lustgarten Foundation:

The Lustgarten Foundation underwrites the administrative costs of pancreatic cancer fund-raising, so that 100% of money donated goes directly to research. It also provides education and support for pancreatic cancer patients and their families. The Lustgarten official mission is: “To advance the scientific and medical research related to the diagnosis, treatment, cure and prevention of pancreatic cancer.”

Pancreatic Cancer Statistics*:

- Pancreatic cancer accounts for 3% of all cancers, yet is the 4th leading cause of cancer-related deaths.
- It is a very aggressive cancer, with few early signs. The majority of cases are in late stage when diagnosed.
- Pancreatic cancer research receives only about 1½% of government-allocated cancer research dollars.

*www.lustgarten.org
Vegetable Strudel

By Patricia Sprengel, MS, RD, LD, RFGH Nutrition Services Director

“This recipe for Vegetable Strudel is one of the most popular entrees at Redington-Fairview General Hospital’s cafeteria,” reports RFGH Chef, Jim Veilleux. “I frequently receive positive comments about the Vegetable Strudel, it’s like a comfort food loaded with vegetables and incredible flavor!”

This dish uses a variety of vegetables and gets its fantastic flavor from the feta, parmesan, and mozzarella cheeses in it, which also provide the majority of calories in the dish. In order to reduce the fat and calories, we use low fat mozzarella and have reduced the amount of parmesan and feta cheese.

We also use Phyllo dough, which is significantly lower in fat and calories than pastry dough or puff pastry. Phyllo dough is light, crispy, and flaky; and can be used in pies, tarts, strudels, and savory dishes. It can also be challenging to work with if you are unfamiliar with it, but with a bit of instruction, handling Phyllo dough shouldn’t be a problem. *Phyllo dough is usually found in the frozen food section, either in flat squares or in rolls. One package contains dozens of paper-thin sheets.*

Most dishes use 5 or more of these sheets stacked together with oil or cooking spray between the layers. These sheets can become gummy if too damp, or brittle if too dry. To prevent this from happening:

1. Defrost Phyllo Dough in the refrigerator over night, not on the counter. This prevents too much condensation from forming and making the outer layers gummy. Phyllo dough dries out faster than you would expect.
2. Place unwrapped Phyllo dough on a damp kitchen towel and cover with another damp towel. The towels should be just wet enough to give the Phyllo dough some moisture. After taking a sheet or two to work with, recover the remaining Phyllo. Melted butter, cooking spray or oil works well between the layers to fuse sheets of Phyllo together.

**Recipe Directions:**

1. Season raw, cut vegetables with sea salt, garlic, pepper, and olive oil. Spread vegetables in a single layer onto sheet pans and roast in a 375°F oven for approximately 20 minutes or until edges start to brown.
2. Transfer roasted vegetables to a large mixing bowl, add pesto and 1/2 the cheeses. Mix and transfer to a 9x13” casserole dish. Place remaining cheese on top.
3. Place single sheets of Phyllo dough, one at a time, on top of cheese/vegetable mix. Brush with olive oil or spray with cooking spray. Repeat, layering with Phyllo dough and oil/cooking spray, 4 to 6 times.
4. Bake in oven at 375°F for 25 minutes or until the Phyllo dough turns light brown and looks crispy. Cut into 16 squares and serve.

**Nutritional Information:**

Serving Size: 16, Nutrition (per serving): 250 calories, 16g total fat, 261mg sodium, 300mg potassium, 13.2g carbohydrates, 2.1g fiber, 13g protein.

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**Ingredients:**

1/4 cup olive oil for seasoning vegetables
1/2 an onion, thinly sliced
1 cup spinach, cooked and squeezed dry
4 cups summer squash, sliced
4 cups zucchini, sliced
4 cups red pepper, cut into strips
2 tbsp garlic, chopped
2 tbsp pesto
3 cups mozzarella cheese, shredded, low fat, low sodium
1 1/2 cups feta cheese
1/2 cup parmesan cheese
12 Phyllo sheets*
olive oil or cooking spray for layering Phyllo*
1/2 tsp Lawry’s Roasted Garlic Sea Salt
Hunger is impacting our neighbors and we may not even know about it. According to information gathered by Feeding America (2014) over 8,000 adults and 2,500 children live with food insecurity in Somerset County. Out of those individuals, over 20% are not eligible for Supplemental Nutrition Assistance Programs or any other nutrition programs.

