



Renaissance Remedy

HELLO

Aimee g.

Hello My Name Is.....

Aimee Lynn Gannon.

It is no mistaking Aimee for any other provider in our office. Her fun-loving personality and exuberant smile is sure to delight anyone that she meets. Aimee is a graduate of Virginia Commonwealth University where she received her degree in Biology. She later attended Eastern Virginia Medical School where she obtained her Masters in Physician Assistant.

Aimee always knew she wanted to work in medicine. For her, the ability to help others and the challenges that come up everyday drew her to this public service. The best part of the job to her is the children she meets and making them laugh. Aimee's caring and com-

passion extends beyond medicine. If Aimee would not have become a P.A., she would have chosen to be a kindergarten teacher.

Aimee's devotion to children will soon come full circle after the birth of her first child later this fall. As we all are thrilled for her, the final outcome for her will be the most exciting part. And the bathroom privies are just an added bonus! Even though we all know that Aimee has great motherhood in her DNA, her biggest inspiration is her own mother, that juggled an impressive career while maintaining a solid family structure.

For 5 years, Aimee has been an integral part of the office. She is the coordinator and hostess of our

Asthma Action Week, held annually in October. She also co-heads our Asthma Clinics offered throughout the year with Dr. Dorbad.

What is the biggest misconception about the job? Many people believe that P.A.'s do not have the ability to actually see the patients or write prescriptions. In actuality Aimee is able to do all of those things as long as she has a Medical Doctor to contact for any questions or concerns.

Renaissance Pediatrics is proud to reintroduce to our families Aimee L. Gannon, PA-C.

The best part is listening to what they tell you. Children will tell you some great stories- Aimee

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Summertime Tips

- ♦ Apply sunscreen to your child at least twice an hour when around water to prevent sunburn
- ♦ Infants under the age of 6 months should be protected from direct sunlight at all times by a shade or clothing and sunscreen
- ♦ Ensure access to plenty of water for your child to drink to avoid dehydration during warm days



If You Hear A Knocking...

If you haven't noticed...it has been pretty noisy around here. The clangs and clacks that are causing your children to ask you millions of questions are the construction workers on the other side of that wooden wall.

Over the course of the summer the second

transformation of Renaissance will include an updated modern look to the waiting room and reception area. The renovations will also include the building of more patient rooms to join both offices, provider offices closer to exam rooms for parent consultations when required, and direct access to your pro-

viders nurse and assistant.

Although the look of our office will change, the exceptional quality of care we strive to give will continue.

All of our office staff would like to thank you for bearing with us through this noisy time.

Funny Things Kids Say.....Old Proverbs

We all love the innocence of children and find joy in the things they say. A first grade teacher became inspired by how her students described the meaning of life. She later went home and collected some well know proverbs to take back to her class. She gave the children the first half of the proverb and allowed them to complete it.

Most people will say from the mind of a child you will find the beautiful simplicity of life, below are their answers.

1. Better to be safe than...Punched by a 5th grader.
2. Strike while the....Bug is close.
3. It's always darkest before....Daylight Savings Time.
4. Never underestimate the power of.....Termites.
5. You can lead a horse to water, but....How??
6. Don't bite the hand that....Looks dirty.
7. No news is...Impossible.
8. A miss is as good as a.....Mr.
9. You can't teach an old dog new....Math.
10. If you lie down with dogs, you'll...Smell funny in the morning.
11. Love all, Trust...Me.
12. The pen is mightier than the...Pigs.
13. An idle mind is...The best way to relax.
14. Where there's smoke, There's...Pollution.
15. A penny saved is...Not much.
16. Two's Company, Three's.....The Musketeers.
17. Don't put off to-morrow what.....You put on to go to bed tonight.
18. Laugh and the whole world laughs with you, cry and.....You'll have to blow your nose.
19. None is so blind as....Helen Keller.
20. Children should be seen and not....Grounded.
21. If at first you don't succeed...Get new batteries.
22. You get out of something what you...see pictured in the box.
23. When the blind leadeth the blind....You better get out of the way!!!!
24. There is no fool like...Aunt Edie.

To read more interesting comments made by children visit www.kenderstart.com



Sensational Strawberry Torte



Ingredients

- 11 oz of softened cream cheese
- 3/4 cups of white sugar
- 2 tsp of vanilla extract
- 1 pt of heavy whipping cream
- 24 oz of lady finger cookies
- 16oz of frozen strawberries
- 1 tsp of cornstarch

Directions

1. Strain strawberries and set aside, reserving juices. In a saucepan bring cornstarch and strawberry juice to a gentle boil. Remove

- from heat and let cool.
2. Whip cream cheese, sugar, and vanilla together.
3. In a separate bowl beat whipping cream until stiff peaks form. Fold whipped cream into cream cheese mixture.
4. Arrange ladyfingers around sides and bottom of the 8 or 9 inch springform pan, standing ladyfingers lengthwise around sides pan.

