

MOMMY'S TIME OUT

Lakewood Ranch Mom's Group, Inc.

The official newsletter of the Lakewood Ranch Moms Group, written by, for, and about moms living in the Lakewood Ranch community.



February 2015

Open Positions for 2015-2016

We have a lot of open positions for July. Please take a moment to look over them and see if you would be interested in volunteering to help out next year. By volunteering now, your predecessor will have lots of time to help you get ready for your new year!

- **Vice President:** Your job is essentially to set up four parties throughout the year – Summer party, Halloween party, Sunday with Santa and the Spring Fling. You also work closely with the treasurer as you'll be using quite a bit of the budget to set up these parties! The following year, the vice president takes over as president.
- **Mom's Night Out:** organize one mom's night out event each month. These can be dinners at restaurants, art classes, card nights, comedy clubs, movie nights, etc.
- **Kids Outings:** organize one kids outing each month. These are usually something that is exclusive to our members like a tour of Hunsader Farms in the fall, a tour of a fire house, a painting party, etc.
- **Preschool Picasso:** schedule and come up with the craft projects that the kids will do once a month during the preschool Picasso event.
- **Playgroup Coordinator:** post events to our facebook page with things to do during the week with our kids. If you are interested, you can also bring back home playdates and traditional playgroups where three to five members meet regularly at each other's homes. That is up to you, if you want to re-introduce that format.
- **Sunshine Coordinator:** arrange for three moms to bring meals to new moms and those who are needing assistance due to a major illness, hospitalization or family crisis.
- **Newsletter Editor:** compile our newsletter each month. You will also have one to two helpers to assist you with coming up with content.
- **Newsletter Committee:** one to two volunteers to assist the newsletter editor with content. You may be asked to find members or people in the community who could write articles, or to perhaps collect recipes, etc.
- **School Ambassador:** Compile the school happenings section of the newsletter each month. Good news...you get summers off. Also, help members with questions about schools find other members who are familiar with said school to answer the question. Your job is not to know everything about every school. Your job is to find members who do know something about each school.
- We have eliminated the following positions:
- Welcome Coordinator: job completed by VP
- Public Relations

Contact Us

President: Victoria C.

lwrmpresident@yahoo.com

Administrative VP: Jill. B.

lwrmpgvp@yahoo.com

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Moms Night Out: Karen M.

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Welcome Coordinator: Deborah H.

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Public Relations/First Friday: Candice C. & Sarah Z.

lwrmpgpublicrelations@yahoo.com

Playgroup Coordinator: Julie H. & Ishani K.

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Sunshine Meals: Katie B.

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Newsletter Editor: Kristen R.

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School Ambassador: Valerie D.

Lwrmgschoolambassador@yahoo.com

A Message from Our President

The year is a month in, and I hope you all are getting a great start to this new year! I've been working on figuring out all of the logistics of getting us ready for our new year in July. I know it seems like it is a long way away, but it is creeping up quickly! With that in mind, I would love for you all to reflect on your time with the moms group and think about how you can help the group grow. We'll be looking for a lot of you to step up and take on a position. I know for me, I took my first position as an opportunity to get to know others, my second position because I wanted to make a change in the way something was running within the group, and my third position because I wanted to make sure my friend had a great year as president. Perhaps you can reflect upon your own experiences and see if you could make a difference within the group for any of those reasons or for a different one.

During last month's meeting we made some decisions to eliminate/combine some of our positions as well as figure out how to best support FELT for the second half of the year. We have come to the conclusion that the best way to raise funds for FELT will be to add a couple more WineStyles Member Meet and Greets to our calendar as well as do a Trolley Night (a trolley will take us to three or four different bars/breweries for a fun night out) as opposed to sink all of our funds into the Casino Night. We may also move forward with creating a 5K and/or a host a children's concert with a Grammy winning band for kids and families. If anyone is interested in helping set up these events, we would love to start creating some committees to get things accomplished!! Email me at: info@lwrmomsgroup.com to let me know what you'd like to help with!

