

Lighthouse

NEWSLETTER

August 2025

OMG, We're Back Again

It's been a while since we had the privilege of creating a Lighthouse Newsletter for our families. Thank you for your patience while we onboarded and trained new staff in the Lighthouse Way of care these past 6 months. We appreciate every family who was able to accommodate schedule changes, was gracious during a longer than usual phone call, and showed kindness in return to our new team members. THANK YOU!!! We are back on track and ready to provide the care your family deserves and expects from us.

What's In This Month's Issue?

- Back to School
- Meet the Team
- Upcoming Events
- Dr. Wilson's Baking Corner
- Puzzle Time
- ...and more



Goodbye Summer

While Summer Break has officially ended, it is still the season to enjoy outdoor activities as a family, even if only on the weekend. We encourage every parent to model balancing “work” and play time with their kids by scheduling fun activities. They can be as simple as a family walk around the neighborhood, family game night, a fun trip to the park, or even a trip to your local apple orchard or pumpkin farm. Plan some downtime where the family is screen-free and focused on fun. Both you and your kids will benefit from the break and physical activity.

MEET THE TEAM...

Sue comes to us from Charlottesville, Virginia but she spent most of her life in the Northeast. She and her husband relocated to Atlanta recently to be near family. Her nursing career spans pediatrics, labor and delivery, newborn nursery, school nursing- elementary, middle, high school, and most recently college health at University of Virginia. She enjoys spending time with her large family, cooking, and hiking.



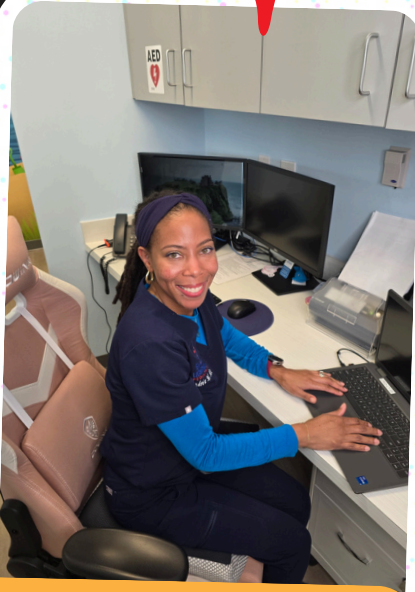
Sue, BSN, RN

Taylor, Front Desk



Welcome!

Taylor is an Orlando native raised on all things Disney and Universal. When she's not at work, she likes to travel or spend time with her family, including her miniature dachshund puppy, Mocha!



Andre'a, MA

Team Lighthouse

Andre'a comes to Lighthouse with years of pediatric experience as a Medical Assistant. She enjoys spending time with her husband and two boys. She also loves watching basketball, whether it is college or professional, and is also a Falcons fan. Go Hawks, go Falcons!

Upcoming Events

- **LIGHTHOUSE BOOK READING IS BACK!!! (Saturday, September 27th @ 10:30 AM)** - be on the lookout for a flyer coming soon to RSVP.
- **Brick Fan Expo 2025 (August 23rd & 24th, Gas South Convention Center)** - fun for the LEGO fans in your life.
- **Stone Mountain Park Labor Day Laser Show (August 30 - September 1, 10:30AM - 9:30 PM)** - Labor Day weekend fun.
- **Apple Picking @ Hillcrest Orchards in Ellijay**- enjoy a family day trip of apple picking, an apple maze, petting farm, wagon rides, and more!

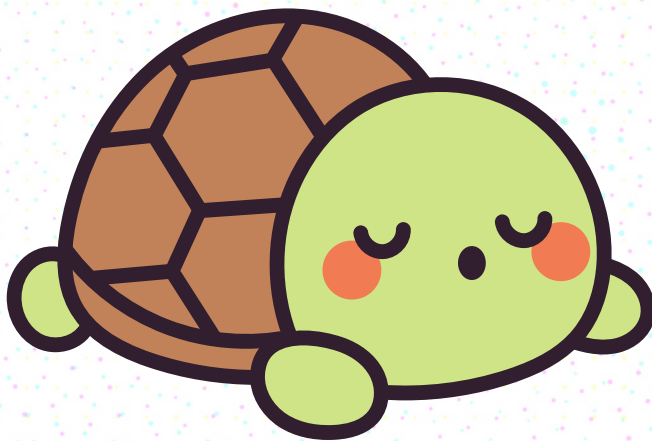
Dr. Wilson's Corner

Parents have a lot to worry about during back to school time. Your child getting back on a regular sleep schedule, preparing for a new school year while trying to minimize anxiety, school supplies lists, planning afterschool activities and pick up, healthy meals, and the list goes on and on. In all of the business of life, take time to teach your kids what we also benefit from and can practice ourselves.

Resilience. Take the opportunities of the bad days shared, team losses, missed questions, ruined dinners, mistakes of parenting, and bumps in the road to teach your kids resilience. Tell and demonstrate to your kid that mistakes are not failures, but an opportunity to learn and grow. Show them that challenges don't have to be upsetting but can be viewed as a chance to brainstorm and put in effort to create a solution. Encourage them by acknowledging the work they put in and not just the final outcome. Lastly, encourage physical activity, play time without screens, and healthy eating habits. Physical health supports emotional and mental health. Hope you and your family are off to a great start this school year!



Cute Kid of the Month



Our Mr. Turtle pictures for “Cute Kid of the Month” have been on pause and Mr. Turtle is slacking. Please submit your child’s pics with our Mr. Turtle statue so we can share more of the off-the-chart cuteness we see walking through our doors every day.

Send your pictures to
office@lighthousepediatriccare.com



Dr. Wilson's Baking Corner



BAKED APPLES

One of my favorite childhood memories is helping to make these treats, whether in the kitchen in the oven or on our family camping trips with the camp fire. This simple recipe takes a few minutes of prep and a little patience in cooking. And after picking apples at one of the local apple orchards (or from your local grocery store), this recipe is a kid-friendly delicious way to utilize your fresh picks. Enjoy this fall treat with the whole family!

Ingredients:

- 4 good-quality apples (any of your favorite variety will do)
- ¼ Cup light brown sugar, packed
- 2 Tablespoons butter, room temperature
- ½ teaspoon ground cinnamon (or 4 whole cinnamon sticks)
- ½ Cup water
- ¼ Cup chopped walnuts or pecans (optional)
- vanilla ice cream for topping (optional)



Directions:

1. Preheat oven to 350 degrees F. Use a paring knife or apple corer to remove the stem and seeds from the apples, making a deep hole where the filling will go.
2. Combine the brown sugar, butter, and ground cinnamon (if not using whole cinnamon) in a small bowl and mix well to combine. Add the nuts if using. Spoon mixture evenly unto each of the apples. If using whole cinnamon, place one stick deep into the mixture in each apple.
3. Add the water to a baking dish and place apples on top.
4. Bake for about 40-45 minutes or until apples are tender when pierced with a fork. Remove from oven and allow to cool for a few minutes.
5. Spoon the sauce drippings from the pan over the apples. Serve with ice cream, if desired.

Recipe adapted from and courtesy of <https://tastesbetterfromscratch.com/baked-apples/>

Back-to-School Maze

What 5 school supplies to you pass to get out of the maze?

