

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.



August 2014

Activities in Lakewood Ranch and Around Town

Glazer museum: 1st Tuesday of the Month Free

<http://glazermuseum.org/events/target-Tuesday>

\$2 Movie Theatre:

<http://www.omcinemas.com/>

Circus Park in Downtown Sarasota:

2050 Adams Ln, Sarasota, FL 34237

Big Cat Habitat:

<http://bigcathabitat.org/visit/calendar/>

AMF Bowling: 3 Games Free for kids during the weekdays. Register online.

<https://freesummertimegames.amf.com/>

Summer Circus:

<http://www.ringling.org/events/summer-circus-spectacular>

Children's Museum: <http://greatex.org/blog/hours-admission/>

Sun-N-Fun Activities:

<http://www.sunnfunfl.com/lifestyles/events.cfm>

Day Pass: \$6

Bounce Down Under: All day play for one price. \$6 on Tuesdays

<http://www.bouncedownunder.com/walk-ins.html>

Contact Us

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Monthly Meeting

When: August 7th

Time: 7pm

Where: Mcallisters

A Message from Our President

We are in the final month of summer vacation. If you are like us, you are scrambling to get in as many summer memories as possible before the return to school: visits to the beach, popsicles by the pool, and lazy movie nights where we stay up late since there is nowhere particular we need to be! As much as I cherish this part of the year, I must admit I'm also ready to get back to a routine. Once school hits, our club's activities should be on the upswing.

I hope you are as thrilled as I am to see all of the playdates begin to pop up on our calendar. There should be lots of opportunities for you and your children to meet other members. In addition to the playgroups, we have some great events coming together and after some discussion at the last meeting, our calendar looks like we may end up with a new, larger event nearly every month! Normally we have four parties a year, but we are looking into adding at least five more – a casino night, a 5K run to benefit our selected charity, a doctor meet and greet, and two new member meet and greet nights! All of this new stuff takes some planning so although we may not have any of these big events this month, be on the lookout for information! Here is the tentative plan:

- September: new member night and Doctor meet and greet
- October: Halloween party
- December: Christmas party
- February: 5K run and new member meet and greet
- April: Casino Night and Spring Fling
- May: Luau

Speaking of information and communication, I know this is a hot topic button for our group. To help keep you in the loop, take some time to read the article, "Ground Control to Major Mom" to learn how about all of the ways we share information! Over the last year, we have created multiple new ways to make sure you are informed. This article will help explain them all so you can decide which method will work best for your needs.

I am looking forward to seeing you all at our events. Until then, enjoy these last few days of summer!

Victoria Cobb

A warm welcome to our newest members!

Please welcome Tamar Jaffe Blazer and her children Lilah and Jake! Tamar just moved to Lakewood Ranch this month. The twins will celebrate their first birthday next month!

Please welcome Kelly Lemieux and her 2 year old Alexis! Kelly lives in Central Park and can't wait to meet other LWR families.

Also Welcome Stacey Prentice Burge and her 2 children Eshun (age 4) and Evy (age 2) who attend Kids R Kids!

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: lwr moms group.com and complete the *Become a Member* form.

New members are always welcome!





The American Association of Orthodontists recommends children be seen for orthodontic exams by age 7.

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941-907-8898

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Preschool Picassos



When:
Thursday
August
14th

Time:
10:30am

Join the Fun!
 Please visit our Facebook page, or our Google Calendar located on our website for information about upcoming events.

August							2014
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
For more information on events, please visit our Facebook page, or link our Google Calendar at: www.lwr moms group.com/calendar .						First Friday ¹ Music On Main Street 6pm	2
3	4	5	6	7 Monthly Meeting 7pm Mcallisters	8 LWR Athletic Center Pool 10:30am	9	
10	11	12	13 Mom's Night Out Ed's Tavern Lakewood Ranch 7pm	14 Preschool Picasso Splash Park @ Central Park 10:30am	15	16	
17	18	19	20	21	22	23 Back to School Bash YMCA 10am	
24	25	26	27	28	29	30	
31							

community SERVICE

The results of the poll are in and the clear winner of the charity that we will be supporting over the next year is FELT (Feeding Empty Little Tummys)! I recently contacted the FELT volunteer coordinator, William Moore, and he was very excited about our group helping their organization. He will be at our Moms Group Meeting at 7pm on Thursday, August 7th, at McAllister's to give us more information and to answer any questions that anyone may have. If you are unable to attend the meeting and have any questions about FELT, feel free to email them to me at lwrmgcommunityservice@yahoo.com.