We have also been busily working on adding more members-only events to our calendar. You'll see this month that in addition to our Fun to Be Fit class, we also have PlayAway craft and plays back! We are so excited to have a kid's activity during the evening that more of our kids and moms can enjoy. Please remember that these are limited to 20 kids, so pre-pay as quickly as you can to ensure your spot. One other event that will be coming soon is our children's book club. The survey results are in and it looks like Saturday mornings are the most popular time to do this! I hope that we can get a few more of

you to sign up too? It will be a fun hour to enjoy our kids learning and playing together.

Finally, this month is Children's Dental Health month so we have invited our member, Lori Morgan's husband, Dr. Bryan Morgan, to do a presentation during our monthly meeting. This will be a great opportunity to meet an excellent pediatric dentist in the area as well as get the kids excited about brushing their teeth! Obviously, this month's meeting will be kid friendly. We'll do a pizza party as well during the event and while the kids are eating, I'll attempt a VERY quick discussion about upcoming events.

I look forward to seeing you out and about this month!

Warm Regards,
Victoria Cobb



Monthly Meeting

When: Wednesday February 18th

Time: 6:30pm

Where: Town Hall

Meet and Greet with Dr. Bryan Morgan.

Kids are welcome this month.

They'll learn about oral hygiene and you can get some tips and meet a great local pediatric dentist too!

Dinner will be served, so take the night off and come join us!





**Playdates and
Fun...
Activities for
Everyone.**

February

2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Polo	8	9	Fun to Be Fit 10-11:30 Mom's night out at Bonefish Grill, 6:30pm	11	12	13
Polo	15	16	7 Pediatric Dental Month – Meet & Greet with Dr. Morgan 6:30pm Town Hall	19	20	21 Kid's Night Out Time for Tikes 6pm
Polo	22	23	24	25	26	27
						28

• **Valentine's Day Jokes for Kids...**

• **Q: What do you call two birds in love?**

• **A: Tweetharts!**

• **Q: What did the girl squirrel say to the boy squirrel on Valentine's Day?**

• **A: I'm nuts about you!**

• **Q: What do squirrels give for Valentine's Day?**

• **A: Forget-me-nuts!**

• **Q: What did the rabbit say to his girlfriend on Valentine's Day?**

• **A: Somebunny loves you!**

A lifetime of heart health **STARTS HERE.**

Did you know that approximately one woman loses her life to heart disease every minute? Heart disease is the number one killer of women and men in the U.S.* Many people still believe that women's and men's heart attack symptoms are the same, but a woman's symptoms can be different – and more difficult to diagnose.

Don't let a heart attack sneak up on you

For a woman, the signs of a possible heart attack can be subtle. In fact, you might not even notice a "silent heart attack," which is caused by plaque blockages in the coronary arteries. Symptoms can include indigestion, prolonged, excessive fatigue and discomfort in the jaw, upper back or arms.



Lakewood Ranch Medical Center has received Full Accreditation with PCI from the Society of Cardiovascular Patient Care (SCPC). As an accredited chest pain center, Lakewood Ranch is designated as a hospital where patients receive rapid treatment to minimize damage to the heart muscle, re-establishing blood flow.

For more information about cardiac services at LWRMC, please call
941.782.2273.

Find us on Facebook

Advanced heart care, around the corner

At Lakewood Ranch Medical Center, our hospital provides a comprehensive range of cardiac services to women and men in our region – including such diagnostic services as heart catheterization, echocardiography, metabolic stress testing, peripheral angiography and EKG.



Cardiovascular Services at Lakewood Ranch Medical Center

8330 Lakewood Ranch Boulevard
Bradenton, FL 34202
941.782.2273

www.lakewoodranchmedicalcenter.com



* Society of Cardiovascular Patient Care

Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.

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Himalayan Pink Salt is naturally harvested and contains 84 minerals without the chemical processing or refinement that table salts require. In addition to sodium, Himalayan salt is relatively high in iron, magnesium, phosphorus, calcium, potassium and chloride. It also contains traces of boron, fluoride, iodine, zinc, selenium and copper, all of which are necessary for bodily health.

In addition to promoting a healthy pH balance to the body's cells, the salt can also help regulate blood sugar levels and the body's natural sleep cycle.

