

# The Renaissance Remedy

March-May 2011

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Renaissance  
Pediatrics, P.C.



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## Meet Our Newest Provider, Juli Granica

Juli Granica was born and raised in the suburbs of Rochester, New York. She moved to Hampton, Virginia five years ago with her husband of four years, Alex. She is so glad to be in warmer weather and much less snow. Her parents are true snowbirds and travel between Canandaigua, New York and Fort Pierce, Florida. Their travels allow for a stop over to visit her and her husband twice a year as they travel between homes. Juli also has an older sister who lives in Brooklyn, New York. Most of Juli and Alex's family live in upstate New York between Buffalo and Syracuse.

One of Juli's hobbies is home remodeling. She lives in a fifty year old home, so it is not so much of a choice hobby, more of a necessity. Juli says her husband does most of the work. She handles the finishing touches and passing him his tools! She also enjoys quilting, cooking, traveling, and walking on the beach. Juli is also training for her first 5K in May, and while she wouldn't consider herself a "runner," she tries.

Juli first began her nursing career at Finger Lakes Community College where she received her Associate's of Science in Nursing. After graduating, she began to work as a nurse at a pediatric office in Rochester. Within that pediatric office she transitioned from being an office nurse, to an allergy nurse, to a research nurse. In 2000, she returned to school to obtain her Bachelor's of Science degree in Nursing from St. John Fisher College. After moving to Tidewater in 2006, Juli changed her career path and decided to dive into the research side of medicine. After being involved in pharmaceutical research for three years she was missing taking care of patients and their families. She then returned to school again to obtain her Master's of Science degree in Nursing from Old Dominion University.

Since, Juli has earned her certification as a Certified Family Nurse Practitioner. Becoming a Nurse Practitioner was the perfect step for Juli. After being a nurse for over thirteen years and spending most of that time working with children and parents in pediatrics, she took pride in feeling like she helped someone every day when went to work. She also appreciated the involvement she had seen when working with several nurse practitioners and she wanted to experience that as well. Juli loves being around children, she says "Their behavior and spirit are contagious." She is looking forward to working and getting to know the families at Renaissance and joining our team in caring for them.

## Put Some Play In Your Day

On April 30th, Renaissance will team up with the Taylor Bend YMCA for their Annual Healthy Kids Fair. The Kids Fair is free to the public and will showcase local companies that are dedicated to improving overall health.

Over the past three years, the obesity rate in children has tripled making 1 in 3 children overweight or obese. Overweight children are at risk for chronic obesity related issues such as high blood pressure, Type II diabetes, heart disease, asthma and cancer. According to a study by the National Institute of Health, American children are consuming 31% more calories and spending an average of 7.5 hours per day in front of a television or computer.

Bring the family to join us from 10am-1pm, and learn healthy activities and eating tips for your children while having fun. Put some play in your day!

For more tips on keeping your child healthy please visit [LetsMove.gov](http://LetsMove.gov)

YMCA Healthy  
Kids Fair



## Recognizing Our Nurse Practitioners

March 19, 2011 is the day for recognizing nurses and nurse practitioners who are certified in their specialty. Board Certification is a key factor in the assurance of minimum standards of knowledge, skills, and abilities in nursing specialty practices and contributes to better patient outcomes. National Certification allows a nurse practitioner to be recognized for competency in their specialty. All of our nurse practitioners at Renaissance Pediatrics are certified nurse practitioners. Please join Renaissance in congratulating our nurse practitioners.



**Congratulations to our own  
Jennifer McMurray, D.N.P., R.N., C.P.N.P. for becoming  
VA State Chairperson for the Prematurity Campaign  
for March of Dimes!**

## Who Would You Walk For?



If someone told you walking could help save a baby's life, would you do it? If someone told you a few dimes could help in preventing premature births, would you give them? Prematurity affects one in eight births in our country every year. That means every year over half a million babies are born too early or premature.

The Centers for Disease Control (CDC) defines prematurity as a baby being born at less than 37 weeks gestation— normal gestation is 40 weeks. It doesn't seem like 3 weeks early could do much damage right? A baby born at 36 weeks has a high risk of being jaundiced, or an excess of bilirubin; breathing problems; and extended stays in the hospital. Babies born earlier than that run a higher risk of lifelong problems such as cere-

bral palsy, intellectual disabilities, digestive issues, breathing and respiratory difficulties, as well as hearing and vision loss. For the first weeks to months of life, most premature babies have to stay in the Neonatal Intensive Care Unit (NICU) being evaluated by a specialized team of surgeons, pediatricians, and nurses until they are well enough to go home with their families.

