Skowhegan Area Community Partners Launch Born Learning Trail

Learning happens everywhere a child goes, but parents, grandparents and caregivers may not always know how to support that learning.

That won’t be the case at North Elementary School playground in Skowhegan. When Mom and Dad, Aunt Amy and Grandpa take their favorite young child to North Elementary playground now, they’ll be able to play fun games together that will help the child come to school ready to succeed.

That’s because the United Way of Mid-Maine, the Greater Somerset Public Health Collaborative, the New Balance Foundation’s Move More Kids, MSAD #54, Skowhegan Rotary, the town of Skowhegan and 20 community volunteers today created an outdoor interactive early learning Trail at North Elementary School playground to help parents, grandparents and caregivers turn excursions into fun learning moments. The volunteer day was sponsored by Prudential Insurance in an effort to help raise matching funds from Prudential Insurance to support the Skowhegan Rotary clubs Feed the Kids program.

The Born Learning Trail is a series of learning activities that any adult can play with young children at North Elementary School playground. It is sponsored by United Way of Mid-Maine, the Greater Somerset Public Health Collaborative, the New Balance Foundation’s Move More Kids, and the town of Skowhegan.

Based on the latest early childhood research and approved by national early learning experts through United Way of America, the Born Learning Trail is designed to help adults interact with children to boost language and literacy development and to help caregivers understand how to best support early learning in outdoor everyday moments.
Dr. Ann Dorney was recently honored by the Kennebec-Somerset Breastfeeding Coalition. Dr. Dorney was nominated for breastfeeding recognition by one of her peers due to her persistence in helping breastfeeding mothers and their babies.

The members of the Coalition have found Dr. Dorney to be very supportive in working with breastfeeding clients and are pleased to acknowledge that Dr. Dorney’s efforts increase positive breastfeeding outcomes.

GSPHC Establishes Two Annual Awards

The GSPHC (Greater Somerset Public Health Collaborative) has recently established two awards, to be given annually starting this year. One award (given in honor of RFGH) is given to an agency or organization that demonstrates strong commitment to public health; the other award honors an individual who demonstrates the same commitment to public health.

The recipient of the individual award this year was Dr. Roger Renfrew, and in special honor of his commitment to public health, this award will henceforth be known as the Dr. Roger A. Renfrew Award for Individual Commitment to Public Health. It was not difficult for RFGH and our Board executive to name the individual award after a person who exemplifies what we are looking for in our award recipient.

» In 1998 Dr. Renfrew was one of the founders and foremost leaders of Somerset Heart Health.
» Dr. Renfrew helped write our first GSPHC set of By-laws.
» 2003 Maine Medical Association award went to him for his unique contribution to the Association, Maine Citizens and his patients.
» 2005 Dr. Renfrew was Home Care Alliance of Maine Board Member of the Year award recipient for outstanding service in promotion and support of home care and hospice.
» Most recently he was the recipient of the Rural Health Clinician of the Year award from the New England Rural Health Roundtable given in honor of outstanding care, community involvement, and for making a long lasting contribution to the Rural Health care system in New England.

RFGH was recently recognized by the Maine Centers for Disease Control and Prevention, Division of Infectious Disease, for it’s role in managing the Pertussis (Whooping Cough) outbreak in Somerset County.

At the Annual Infectious Disease Conference on November 13, an award was presented to RFGH for “outstanding contribution to the reporting, monitoring, prevention and control of communicable diseases.”

Dr. Ann Dorney was recently honored by the Kennebec-Somerset Breastfeeding Coalition. Dr. Dorney was nominated for breastfeeding recognition by one of her peers due to her persistence in helping breastfeeding mothers and their babies.
The Greater Somerset Public Health Collaborative (GSPHC) was named as one of four recipients of the Champion awards, given by The Maine Development Foundation (MDF) at their annual meeting in September. MDF created four Champion Awards to recognize the exceptional work of individuals or organizations in advancing their strategic priorities as they work to strengthen the productivity of Maine's workforce and realize the vision of a high quality of life for all Maine people.

MDF lauded GSPHC when presenting them with the Champion Award for Health, Wellness, and Safety with the following statement:

“Greater Somerset Public Health Collaborative is pioneering best practices, creating partnerships, and setting the standard for innovation in their approach to advancing health, wellness, and safety across their communities. The Collaborative is a local Healthy Maine Partnership made up of a diverse group of individuals and organizations serving Somerset County towns and territories from Skowhegan to Jackman.

Their work is made possible through the partnership and support of Redington-Fairview General Hospital. Their purpose is to protect and improve the quality of life and health of all Greater Somerset County residents and to aspire to a simple yet powerful vision of: healthy people in a healthy Somerset County.

The Collaborative works with communities, schools, healthcare organizations, work sites, and community centers to help promote increased physical activity, improved nutrition, tobacco- and drug-free living; and they offer a range of programs, educational opportunities, and technical assistance.

