

# ZÖe Pediatrics

959 17<sup>th</sup> Street  
Columbus, GA 31901  
706/992-6940



210 Hannah's Mill Road  
Thomaston, GA 20286  
706/938-0990

APRIL 2014

*"Children do not have to be Sick to Get Better!"*



## A Message to Newborns

Stephanie H. Kong, M.D. Pediatrician

It wasn't long ago since you left the warm caress of your mother's womb and started your journey to the first day of the rest of your life. You are fortunate enough to be born in the greatest country on earth at the greatest time in our history, particularly in medicine. You should have a long life full of great achievements. For the time being, assuming that "power is the ability to get what you want when you want it", enjoy the fact that you are the most powerful person on earth. Adults compete to hold you AND when you giggle, the world is a happy place. Baby therapy.

In addition to doting parents, you are also going to need a doting Pediatrician. I hope your parents bring you to ZÖe Pediatrics. We work hand in hand with the school system, the wonderful people at the public health department and others to provide you with a safe environment, a good education, clean water and air. We will particularly work with your parents to keep track of your immunizations, your growth and development and if you become sick or injured, we will do our best to make you better; but more importantly, we educate, motivate and partner with others who love and want the best for you to keep you healthy and strong. Keeping you well means eating the right foods, playing vigorously, a sense of adventure, appreciation of the world around us, getting adequate sleep and the love of family and friends. I hope you will learn that: "If you have God, family and friends, you may stumble but you will never hit the ground."

We look forward to seeing your face in the place.  
Come grow with us!



## FEEDBACK

**Dr. Kong:** Thank you so much for all you do to care for my little one. You have been a blessing to us and this community. May God continue to bless you and your practice. **Diandra Walker**

"There has never been a more caring doctor when it come to kids. Dr. Kong, along with her staff, make sure her kids are ok and well behaved and she shows great support to parents. She offers guidance on how to deal with them in creative ways. I love her for that. Thank you Dr. Kong." **Phyllis King**

**Dr. Kong:** Do you know why I love my Diva Doc? I got a letter saying you were sorry about the long wait the last time I saw you because you had to care for a sick baby in the hospital. While I didn't mind, your thoughtfulness was appreciated. **Latunya Roah**

**Dr. Kong:** I love the fact that you take the time to listen and not cut parents short. You even take time to listen to our children. **Anelia Zorn**

### Insurance we accept

Aetna

Amerigroup-Medicaid

Blue Cross Blue Shield (PPO, POS, HMO)

Cigna

Coventry

Georgia Medicaid

NaviNet

Peachstate-Medicaid

Secure Health (**URMC employees only**)

Starcare

SuperMed

Tricare (**Standard ONLY**)

United Healthcare

Wellcare- Medicaid

Peach Care For kids

and Self Pay Patients are Welcome!

## Call For An Appointment!!!

### ZÖe Brings Pediatric Care to Columbus, GA



### OUR PROVIDERS

On Monday, April 14, 2014, sharply at 8:00 am, ZOe Pediatrics will open our Columbus office in the medical office building at 959 17<sup>th</sup> Street. Parents of our patients can call **706/992-6940** to schedule an appointment. We promise excellent medical care for your children.

We are distinguished by the fact that we are not just in the business of providing episodic care for the sniffles, the common diseases, as well as the bumps and bruises of childhood. First and foremost, we are in the business of “prevention” and would love it if when ZÖe kids get to be 100 years old, they are able to say: “I have never been sick a day in my life because ZÖe doctors taught me how to maintain good health throughout my lifetime.” Good doctors cure disease; great doctors also prevent disease.

The distinguishing feature of ZÖe providers is that we do not believe that the practice of pediatrics only take place in the office. “If the child is sick, treat the child; if the community is sick, treat the community.” With the obesity and hyperactivity epidemic among our students, we would like to be a resource to promote good health in Columbus. In addition to this newsletter, we regularly appear on the radio, write articles for newspapers, give health promotion talks to churches, the PTA and any group of citizens who are invested in growing healthy kids. You may have heard Dr. Kong chatting with Jay Anthony Brown on the Tom Joyner Morning Show a few weeks ago.

Healthy children will make you proud because they are much more able to “learn their lessons,” excel in athletic contests and are more pleasant to be around. That is why we adopted the mantra: “Children do not have to be sick to get better.” Unhealthy children don’t take telling.

Our expansion to Columbus was very deliberate, driven by parents who came all the way from Columbus to see us in Thomaston, as well as the receptivity and encouragement of the community. Thank you!

**Quote of the month:** *“Parenting is an exercise in safety, and perpetual menace of danger is what exalts parental love above affection; without night terrors, the spiking fevers, the litany of bruises and woes, it would be second-rate entertainment.” ~Andrew Solomon~*

Dr. Stephanie Kong, Pediatrician, as well as CEO of ZOe Pediatrics is a graduate of The University of Wisconsin Medical School completing her Pediatric residency at Greater Milwaukee Hospital. They call her the “Diva Doc”.

Dr. Charlaya Campbell or “Princess Laya” as she is affectionately called, graduated from the St. Louis University School of Medicine in 2007 and gained extensive training and experience in the Pediatrics Community Residency Program at the Morehouse School of Medicine and the DeKalb Medical Center.

Dr. Bande Virgil graduated from Wellesley College and the Morehouse School of Medicine where she completed her Pediatric Residency. She earned an MPH from Boston University School of Public Health. She is a member of the American Academy of Pediatrics and the American Board of Pediatrics Diplomat.

Ms. Theresa Shornack (“Miss T”) is a Pediatric Nurse Practitioner who graduated from the Nell Hodgson Woodruff School of Nursing at Emory University with a Master of Science in Pediatric Advanced Nursing Practice. She previously worked at the Henry Ford Hospital (Detroit), The Fayette Community Hospital, The Cherry Point Naval Health Clinic (SC) and Nursing Instructor at ECPI University in Greensboro NC.

Ms. Mercedes Rice (“Marvelous Mercedes”) received her Bachelor of Science in Nursing from Emory University. After four years of working as a registered nurse in the Neonatal Intensive Care Unit (NICU) and working with children who have special health care needs, she earned a Masters of Science in Nursing from the University of South Alabama and became a board Certified Pediatric Nurse Practitioner (CPNP).