

# 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.*



June 2015

## Positions for 2015-2016

We want to thank all of the Moms that have volunteered for positions for the 2015-2016 year. All positions have now been filled.

## Making Connections

When we found out 5 years ago we were moving to Sarasota from St. Louis, I told my husband that we HAD to be in Lakewood Ranch because it had a local moms group! At the time, my twin daughters were 18 months old, and I knew it would be difficult for me to get out and meet people otherwise. The first few months we lived here were very challenging for me. I went from being a working mom to becoming a stay-at-home mom with no clue about where to go or what to do with two rambunctious toddlers all day. It wasn't long after that we found out our son was on the way. Through the group, I was able to connect with some neighbors who also had girls the same age and get out on occasion for a MUCH needed social break. It took some time, but by staying as involved as I could helped me to eventually meet most of my closest friends here, some of whom I found were going through many of the same challenges with their kids. Our whole family is grateful for the connections we've made through the group, and we look forward to making many more in the years to come. – Rebecca Gurski

## Meet our New Board!

President: Victoria C.

[lwrmgpresident@yahoo.com](mailto:lwrmgpresident@yahoo.com)

Administrative VP: Jill B.

[lwrmgvp@yahoo.com](mailto:lwrmgvp@yahoo.com)

Membership VP: Jenn. O.

[lwrmgmembership@yahoo.com](mailto:lwrmgmembership@yahoo.com)

Treasurer: Jennifer K.

[lwrmgtreasurer@yahoo.com](mailto:lwrmgtreasurer@yahoo.com)

Kids Outings: Rebecca M. & Colleen H.

[lwrmgkidsoutings@yahoo.com](mailto:lwrmgkidsoutings@yahoo.com)

Moms Night Out: Karen M.

[lwrmgmomsnightout@yahoo.com](mailto:lwrmgmomsnightout@yahoo.com)

Welcome Coordinator: Deborah H.

[lwrmgwelcomecoordinator@yahoo.com](mailto:lwrmgwelcomecoordinator@yahoo.com)

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

[lwrmgpublicrelations@yahoo.com](mailto:lwrmgpublicrelations@yahoo.com)

Playgroup Coordinator: Julie H. & Ishani K.

[lwrmgplaydates@yahoo.com](mailto:lwrmgplaydates@yahoo.com)

Sunshine Meals: Katie B.

[lwrmgshinemeals@yahoo.com](mailto:lwrmgshinemeals@yahoo.com)

Community Service: Julie R.

[lwrmgcommunityservice@yahoo.com](mailto:lwrmgcommunityservice@yahoo.com)

Newsletter Editor: Kristen R.

[lwrmgnewsletter@yahoo.com](mailto:lwrmgnewsletter@yahoo.com)

School Ambassador: Valerie D.

[Lwrmgchoolambassador@yahoo.com](mailto:Lwrmgchoolambassador@yahoo.com)

## Our Last Message from Current President, Victoria Cobb

Summer is finally here and I'm so looking forward to enjoying lazy mornings with the kids. Having nowhere in particular to go seems very appealing to me right now. It would be wonderful to sit in our pjs and just color, play games and putz around until we felt like getting out of the house! In addition to having less to do in the mornings, I'm also going to be adjusting to having less to do with the moms group. June is my last month as president. It's only been a year, but I am very pleased with how our year turned out.

Over this past year, our welcome committee has welcomed over 80 new members. That's almost as many as we ended the previous year with! Between the amazing website Jenn Otterness created back in September, our members' recommendations, and a few other word of mouth methods, we have definitely been able to help moms learn about us and grow.

We also really bulked up our calendar this year. I'm delighted to see that our moms have had so many wonderful ways to meet one another. Between the play dates that Julie Hendrix has posted, the extra member exclusives I've arranged, the fantastic moms nights out that Karen Moore set up to the new member play dates and mixers Deb Hossenlopp and Jenn Otterness organized and the Kids Outings Rebecca Murphy and Colleen Heim put together, we have had a very busy calendar. I think if someone tried to attend everything on our calendar each month, they'd be absolutely exhausted by the end of the month!! For me, this change to our calendar was a major goal of mine. Why join a group if there are only two or three things to do a month?? I'm so glad that we had a fantastic team that was willing and able to make sure our members had ample opportunities to meet one another and form friendships.

My mission this year was to simplify things. I'm not really sure how far I went with my goal, but I hope I made it simple for you all to meet one another. I hope that you found the option to use PayPal to pay for things, rather than having to search for a stamp or drive by some random address, easier. I hope that the weekly emails with upcoming events helped you find what you wanted to do each week with our group. I hope that you used the tools

that we provided you with, like the sale board or the playgroup pages to make it easier to find members with kids the same ages as yours or to get that garage cleaned out. I also hope that you take a moment to thank all of the ladies who volunteered and worked hard on keeping the group running this year. Without them, things definitely wouldn't have been so simple.

