



Happy Holidays!

We wish all of our patients and families a very happy holiday season and a healthy, joyful New Year!

During the Holiday Season, our office will observe normal business hours, with the following exceptions below:

December 31: 8:00 AM – 3:00 PM

January 1: Closed



As we close out 2025, please enjoy a special message from our very own Nurse Practitioner, **Debbie King**.

I'm (Mostly) Retiring!

After 30 years of listening to tiny heartbeats, calming worried parents, participating in sticker selections, happily wrapping up melting sticky popsicles, and navigating the ever-evolving world of teenagers... I'm officially retiring!

...Well, sort of.

After 25 years as a pediatric primary care nurse practitioner and 5 years as a pediatric nurse at PAMPA, I've decided it's time to hang up my stethoscope, kick back, and finally drink a cup of coffee while it's still hot.

But don't panic—I'm retiring, not disappearing. Think of it as a "soft retirement," or maybe "retirement with visiting privileges." I'll still pop in a few days each month to help out, catch up with families, and continue my lifelong mission of keeping kids healthy—and parents sane. And yes, I will continue my crusade to help kids, teens and families swap screen time for green time—because fresh air, sunshine, and outdoor adventures will always beat endless scrolling and gaming!

Throughout my career, the children, teens, and families I've cared for have meant the world to me. From babies barely bigger than a loaf of bread to teens with eye-rolls worthy of an Olympic medal, I've loved being part of their lives. Watching them grow, overcome challenges, discover who they are, and

sometimes return years later with little ones of their own has been my greatest privilege. My PAMPA patients and families mean the world to me!

I'm excited for what's ahead, even if I'm not sure how the office will manage without my brain full of random but critical facts, my calm when chaos hits, and my uncanny knack for turning tantrums and eyerolls into high-fives and laughter.

Thank you so much for letting me be part of your life for three decades. I'm not saying goodbye—just “see you soon.”

Debbie King

Take a step back in time with us and enjoy this newsletter article from 2000, marking the year she started her career as a Nurse Practitioner with the PAMPA Pediatrics family. We are so grateful for her many years of hard work and dedication!



**Debbie King,
Family Nurse Practitioner**

Born in Chicago, **Debbie King** grew up in Cincinnati, Ohio, and Paducah, Kentucky. She graduated magna cum laude from Kennesaw State University with a Bachelor of Science in Nursing degree. Debbie began her nursing career at Piedmont Hospital, then began her pediatric focus at PAMPA. While continuing to work at PAMPA as a nurse, Debbie returned to Kennesaw State University, where she completed the Master of Science in Nursing Primary Care Nurse Practitioner Program. She is a member of both the Georgia Nurses' Association and American Academy of Nurse Practitioners.

Debbie lives in Marietta with her husband Jim, sons Adam and Eric, and daughter Rachel. When away from the office, she enjoys traveling, reading and watching her family participate in karate, soccer and cheerleading.

Flu and Respiratory Season

Flu and respiratory season is upon us, and now is the perfect time to protect yourself and your family by staying up to date on Flu and RSV vaccines. If you have any questions or would like to schedule an appointment, please contact our office. We're happy to help!

See the link the below for more information about caring for your child when they have cold symptoms.

[Caring For Kids with Colds](#)

Patient Portal

You can easily schedule your child's flu vaccine and submit medication or form requests through our Patient Portal. For step-by-step instructions, visit the **Patient Portal How-To** page on the PAMPA website. See the link below.



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