

Contact us:
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FALL Newsletter

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

National Bullying prevention month is a nationwide campaign to unite communities around the world and raise awareness of bullying prevention. By coming together as a community we can create a sense of family and reach out to those who need support.

The key is to stay informed and know that there are steps you and your family can take to help end bullying. The American Justice Department bullying statistics show that one out of every 4 kids will be bullied sometime throughout their adolescence. Your family can wear orange on *Unity Day (October 25th)* to simply show your support. The idea behind this movement is to collectively send a message about hope and support.

"Orange provides a powerful, visually compelling expression of solidarity."



MEET OUR NEWEST INTERNS!

Jordan and Ina are our newest administrative interns. They will be with us from August-December. They are currently in their last year at UCF and as a part of their graduation requirement they must complete an internship with a university affiliated healthcare organization. Their goal is to gain as much experience as possible before going into the health service administration (HSA) field. You'll be able to find them behind the front desk throughout the week so don't be afraid to say hello!



POINTS OF INTEREST

- Bullying Prevention Month
- Halloween Safety
- Meet and Greet

HOLIDAY HOURS

Halloween 10/31- Open!
 Thanksgiving Eve 11/22 8:15-12
 Thanksgiving 11/23- Closed
 Black Friday 11/24- 8:15am-12

MEET AND GREET

Look out for details on page 2!

HAPPY BIRTHDAY TO OUR NURSE PRACTITIONERS:

Lucy and Briana!



Chocolate Pumpkin Cupcakes

1/3 c. cocoa powder	1 c. all-purpose flour
3/4 tsp. baking soda	3/4 tsp. fine sea salt
1/2 tsp. ground cinnamon	1/2 tsp. ground ginger
.13 tsp. ground allspice	1 c. brown sugar
11 tbsp. unsalted butter	3 large eggs
3/4 c. pumpkin puree	1 tsp. vanilla extract
6 oz. black candy melts	
12 pointy sugar ice-cream cones	
Black paper cupcake liners	

Hazelnut Cream Cheese Frosting (mix all together until light & fluffy)

1 package cream cheese	2 stick unsalted butter	1 c. confectioners' sugar
1 tsp. vanilla	1/4 c. hazelnut chocolate cream spread	

Directions—Heat oven to 350 degrees F.

Whisk first 7 ingredients in a medium bowl to combine. In a large bowl, beat sugar and butter using an electric mixer until light and fluffy. Add eggs and pumpkin puree, and beat to combine. Stir in vanilla. Add flour mixture, and beat until well combined.

Line a 12-cup muffin pan with paper liners. Divide mixture among prepared muffin cups, filling each 3/4 full. Bake for 20 to 25 minutes or until a toothpick inserted in the center of a cupcake comes out clean.

Line a baking sheet with parchment paper. Microwave candy melts in a heat-proof bowl on high for 30 seconds, stirring at 10 second intervals. Use a pastry brush to cover the ice cream cones with the candy melt. Set on baking sheet to dry. Cut a 1 3/4 inch diameter hole in the center of a paper cupcake liner. Place over candy-coated ice-cream cone to form the brim of the witch's hat. Frost cupcakes with Hazelnut Cream Cheese Frosting.

MEET AND GREET

Expecting a little **PUMPKIN** of your own??

Expecting parents, especially first time parents, can be a little nervous upon the arrival of their baby. In order to ease worries and answer questions we hold a meet and greet every month right here in the office. Parents and families will get a chance to meet the staff and learn a little more about the practice. We also go over the first steps parents will take upon delivery. Meet and greets are held once a month on a Friday at noon. Please see our website for details.

Cannot attend? Call the office and ask about the virtual tour!

Details & RSVP:

www.middletonpediatrics.com

Questions?

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