Throughout the newsletter, you will see some stories our moms have shared with how they've found friendship through our group. In addition to being a great resource for advice, I do believe we are a fantastic support group for each other. That is why I have volunteered these last four years and why I will continue to volunteer – to give back to the group that helped me make Lakewood Ranch more than a place to live. Thank you ladies for helping to make this town feel like home.

Victoria Cobb

### Thank you

***To an Amazing Group of Moms who have made a difference in the lives of other Moms. Your time spent as a volunteer has made a HUGE difference.***



# YOUR HEART YOUR HOSPITAL



**Cardiovascular Services**  
at Lakewood Ranch Medical Center

The cardiologists at Lakewood Ranch Medical Center are ready to take care of the ♥ that matters most ... *yours*.

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## Lakewood Ranch Medical Center

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941.782.2100

Connect with us! 

[www.lakewoodranchmedicalcenter.com](http://www.lakewoodranchmedicalcenter.com)



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.

June

2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7 Movie Night 4:50pm	8	9 Fun to Be Fit at 10:00am	10	11 MNO at Seasons 52 6:30pm	12	13 Couples Movie Night Out 6pm
14 Lego Land Day	15 Monthly Meeting Mom's Night Out 8:30pm	16	17	18	19	20
21	22	23	24	25	26	27 Busch Gardens Night
28	29	30	1	2	3	4

**Please check our Facebook Page regularly for more events and fun!!**

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# Lakewood Ranch Baptist Summer Camp 2015

Summer Camp Lineup  
For  
Ages 2 to Completed 2nd grade

June 15-18	Deep Blue Sea
June 22-25	Stars and Stripes
July 6-9	Wild West
July 13-16	Safari Adventure
July 20-23	Pirates and Princesses
July 27-30	Music, Arts and Drama

**One week M.A.D. (Music, Arts and Drama)  
For**

**Grades completed 3rd to completed 5th  
July 27-31**

**9am to 1pm**

**\$100 (-\$15 for siblings)**

**only 50 spots available**

**For more information on MAD camp**

**Contact Jessica Stack at [Jessica@lwrbaptist.com](mailto:Jessica@lwrbaptist.com)**

**Or call the church at 941.257.4431**

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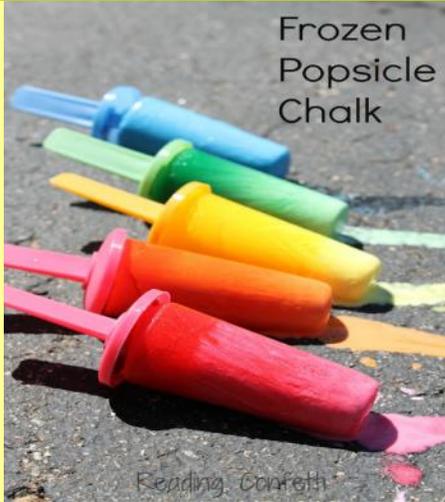
Summer Camp  
Monday - Thursday  
9am to 1pm

\$85 per week for all age groups  
\$30 Registration fee

Contact Connie for more information on registration  
[connie@lwrbaptist.com](mailto:connie@lwrbaptist.com) 941.552.1304

# SUMMER CRAFT

If you haven't visited Pinterest for Summer Craft Ideas, give it a whirl:  
<http://www.pinterest.com/mickell/kids-arts-crafts-summer/>



**Frozen Popsicle Chalk recipe:**  
<http://www.readingconfetti.com/2013/05/frozen-popsicle-chalk.html>

# A Wonderful Support System

When I moved from Virginia to Florida, away from family and friends, I was really nervous and scared about how I would meet people. I was still going through post-partum depression, and it was a tough transition. I decided to stay at home with my son when we moved. This was another huge change for me since I was so career driven and many of my friends were from work. I joined the Lakewood Ranch Moms Group in hopes I'd meet new friends. I got involved helping with play dates and scheduling events for the group's calendar. I know I met more people faster just by volunteering and helping with community events, and I'm so glad I did. Now I can say after only being in the group for a little over a year, I have so many close friends and have met some really great families. My husband works long hours, so I have relied on this group to keep me out of the blues and find friends for my little man and my big man (hubby). After my most recent pregnancy, I had such amazing support from the moms group. I'm having a much better post-partum experience because I have a wonderful support system around me with friends checking in on me, which is especially helpful since I don't have family in town. Thank you so much to all of you amazing women for making me feel welcomed, loved and supported throughout my first year in Florida. I appreciate all of you! – Julie Hendrix

## Mom's Group Summer Party!

*Keep an eye out for our Summer Party in July!*

Who doesn't love a good, old fashioned summer party with yard games, fired up grills, sparklers, water balloons and music? We are taking the summer back to the backyard!

