



## July 2013 Newsletter

### Education

I often wonder why the summer means for some that there should be no academic involvement at all. On the contrary, it is very important to keep our children at least reading during the summer. Why? This is because our brains are thirsty for information at all times. When we let our children's brains take a sabbatical (vacation) it can lead to absorbing wrong information and further the loss of previously obtained information that has not yet been able to be transferred to their permanent memories. Further, studies have shown that reading improves IQ scores and overall grades in every subject. In other words, the more you read the more intelligent you get. We have seen in this region an overall decline in IQ and grade point averages. I believe that we have an opportunity to improve that by not only relying on the teachers to educate our children but enforcing education to be a daily part of our children's lives. I believe that this would help our children in the near and distant futures. Jeremiah 29:11 states "For I know the plans that I think towards you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." God intends for us to succeed. Please help our children do so. Encourage, support, and require summer reading. I know it will make a difference in your children's lives.

Monique Brown, MD  
Child and Adolescent

### The Provider-Patient Relationship

Let me begin by expressing how honored I am to be serving you and your family. As a Family Nurse Practitioner, I am dedicated to providing high quality, evidence-based health care. In order for me to do this it is imperative that we establish an efficient provider-patient relationship built on integrity, confidentiality, patient autonomy, and effective communication.

The ideal model for provider and patient relationships are not structured as a *dictatorship*, in which the provider has absolute control over the patient's health care. Rather, it is structured using a *middle-ground* model in which the provider acknowledges the patient's worth, medical expertise are shared, and the patient is given autonomy to make the best decision for his/her life.

I look forward to meeting you and your family. May God bless each and every one of you.

Keenya Staten, FNP-C  
Family Nurse Practitioner