Pour 1/2 of the filling into pan, then place a layer of ladyfinger on top of the filling. Pour remaining filling on the layer of ladyfingers.

Spread strawberry sauce over top of cake and place the whole strawberries on top. Refrigerate and remove from pan once thoroughly chilled. Place on your favorite cake platter and ENJOY!

For more easy dessert ideas visit www.cooks.com

STAYcations

Summer is here and that means majority of America will take leave from work for vacationing. Traveling to resort destinations and far away places are now trends of the past. American Recessionistas are now on a hunt for local family fun spots that are hard on fun but easy on pockets. We have listed a few local “FUN SPOTS” that won’t hurt your pocket. Staying home will never be the same...

Busch Gardens Williamsburg

Thrilling rides, fabulous shows, and beautiful villages! Busch Gardens is a delightful mix of European culture and high flying action. Your children will have a blast with the season’s opening of the Sesame Street Forest. Your teenager will love the 50+ rides they have to offer and you will love the shows. Virginia residents can purchase a Fun

Card for \$59.99 for unlimited visits until September 7. If you love the idea of going all year long you can purchase season passes on the EZ-Pay program for less than \$8 a month for each person.

Natural Bridge Zoo- Rockbridge Co.

Home to the most complete collection of animals and birds, this zoo is a sanctuary that cares and breeds endangered species. With more than 100 babies born each year, this zoo boasts with fun animal friendly activities. Take a walk on the wild and a picture with a baby white tiger, or take a ride on one of their beautiful African elephants. With prices ranging from \$0-12, this is a Staycation your family will never forget! For more info visit www.naturalbridgezoo.com



What Lies Beneath- Va Beach

The Virginia Aquarium offers a 75 minute boat ride for adults and children that explores the creatures live on the oceans floor. Staff will trawl the oceans floor for a sample of the sea life for you to touch. Questions are always welcomed by young minds during this exploration. Prices are \$14 for children 4-11 years or \$18 for anyone over the age of 12.

Angelo’s Mystery Dinner Theater

Fancy a mystery with your dinner? Angelo’s is Va Beach’s finest and Tidewater’s only interactive dinner theater welcomes you then! Enjoy an all you can eat buffet while you solve a mystery. All shows are fully interactive where you become the detective or possible suspect! Tickets start at \$25. For more information call 757-425-0347 or 757-587-3883.

Think Ahead....

The school year has finally ended and the last thing you or your child wants to prepare for is next school year. But early planning when it comes to your child’s health may save you a headache in the near future.

Every school year, schools systems require an updated form for any medications that need to be administered during school hours and some require current physical examination forms to be completed.

To assist our families in planning

for the up coming year we have opened our scheduling calendar to November for all providers.

Appointment slots are booking quickly. If you need assistance on scheduling your child’s appointment please contact our front desk.



Renaissance’s Quick How To Guide

Ever wonder if the you are doing certain things correctly? Do you know how or when to use a band aid? This issue’s lesson is all about the best germ defense around. Welcome to Hand washing 101.

The CDC, Center of Disease Control, has stated that hand washing is the most important thing you can do to minimize the spread of germs. Think about all of the things you have touched today, before placing

your hand to your mouth, eyes, or even your nose.....its learning time!

To correctly wash your hands wet them with water first. Apply enough soap to cover all hand surfaces and rub hands palm to palm.

After you have worked up a good lather rub your right palm over the top of your left hand interlacing your fingers and vice versa. When you are finished rub your hands

palm to palm with fingers interlaced and then with the backs of your fingers to the opposing palms with fingers interlocked. Continue with rotational rubbing of each thumb and hand with the opposing hand.

Finally rinse hands with water and dry with a single use towel. This should take approximately 40-60 seconds or the length of the Happy Birthday Song.

Renaissance Pediatrics

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The staff at Renaissance Pediatrics would like to congratulate all of the 2009 Graduates!



Renaissance Pediatrics is dedicated to providing our patients with high quality, cost effective patient care in an environment where our employees and patients feel valued.

Pediatric Teams

Dr. Sandra Baucom
Nurse- Linda Savi, LPN
Asst.- Aubrie McCoy

Dr. R. Spring Mangrum
Nurse- Alex Streckaulkas, LPN
Asst.- Aubrie McCoy

Jennifer McMurray, CPNP, CNNP
Nurse- Sarah Queen, LPN
Asst.- Tracy Terwilliger

Dr. Michael Scaccia
Nurse- Carla Hammiel, LPN
Asst.- Monica Blair

Aimee Gannon, MPA-C
Nurse- Kathy Ruks, LPN
Asst.- Tracy Terwilliger

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

Jessica Parrott, CPNP
Nurse-Stephanie Whitaker, LPN
Asst.- Kelli Peele

Dr. David Dorbad
Nurse- Stephanie Whitaker, LPN
Asst.- Kelli Peele

Erinn Hokanson, PNP-BC
Nurse- Takil Knight, LPN
Asst- Robin Baucom

