

Renaissance Remedy



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Attention Parents

At Renaissance Pediatrics the well being of your child is our primary concern. At times we may need to call to reschedule/confirm appointments, give testing results, or to relay important information to you regarding your child. To ensure your child gets the best medical assistance please remember to contact our office when your contact information changes.

Thank You,

The Staff of Renaissance Pediatrics,

Hello My Name Is.....

Martha Ann Jones.

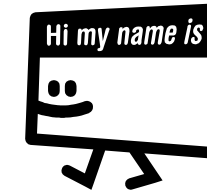
We know you have noticed the improvements we have made over the past couple of months to our office, but have you noticed the newest provider? While a familiar face to some, Martha formerly practiced at Children’s Hospital of the King’s Daughters in the Developmental Pediatrics Department.

Martha was born in Detroit, Michigan and grew up in Grand Rapids. The daughter of a pediatrician, she was introduced to the world of medicine at a very early age. Martha can recall her mother insisting her father take her with him to Detroit’s Children’s Hospital during his rounds.

Although she wanted to be a rock and roll star, her love for the medical field challenged her to attend Butterworth School

of Nursing in Grand Rapids for her diploma in registered nursing. Twenty years later, the best moment of her career happened. Martha graduated from Virginia Commonwealth University with a Bachelors in Nursing. After graduation she began working with ICU patients and later met Jennifer McMurray, then a NNP, at CHKD ICU. To Martha, Jennifer had been a fantastic mentor and friend while encouraging her to become a PNP. Good thing she did! Martha is a graduate of Hampton University’s Masters of Science in Nursing Program as well as their Pediatric Nurse Practitioner Program.

As stated before, Martha specializes in developmental pediatrics. Recognized as a complicated concentration by anyone, she welcomes it with a feeling



that there will always be something new for her to learn. Martha understands the difficulty of parent’s that have a child with any type of disability and wants to make a difference in the life of our families and the outcome of the children.

When Martha is not at work she enjoys needlepoint, working with beads, playing guitar and directing her church’s praise band. She loves spending time with her husband and children.

Although Martha is inspired by her father, we all should be inspired by her love for all children and determination to never give up.

Renaissance would like to introduce to our current and new families, Martha Jones, C.P.N.P.

Say It Loud...

Since the beginning, African Americans have been a vital part in the growth and history of the United States. In honor of African Americans and their continuing achievements in this country, we have listed some of the many accomplishments by them.

Dr. Charles Drew—contributed to

the study of blood plasma and set up the first blood bank.

Lewis Latimer—invented the carbon filament common in light bulbs. Latimer worked in the shops of both Thomas Edison and Alexander Graham Bell.

Dr. Daniel Hale Williams—performed the first successful open heart surgery.

Otis Boykin—invented 28 electronic devices. His devices control such things as computers, guided missiles, and pace makers.





La La La La La La La La means.....

As adults we are considered the "experts" on all things pertaining to love. But as some people say the innocence of a child speaks volumes of truth. Below a group of 4-8 year olds were asked the question " What does love mean?" , the answers were broader and deeper than you could have imagined. Out of the mouth of babes....

When someone loves you they say your name different. You just know their name is safe in your mouth.-Billy, age 4

Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.- Karl, age 5

Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.- Chrissy, age 6

Love is what makes you smile when you are tired.-Terri, age4

Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.- Danny, age7

Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more.- Emily, age 8

Love is when you tell a guy you like his shirt, then he wears it everyday.-Noelle, age 7

If you want to learn to love better, you should start with a friend you hate.-Nikka, age6

Love is like a little old woman and a little old man who are still friends even after they know each other so well.- Tommy, age 6

Love is when Mommy gives Daddy the best piece of chicken.- Elaine, age 5

Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Brad Pitt.- Chris, age 7

I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.-Lauren,age4

Love is the most important thing in the world. But baseball is pretty good too.-Billy, age 8

Love will find you, even if you are trying to hide from it. I've been trying to hide from it since I was five, but the girls keep finding me.- Dave, age 8

Not forgetting your wife's name. That will mess up the love.- Greg, age 7

When you love somebody your eyelashes go up and down and little stars come out of you.- Karen, age 7

When my grandma got arthritis, she couldn't bend over and paint her toenails anymore. So my grandpa does it for her now all the time, even when his hands got arthritis too. That's love. - Rebecca, age 8

Tree Hugger.....Planet Lover



This April will mark the 40th anniversary of Earth Day. Earth Day was by U.S. Senator Gaylord Nelson as an environmental teach in in 1970 to inspire awareness and appreciation for the Earth's environment.

On April 22, 1970, twenty-two million Americans took to the streets, auditoriums, and parks to fight for a more healthy and sustainable environment for us to live in. Forty years later the current generation, know as Generation Green, are fighting to for a healthier world to live in. Below

are simple ways you can reduce your carbon footprint on the Earth.