Somerset Public Health (SPH) has been working with food pantries across our county to help bring fresh fruits and vegetables into the pantries, assist in creating a sustainability plan as well as helping to provide needed infrastructure to the pantries.

In collaboration with the Good Shepherd Food Bank and Eastern Maine Health Care, SPH provides assistance to pantries through a CDC Partnership to Improve Community Health Care grant. SPH provided:

- 3000 brochures for community agencies to promote the food pantries
- 14 crates to be able to gather fresh fruits and vegetables from the farmers market
- 7 pantry signs
- 4 full size refrigerators
- 4 full size freezers
- 1 freezer/refrigerator combo
- 1 produce display
- 8 laptops with printers
- 3 pantries received additional shelving

We will continue to support our local food pantries by helping them establish written nutrition policies such as Go-Slow-Whoa so individuals are receiving and being educated that the healthiest choice is the easiest choice.
The 2016 Diadema Fall Classic Cancer Golf Tournament was a major success, raising $12,478 to benefit patients at the RFGH Oncology Clinic. Eighty-five golfers participated in the best ball scramble and the silent auction raised $1,818 towards the total.

Diadema Golf Club donated their facility for the event, served a great lunch, and donated a cash amount as well.

We had a total of 55 cash sponsors, and 28 silent auction donations. The committee that put this together included Becca Knowles, Bonnie Mattingly, Jodi Godin, and Jan Welch.

**Thank You to Our Sponsors:**

### Platinum ($500)
- Agren Sand and Gravel
- Carrabassett Coffee/ United Insurance
- Diadema Golf Club/ Mattingly Products Co.
- Embden Community Center
- Pinkham’s Market

### Gold ($300)
- A Maine Farmhouse
- Animal Medical Clinic
- Anni’s Market
- TR Dillon Logging
- Emerson Associates
  - Fabian Oil
  - Fine Line Paving & Grading LLC
- TT Dunphy Trucking
- Main-Land Development
  - Norris A. Preble
  - Mechanical Contractors
- Skowhegan Savings
- The Rowley Agency
  - William’s Store

### Silver ($200)
- Bangor Savings
- Whittemore’s Real Estate
  - Merle Lloyd
- Pine Street Redemption
- North Anson Electric
- William Adamson
  - Financial
- Tirunellai & Rebekah Shankar

### Bronze ($100)
- Allied Realty - Ernie Falcone
- Bar Harbor Foods
- Barnboards and more
- Bridgewater Pump
- Button’s Tax Service
  - Rebecca Cayford,
  - Lawyer
- Douins Market
- High Tide Seafood
- Cathy & Richard Hinman
- Horace Mann-David Case
- Jordan Collision
  - Kerry & Jeanette Kimball

### Others
- Coin-a-matic Laundry - Steve Everett
- Steve Muise
- Myrna Robinson

**Silent Auction Items Donated:**
- Campbell’s True Value Hardware
- Wade Chipman
- Lakewood Golf Course
- North Star Orchards
- William’s Store
- Wilson Lake Golf

We want to thank everyone for their generosity and willingness to support our community.

**Next year’s tournament is set for September 16, 2017!**
Redington-Fairview General Hospital
(207)474-5121 / www.rfgh.net
46 Fairview Avenue
Skowhegan, ME 04976

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, and 24-hour emergency medical services.

The RFGH family includes: Redington Medical Primary Care, RMPC Norridgewock Health Center, Somerset Primary Care, Redington Family Practice, Skowhegan Family Medicine, Redington Pediatrics, RMPC Endocrinology, RMPC Geriatrics, Redington Urology, Redington Gastroenterology, Redington Neurology, Redington OB/GYN, Redington Orthopedic Surgery, Redington General Surgery, Rehab & Fitness Services, and Somerset Sports & Fitness.

Fatty Liver Disease
Learn how organ fat & diabetes increases the risk of hepatitis & cirrhosis
Thursday, March 30
5:30 - 6:30 pm
RFGH Conference Room #1
Presented by
Winoah Henry, MD
Redington Gastroenterology

Hand Arthritis
Learn about arthritis management, joint protection, orthotic options and more.
Tuesday, May 16
5:30 - 6:30 pm
RFGH Conference Room #1
Presented by
Meghan Fortier, MS, OTR/L
RFGH Occupational Therapist

Call 207-858-2318 for more information and to register for these FREE programs.