With prematurity being the leading cause of death in newborns, Renaissance is committed to making sure all babies are born healthy. We invite you to walk with our team on May 7th in downtown Portsmouth for the annual March for Babies. If you are unable to walk, we are selling Plushland Animals (all proceeds from the sale will go to the March Of Dimes), or you can donate your dimes to our Dime Drive.

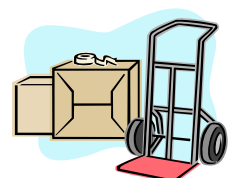
We all have been effected by prematurity and together we can make a difference for all babies. Sometimes the steps we take can impact someone for a lifetime, so the question is: Who would you walk for?

**Renaissance Pediatrics P.C. is interested in helping at your community event.**

**Please call our office if you have an event where you would like a pediatric office to be represented.**

## Moving Around...

As you may have noticed, Renaissance has been moving around quite a bit. Dr. Sandra Baucom is now seeing patients in our newly renovated downstairs office. A few other providers have moved offices, but all are still seeing patients upstairs. Thank you for your patience while we move around in order to serve our patients better!



## The Weather is Changing...



It's a warm sunny day. The green grass is blowing in the wind, the birds are chirping, and the smell of vibrant colored flowers fills the air. Sounds like the perfect spring day, but for some this is their worst nightmare.

One out of five people, or an estimated fifty million Americans, suffer from at least one type of allergy. Allergy is the third leading chronic condition affecting pediatric patients and has been increasing steadily since the 1980's. Allergies occur when your immune system mistakes a substance that is normally harmless into a dangerous invader. When you are introduced to the allergen, your immune system releases chemicals, such as histamines, that cause allergy symptoms.

Common allergens are pollen, trees, grass, animal dander, mold, and dust. Some symptoms of allergies are congestion, clear runny nose, scratchy throat, itchy and watery eyes, sneezing, and cough. Children six years and above are able to use over the counter antihistamines, such as Zyrtec or Allegra, and children under the age of six should be seen by a medical provider for any allergy concerns. Benadryl is not recommended for long term use to control allergies in patients.

Some things you can do to control allergies is to wash your hands and face when coming from outside, keep track of pollen count and avoid being outside when pollen count is high. Proper housekeeping will also cut down on dust and mold. If you have any concerns or allergy symptoms don't improve after one week contact your child's primary care provider.

## Sports and School Physicals



If your child is in need of a sports or school physical, please call our office to see if they need to come in for an appointment. If your child is up to date with well check ups and preventative care our team can get the form completed for you in 24-48 hours.

## Blueberry Oatmeal Squares



**Prep and cook time:** 25 minutes

**What to do:**

**What you need:**

- 1½ cups quick oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar

1. Preheat oven to 350° F.
2. Coat baking pan with cooking spray.
3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.

**Equipment and supplies:**

- Large mixing bowl
- 8x8-inch baking pan
- Measuring cups and spoons

**How much does this recipe make?**

9 squares

from KidsHealth.org

## Book Donations

We don't expect you to wait for your appointment, but we do like to keep books for our patients to read. We are always accepting donations of gently used, age appropriate books to use in our waiting room. Please drop of your donation at our front desk at anytime.





# Our Pediatric Teams!

**Sandra Baucom, M.D., F.A.A.P.**

Nurse— April Black, LPN  
Asst— Aubrie McCoy

**David Dorbad, M.D., F.A.A.P.**

Nurse— Shanta' Welch, LPN  
Asst— Melissa Milligan

**J. McMurray, D.N.P., R.N., C.P.N.P.**

Nurse: Kathy Ruks, LPN  
Asst— Marchanda Watford

**Dionne Harewood, M.D., F.A.A.P.**

Nurse— Monique Williams, LPN  
Asst— Robin Baucom

**Jennifer O'Connors, R.N., M.S.N., C.F.N.P.**

Nurse-Takil Knight, L.P.N.  
Asst-Melissa Milligan

**R. Spring Mangrum, M.D., F.A.A.P.**

Nurse— Stephanie Whitaker, LPN  
Asst— Monica Blair

**Michael Scaccia, M.D., F.A.A.P.**

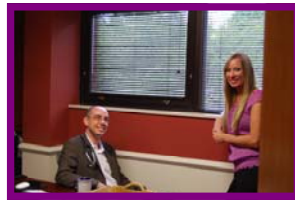
Nurse— Carla Hammiel, LPN  
Asst— Lisa Hand

**Juli Granica, R.N., M.S.N., C.F.N.P.**

Nurse-Megan Hanbury LPN  
Asst-Amber Johnson

**Cassandra Roberts, M.S.N., R.N., C.P.N.P., I.B.C.L.C.**

Nurse— Tiffany Comberitati, LPN  
Asst— Monica Blair



## Contact Us

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We're on the Web!

[www.renaissanceped.com](http://www.renaissanceped.com)

## Our Mission

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