The Collaborative is pioneering innovative approaches to delivering worksite wellness to the businesses of Somerset County in an effort to address health care costs and to ensure a vibrant and productive economy. Working with partners that include Maine Health Access Foundation, New Balance Foundation, Medical Care Development, Somerset County Chambers of Commerce, Main Street Skowhegan, Skowhegan Farmers Market, Skowhegan CSA Pick UP, and Redington-Fairview General Hospital, this project offers “workplace wellness” in the community and allows employers to access financial incentives designed for larger groups. In a time where health care costs, insurance costs, and the cost of preventable chronic diseases weigh heavy on the minds of all Mainers, the Collaborative is modeling the way by showing the best defense against these forces is good health.”

Past recipients of Champion awards include (Private Sector): Axiom Technologies, Backyard Farms, Bangor Savings Bank, Bank of America, Cianbro, Fairchild Semiconductor, Hannaford, Kenway Corporation, LL Bean, Maine Machine Products, MEMIC, People’s Bank (TD Bank), Poland Spring, Reed & Reed, and UNUM. Public/Non-Profit Sector: Advanced Engineered Wood Composites Center at the University of Maine, Aroostook Partnership for Progress/Northern Maine Development Corporation, Bates College, Charlotte White Center, Cities of Lewiston and Auburn, Coastal Enterprises, Greater Franklin Development Corporation, Gulf of Maine Research Institute, The Jackson Laboratory, Jobs for Maine Graduates, Maine Bureau of Health, Maine Health Access Foundation, Maine Technology Institute, Midcoast Regional Redevelopment Authority (MRRA), and University of New England.
New Faces at RFGH

Christopher Chang, MD
Hospitalist

Dr. Chang received his medical doctor’s degree from Our Lady of Fatima University, Valenzuela City, Philippines. He completed a residency in Internal Medicine at Brookdale University Hospital and Medical Center in Brooklyn, NY, where he was chief resident.

Brian Fortie, PA-C
Emergency Department

Mr. Fortie is a graduate of the University of Utah and received his Masters in Physician Assistant Studies from the University of New England. He has served with the United States Air Force and currently with the Maine Air National Guard as a Public Health Flight Supervisor/Technician.

Timothy Gagne, M.D.
Emergency Department

Dr. Gagne received his MD degree from the Dartmouth Medical School. He completed his residency in Family Medicine at the Maine Medical Center in Portland, Maine.
Lyra Love, FNP
Skowhegan Family Medicine
a department of Redington-Fairview General Hospital
64 Fairview Avenue, Skowhegan
(207) 474-6201

Ms. Love is a licensed Family Nurse Practitioner who graduated with a 4.0 GPA from Frontier Nursing University, Hyden, KY. She also earned her Bachelor of Science in Nursing from the University of Southern Maine. Ms. Love has clinical experience in family medicine, pediatrics and obstetrics.

Celeste Quianzon, M.D.
Redington Medical Primary Care Endocrinology
a department of Redington Fairview General Hospital
Medical Office Building Suite 111, 46 Fairview Avenue, Skowhegan
Telephone: (207) 474-0905

A graduate of the University of the Philippines College of Medicine, Dr. Quianzon completed her residency in Internal Medicine and a fellowship in Endocrinology, Diabetes and Metabolism at Medstar Union Memorial Hospital, Baltimore, MD.

Dr. Quianzon is a board-certified physician specializing in diabetes mellitus, and general endocrinology including disorders of thyroid, adrenal, pituitary, calcium, and bone and hypogonadism.

Dr. Quianzon is a member of the American College of Physicians, the American Association of Clinical Endocrinologists, the Endocrine Society, the American Thyroid Association, and the American Society for Bone and Mineral Research.

Please join us in welcoming these new providers to our community!
Cancer can be a scary word. It accounts for one out of every four deaths and in 2012, 1.6 million new cases are expected to be reported in the US. Cancer touches almost every life in some way. As of January 2008, the National Cancer Institute estimated almost 12 million people in the US had a history of a cancer diagnosis.

These statistics are overwhelming and yet the very people experiencing this diagnosis up close and personal are the ones shining with hope and victory. They are brimming over with all the reasons why this word, this disease, will never control their life or overcome them.

**Redington-Fairview General Hospital’s Cancer Support group meets on the last Tuesday of each month in Conference Room #4 beside the cafeteria from 5:00 – 6:30 pm.**

The participants, their families, and supporters are treated to a free dinner of whatever delicious spread the kitchen has prepared for the day. As they eat and connect, the room is abuzz with voices sharing stories of hope and inspiration, tips and tricks they picked up along the way, and laughter.

The group is facilitated by nurses from the RFGH Oncology Department, Paula Schoenthaler, RN, OCN, and Tammy Buckingham, RN, OCN, with support from Community Health Educator James Fortunato, and Social Worker Michael Kay. Speakers or topics are presented each month for a portion of the meeting time to connect the participants and their family members with support, information, and resources, and to stimulate discussions. The rest of the time is spent in conversation and questions.

**Comments from our Members:**

“I go to the RFGH Cancer Support group once a month to listen and share with others facing some of the same challenges … At first I didn’t feel lucky at all having cancer, but when I see how many people have reached out to me, cheering me on… I feel lucky to have the support helping me to survive my first year.”

