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Special 35th Anniversary Edition

It was 35 years ago this summer when Parker Pediatrics and Adolescents first opened its doors. In this issue we will be sharing a lot of fun facts and memories with you. You'll read how Parker has changed, how medicine has changed, how our providers have changed, and much more.

PPA was the first pediatric practice in Douglas County. We were also the first in our area to offer many new services. We were the first to have a well and acute side. We were the first to be a vaccine only practice. We were the first to have a newsletter, as well as email blasts. We were the first to offer extended hours. We were the first to offer nutritional services. We were the first to integrate mental and behavioral services into a medical practice.

This fall we will be offering extended after hours services in our office, including weekends. Also, in the not too distant future we expect to have on line appointments, a portal to get your child's records or necessary forms, and easier communications with telemedicine, email and texting.

Our Providers -- Then and Now

Jay Rabinowitz, MD	1982—present
Diane Wing DO	1983—2006, retired
Julie Durr, CPNP	1984—2013, retired
Wanda Venters, MD	1991—present
Jann Quaife, MD	1996—present
Stan Rosenberg, MD	1997—2012, retired
Jackie Shirley, CPNP	1998—2006
Rich Hayes, PA-C	1999—present
Debbie Bradley, CPNP	1999—2003
Amy Gensler, MD	2000—present
Erin Jacob, PA-C	2003—2013
Michelle Whitner, PA-C	2004—2014
Brian Stanga, MD	2006—present
Lauren Finney, MD	2012—present
Lauren Millet, PA-C	2013—present
Randal Williams, PA-C	2014—2016
Traci Rafaeli, MD	2015—2016
Arianna Groven, PA-C	2016—present
Nathan Schulte, PA-C	2016—present
David Higgins, MD	2017—present

In addition, Tracy Stam, RDN, CLE, our nutritionist and lactation specialist, has been with us since 2006. We have had several mental health providers in the past, including George Gallegos, Molly White, Barbara Gueldner, and Jocelyn Petrella, as well as our present staff of Lindsey Einhorn, PhD (since 2011), Crystal Joy, PsyD (since 2014), and Christina Knight, LPC (since 2017).

Top 10 Newborn Names

1982

Boys

Girls

- | | |
|-------------|-----------|
| Michael | Jennifer |
| Christopher | Jessica |
| Matthew | Amanda |
| Jason | Sarah |
| James | Melissa |
| David | Michelle |
| John | Nicole |
| Joshua | Elizabeth |
| Justin | Crystal |
| Robert | Amy |

2017

- | | |
|---------|-----------|
| Noah | Olivia |
| Liam | Emma |
| Mason | Ava |
| Elijah | Sophia |
| Michael | Isabella |
| Aiden | Mia |
| Jacob | Charlotte |
| James | Abigail |
| Matthew | Amelia |
| William | Harper |

We have only closed our office twice in 35 years for weather conditions. Our philosophy has always been that if your child is ill and you can get here, we will be here too!



Fun Facts -- Then and Now

1982		2017
1	Pediatric providers in Parker	Approx 50
1	Lanes on Parker Road (One Way)	3
1	Fast food restaurants	Too numerous to count
2	Employees at PPA	39
5	Traffic lights between I-225 and Franktown	30
7	Vaccine components	16
0	Individual patients ever seen at PPA	56,500
0	High schools In Parker	6
1	Supermarkets	7
1	Pharmacies	12
Lots	Great kids	Even more
1,000	Office square feet	9,000
0	School nurses in Douglas County	Lots
Parker Square	Our location	Parker Healthcare Center
Pegboard	Billing	Electronic
Pagers	On call messages	Cell phone texts
4	Exam rooms	22
Handful	Antibiotics	Dozens
290	Parker residents	50,000

Parker Days

From 1986 to 2000, Parker Pediatrics sponsored and ran **Parker Day's Fun Festival**. It was one of Parker Day's main attractions. Although we had celebrities and surprises, our staff ran the entire event. As our announcement said, "there will be darting dashes, topsy-turvy tug-o-war tussles, pungent, but popular pie-eating pursuits, shocking and showy shoe shuffles, darling and daring diaper derbies, and numerous other contests and events."

This year we will again be a sponsor for **Parker Days**, which will take place **June 9-11**. Come visit us at our booth at the corner of Main Street and Victorian Drive. Our providers will be there to chat with you, and we will have plenty of freebies for the kids. At our booth, called the Maternity Lounge, we will have some comfortable, shaded lounge chairs for moms who wish to have a cool, quiet place to nurse. We always look forward to seeing our patients, whether they are present ones, former ones, or potentially new ones.

We will be having a **drawing for free tickets** for all day carnival passes. If you want to sign your child up to win one, just call us at the office, or sign up if you are present at the office. You must sign up by June 2. We will call all winners the week of Parker Days.

For those who suffer from “swimmer ear”, prevent this by putting a few drops of an equal parts solution of vinegar and rubbing alcohol into the ear canal after swimming.

Insect repellants are very effective for bites (but not stings).

