

ZÖe Pediatrics Company Newsletter

Welcome to October!



Flu Season is here – Are We Ready?

October is always the start of flu season and we need to make sure that we, as well as our patients, are prepared for it.

Here are a couple of tips/reminders to help guide your way:

1. Get Vaccinated.

- a. It sounds simple enough, but a yearly flu vaccine is the first and most important step in protecting against flu viruses.

2. Take Preventions to STOP Germs.

- a. Cover your nose and mouth with a tissue when you cough or sneeze and wash your hands or use Germ-X immediately after.

3. Children Under the Age of 5 are at High Risk of the Flu

- a. We all need to make sure our patients are making the conscience efforts of prevention for their children by reminding them of tips & facts to help.

Upcoming Events

Back to School Bash Bowling Party

- **Saturday, Oct. 13th**
- This is an event for ZOe kids in Columbus who are up to date on their well-child checks. **We will need volunteers for this event**
 - The sign-up sheet is available now

Mr. Freed's Fun Factory Party

- **Friday, Nov. 3rd**
- This is an event for ZOe kids in Thomaston and Barnesville who are up to date on their well-child checks. **We will need volunteers for this event.**

Happy Breast Cancer Awareness Month!

October is Breast Cancer Awareness Month – this is an annual campaign to increase awareness of the disease. One way to increase awareness is to share a story of how you or a loved one has been affected by breast cancer. Here at ZÖe we are all about prevention (“*Your child does not have to be sick to get better*” - remember?) and that’s exactly what this month is about.

The mission of the National Breast Cancer Foundation is to help those affected by breast cancer through early detection, education, and support services. Join the ongoing fight to search for a cure!

HAPPY BIRTHDAY TO...

- Crystal Sanders (10/5/88)
- Michelle Allen (10/9/84)
- Latoya Campbell (10/15/80)
- Ashlee Conner (10/17/84)
- Freddie Kong (10/21/70)

HAPPY ANNIVERSARY TO...

- Alicia Tamplin (10/26/17) - 1 year
- Ronald Walker (10/29/14) - 4 years
- Katrina Washington (10/30/17) - 1 year
- Stephen Johnson (10/31/16) - 2 years

HAPPY 90 DAYS TO...

- Dewhitney Ashford (7/3/18)
- Holly Gottfried (7/9/18)
- Joshua Marshall (7/16/18)
- Mierica Banks (7/24/18)

Company Highlights: Kong Soiree/Annual Picnic

Dr. Kong and Dr. Waine were gracious enough to invite all of us to their home on Sunday, September 16 (Casa de Kong) where we all came together, laughed, and enjoyed each other's company as well as the refreshments, thanks Freddie! 😊. You might have seen Dr. Waine running around with a camera at the party and what a great photographer he is because he captured some of us in our natural state of having a good time with our coworkers – have a look and see!

