

# PLC Newsletter - December 2006



[www.plccare.org](http://www.plccare.org)



Joseph Kita, MD



## CARE Track Resident Spotlight

Dr. Joseph Kita is concerned with the high prevalence of asthma and other chronic diseases, particularly the way they disproportionately affect children who are already at high-risk for social problems. In addition, Dr. Kita is interested in the beneficial effect of mentoring programs, like Big Brothers Big Sisters, on the physical, emotional and social development of children. Dr. Kita has been working with the local chapter of Big Brothers Big Sisters to develop and implement the Healthy Connections program. Through a series of interactive and informative seminars, Bigs, Littles, and parents are learning about general health and prevention topics like healthy eating, exercise, body image, mental health issues, and the care of chronic diseases such as asthma, diabetes, and obesity. The initiative strives to further foster the existing mentorships by encouraging the development of healthy bodies, hearts, and minds. Thus far, the Healthy Connections program has held several seminars. Activities have been highlighted by: 1) a *Body Image/Hygiene* seminar in which Bigs and Littles teamed up to make collages of "What is the ideal body image?" and then presented their work together within a facilitated discussion, 2) a *Physical Fitness/Activity* seminar in which Bigs and Littles practiced with the SUNY Brockport soccer team and learned about practical ways to stay fit and 3) a *Healthy Eating/Obesity* seminar in which Bigs and Littles learned how to make healthy snacks and food choices with an interactive discussion and activity led by Kristen Rusho from the YMCA that included hands on snack and meal making.

## PLC Announcements

- \* Congratulations to our Program Manager, Sandi Tu for her nomination for the 2006 Pediatric Staff Service Award. Sandi, along with about 10 other individuals, were nominated for this annual award. Although Sandi did not win, we send our heartfelt congratulations and thanks for her dedication to the program and all of her hard work each and every day. Thank you for being you Sandi!
- \* Congratulations to Drs. Susan Newburge and Deanna Sams! They will be presenting a poster for their project "Around the W.O.R.L.D.: Initial Implementation and Evaluation of a Prevention Program for Urban Elementary School Students" at the Society for Research on Child Development Biennial Conference in Boston in March, 2007.
- \* Congratulations to Dr. Danielle Thomas-Taylor! She and Dr. Megan Bair Merritt (from CHOP) have been selected to present their abstract on "Physical Health and Health Service Use of Children Exposed to Injected Polo Vaccine" at The Family Violence Prevention Fund's National Conference on Health and Domestic Violence on March 15-17, 2007 in San Francisco. For more information go to <http://www.endabuse.org>.

## PLC In The News

- \* Drs. Jessica Shand, Ariadne Lie and Marla Levine served turkey dinner at the Rosa Wims 20<sup>th</sup> Annual pre-Thanksgiving day free turkey dinner at Seventh-day Adventist Church Conference Center. Their photo appeared in the Democrat & Chronicle.



Jessica, Ariadne, Rosa, & Marla

- \* Drs. Sara Horstmann, Philip Meaker, Jennifer Linebarger & Kristi Cowell were spotlighted in the *Democrat and Chronicle* for teaching skills to fifth-graders to prevent health woes.

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*Happy Holidays*



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