Try using it in your salt grinders, shakers and in recipes. Himalayan salt can also be found in large blocks which can be used as serving platters to give food a delicate flavor.

You can also try a detoxifying bath with the salts:

Take one cup of salt and fill your bath with water that is 98-100 degrees, or very close to body temperature. Soak and pat your skin dry afterwards. The briny water will help to draw toxins from your body.



Sunshine News!

We would like to welcome all the new babies that have joined our group this month! If you would like to submit a newborn picture to be shared in our next newsletter, please email Kristen at lwrmgnewsletter@yahoo.com.

Congratulations Mommies!

*When you were born you filled my heart with pride,
And I was overcome by the joy I felt inside.
As I held you in my arms that very first day,
I knew I would never let any harm come your way.
With your tiny little hands and tiny little feet,
Every time I look at you my heart skips a beat.
As I watch you sleep in the middle of the night,
I hope and pray I will do everything right.
I know I may make some mistakes along the way,*

*But I promise to do my best not to every single day.
I often wonder what you will grow up to be,
But whatever you become will be fine with me.
So whatever you may decide to do in your life,
Maybe an astronaut, a lawyer, or even a doctor's wife.
I can say this without any doubt at all,
I will always be there to catch you if you fall.
And another promise I make to you from me,
Mommy's little angel you will always be.*

FOUR QUESTIONS TO ASK ABOUT YOUR PORTFOLIO

Today's market presents challenges – such as rising interest rates – when evaluating income-producing investments. Ask yourself these four questions as they pertain to your income-producing securities:

1. What role do they play in my portfolio?
2. What will happen if interest rates rise?
3. What other risk exposure do I have?
4. What action should I take?

We have the tools, resources and expertise to help you make informed decisions and adjust appropriately, given risks in today's market.

**Call us today for help assessing whether you are
well positioned for any scenario.**

RAYMOND JAMES®

John A. Freeman

Associate Vice President - Investments

941-907-0168

8120 Lakewood Main St. Suite 201

Lakewood Ranch, FL 34202

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mom's night out

Bonefish Grill

When: Tuesday, February 10th

Time: 6:30pm

Where: Bonefish Grille, University



Please view our Facebook page for more details.

Face Painting
Birthday Party

941.720.5151
www.akikographics.com

LR Little Ranchers

Learning Center of Lakewood Ranch Baptist Church

Little Ranchers Learning Center is a part-time christian preschool focused on loving children and their families. We provide a warm nurturing environment for children ages 18 months to 5 years. Our program is developmentally appropriate to meet the needs of every child.

Please call or email Connie for more information or to schedule a tour:
940.552.1304 // connie@lwrbbaptist.com

A warm welcome to our newest members!

Mindy Buckley

Kristin Culliton

Robin Harrell

Shannon Allen

Sophia Xu

Chelsea Chana

Jennifer Ford

Niki Trusty

Kristen Pomeroy

Please be sure to visit our website and Facebook Page for lots of fun events!

If you are interested in joining the Lakewood Ranch Mom's group, visit our website at:

lwrmmomsgroup.com and complete the
Become a Member form.

New members are always welcome!



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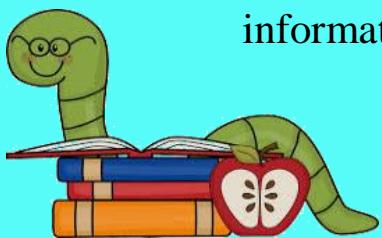
Logo and Photo Cookies!



Book Club for Kids at Lakewood Ranch Town Hall.

Each month a different mom will be the storyteller and create a craft that coincides with the story that they would like to share.

Please visit our Facebook for further information.



Join the Fun!

Looking to be part of a fantastic group of Moms in Lakewood Ranch?

Visit our website at:
www.lwrmomsgroup.com
and start making friends and having fun!



