



ZÖe Pediatrics Newsletter

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June, 2014

"Your Child doesn't have to be Sick to Get Better!"

Events Worthy of Note

Stephanie H. Kong, M.D.

June is my favorite month of the year! Most of the pollen is gone, the days are long and the flowers are in full bloom. Everywhere I look around Middle Georgia, it's a feast for the eyes.

June 5th is World Environment Day. Plant a tree, clean up the roadside or a park and enjoy our wonderful planet. This is our home.

June 15th is Father's Day. Show some love to all the fathers in your life and tell them how important they are---especially as role models for the children. I just love it when fathers accompany mothers for their visits to our office. Stay engaged fathers!

June 19th (Juneteenth) is Freedom Day marking the end of slavery. Let freedom ring!

The start of summer is June 21st. While it is liberating for your progeny, be prepared for the many calls at work. "I'm bored", "What can I eat?", "Where is my...?" I hope you survive the next three months.

For those born in the month of June, it is the month for roses. Be sure to give those who are celebrating birthdays a rose. Better yet, give them a dozen!

ZOe of Columbus is holding our very first summer event on July 12, 2014 from 12-2pm at the Double Churches Road Swimming pool, for all of our patients that are up to date on there Well Child Checks. The pool is located at 2300 Double Churches Road in Columbus, Ga, Be sure to pick up your tickets at the front desk, lunch will be provided.

FEEDBACK:

Misty Beck Harris:

I want to say a HUGE thank you to the doctors and staff of ZOe Pediatrics!

Vanessa Garvin:

Congrats!!! We LOVE ya'll.

Tasha Newman Creamer:

This expansion and growth explains why I love, respect and bring my children to see Dr.Kong!!!

Insurance We Accept

Aetna

Amerigroup-Medicaid

Blue Cross Blue Shield (PPO, POS, HMO)

Cigna

Coventry

Georgia Medicaid

NoviNet

Peachstate-Medicaid

Secure Health (URMC employees only)

Starcare

SuperMed

Tricare (Standard & Prime)

United Healthcare

Wellcare- Medicaid

Peach Care For kids

and Self Pay Patients are Welcome!

HAPPY
Fathers Day



CALL FOR AN APPOINTMENT!

Georgia Medicaid

Charlaya Campbell, M.D., Pediatrician

In a bold initiative to bring health care to the underserved, Medicaid was established in 1965 with the goal of improving the health status of all Americans--- especially children. In Georgia, you can apply for Medicaid directly on their website or you can visit your local Department of Social Services and request their assistance. You have the option of taking the application (getting help completing it) and returning it in hand or by mail. You will need to provide proof of citizenship, proof of income, social security cards, proof of any former health insurance and proof of address.

If you are approved, Medicaid will go back a few months to cover any medical bills you might have incurred. While this could be a straightforward process, the rules dramatically changed on January 1 and many of you lost your insurance. In order to assist our patients to continue to receive coverage for their children, we hired Ms. Lawanda Williams to help our parents negotiate and adapt to these changes. If you need a little hand holding to negotiate the process, please call: 706/938-0990 and ask for Ms. Williams.



“I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death.”
~Robert Fulghum~

Selecting a Child Care Center

Bande Virgil, M.D., Pediatrician

How do you choose childcare for your children. A majority of children now spend most of their waking hours in day care centers. So, I hope you value the experience, do a little research and choose wisely. I believe you want a safe and nurturing environment. So, what should you look for?

1. Is the staff friendly? Do they talk to the children eye to eye or from on high? What is their policy on when staff members are sick?
2. Is the building safe? Is there a secure place to play (outside) that cannot be breeched by intruders?
3. Do they schedule 2 hours of physical activity per day?
4. Are religious instruction offered?
5. What is their policy on nutrition? Do they have candy sitting around and use candy to reinforce good behavior? Do they serve fatty, salty and sugary snacks and meals? Do they serve fried foods? Are nuts, fruits and vegetables served regularly? Is clean water available for drinking?
6. Are you comfortable with their policy on spanking and discipline?
7. What accommodations do they make for children with food or environmental allergies? (We are now able to identify these allergies from a simple blood test)
8. What is their policy on media? Are the kids watching TV most of the time?

While these are mere suggestions or food for thought, do a little due diligence. You should be comfortable with the kind of care and the influences to which your children are exposed.

If you want optimal health for your children, let them come to ZOe. We just love children and are fully invested in helping them achieve their best health, wellness and performance.