



# PEDIATRIC PIPELINE

*A Newsletter of Parker Pediatrics & Adolescents, P.C.*

*Celebrating 40 years!*

Brian Stanga, MD  
Lauren Finney, MD  
E. Fann Quaiife, MD  
Kristin Prevedel, MD  
Esther Oh Beck, MD  
Maya Kippen, DO  
Richard Hayes, PA-C  
Nathan Schulte, PA-C  
Lauren Sterner, CPNP  
Crystal Joy, PsyD  
Tracy Stam, R.D., CLE, CHC  
Jay Rabinowitz, MD Emeritus

It was 40 years ago this summer when Parker Pediatrics and Adolescents first opened its doors. 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 have a newsletter, as well as emails. 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 health services into a medical practice and remain one of the leading examples nationwide of this model. Most recently, we were the first pediatric office to offer COVID vaccines to our Parker community, even when our patient population was not eligible. And we aren't done yet! We are excited to look forward to at least 40 more years of excellent, comprehensive pediatric care.



## REFLECTIONS FROM DR. RABINOWITZ

BY DR. JAY RABINOWITZ

It has been a year since I retired (I'm keeping busy by golfing, skiing, traveling, and trying to find creative ways to fill the day. And I miss all of my wonderful patients.) But it seems like just yesterday when I started Parker Pediatrics - the first pediatric practice in Douglas County. This newsletter, Pediatric Pipeline debuted in 1985, and until last year, I edited and wrote over 100 issues. I know that many of you appreciated my advice on Covid, and since it has been a while since I have written to you, I thought I would share some thoughts about Covid-2022.

I recommend vaccinating your children. I respect each parent's decision to do what they feel is best for their child, but in my educated opinion, these vaccines are extremely safe and effective. Vaccines do not cause long term effects either. My concern is that one of these variants will eventually attack children, leading to morbidity and mortality in this age group. For those parents who have chosen the "wait and see" approach, you won't have time to protect your child if a dangerous variant appears.

(continued on Page 4)

## IN THIS ISSUE!

- Celebrating 40 years!
- Reflections from Dr. Jay Rabinowitz
- Meet Dr. Maya Kippen - our newest physician
- What we have learned from the pandemic...
- Nutrition Corner: Cuisine from Around the World: Latin America/Mexico
- This and That - Tidbits to Know
- Formula shortage
- What's the Latest?





## MEET DR. MAYA KIPPEN

Dr. Kippen was born and raised in Denver, Colorado. She completed her medical training both in Denver and the Chicago area. We are excited to have her as part of our team.

She is available to see both new and existing patients. She recently welcomed her own new baby - a son named Beckham!

## NUTRITION CORNER

By Tracy Stam, R.D., C.L.E

### Cuisine From Around The World Latin America/Mexico

The past two years has brought about a change from “dining out” to “eating in”. More families are cooking at home. Family recipes that have sat in the recipe box for far too long are making their way to the kitchen table. Recently a family told me they started experimenting with recipes from around the world. Why not? Our world is getting “smaller” with our ability to join cultures from around the world via social media, pod casts, and documentaries; exploring new foods can be a blast to the senses and the palate! Traditions and cultures shape us. If you are a bit uneasy about cooking at home, look for simple recipes and expand your food adventure from there. Try this recipe below and enjoy!

### Pico de Gallo

In Spanish, Pico de Gallo means “rooster's beak”. The meaning derived from the thought that you can use your index finger and thumb, like a bird, to eat Pico with your fingers. Pico is a traditional, Latin American dish with many variations. The typical base consists of chopped tomato, fresh onion, Mexican pepper, cilantro and lime juice. Variations of the dish are typical. If you are one of those people disgusted by onions, you can leave it out and use other vegetables such as corn or chopped green, yellow or red pepper. In Mexico, Pico is often referred to as a “Salsa”, a sauce. It is often put on top of traditional foods. If you want to turn it into a salad then do it. Pico is Vegan and very low in calories. Eat as much of it as you want, just watch the tortilla chips you may be enjoying it with!

## What we have learned during the pandemic...

- We all depend on each other - to stay healthy, to shop, to eat, to go to school and work, to survive, and definitely to thrive.
- Physical health is precious. Mental health is just as precious.
- Masks come in a lot of different styles and you definitely have a preference!
- Kids have really great attitudes when left to make up their own minds.
- The importance of a hug is underestimated.
- Overscheduled weekends were not missed.
- The great outdoors really is great!
- Cooking and eating at home can be really great and is healthier!



