



Lyon's Roar

Class of 2004 Newsletter

Fall 2015

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Welcome Back!

As a new school year starts at Mount Holyoke and we welcome the Class of 2019 into the Mount Holyoke sisterhood, I want us all to reflect on how we can give back to one another. Maybe it's making a phone call or sending an email to a classmate – we've been thinking of. Maybe it's updating our information in the [Alumnae Directory](#) so classmates or current students can reach out to us. Or maybe it's just introducing ourselves someone on the street wearing a Mount Holyoke gear!

I know it's hard to carve out time in our busy schedules, but think about those bright and happy faces of the Class of 2019 and remember the sisterhood we all share.

Class President





Ask a Lyon!

Factors to consider when meeting with prospective pediatricians

By Dr. Jennifer (Rodriguez) Corwin '04

Expectant parents face all kinds of decisions when preparing for the arrival of their child – what crib to buy? What color to paint the nursery? Which stroller is the best? The decision that many parents find especially stressful is choosing a pediatrician. Here are some important factors to consider when meeting with prospective pediatricians:

1. **Location, location, location!** Babies go to the doctor a LOT in the first 2 years of life, with checkups ever 2-3 months plus sick visits. It is important to choose an office that you find convenient to travel to.
2. **Primary provider vs. Team approach:** At some offices, you see a primary doctor for every visit. At others, you may see different providers each time you come in. Some people like the opportunity to hear many different points of view and experience different provider's styles. Other parents prefer to get to know one doctor and see them primarily.
3. **Same day visits:** Ask how easy it is to get a same day appointment for a sick visit, or if it is likely you would have to wait until the next day, or visit an urgent care center or emergency department.
4. **After hours access:** Kids don't get sick only from 9 to 5, so make sure you ask what coverage the office has available after hours. Some offices have a nurse triage line that is available when the office is closed, other offices have a doctor on call after hours who is available by phone.
5. **Contacting your doctor/Access to medical records:** Some offices have "patient portals" where a patient or parent can access their provider electronically and access test results and other medical information. Other offices use only phone calls to communicate with patients/parents.
6. **Weekends and Holidays:** For working parents especially, offices that have hours available outside of the traditional workday can be extremely helpful.
7. **Labs and X-rays:** Some offices handle their radiology and lab work on site. Other offices will require you to visit an offsite facility to get these studies done.
8. **Subspecialty affiliations:** Occasionally children need the services of a pediatric sub-specialist in addition to their general pediatrician. Usually these specialists are affiliated with a large children's hospital. It is helpful to know what institution you would be referred to if the need arises – if it is out of network with your insurance, for instance, it can cause some logistical and financial headaches.

While all of the above are certainly important, the *most* important factor is that you feel you can have an open and honest conversation with your pediatrician, that you feel listened to, and that your concerns and questions are addressed. Your pediatrician should work alongside you as a teammate, helping you to keep your child happy and healthy!

Good luck, and happy parenting!

Jennifer (Rodriguez) Corwin

Want to ask Jennifer more about this topic? Email her at JenniferMCorwin@gmail.com

If you are interest in submitting an advice column to the newsletter please contact the Class Board at 2004classboard@gmail.com. We look forward to hearing from you!

The Mount Holyoke Fund Update

Greetings from your Mount Holyoke Fund Head Class Agents! We are so grateful to you all for your support of Mount Holyoke through your generous gifts in FY15. The Class of 2004 raised over \$15,000 from nearly 30% participating classmates. The College could not be the special place it is without our gifts, and we thank you.

We encourage you to participate this year by making a gift and honoring someone through Because We Met. Our roommates, friends, professors, classmates, coaches, college staff and teammates made Mount Holyoke *Mount Holyoke*. When you give your gift to the Mount Holyoke Fund, you'll have the opportunity to show gratitude for these chance meetings that changed your life by saying 'Thank You' for making your time—at Mount Holyoke or beyond the gates—special, unique, life-changing or inspiring. Visit www.mhcten.mtholyoke.edu for more information and to make your gift.

Look out for opportunities to give this year during our special fund drives for FebruMary and at the fiscal year end. And feel free to contact us at mountholyoke04agents@gmail.com with any questions. If you're interested in volunteering as a class agent be in touch. We have volunteer opportunities in all capacities, from classmate outreach, "friendraising", and sending thank-you notes.

Thank you for your generosity!

Anna Bennett and Anna Allen, co-Head Class Agents



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True or False: There is an old Mount Holyoke Tradition called "Step Singing."

To find the answer head to our Facebook page on Thursday, November 19

Play On!

Next time its game night at your house, don't settle for buying and selling Park Place or Marvin Gardens and hoping for a "Get out of jail free" card. Mount Holyoke-Opoly allows you to buy and sell your favorite college dorms and buildings with Mary Lyon money! This game is full of fun Mount Holyoke inspired details that will appeal to alumnae, students, faculty and all friends of the college. You can order a copy on [our website](#).

