



A FEW WORDS FROM...



Tracey I.
Daley, M.D.



The Fall season is upon us and yes, so is the beginning of the new school year. It is actually an exciting time since students are anticipating all the new changes and, perhaps, challenges that await them. Some students will attend a new school, while others will study subjects that are unfamiliar to them. Whatever the situation, I always remind patients that there is no better time than now to excel in whatever they set out to accomplish. While it's true that it is easy to be motivated at the beginning of the school year, the key to success is to stay motivated for the entire school season. One strategy that works is based on students becoming involved with school activities. Of course students should focus on their academics, but it is important to engage in school sports as well as the arts, such as learning how to play an instrument. Joining a sports program and learning how to work as a team and striving to master an instrument are all a vital part of a good school experience, because you are learning in different ways. These experiences ultimately result in a better, more well-rounded student, not to mention a healthier one. Good health, after all, is the ultimate goal for everyone. So be ready to learn, work hard, and stay well.

Please join us in welcoming Jennifer Janzen, M.D. to Centre Pediatrics. Dr. Janzen has recently moved to the Boston area from South Carolina. Please visit our website (www.centrepediatrics.com) for more information about Dr. Jennifer Janzen.

INSIDE THIS ISSUE:

- ▶ A Few Words from....
- ▶ Healthy Hints For Fall
- ▶ The Scoop on Centre Peds Nurses
- ▶ Meet the Staff
- ▶ Providers Perspective
- ▶ Welcome, Dr. Janzen
- ▶ Staff Photos
- ▶ Healthy treat

FLU CLINICS
 MONDAYS AND THURSDAYS
 5pm to 7pm
 THROUGH 11/13/2008
 (EXCEPT 10/13 & 10/23)
 ALTHOUGH YOU MAY
 "WALK IN",
 PLEASE CALL TO CONFIRM
 VACCINE AVAILABILITY.



Welcome, Dr. Janzen!

The Scoop on Centre Pediatrics' Nursing staff

by Marcia Stephens, R.N.



Our nurses wear many hats. We are privileged to have such an enthusiastic and energetic group. During your newborn's visit one of our nurses may weigh your infant or take a blood sample. You may also meet them at the time of your child's well visit, while they are assisting with vaccine administration. At times you may also meet some of our nursing staff at the time of a sick visit, as they assist your doctor or nurse practitioner with medication administration or home care instructions. One of their most helpful roles is offering advice via the telephone and triaging sick calls. Our nurses answer anywhere from 75 to 200 phone calls per day. These calls are usually handled by just 2 nurses! We ask that you leave your name and number on our triage line when you have an advice question or would like your child seen for a sick visit. You should receive a call back within an hour. If you feel you cannot wait for someone to call you back or are extremely concerned regarding your child's well-being, you may have a triage nurse paged urgently. The nurse triage telephone line is open between 8:00AM and 4:30PM Monday through Friday (holidays excluded).



EXTRA! EXTRA! Read all about it!

Although Dr. Kudley was married last year, she has recently changed her name to: Kristin M. Sleeper, M.D. Congratulations, Dr. Sleeper!

MEET THE STAFF

In every issue of our Newsletter, we will be introducing you to several of our staff members. This will give you an idea of who's who and what we all do outside of taking care of our patients here at Centre Pediatrics.



ELIZABETH DePRINCE SMITH, PNP graduated from San Francisco State University with a B.S. in Biology and received her Masters in Nursing at Yale University. She has had nursing experience at Yale New Haven Hospital and Nurse Practitioner experience in New Haven, Bridgeport, Hartford and West Haven, CT. Elizabeth enjoys traveling, fly-fishing and camping with her husband; she also enjoys reading and working out. She joined Centre Pediatrics in November 2006.



DIANE McNABB has been our front desk supervisor for 9 years. She has 2 daughters and became a grandmother last year. She enjoys traveling both locally and abroad, and spending time with her family (especially her grandson, Connor). If you like, she'd be more than happy to show off his photos when you check in for your appointment.



JILL ANDERSON joined our nursing staff last Fall. She received her Bachelor of Science in Nursing from the University of Connecticut and has pediatric experience both in Connecticut and Children's Hospital Boston. Jill's interests include running, cooking and skiing.



PARAG M. AMIN, M.D. graduated from Boston University with a B.A. in Chemistry and Biochemistry and received his M.D. from Boston University School of Medicine. He trained at Massachusetts General Hospital for Children. Dr. Amin enjoys travel, cooking, reading and sports, especially baseball both at Fenway Park and in Philadelphia. He joined Centre Pediatrics in September 2006.

Providers Perspective

by Ellen McCue, CPNP

Have Fun.

Choose activities that are fun!

Get Moving! (60 minutes or more of physical activity daily)

- Walk (buy a pedometer)

*2,000 steps = 1 mile

*Goal= 10,000 steps/day

*Marathon distance = 26.2 miles

*if you walk 10,000 steps/day, you will have walked a marathon in one week!

- Bike (with a helmet) or jog
- "Dance Dance Revolution" and Wii Fit
- Go for a nature hike
- Take the stairs
- Swim
- Go to the park
- Play tag
- Plan a scavenger hunt
- Walk the dog



Establish a regular routine.

Make sure that your child's fitness is part of the family routine just like work, school, and

Limit screen time.

Limit TV/Video/Computer time to 2 hours or less every day.

Praise your child.

Offer positive feedback after trying a new activity. Always acknowledge their effort.

Be a good role model.

Get your kids motivated to exercise and eat healthy by providing healthy food options and staying active.



Healthy Hints for Fall

By Elizabeth DePrince Smith, CPNP



- If upper respiratory illnesses, ragweed, mold or dust mites trigger your child's asthma, remember to begin following their asthma action plan. Plan ahead and call us to renew your allergy and asthma medicines before symptoms become severe.
- Flu Vaccine is available. We are having flu clinics on Mondays and Thursdays from 5pm until 7pm until November 13th (excluding October 13th and 23rd). Our goal is to immunize all children this year; this is especially important if your child has a history of asthma, respiratory disease, chronic heart disease or other chronic illness.
- Remember that carbon monoxide becomes more of a threat during the fall and winter. Be sure to have your heating systems checked for proper venting of this noxious gas and make sure your carbon monoxide and smoke detectors have new batteries and are in working condition. Heaters, radiators and wood stoves now become a hazard for burns as well as hot fluids such as soups and drinks. Be careful!
- As always, encourage your children to use helmets for biking, skiing, snowboarding and sledding.

STAFF PHOTOS

Guess who had a birthday?
Dr. Bunnell turns 50!
Staff members wearing black in his honor.



Dr. Bunnell's beautiful (and delicious) cake was made by our own lab tech, David.



Enjoying lunch on the Daniel G. Heller, M.D. Memorial Bench.

Brookline/Chestnut Hill reservoir.



CHILL OUT with this frosty and healthy treat

Cherry and Banana Smoothie (makes 2 servings)

Ingredients:

- 1 Banana
- 1 cup 100% white grape juice
- 1 6oz container of plain non-fat yogurt
- 1 16oz bag of frozen pitted cherries

Instructions:

Blend all ingredients together in a blender until well mixed.
Pour into tall glasses and serve.

Nutritional Information per serving:

Total fat	1.5g (0g saturated fat)
Calories	270
Protein	7g
Dietary Fiber	5g
Sodium	60mg

Source: The American Institute for Cancer Research Newsletter Summer 2008

Submitted by: David Berger



**HAVE A SAFE AND
HEALTHY FALL SEASON!**

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