Products with 10% DEET protect for 2 hours; those with 24% protect for 5 hours.

These are safe when used correctly in children 2 months and older. Follow their directions.

We congratulate this year’s Parker Pediatrics’ scholarship winners, who show promise for a career in the medical field.



This and That

Congratulations to this year’s scholarship winners. They are **Jacob Marx** from Horizon High School, and **Samyuktha Senthilkumar** from Douglas County High School. Jacob will attend BYU and plans on a career in Dentistry. Samyuktha will be attending Colorado School of Mines and plans on being a physician. This is our 15th year of presenting scholarships to graduating seniors who plan on a career in the healthcare field.

Dr. Rabinowitz will again be a featured speaker at this September’s American Academy of Pediatric’s Annual Conference and Exhibition in Chicago. Also attending this year’s conference are **Dr. Lauren Finney** and **Rich Hayes, P.A.-C.**

Remember to use sunscreen, **SPF 30 or higher**, on your children this summer!

Our office will be closed on **Memorial Day, July 4th, and Labor Day**. As always, a Pediatrician is on call.

Congratulations to all of our patients who are **graduating** this year. We celebrate your future success! We will still be available to see you for services until their early 20’s.

We sign a lot of **camp and sports forms** each summer. Please bring them with you to your child’s exam. If dropping off or faxing them to the office, please allow **48 hours** for completion. Also, fill out all forms as completely as possible before asking us to sign them.

Quotable Quotes

The following conversations occurred in our office in 1990, the first year we collected quotes:

After the Dr. told the parents of a 2 (now 29) year old patient with sores in her mouth to use soothing ice cream, the 2-year-old replied, pointing to the prescription pad, “Write that one down.”

After having her ears cleaned, a 5 (now 32) year old remarked: “Mommy, my ears are burping.”

During a 3 (now 30) year old’s developmental test:

Dr.: “If an elephant is big, a mouse is...”

Child: “Not big.”

A 3 (now 30) year old, as the doctor walks in the room says: “Are you ready to operate?”

Upon asking a 5 (now 32) year old to define what a ceiling is, the reply was “a place where balloons go.”

If you enjoy these quotes, look for Dr. Rabinowitz’s new book, [Cute Kidbits, Funny Conversations Kids Share With Their Pediatrician](#), for sale in our office or on Amazon.

Summer Exams

Our summer appointment calendar is open, and will fill up quickly. Now is the time to schedule your child’s **health supervision exam** (physical). A physical must be done in our office within one year in order for us to sign any sports or camp forms, as well as give refills of medications. Exams done else-

where do not count. Local high schools, urgent cares, and retail clinics offer “sports physicals” to student athletes too. Although initially appealing, and meeting the requirement for getting one’s form signed, these types of physicals offer very little value.

We ask for **24 hours notice** if you need to cancel

your appointment. A charge may occur for no shows or late cancels. We do maintain a **move-up list** for those who have flexibility to come in on short notice if cancellations occur. Also, unaccompanied teens, under age 18 years, who may need a vaccine, should have a note from a parent giving permission.

What We Would Like to See in the Future



The children are our future

There are a lot of topics we have written about in the past 35 years, and there have been many advances in several of these areas. Here is what we still hope to see:

- Higher immunization rates.

- Less obesity with better diets and more exercise.
- More acceptance of behavioral and mental health services.
- Less screen time, less gaming and social media, and more face-to-face communication.
- Better and more affordable health coverage.
- More patients using their medical homes and fewer running to lesser quality convenience care.
- Families having dinner together.
- More school days for learning, and fewer for testing, vacations, and any reason to not be in school.
- Everyone healthy and happy!

“I flew with Flight For Life from our office...the only problem was, they wouldn’t fly me back!”

Remembering The Old Days

Dr. Rabinowitz has recalled several memorable events from the 80’s. Here are some of his recollections:

- “Since there was no emergency room for many miles, ambulances would often stop at our office, and I would have to perform critical care services right in the office.”
- “If necessary, I flew with Flight

For Life from our office, since their nurses at that time were not trained well in pediatrics (The only problem was they wouldn’t fly me back!)”

- “If I was paged after hours and wasn’t home, I had to look for the nearest phone booth to call the patient back (No, I did not change into Superman). It cost 20 cents!”

- “There were days I had to get up very early to round at as many as six hospitals. “
- “We always had names for our exam rooms.”
- “During the Christmas blizzard of 1982, I stayed in the hospital all night taking care of a sick preemie, since we could not transfer her.”

Our Pledge To Our Patients

We will continue to see new patients, and we are especially excited when they are 2nd generation. (i.e. we took care of the parents as children).

We will continue to see all socioeconomic groups, and assist those in need, and without regard to race, religion, or ethnicity.

We will continue to ensure that

our staff and providers keep up our training and education through reading, conferences, and in-services.

We will continue to upgrade our technology to best serve our families.

We will constantly refresh our office to keep it modern and clean.

We will continue to serve our community through talks, serving on committees or boards, and sponsoring activities.

We will remain in Parker as Parker’s premier pediatric practice.