School Happenings

Braden River Elementary

February 6th- Fairy Tale Ball 6-8p
February 10th- Spirit Night @ Freddy's Frozen Custard Creekwood
February 11th- Professional Learning EARLY Release @ 1:15
February 16th- NO School
February 19th- 3rd Qtr progress reports
February 19th – SAC/PTO Meeting 6-8

Gullett Elementary

February 10th- SAC Meeting 5pm @ media center
February 11th Early release @ 1:15pm
February 16th- NO School
February 19th- Spirit Night @ chick Fil A (Creekwood Location) 5-8pm
February 28th- Winter Carnival 11-4 on school grounds

McNeal Elementary

February 11th- Professional Learning EARLY Release @ 1:15
February 16th- NO SCHOOL
February 19th- Progress reports
February 19th- PTO Meeting 2-5pm
February 19th- SAC Meeting %:45-6:30pm

Wakeland Elementary

February 6th- Volunteer Work day 8:30am
February 6th- Father/ Daughter Dance
February 16th- NO SCHOOL
February 19th- Progress reports
February 26th- Student of the month
February 26th- PTO Meeting @ 6:45pm
February 26th- SAC Meeting @ 7:15pm

Willis Elementary

February 2nd-6th- Book Fair
February 3rd- All Pro Dad Breakfast 7:30-8:15am
February 4th- Runners Club 7:30-8:00am
February 5th- Muffins with Mom 7:30-8:00am
February 6th- PTO Meeting 2-2:50pm
February 11th- Dress Down day \$2
February 11th- Runners Club 7:30-8:00am
February 11th- Early Release @ 1:15pm
February 16th- NO School
February 18th- Runners Club 7:30-8:00am
February 18th- Spirit Night @ Freddy's 5-11pm
February 19th- Box Top Collection
February 23rd- SAC Meeting @ 6pm
February 25th- Runners Club 7:30-8am

Witt Elementary

February 3rd and 4th- Donuts with dad and book fair
February 6th- Father daughter dance 6:30-9pm
February 11th- Early Release 1:15pm
February 16th- No School

Braden River Middle School

February 11th- Early Release @ 2:15pm
February 19th- SAC Meeting 6-7pm

Nolan Middle School

February 2nd – Walk a-thon
February 2nd- Basketball @ Harley @5pm
February 5th- Basketball @ 5pm
February 6th-7th- Play Alice In Wonderland 7-8pm in cafeteria
February 7th- Basketball @ 5
February 18th- Valentines Dance All grades 3:45-5:15 \$5
February 23rd- SAC/PTO Meeting @ 4pm

Rowlett Academy of Arts and Communication

February 9th-13th- FTE Survey Window
February 11th- Early Release
February 16th- No School

Imagine School of Lakewood Ranch

February 23rd-27th- Book Fair "Under the sea theme"

Center Montessori

February 2nd- Open Enrollment
February 2nd-6th- Valentine Show Drive
February 6th Yearbook Ads Due
February 11th- Kindergarten Valentine Shoe Drive
February 16th- NO School
February 23-27th- Book Fair
February 23-27- Montessori Education Week
February 27th- School Wide Celebration @ 5:30pm

Classical Academy of Sarasota

February 5th- Soccer game @ 4pm
February 6th- MATHCOUNTS Competition
February 10th- Soccer Game @ 4pm
February 12th- Soccer Game @ 4pm
February 16th- No School

Out Of Doors Academy Lower School

February 2nd - Pre-k and Kindergarten Applications Due
February 3rd - 3rd Grade Kentucky Derby
February 5th - Kindergarten Field Trip
February 13th - Pre-k and Kindergarten Admission Decisions sent
February 19th- 90th Play
February 20th- Grandfriends Day 9-12
February 20th- Jump Rope For Heart 11-12
February 20th - Mid Winter Break (classes resume on 3/2)

Out of Doors Academy Middle and High School

February 3rd - Math Competition 7:30-9:15 am
February 3rd - Blood Drive 9-2:30
February 4th- Junior College Counseling 6-7
February 7th - ACT Exam 7-12
February 9th-13th Upper School AP and Honor Testing
February 11th- Freshman College information Night 7-8:30pm
February 23rd- Last day of school winter break until 3/2