- Buy reusable water bottles instead of bottles of water.
- Save you gallon jugs and have them refilled at the Water Station in your local supermarket.
- Line dry your laundry when the weather permits
- Don't turn the lights on for as long as you can. Open your curtains and enjoy the

natural sunlight

- Walk or ride your bicycle for any errands or visits within two miles or closer.
- Pay your bills online and opt for E-bills when available. (Most companies will give a discount for enrolling)
- When running errands park and go inside instead of using the drive thru.

We are all responsible for the care of the planet. For more information on how you can help please visit www.Earth911.com

Are you “Trigger Happy”?

In recent years, there has been a worldwide increase in the number of children with asthma. Asthma is the leading cause of hospital stays and absences for school age children. Asthma is a disease of the respiratory system, which causes swelling and narrowing of the airways.

Since a child’s airways are narrower than those of adults, a trigger that may cause a slight problem in an adult will cause more harm to a child. When these “triggers” cause an

asthma attack (exacerbation), your child could experience shortness of breath, rapid breathing, cough, and/or tightness in the chest.

Common triggers for asthmatic patients include animals(hair or dander), aspirin and certain medications, weather changes, chemicals in the air or in food, dust, exercise, mold, pollen, smoke, viral infections such as the common cold, and even strong emotions.

They are simple ways of minimizing possible triggers for your child.

1. Keep all pets outside or away from your child’s bedroom

2. No one should smoke in a house or around a child with asthma. Although eliminating smoking around the child is the most important, smoking outside the house is not a remedy either. People who smoke carry tobacco residue in and on their

clothes and hair which can cause asthma symptoms.

3. Keep humidity levels low to prevent growth of organisms such as mold.

If you have any questions about asthma triggers or if you think your child may have asthma please speak with your child’s healthcare provider.

For more information on asthma please visit the national library of medicine at www.nlm.nih.gov

Ode to our Monarchs

Renaissance would like to acknowledge two of our very own Monarchs.

Jennifer McMurray, C.N.N.P., C.P.N.P. and Jessica Parrott, C.P.N.P.

will be graduating from Old Dominion University this spring with their Doctorate of Nursing Practice.



A DNP, acronym for the degree, is an advanced level practice degree that focuses on the clinical aspect of nursing. This training

in evidence based practice and clinical research enables them to provide extraordinary quality efficient care to their patients and

business practices.

Although, Jennifer and Jessica will have the distinction of a doctoral degree, they are still nurse practitioners. By definition, a doctorate is “one who teaches”, and can be applied to most educational degrees and professions.

Renaissance is very proud of our

upcoming graduates and all of their hard work. Ben Sweetland once said “ We cannot hold a torch to light another’s path without brightening our own”.

Congratulations Jennifer and Jessica on continuously keeping your paths bright while lighting ours in the process.

Could you be the next Mensan?

Could you be the next member of Mensa? The largest and oldest “high IQ” society in the world, Mensa members score above the 98th percentile in standardized supervised intelligence tests.

Below are a few of the Mensa questions...can you figure them out?

1. Think of a 5 digit number with no repeated digits. The 3rd digit is double the 1st digit. The 2nd digit is two less than the 3rd digit. The 4th digit is two more than the 3rd digit. The last digit is the sum of the first two. What is the number?

2. Sally likes 225 but not 224,



she likes 900 but not 800, she likes 144 but not 145. Which does she like?

- A. 1600 B. 1700

3. Which letter comes next in the sequence?
BACBDCEDF

- A. c B. d C. e D. f E. g

4. If it were two hours later, it would be half as long until midnight as it would be if it were an hour later. What time is it now?

- a. 18:30 b. 20:00 c. 21:00

(answers on the back)

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Our mission is to provide our patients with high quality, cost effective patient care in an environment where our employees and patients feel valued.

Answers To Mensa Test

1. 34687
2. A
3. A
4. C

Pediatric Teams

Dr. Sandra Baucom
Nurse: Kathy Ruks, LPN
Asst: Aubrie McCoy

Dr. Dionne Harewood
Nurse: Monique Williams, LPN
Asst: Robin Baucom

Dr. Michael Scaccia
Nurse: Carla Hammel, LPN
Asst: Monica Blair

Dr. David Dorbad
Nurse: Shanta Welch
Asst: Kelli Peele

Dr. R. Spring Mangrum
Nurse: Alexandria Strielkauskas
Asst: Marchanda Watford

Jennifer McMurray, C.P.N.P., C.N.N.P.
Nurse: Danijela Siwajuola, LPN
Asst: Marchanda Watford

Jessica Parrott, C.P.N.P.
Nurse: Stephanie Whitaker, LPN
Asst: Monica Blair

Erinn Hokanson, C.P.N.P.
Nurse: Takil Knight, LPN
Asst: Aubrie McCoy

Martha Jones, C.P.N.P.
Nurse: Tabitha Murray, LPN
Asst: Kelli Peele

