

# CELEBRATION OF WELLNESS

## NEWS

Issue 19

August 2019

### This Is Michael's Journey

By: Idiana M. McGill (Michael's Mom)



Michael, Philip, my husband Melvin, and I were on a weekend cruise to the Bahamas on November 29, 2018. It was meant to be our "Birthday Cruise". The boys had never been on a cruise, and we planned to celebrate our birthdays on each night of the cruise.

On Friday morning, before we could even step out to see the island, Michael started complaining of a terrible headache. The doctor on the boat saw him and referred us to the hospital ashore for further studies. At the hospital, they found a mass in Michael's brain and said we needed to

do an MRI to confirm any further information. Michael was not cleared to go back to the boat or even fly commercially. We had to bring Michael back to Florida on the Med-Evac Air Ambulance.

We arrived at Nemours Children's Hospital in Orlando on Saturday, December 1, and a few hours later that day, we were given the horrible news that Michael was diagnosed with an inoperable brain tumor (cancer). This tumor is called DIPG, Diffuse Intrinsic Pontine Glioma, and it's located in the brain stem so even doing a biopsy could have been dangerous or even fatal to Michael's life.

Michael believes that God will heal him in his entirety. It is Michael's faith that keeps us strong, and we are praying for supernatural healing because God has the final say on Michael's Journey. Michael fortunately has had very high spirits through all of this. We are a faith-based family, and Michael believes that miracles happen today as they happened before in the Bible. He has been very understanding of his limitations like staying at home and being in the Hospital/Homebound program to do schooling at home.

Michael has gained more than double his weight in 6 months. Due to this weight gain, he gets tired very easily. He has to take naps at times due to his tiredness, and he developed seizures this past March. He had 4 seizures in less than 4 hours, and this was an extremely difficult time for all of us.

Michael's last day of radiation was on January 22, 2019, and we are trusting that Michael is healed! The doctors have done their part, God is doing His part, and we as a family are doing ours.



**Now our community needs to do our part to help this incredible family! The M Family Foundation is asking YOU to join us on Sunday, September 8, 2019 to show your support for Michael and his family.**

Register today at [MFamilyFoundation.org/](http://MFamilyFoundation.org/)

For opportunities to volunteer or sponsor the race please contact race director Jill White at [InfoCS5k@gmail.com](mailto:InfoCS5k@gmail.com).

### School and Sport Physicals

Do you need last minute school and sport physicals? We've got you covered!! Give us a call at 407-566-9700, and we will work you in!!



### Meet and Greet Schedule

Please contact our office at 407-566-9700 to sign up for one of our FREE Meet and Greet events.

Wednesday, August 7th @ 5:30PM

Wednesday, August 21st @ noon

Wednesday, Sept 6th @ 5:30 PM

Wednesday, Sept 20th @ noon

### Mark your calendars for the 3rd Annual Celebration Cancer Superhero 5k and Fun Run event!

Sunday September 8th, 2019, to benefit Ovarian Cancer and Pediatric Cancer - 7:30am Celebration Lakeside Park.

For volunteer and sponsorship opportunities please contact Jill White at [infocs5k@gmail.com](mailto:infocs5k@gmail.com)

**\*\*REGISTER AT [MFamilyFoundation.org](http://MFamilyFoundation.org)\*\***



### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

Robert "Dr. Bob" Dabrow, MD, FAAP, Medical Director  
Rayyan M. Anwer, MD, FAAP Jessica Burr, APRN  
Monica Urquiola, APRN

1530 Celebration Blvd., Suite 301  
Celebration, FL 34747  
(866) 595-5113

Celebration  
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### The Power of "No."

By: Suzette C. Boyette, APRN



According to an article in LIFE by Bruce Davis, PhD, the average person on a given day has anywhere from 50,000-70,000 thoughts PER DAY!!! Just imagine how many more a busy woman who juggles the obligations of a family, career, household, and more has in her multi-tasking head! All of this unfortunately leads to stress, so what can we do to decrease our stress?