### Pico de Gallo Base Recipe

- 1 ½ c. (1 pint) chopped tomato or grape style tomato
- ½ c. chopped onion. Don't like onion? Substitute corn, chopped green, yellow, orange, or red peppers or use all three ingredients in place of onion)
- 1 jalapeno (ick, I don't like jalapeños, so I leave this out)
- ½ c. chopped cilantro (yum, I can't get enough of this stuff!)
- 1 small garlic clove, minced.
- 1/8 c. fresh lime juice

Mix the tomato and cilantro together. Add other ingredients and mix gently.

*\*Various herbs and powders can be used to add flavor such as: onion powder, garlic powder, coriander and cumin. ¼ tsp. of each will do the trick. This recipe is versatile so play with it and see what tastes the best.*

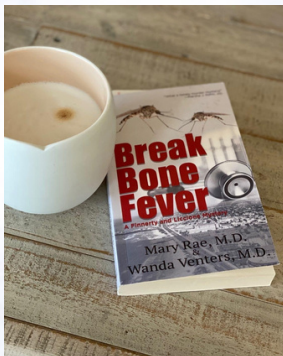
*Enjoy with tortilla chips, tortillas or on top of your favorite dish.*





# THIS & THAT

- **CONGRATULATIONS TO Dr. Wanda Venters** who is enjoying success in her second career as a novelist. Her book, **Break Bone Fever**, is a finalist for the 2022 Colorado Book Awards and is available at the Parker Library and on Amazon.com. This book is excellent - we can attest!



- **CONGRATULATIONS TO OUR 2022 SCHOLARSHIP WINNER - Bryce Johnson!** Bryce attended Lutheran High School and will be attending South Dakota University to study human biology and sports medicine. Way to go Bryce!



- We are currently **offering COVID vaccines to anyone ages 6 months and up**. These can be given at any regularly scheduled office visit or in one of our vaccine clinics. Please call our office for availability.
- **We have given over 8,400 COVID vaccines in our office in the last 18 months!** We appreciate the commitment of our staff and providers to providing this service.
- Our **summer schedule for health supervision exams** is in full swing! We have also opened the fall schedule as well. Call soon for an appointment so you are prepared for back to school!

- Our annual **flu vaccine clinics** will start again in September. Stay tuned to future emails for dates. We hope to have a little more fun this year celebrating fall during a clinic - stay tuned for details.
- We saw a late flu season this year (into May!) so keep your family prepared for next flu season! The best protection is a flu shot for everyone 6 months and up.
- We will be attending the Bumps and Babies Event at Sky Ridge Medical Center in September.

## What do I do in a formula shortage?



We know this is a stressful time for parents of infants - as if you needed one more thing to worry about! If you find yourself running low on your typical formula, we recommend the following options:

- Using a different brand (even store brands) of the same type of formula is 100% ok! They are all VERY similar. The only babies that need specialty formula are those with allergies or other medical conditions, so use what you can find and don't worry about switching if you need to.
- If your infant is between 11 and 12 months old, it is ok to transition to whole cow's milk if you would like to.
- Do NOT mix your own formula - this can cause problems with sodium and water balance for your baby which can be dangerous.
- Do not use any other milk alternatives (goat's milk for example).
- Most importantly, call us if you have questions or don't know what to do!

## REFLECTIONS FROM DR. RABINOWITZ (continued from page 1)

It takes months for full protection. Heed what Ben Franklin wrote in his autobiography: "In 1736, I lost one of my sons, a fine boy of four years old, by the small-pox, taken in the common way. I long regretted bitterly, and still regret that I had not given it to him by inoculation. This I mention for the sake of parents who omit that operation, on the supposition that they should never forgive themselves if the child died under it: my example showing that the regret may be the same either way, and that, therefore, the safer should be chosen."

Masks may now be a moot point, as most mandates are gone. But I feel that they probably do offer protection. I say this based on how little we see of influenza and other childhood diseases since masks have been worn. (Anyone want their surgeon not to wear one?) But the protests over masks have been overdone. Certainly, anyone who desires to wear one should do so, without any criticism. If the positivity rates become too high in the future, mask wearing should be reconsidered.

I have said from the beginning, schools should always have the option to be in person. Children lose way too much when schools are not in person. As for masks in schools, why not compromise and say that when the local positivity rate is greater than say 10% (not very often), temporarily require them, and when less than 10%, it is optional.

## WHAT'S THE LATEST?

The American Academy of Pediatrics released updated **safe sleep guidelines**. Here is a recap of the newest recommendations:

- Put your baby on their back for all naps and at night
- Use a firm, flat sleep surface
- Never sleep with your baby (but you can room share)
- Keep soft objects and loose bedding out of your baby's sleep area
- Don't let your baby get overheated (no need for a hat indoors once you are home from the hospital!)
- Feed your baby breastmilk if possible
- Try a pacifier at naptime and bedtime
- Don't smoke around your baby
- Don't swaddle after 2 months old.



Thank  
you!

for voting us Best of the Best  
again for 2022!