

# CELEBRATION OF WELLNESS

## NEWS

Issue 33

October 2020

### A Note of Thanks: 2020 Virtual Cancer Superhero Major Success

As September comes to an end, we wanted to say thank you to everyone that participated in our 4th Annual Cancer Superhero Run. We considered canceling our event this year because of COVID-19. But when our honoree Michael Daniel Santana Carrion lost his battle with cancer in July, I knew that we could not just skip this year because we were facing adversity. Michael met adversity head on with faith, love, and hope. This year, I felt our annual event was more important than ever before. We had a late start and did very little marketing since the event would be virtual. By mid-September, we did not seem to have much traction. Then I started praying. I prayed for all the women and children facing ovarian and pediatric cancer. I prayed for all the families that are facing this news. I prayed for all that have lost a family member. I prayed that we could touch others with our mission. I prayed that somehow we could make this year's event our best yet. I prayed that we could honor Michael with more Superheroes than ever before!

My prayers were answered. Our goal was to beat our 300 registered racers last year, and we did just that. Then our goal was to get 500 registered racers, and we did! Then we decided to go for 600 registrations to double last year's numbers. Not only did we get 600 registrations, we surpassed it! Thank you to our patients, co-workers, sponsors, vendors, neighbors, and friends!



Do not forget about Ovarian Cancer. Know the signs and see your doctor if you have any. Do not forget children and their families facing diagnoses of cancer. Pray for them, support them, and love them. Mark your calendars for next September!

Kelly M. McCarthy, Founder  
M Family Foundation

### Breast Cancer Awareness: Join Us for Pink on Parade



This year, we can be together in spirit from anywhere for our first virtual Pink on Parade 5k. Pink on Parade celebrates the brave women in our community battling breast cancer, survivors who have won their fight, and those who shine on through their loved ones. Whether you run or walk, outfit yourself

in all things pink, and challenge your friends to participate. Running pink feels powerful no matter where we are! Register at: [https://www.adventhealth.events/contestant-reg.cfm?event\\_id=5715](https://www.adventhealth.events/contestant-reg.cfm?event_id=5715)

### FLU Immunization for Women: An Essential Component of Women's Health Care

With no end in sight for the COVID-19 health crisis, you may not have thought much about flu season. (Can we get a collective UGH!?) COVID-19 measures may leave you better protected this year, but it is still as important as ever to get your flu shot.

Immunizing pregnant and nonpregnant women against vaccine-preventable diseases is an essential component of women's health care.



Schedule your flu shot appointment today by giving us a call at 407-566-2229!

#### OCTOBER ULTRASOUND COUPON

Good for \$10.00 off a sneak peak  
in our Davenport office only.

Call  
407.566.2229  
to schedule!

Valid 10/1/20 - 10/31/20



#### MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG  
Farah T. Mahbub, MD, FACOG • Norris M. Allen, MD, FACOG  
Suzette C. Boyette, MSN, APRN • Michele Johnson, MD, FACOG  
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CELEBRATION OBSTETRICS  
AND GYNECOLOGY

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### Returning to School During COVID-19: American Academy of Pediatrics (Copyright ©2020)

The latest American Academy of Pediatrics (AAP) advice says children learn best when they are in school. But returning to school in person requires important steps in place to keep students and staff safe. These decisions must consider the spread of COVID-19 in the community, as well as whether schools are able to make in-person learning safe.



Schools and families should also prepare to go back to virtual learning if COVID-19 cases increase in the community.

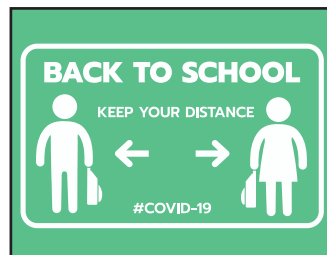
#### Why students should safely go back to school

The AAP guidance is based on what pediatricians and infectious disease specialists know about COVID-19 and kids. Evidence so far suggests that children and adolescents are less likely to have symptoms or severe disease from infection. They also appear less likely to become infected or spread the virus. Schools provide more than just academics to children and adolescents. In addition to reading, writing, and math, children learn social and emotional skills, get exercise, and have access to mental health support and other things that cannot be provided with online learning. For many families, school is where kids get healthy meals, access to the internet, and other vital services.

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#### What schools can do?

**Physical distancing.** The goal should be to stay at least 6 feet apart to help prevent the spread of the virus that causes COVID-19. Spacing desks at least 3 feet apart and avoiding close contact may have similar benefits for students, especially if students wear cloth face coverings and do not have symptoms of illness.



**Teachers and staff** should also wear cloth face coverings and limit in-person meetings with other adults. When possible, outdoor spaces can be used for instruction and meals. Students should also have extra space to spread out during activities like singing and exercising.

**Cloth face coverings & hand hygiene.** Frequent hand washing with soap and water is important for everyone. In addition, all adults should wear cloth face coverings. Preschool and elementary students can benefit from wearing masks if they do not touch their mouths or noses a lot. Secondary school students should wear cloth face masks, especially when they cannot stay a safe distance apart.

Remember that returning to school during the COVID-19 pandemic may not feel like normal. But having safety plans and making sure schools have the resources needed to follow them can help protect students, teachers, staff, and families.

For additional information on managing the return to school safety, give us a call today at 407-566-9700. Full article available at [www.celebrationpediatrics.com](http://www.celebrationpediatrics.com)

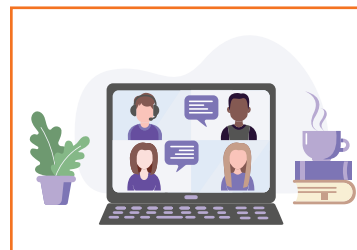
### Fall Safety-Flu Shots

It is that time of year again influenza (flu) season is around the corner! Many people do not realize it, but the flu can be a serious illness. It causes thousands of deaths in the United States every year, even among previously healthy children. With the COVID-19 pandemic this year, it is even more important to protect your child from viruses like influenza. The AAP recommends getting your flu shot before the end of October. To schedule your flu shots, give us a call at 407-566-9700 today!



As a parent, the best thing you can do to protect your children from the flu is to get them vaccinated before influenza starts circulating in your community.

### Zoom Virtual Meet n' Greet Schedule



October 22nd @ 5:30 PM  
November 18th @ 5:30 PM  
December 16th @ 5:30 PM

#### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director  
Rayyan M. Anwer, MD, FAAP  
Monica Urquiola, APRN • Victoria B. Bernhardt, APRN

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