

Lighthouse

QUARTERLY NEWS

Caring
for your
children
in His Name

FORMULA SHORTAGE

We have a few tips and resources for you during this unprecedented formula shortage. If you can not find your particular brand such as Enfamil or Similac, you may be able to find a store brand equivalent with the SAME color label. To check out the equivalents, you may use the <https://www.perrigopediatrics.com> website link here. Please remember that if you use a brand from outside of the US you will not be notified of any recalls.

If your baby is over 10 months old and has been on a regular formula, you can switch to full fat unflavored plant based milk such as

Ripple or Silk'. If you make this switch, you should start your baby on a multi-vitamin with iron (such as polyvisol).

If your child is on a very specialized formula such as elecare or puramino and you are about to run out, check out the website or give the office a call for guidance. We may be able to help you find a different formula or direct you to other resources.

Please do NOT make your own formula. There are many "recipes" circulating on social media and websites, but these can pose a significant danger to your child.

WELCOME TO LIGHTHOUSE



We are happy to announce that **Blanca Hernandez, APRN** will be joining the Lighthouse Pediatrics family in mid-August. Blanca completed her

doctorate of nursing practice at FGCU. She has been involved in pediatrics as a school nurse and a nurse at a pediatric practice prior to pursuing her advanced degree. Blanca is a parent as well as a nurse practitioner and is fluent in Spanish. Welcome Blanca!

DR. DUDLEY'S RETIREMENT



Dr. Dudley's regularly scheduled hours in our office will officially end on July 31. She has been in practice here in Naples for 34 years and has blessed countless

families with her beautiful spirit and quality medical care. It is an understatement when we say we will miss her tremendously! However, she will be in the office on occasion

to cover for vacations, and you can be assured that she will still be active in the community.

If you are in Dr. Dudley's practice, you will be seen by Dr. Vedder or the nurse practitioners, so you do not need to do anything special. You still have a home here at Lighthouse! Please feel free to reach out to our staff if you have any questions. Stay tuned for more information if you would you like to join us in celebrating Dr. Dudley.

OFFICE NEWS

Walk With a Doc – 8:30 am August 6 at Baker Park

After a (too) long pause since February 2020, we are re-starting our monthly Walk With a Doc. We will be walking the first Saturday of each month at 8:30 am. Our first walk will be August 6th at Baker Park. It is a great way to get some exercise with your children and get to know our staff. We will take a 1-2 mile walk at whatever pace you choose and then have water and light refreshments after. We will try to have some special guests, also! We are looking forward to seeing your family out there!

REACH OUT AND READ

Lighthouse Pediatrics of Naples is thrilled to announce that we will soon be the first independent pediatric practice in Collier County to be an official Reach Out and Read program site. Reach Out and Read is a nationwide healthcare-based initiative where pediatric providers furnish a new book at each well child visit from infancy until 5 years of age. Along with the book, we furnish parents with the tools and knowledge on the numerous benefits reading aloud can have with their young children. Some of the many research-based benefits from reading aloud include:

1. Improved language ability
2. Enhanced kindergarten readiness
3. Increased bonding between caregiver and child
4. Reduced levels of toxic stress

Strong medical evidence has shown that nearly 80% of brain development occurs in the first three years of life. The pediatrician's office is one of the few places most children go during these early years. Now alongside



the stethoscope or otoscope, a book becomes a powerful tool for modeling positive interactions between parent and child. Parents leave the doctor's office empowered knowing that even investing just a couple minutes of reading aloud a day can have a tremendous impact on their child's development and resiliency.

This program is available at Lighthouse Pediatrics because of incredible support of partners affiliated with the state of Florida's Reach Out and Read effort. We kindly ask any household able to contribute in our practice to join our ongoing efforts by simply clicking "Donate" at the national <https://www.reachoutandread.org> website and typing "Florida Reach Out and Read" in the comment section.

We hope you are excited as we are about this amazing new program coming to your child's medical home. And don't forget that regardless of your child's age, you can beat the summer heat, build the imagination and reinforce school acquired reading skills by visiting your local branch of the Collier County Public Library.

PATIENT PORTAL REMINDERS

Our families love our patient portal and so do we! We want to make sure we are meeting your expectations. Our system does not notify us of portal messages after-hours. If you have an urgent need, please CALL the office and select the after-hours option so we can give

you timely advice. Please give us 2 business days when making a refill or form request. Make sure your part of any form is completed and that the pharmacy information is included on any refill request. Thanks for helping us help you!

SUMMER PHYSICALS

We just finished the 2021-22 school year, and we are already preparing for the next school year! Any student participating in middle or high school sports needs a yearly physical and a completed FHSAA EL2 form. Here's the link: Florida High School Athletic Association (<https://www.fhsaa.com>). There is also a new band form this year which you can download from our website. You can make the process smoother by completing page 1 of the form and bringing it in for us to review at the checkup. We will complete page 2 which is the physical part. Please note that we cannot complete page 2 if it has been more than one year since your child's last physical. Not sure when you last saw us? Check it out on your portal!

UPDATES FOR SICK VISITS

We are seeing a large number of sick children in the office, though we are hopeful that there will be less illness once school has been out a few weeks. Some things to remember:

- If you or your child has symptoms of illness, we are still requesting that you wear masks in the office.
- A child must be seen (virtual or in office) in order for us to write an excuse for school or camp
- A child must be seen (virtual or in office) in order to perform a COVID or flu test

COVID VACCINES

The Moderna and Pfizer COVID vaccines were recently approved for infants age 6 months to 5 years. At press time, we do not have the vaccine, but we are in the process of ordering it. We will keep you posted!