



PEDIATRIC PIPELINE

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

Congratulations on your Retirement, Dr. Quaife

Brian Stanga, MD
Lauren Finney, MD
E. Jann Quaife, 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



We congratulate Dr. Jann Quaife on her upcoming retirement!

She plans to retire this October.

Parker Pediatrics will feel the loss of a wonderful pediatrician
but we are excited for her next chapter.

In her retirement, she plans to enjoy spending time with her family,
gardening, and scuba diving.

Dr. Quaife joined Parker Pediatrics in 1995. She has been an integral
part of the Parker community since that time and has developed
wonderful relationships with her patients and families. She is
known for her comforting demeanor, easygoing attitude and
exemplary care of her patients.

She will be missed dearly but we wish her well in retirement!



IN THIS ISSUE

- Dr. Quaife's Retirement
- Meet Nathan Schulte, PA-C
- Nutrition Corner:
Superfoods
- This and That
- Physical Activity for Kids





MEET NATHAN SCHULTE, PA-C

Nathan was born and raised in Kearney, Nebraska. He completed his medical training at the University of Colorado.

He enjoys spending time outdoors with his wife and twin boys. You can find them camping, fishing, and participating in Boy Scouts.

NUTRITION CORNER

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

WHAT'S SO "SUPER" ABOUT A "SUPER FOOD"?

Super foods are categorized as "SUPER" based on their nutritional value that may include particularly high levels of vitamins, minerals, essential fatty acids, antioxidants and/or phytochemicals. The importance of eating a diet that is abundant in these foods can lead to long term health benefits including a reduction in chronic disease and cancer risk. Early introduction of these foods in a child's diet, when age appropriate, encourages healthy eating behavior, and promotes normal growth and development. Otherwise, these foods are medicine.

The easiest way to include a large variety of superfoods in your diet is to focus on a plant-based approach to eating. This includes whole grains, legumes, beans, fruits, vegetables, nuts, and seeds.

Common scientific words that you hear when talking about superfoods may include phytochemicals, essential fatty acids, and antioxidants. Phytochemicals act as a blockade to the growth of cancerous cells. Antioxidants help to prevent damage to cells. Essential fatty acids such as Omega-3 fatty acids, are anti-inflammatory helping to reduce body inflammation, improve mental focus, and productivity.

*Vanilla Fruit Parfait Recipe

½ c. vanilla Greek yogurt
¼ c. berries (blueberries, raspberries)
3 tbsp. granola
ENJOY!

*Young children can easily help with this recipe. Allow them to measure the ½ and ¼ cups. This helps them learn about measurement.

1. Put yogurt in a small bowl.
2. Top with blueberries.
3. Top with granola.

For Pediatric and Adolescent nutrition information and recipes go to the following websites:

- American Academy of Pediatrics: www.healthychildren.org
- Academy of Nutrition and Dietetics: www.eatright.org



EXAMPLES OF SUPERFOODS

- Blueberries, raspberries, apples, avocados, oranges, kiwis, banana
- pumpkin, squash, broccoli, carrots, red peppers, tomato, spinach, peas, beets
- brown rice, quinoa, whole grains, oats/barley
- walnuts, sunflower seeds
- salmon, tuna
- garlic, onion, cinnamon, dark chocolate

THIS & THAT

- We had some extra fun last year at our **Trunk or Treat Flu Clinic!** Thank you to all who joined us and we hope to see many more of you this fall!



- We are accepting applications for our 2023 college scholarship!



This scholarship is open to any of our current or past patients who are planning to pursue a career in medicine, pharmacy, veterinary medicine, or any other healthcare profession.

You can find the application under downloadable forms on our website.

The deadline to apply is April 28, 2023.

- We continue to offer **COVID vaccines to anyone ages 6 months and up.** These can be given at any regularly scheduled office visit or at a nursing visit. Please call our office for availability.

- Our summer schedule for health supervision exams is in full swing! Call soon for an appointment so you are prepared for summer camps and back to school sports! It will be here before you know it!

HOW MUCH PHYSICAL ACTIVITY DO KIDS NEED?

Physical Activities by Age <small>healthychildren.org Powered by pediatricians. Trusted by parents. From the American Academy of Pediatrics</small>					
Infants	Toddlers	Preschoolers	Elementary students	Middle schoolers	Teenagers
Tummy time while awake.	Neighborhood walks or free play outside.	Tumbling, throwing, & catching.	Free play and organized sports focused on fun.	Activities that encourage socialization. Avoid specializing in one sport.	Activities that encourage socialization and competition, when appropriate.
30+ minutes throughout day.	3+ hours throughout day.	3+ hours a day, including 1 hour of moderate to vigorous activity.	60+ minutes of activity most days. Muscle/bone strengthening activities 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.

- Infants need at least 30 minutes of "tummy time" and other interactive play, spread throughout each day.
- Kids ages 3–5 years need at least 3 hours of physical activity each day.
- Kids 6 years and older need at least 60 minutes of moderate to vigorous physical activity per day.