One solution is the simple 2 letter word NO.

Saying "no" is also a very efficient and effective sentence all by itself. When you're asked to add ANOTHER thing to your already overflowing plate, just say "No." You don't have to make excuses like "I am so sorry, I can't pick up Suzy after school because...", or "I'd really love to volunteer for the field trip, but...", or "I can't really stay late because..."

The ONE WORD SENTENCE can simply be "No." If you really want to be kind, you can say "No, thank you. My schedule does not allow that." Then smile politely and WALK AWAY. It is actually quite simple.

The Mayo Clinic also states that saying no to obligations related to work, family, and/or school will give you: **1.** More time to do what you want (like spend with family, start a new hobby, or sleep in). **2.** Less regrets (like pursuing that degree or volunteering at your child's school). **3.** Better health overall (improves sleep, immunity, attitude, productivity, joy, and contentment).

Put yourself first by saying "no" to things that do not fit into your schedule or that you do not want to do!

### 5 Back-to-School Survival Tips for Busy Moms

Take on the craziness of life while keeping your sanity!

By: Sandy Fernandez

#### FOCUS ON YOU FIRST.

Have you ever noticed that Mother's Day cards don't usually say "Thanks for caring about your own needs too, Mom!" Julie Morgenstern is an organization expert and author of the book Time to Parent. In her book, she makes an excellent case for the importance of fulfilling your needs as a parent. Morgenstern writes: "The time when you're raising kids is the prime of your own human development — the peak of your career and relationship-building opportunities. We've been taught



that parents are supposed to sacrifice those needs for our children. Actually, all that sacrificing undermines your ability to be a great parent. If you're not fulfilled, it's really hard to nurture the fulfillment of your kids. Parenting is about fitting the right combination of things into your life so that you are whole and your child is whole." That's why it's important to incorporate stress-relieving and joy-boosting habits into your life.

#### GIVE THE KIDS CHORES.

Chores make kids strong. A recent study suggests that children as young as 3 who are given age-appropriate tasks to handle around the house are more empathetic and self-reliant.

#### GET HELP WITH DINNER.

You'll save time and have happier meals by having help in the kitchen. Enlisting help with dinner might also be the trick to getting picky eaters to try new foods and eat healthier. Having little ones measure ingredients and read directions aloud will also help improve basic math and reading skills.

#### DON'T SAY YES RIGHT AWAY.

As parents, it is sometimes hard to say no to your kids, teachers, parental responsibilities, and more. But Sheryl Ziegler, Psy.D., author of Mommy Burnout says to say "I'll get back to you" when you are asked a question. This response gives you a chance to think about what you want to do and can eliminate those stressful things on your overstuffed plate.

#### PICK YOUR BATTLES.

Sometimes it's ok to lose a fight with your kids. Decide if the battle is worth the fight. Think smarter, not harder when dealing with your kids. For example: while bedtime bribes might have worked when they were little, enforcing a "lights out" rule with teens rarely goes as smoothly. But a study published in the Journal of Sleep Research found that 16- to 19-year-olds who went to bed between 10 and 11 p.m. had higher GPAs, so you can let your resistant night owl win this round. That is a battle you might not have to fight.

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### AUGUST ULTRASOUND COUPON

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

Call 407.566.2229 to schedule!

Valid 8/1/19-8/31/19



### MEET THE PROVIDERS AT CELEBRATION OBGYN

David A. Marcantel, MD, FACOG • Robert F. Lemert, MD, FACOG  
Farah T. Mahbub, MD, FACOG • Jennifer R. Vande Velde, DO, FACOG  
Kanisha Sierra-Rios, MD, FACOG • Suzette C. Boyette, MSN, ARNP  
Michelle Perez, Diagnostic Medical Sonographer

410 Celebration Place, Suite 208,  
Celebration, FL 34747

407-566-BABY (2229)  
[www.CelebrationObgyn.com](http://www.CelebrationObgyn.com)



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