As our new membership year will have started, this party will be a great way to kick off the new year and meet some of our new members that join in July!

Look for information on our Facebook page and online in the Members Only section or our website.

**mom's** night out

## Season 52 Fresh Grill

**When:** Thursday, June 11th

**Time:** 6:00pm

**Where:** Season 52

170 University Town Center Drive Suite 103  
Sarasota FL 34243  
941-702-9652





## Join the Fun!

Looking to be part of a fantastic group of Moms in Lakewood Ranch? Visit our website at:

[www.lwrmomsgroup.com](http://www.lwrmomsgroup.com)  
and start making friends and having fun!



### F.E.L.T. (Feeding Empty Little Tummies)

Over this past year, we have raised enough money to help approximately 20 children to be fed through the program for a full month. That doesn't include all of the food donations and backpacks we were able to bring in this year too!



Our final fundraiser this year was a small one, but thank you to all of those who participated in the silent auction we had online.

Our winner, Rebecca Gurski, took home a beautiful necklace and earring set donated by Michelle Faught at:



<https://www.chloeandisabel.com/boutique/michellevintage>

Thank you Julie for all of your hard work!



## Sunshine News!

We had one mom in May receive sunshine meals. Christina Foster's son had surgery in the beginning of May. A huge thank you to Carrie Mach and Shannon Allen for providing sunshine meals to Christina's family. We know the help was much appreciated, and Christina, we hope your son is recovering well.

# 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.**

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**John A. Freeman**

*Associate Vice President - Investments*

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# Summer Camp!!

If you have a younger teen who may be interested in working as a summer camp counselor, both the YMCA and Manatee County Parks offer junior counseling camps. Publix Aprons Cooking School in Sarasota (University location) holds 3-day teen camps starting in June.

To check specific information on all of these camps/organizations/activities, please see the full list with contact and/or website info. below. Manasota Kids (<http://www.manasotakids.com/>) and Mommy Magazine are always great references for things to do in the area. Also, Mixon Farms is hosting a summer camp expo This month (see inset). And, of course, feel free to consult the many knowledgeable Moms in the group with any questions!

## Under 3:

Forty Carrots 941.365.7716 or [fortycarrots.com](http://fortycarrots.com)  
Manatee County Public Library [mymanatee.org/library](http://mymanatee.org/library)  
PlayAway 941.755.1070 or [playawaykids.com](http://playawaykids.com)  
Sarasota Children's Garden 941.330.1711 or [sarasotachildrengarden.com](http://sarasotachildrengarden.com)  
Sarasota Public Library [sclibs.net/](http://sclibs.net/)  
Time 4 Tikes 941.812.6897 or [time4tikes.com](http://time4tikes.com)

## Preschool:

All God's Children 941.739.2776 or [livinglordfl.org/preschool.php](http://livinglordfl.org/preschool.php)  
Little Ranchers 941.552.1304 or [lwrbaptist.com/little-ranchers](http://lwrbaptist.com/little-ranchers)  
Sprouts 941.907.7333 or [connect.welcometoharvest.org/sprouts-child-development-center](http://connect.welcometoharvest.org/sprouts-child-development-center)  
Mote Aquarium Mommy and Me [mote.org/education](http://mote.org/education)  
PlayAway (see above)  
Woodland Community Church 941.753.8588 or [woodlandministries.com](http://woodlandministries.com)

## School Age/Teens:

Acrofit Gymnastics 941.923.2100 or [acrofitgymnastics-sarasota.com](http://acrofitgymnastics-sarasota.com)  
Art Center Sarasota Creative Kids 941.365.2032 or [artsarasota.org](http://artsarasota.org)  
Arts Ablaze 941.306.5840 or [artsablazestudio.com](http://artsablazestudio.com)  
CapoKids 941.922.4520 or [capokids.com](http://capokids.com)  
Circus Arts Conservatory 941.355.9335 or [circusarts.org](http://circusarts.org)  
(The) Cookie Cottage 941.552.6914 or [thecookiecottageflorida.com](http://thecookiecottageflorida.com)  
Drama Kids 941.922.8121 or drama [kids.com/fl/](http://kids.com/fl/)  
Ellenton Ice Rink 941.723.3663 or [ellentonice.com](http://ellentonice.com)  
Jump Dance Academy 941.747.8900 [jumpdancecompany.com/summerprograms](http://jumpdancecompany.com/summerprograms)  
LWR Athletic Center Tennis/Sports Camp 941.907.2825  
Manatee County Parks 941.742.5923 or my [manatee.org/parks](http://manatee.org/parks)  
Publix Aprons Cooking School-Sarasota 941.358.7781 or [Publix.com/cookingschools](http://Publix.com/cookingschools)  
Reflex Arts Dance and Yoga 941.359.9642 or [reflexarts.com](http://reflexarts.com)  
Strike Zone 941.758.9663 or [thezonecomplex.com/strike-zone/](http://thezonecomplex.com/strike-zone/)  
True Blue Farm 941.227.3854 or [truebluefarm.com/](http://truebluefarm.com/)

