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## Thanks From Dr. Rabinowitz

It is hard to believe that the practice I started in 1982, in a sleepy little suburb called Parker, is now 39 years old and starting its 40th year this summer. **As many of you know, I am retiring this month (March).**

It has been an amazing journey. Not only have I gotten to watch thousands of patients grow up, but also a city grow. In 1982, there was only one fast food establishment (Dairy Queen), one market (Hill's), one drugstore (Parker Drug), no high school, no hospital, no urgent care, but lots of wonderful citizens who supported me.

There are so many I wish to thank. I have had the opportunity to work with many amazing providers, most who are either still here, or have retired. I will be joining Diane Wing, Stan Rosenberg, Julie Durr, and Wanda Venters on the retirement list.

I have had the privilege of having so many dedicated employees—over 200 over the almost 40 year span. I started with one, and now there are 40 (including providers).

I have had the honor of working with many other professionals and colleagues,

including those on hospital committees, community organizations, schools, and other activities.

I have enjoyed working with the community, giving talks, donating time and charity, as well as participating in events such as Parker Days.

Teaching has been a joy, and I thank all of the students who I have had the opportunity to mentor. Many are now

successfully working in the medical field.

I have had the honor of receiving numerous awards and recognitions, and I thank those who have been responsible.

Finally, I want to thank all of my wonderful families of children and parents (and grandparents) who have shown their trust in me and allowed me to assist in so many children's growth.

I am sure that Parker Pediatrics and Adolescents will continue its culture, and its tradition of quality care, availability, community, and dedication to all children.

Many have asked what I will be doing in my retirement. I am sure I will golf a lot, ski some, travel when the pandemic allows, and visit old friends (and meet new ones). I promise to visit the office and see my colleagues. Maybe I will participate in some medical volunteer work.

**I would enjoy hearing updates about your child (ren)'s accomplishments (graduations, honors, marriage or children, etc.) at any time in the future.**

**You can email me at this dedicated email:  
[drjayparkerpeds@gmail.com](mailto:drjayparkerpeds@gmail.com)**



## Covid Conversations

Presently, we are seeing a steep decline in covid cases in our patient population. Fortunately, we have had no seriously ill children from this.

We are currently able to perform quick tests in our office, as well as obtain and send samples for the PCR test.

We hope to be able to give vaccines in our office when our age groups become eligible. We strongly recommend the vaccine, as well as any future boosters.

Sadly, we have been seeing an increase in mental health issues. We want to remind our families that we do provide mental health services in our office. We presently have a waiting list due to the high demand, but are addressing this and hope to shorten any waiting times.

We believe that getting all children back in schools will go a long way toward normalizing their lives.

We do caution everyone that present safety measures, including masks, hand washing, and social distancing, should be continued for the benefit of all of us.

## This and That

Our **summer appointment schedule** is now open. Call now and avoid the summer rush.

**Scholarship applicants:** each year Parker Pediatrics gives \$500 scholarships to graduating seniors who have been patients of ours, and who are seeking a career in a health related industry. To apply, go to our website and download the **2021 Scholarship Application**. The deadline is April 26.

As the days get longer and children are outdoors more often, remember to start using the **sunscreen**. This is particularly important if spring skiing!

Our **first newsletter** in September 1985 had articles about the (then) new H. Flu vaccine, croup and strep treatment, school phobia, fluoride, and sports injuries.



Only 0.03-0.5% of high school athletes make the pros, only 1% receive college scholarships, and only 3-11% play college sports. Yet 50% have overuse injuries, and 70% of children discontinue organized sports by age 13.

What to do? **Early diversification, later specialization**, being sure to take one to two days off a week from a particular sport and at least three months off a year from that sport. Make sure fun and physical activity take preference.

## “Quotable Quotes”

*The following conversations occurred in our office.*

When a six-year-old who was coughing was told by his mother to cover his mouth, he replied: “But I’ll get germs on my hands.”



A 16-year-old replies, while handing his urine sample cup to the nurse: “This Bud’s for you.”

Doctor: “How’s your family doing?”

Five-year-old: “My mom has a baby in her tummy. She doesn’t have a big tummy yet, but pretty soon it will be big like my dad’s.”



Doctor: “How are you feeling?”  
Three-year-old: “Old.”

Replied a three-year-old when asked why she was waking up at night, “I hear my hair growing.”



After an eight-year-old identical twin was examined, she remarked, “You don’t need to examine my sister; she looks just like me.”

If you enjoy these quotes, you can purchase Dr. Rabinowitz’s book, [Cute Kidbits, Funny Conversations Kids Share With Their Pediatrician](#), on Amazon or at the office.

## Where Did Influenza Go?

Fortunately, we have not seen any influenza (flu) this season—yet. This may be because of social distancing and masking, but that does not mean we will not see it. There have been years throughout recent history when it appears at unusual times.

It also seems that whenever there is a calm flu season, the next year is very severe. That means everyone should not let their guard down, and be sure to get their flu shot in the fall.

Also of interest, we have seen very little croup or bronchiolitis, and only a little bit of strep throat. But as schools have been back in session, we are seeing rhinovirus, a common cause of the common cold. That could mean that we may start to see these other illnesses this spring.