Goddard

February theme is Under the Sea and Animals
February 2nd - Groundhog day
February 2nd-13th – Pre-K Conferences
February 13th- Valentines Love Notes
February 16th- No School

February 17th- Mardi Gras

February 19th- Chinese New Year
February 25th- MDA Hop A Thon

Kids R Kids

February 16th- No VPK

Woodlands

Every Tuesday morning: Playgroup from 9:00AM-12:00PM – activities for infants to 4yos
October 31st: Fall Festival open to the public from 6:30PM-9:00PM; learn more at www.gowoodland.com

**If a school you are interested in is not shown, but you think it should be included in our school happenings section, please email the School Ambassador so she can include it next month:*

lwrmschoolambassador@yahoo.com



Preschool Picassos - The kids enjoyed doing winter-themed crafts (painting snowmen and making paper penguins) at Adventure Park.



Lakewood Ranch Moms Group, Inc. - Advertise with Us!

Hello, and thank you for your interest in advertising with the Lakewood Ranch Moms Group, Inc. We currently have two options for advertising with our club. You can advertise by placing an ad in our Newsletter, or you can advertise by sponsoring an Event which includes an advertisement within our Newsletter.

Newsletter Advertising:

Our monthly newsletter is mailed and/or emailed to over 100 Moms Group members each month. We also provide complimentary copies to many businesses around Lakewood Ranch. In addition, a copy of the newsletter is provided to all new residents moving into Lakewood Ranch. We also post our newsletter on our LWR Mom's Group website, www.lwrmomsgroup.com. Below, you will find a list of available ad sizes, along with the price and dimension of each full color ad:

- Business card ad - \$30.00/month 3.5" x 2.5"
- Quarter page ad - \$50.00/month 3.75" x 4.875"
- Half page ad - \$75.00/month 7.75" x 4.875"
- Full page ad - \$100.00/month 7.75" x 9.75"
- (There is a 10% discount if you choose to pay for one year of advertising.)

Event Sponsorship:

The following Moms Group events are available for sponsorship: the Spring Fling, Summer Luau, Halloween Extravaganza, or Sunday with Santa. There are different levels of sponsorship available, and the details of each level are listed below. They are:

Platinum Sponsorship (\$600)

- Full page advertisement for 6 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 6 months after the event date). [\$600.00 value]*
- Opportunity to write one article for the newsletter
- Exposure at the event (table or banner, opportunity to raffle a door prize, crate an activity with your product for the children to do, etc.)
- Exposure at Meet & Greet or monthly meeting and/or mom's night out or kid's outing**

Gold Sponsorship (\$350)

- Half page advertisement for 4 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 4 months after the event date). [\$300.00 value]*
- Opportunity to write one article for the newsletter
- Exposure at the event (table or banner, opportunity to raffle a door prize, crate an activity with your product for the children to do, etc.)

Silver Sponsorship (\$150 minimum)

- Quarter page advertisement for 4 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 4 months after the event date). [\$200.00 value]*
- Opportunity to write one article for the newsletter

Bronze Sponsorship (\$75 minimum)

- Business Card advertisement for 3 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 3 months after the event date). [\$90.00 value]*
- Recognition as a Bronze Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

All sponsorships include recognition as a sponsor on all promotional items including, but not limited to, the event's flyer and posts on our public and private Facebook pages.

*Packages can be adjusted to provide additional advertising and/or sizing upgrades.

**Platinum sponsorship includes opportunity to be a guest speaker at a member meet and greet or monthly meeting. Another option could be to provide a coupon or door prize to use at one of these events. In addition that opportunity or, in lieu of, your establishment could be utilized for a mom's night out or a kid's outing. For example, we can schedule a dinner for the moms at your restaurant or a special class for children at your gym.

To get the most out of your sponsorship, we recommend you begin discussing the details with our president at least two months prior to the event so your logo/name can be included on all of the advertisements when we begin getting the word out for the event.

We look forward to working with you! If you have any questions, or need any further information,
please feel free to contact us:

Victoria Cobb, President: lwrmpresident@yahoo.com

Kristen Raniere, Newsletter Editor: lwrmgnewsletter@yahoo.com