YMCA [manateeymca.org](http://manateeymca.org)

# Summer Fun

<b>Glazer museum:</b> 1st Tuesday of the Month Free <a href="http://glazermuseum.org/events/target-Tuesday">http://glazermuseum.org/events/target-Tuesday</a>	<b>AMF Bowling:</b> 3 Games Free for kids during the weekdays. Register online. <a href="https://freesummertimegames.amf.com/">https://freesummertimegames.amf.com/</a>
<b>\$2 Movie Theatre.</b> <a href="http://www.omcinemas.com/">http://www.omcinemas.com/</a>	<b>Summer Circus:</b> <a href="http://www.ringling.org/events/summer-circus-spectacular">http://www.ringling.org/events/summer-circus-spectacular</a>
<b>Circus Park in Downtown Sarasota:</b> 2050 Adams Ln, Sarasota, FL 34237	<b>Baseball tickets on Groupon:</b> \$16 for a Bradenton Marauders Baseball Package with Hot Dogs and Drinks for Two at McKechnie Field (\$38 Total Value)
<b>Big Cat Habitat—Groupon Deal:</b> \$35 for Visit for Four to Big Cat Habitat (\$60 Value)	<b>Great Explorations Children’s Museum:</b> <a href="http://greatex.org/blog/hours-admission/">http://greatex.org/blog/hours-admission/</a>
<b>Bounce Down Under—Groupon Deal:</b> Three Open-Jump Sessions for a Child Aged 2–4 or 5–13 at Bounce Down Under (Up to 47% Off)	<b>Sun-N-Fun Activities:</b> <a href="http://www.sunnfunfl.com/lifestyles/events.cfm">http://www.sunnfunfl.com/lifestyles/events.cfm</a> Day Pass: \$6



As the new membership year begins, we will also be selecting a new charity to support this year. During the last monthly meeting, we decided to narrow it down to these four charities. Take a moment to take the survey online to let us know your preferences: <https://www.surveymonkey.com/s/GD7J8SD>

**Safe Children Coalitions** - (SCC) is a collaboration between the YMCA and many local community entities who together provide a continuum of child welfare services for dependent children who have been abused, neglected or abandoned. Child protection services provided include case management, foster care, independent living and adoptions.

**HOPE Family Services**- their primary purpose is to provide services to survivors of domestic violence and help them stay safe, gain strength, and evaluate their options. From the first program until today, HOPE has had one goal; to offer high quality, life saving services for victims and survivors of domestic violence. Some of HOPE’s services include a 24hr hotline, emergency safe shelter, transitional housing, advocacy, counseling, children’s program, primary prevention program, etc.

**Manatee Children's Services, Inc.**- is a private, not-for-profit organization governed by a Board of Directors. MCS provides two types of programs: prevention and intervention. Prevention programs include: in-home, individualized parenting educational services, group parenting classes, kinship support.



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www.lakewoodranchselfstorage.com

**A warm welcome  
to our newest members!**

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: **[lwrmomsgroup.com](http://lwrmomsgroup.com)** and complete the *Become a Member* form.



**Our Movie Club has officially started!**

**Keep an eye out for the first scheduled  
movie night!**

**We'll be seeing the movie, Aloha.**

**Make sure to thank Heather Jones  
for working on getting this  
project off of the ground!**

**Friendship**

I have been a member of the Lakewood Ranch Moms Group for several years now and love the friendships I've made. My husband and our twins moved locally from another Florida city where I was an active member of a moms group that supported moms of multiples. I was doubtful that I'd make friends as good as what I had from that group, but boy was I wrong. I work full-time and I'm far from crafty. I love that there are others in this group that are also juggling work and home. I feel a sense of "family" with this group of women and am so glad I joined. Thank you!  
– Shelly Bishop

**Mom Support**

We moved to Lakewood Ranch area a year and a half ago knowing one person & I joined this group about a year ago through meeting moms at Sprouts. Thanks Rebecca Gurski for helping me find the group! That being said, yes I've enjoyed making friends, scheduling the moms night outs & doing fun play dates, but I'm literally speechless at all the support we have received recently. Thank you! – Karen Moore

## 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](http://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, create 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, create 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: [lwrmgpresident@yahoo.com](mailto:lwrmgpresident@yahoo.com)  
Kristen Raniere, Newsletter Editor: [lwrmgnewsletter@yahoo.com](mailto:lwrmgnewsletter@yahoo.com)