“I struggled with being depressed for over a year after being diagnosed, now that I can come to the support group and talk to other people who have cancer too, it makes me feel better, more hopeful.”

The goal of the RFGH Cancer Support group is to share hope and resources. This group is open to all cancer survivors and their caregivers. We invite you to join us for a meal and encouragement no matter where you are in your journey. For more information please call the RFGH Oncology Department and ask for Tammy or Paula at 858-2119.

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**FREE Support Groups at RFGH**

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<thead>
<tr>
<th>Group Name</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Tobacco Cessation</strong></td>
<td>1st &amp; 3rd Thursday each month, 5:30 - 6:30 pm</td>
<td>RFGH Conference Room #2</td>
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<tr>
<td><strong>Low-Carb Connection</strong></td>
<td>RFGH Diabetes Support Group</td>
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<td></td>
<td>1st Tuesday of the month, 6:30 - 7:30 pm (except July &amp; August)</td>
<td>RFGH Conference Room #1</td>
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<td><strong>Come &amp; meet our new Endocrinologist at the Diabetes Support Group’s Annual Holiday Party!</strong></td>
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<td>Tuesday, December 4, 6:30-7:30pm, Good food &amp; fun games.</td>
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<tr>
<td><strong>Cancer</strong></td>
<td>Last Tuesday of each month, 5:00 - 6:30 pm</td>
<td>RFGH Conference Room #4</td>
</tr>
<tr>
<td><strong>Healthy Heart</strong></td>
<td>1st Monday of the month, 5:00 - 6:00 pm</td>
<td>RFGH Conference Room #1</td>
</tr>
<tr>
<td><strong>Better Breathers</strong></td>
<td>3rd Thursday of the month, 12:00 - 1:30 pm</td>
<td>RFGH Conference Room #4</td>
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"Any person choosing to be involved in this program does so at his or her own risk. SHH strongly recommends that if you have a medical condition, or have not seen a health care provider in the past year you should do so before starting, or increasing your physical activity."

~ WALK WARM this WINTER ~

Somerset County Indoor Walking

The gyms at these locations are available to the public for Winter Walking November 1, 2012-April 1, 2013 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 facilities.

☼ Canaan Elementary School 6:00-7:30 AM Mon-Fri
☼ Margaret Chase Smith School 6:30-7:30 AM Mon-Fri
☼ Skowhegan Area High School 5:00-7:00 PM Mon-Thurs
( Please bring a change of shoes.) Check in and out at the Adult Ed office. Follow the Adult Ed calendar and the cancellation policy.)
☼ Mill Stream Elementary School 6:30-7:45 AM Mon-Fri
Norridgewock (Please pre-register during school hours to receive badge.)
☼ Skowhegan Community Center 6:00-10:00 AM Mon-Fri
( Free for Skowhegan residents, $30 for non-residents.)
☼ Mercer Community Center 9:00AM-3:00 PM Mon, Wed, Thurs
6:00-8:00 PM Tues, Wed.
☼ Athens Elementary School 7:00-8:00 AM Mon-Fri
☼ Madison Junior High School 7:00-7:45 AM Mon-Fri
( Please park in the Nichols Street parking lot and use the front/main door entrance.)
☼ Madison Area Memorial High 6:00-7:00AM Mon-Fri
☼ Carrabec High School 6:00-7:00AM Mon, Tues, Wed, Fri
☼ Moscow Elementary School 4:00-5:00PM Mon, Wed, Fri
☼ Forest Hills School, Jackman 6:15-7:15 AM Mon-Fri
(Other times available upon request- contact Principal.)

For more information or to receive your Free “Move More” Information packet and pedometer, please contact: Kristie LeBlanc at Somerset Heart Health Phone: 858-8454 or e-mail: kleblanc@rfgh.net

Do not let the cold weather keep you from staying active.
Walk warm this winter!
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.

Redington-Fairview General Hospital 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, Redington Family Practice, Redington Pediatrics, Redington Neurology, Redington Orthopedic Surgery, Redington OB/GYN, Skowhegan Family Medicine, Redington General Surgery, Rehabilitation & Fitness Services, and Somerset Sports & Fitness.

For a physician referral, please call 207.474.5121 or visit www.rfgh.net.

Weigh to Go!
(RFGH Community Weight Loss Program)
Mondays, January 7 – March II
Choose 10 – 11 am or 5 – 6 pm
RFGH Conference Room 4
Cost is $24
Taught by RFGH dietitians & health professionals

Space is Limited!

Road to Wellness!
Program for individuals who want to lose 100 lbs. or more.
Mondays, Jan 7 – March II from 2:30 – 3:30 pm. in RFGH Conf Rm 4
Cost is $24
FACILITATOR: Tricia Sprengel, MS, RD, LD, RFGH Dietitian

Reach for Good Health!
Call 858-2318 for more information or to register.

For more information about this newsletter, please contact Carol Steward at 207.474.5121, ext. 2319.