Here is some background information on FELT (Feeding Empty Little Tummys) that William Moore sent to me:

"FELT is a non-profit 501 3c organization incorporated in Florida. The organization was started by Mrs. Jane Evers whose husband was the previous Mayor of Bradenton. When she learned children were returning to school on Monday after the weekend hungry, she had to do something. It began four years ago and Mrs. Evers conceived, organized, and managed it at her dining room table for the first three years. We were given a 2-car garage to use as a food warehouse by the 1st Presbyterian Church in Bradenton. Then last year we moved to an office, located at 936 14th Street W, Bradenton. Mr. Ray Shannon, West Coast Medical Transport and Shannon Funeral Home donated the office. With the donation of the office, the utilities are included and it functions as our office, warehouse, and pack location. The first year, FELT supported approximately 75 children in a few elementary schools and this last school year we provided food for over 225 children in 16 elementary schools across the county. We have approximately 35 volunteers who pack backpacks on the last day of each school week, deliver to the schools, sort food and ready the warehouse for pack day. The volunteers also serve as grant writers, webmasters, and warehouse managers who purchase and receive donated foods and others who assist as needed. This is strictly a volunteer organization and no one is paid nor receives compensation for travel, etc. We rely solely on monetary donations and food provided by groups, individuals, etc., through food drives. We constantly strive to increase our support to as many children as we can and to expand to as many schools as we can handle each year. Our focus is strictly on homeless children, foster children, and children from a family that shares living areas with other families. We are provided a listing of children that fall within that category from each school, in which we support, through the Manatee County School Board representative of the Project Heart Program."

I am very excited to be helping such an amazing and heart felt organization and I'm looking forward to planning fund-raising events for our children and us. If you would like to be added to the community service volunteer list to help with planning and organizing events please email me with your name, phone number, and email address and I will add you to the list. I am looking forward to having fun and raising a lot of money and supplies for FELT over the next year!

Cheers!

Julie Ruffing

Community Service Coordinator



"No one is more cherished in this world than someone who lightens the burden of another." –Author Unknown-

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.

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

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



* 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.



Ground Control to Major Mom

One of the things we often hear from our members is that they aren't aware of the events we have going on. To help alleviate this issue and make sure all of you are connected in the best way that works for you, here are the ways we share information about and within our group.

Website

We maintain a website, www.lwrmomsgroup.com, primarily for non-members and potential advertisers to learn about us. It is still useful to our current members, however! It has both current and several archived newsletters, a list of our committee heads with their email addresses as well as our calendar. At some point, we hope to also include a member portal where you will be able to access documents like membership renewal forms and sign up forms for the parties with a paypal payment option. We are also hoping to develop a list of all of our commonly asked questions like what pediatrician do we recommend or which lawn service do we trust. For the absolute basics of what are going on, our website may be the tool for you!

Google Calendar

Our google calendar was created to help make the import into the newsletter easier for our newsletter editor, but it also has an added benefit – you can access it on your phone! The great thing about importing the google calendar into your phone's calendar is that you will see exactly what is going on every time you look at it! We do maintain a level of privacy with our google calendar by utilizing the Facebook link to the event to find out the details. If you are not a member, you can't access the details. If you are logged onto Facebook on your phone via the app and are a member of our Facebook group page, you can click on the link and it will open the event on Facebook so you can learn more about the event. Directions on how to add the google calendar to your phone's calendar are available under the Files tab on our Facebook page as well as in the Files section on our Yahoo Groups page. You can also email me, lwrmgpresident@yahoo.com to get a copy directly.

Yahoo Groups

Our Yahoo group page has been around for a long time, and it does continue to provide us with additional perks. One of the greatest perks is that you can email the entire group by simply emailing us at lwrmoms@yahoogroups.com. The other benefit to that email address is that you can't receive spam from it - only members can send emails to that address. For instance, if you have trouble using it, you may want to double check that you are sending an email via the email account you have registered with our group. What? You are not receiving emails from that email address? Check your notifications in the yahoo group by logging into our page and selecting "Manage My Groups" and adjusting the "Mail Subscription". Because sending emails with this account is not utilized as much as it was in the past, I would recommend changing it to "individual emails" as we now have a manageable amount of emails circulating that it shouldn't clog up your inbox like it might have a couple of years ago.

The screenshot shows the Yahoo Groups interface. At the top is a navigation bar with links like Home, Mail, News, Sports, Finance, Weather, Games, Groups, Answers, Screen, Flickr, Mobile, and More. Below this is a search bar and a 'Search Groups' button. The main content area is titled 'Edit Groups' and includes a 'Save' button and a 'Cancel' button. A message says 'Drag your groups into the desired order. The first 10 will be displayed on the left menu'. Below this is a table with the following columns: Group Name, Status, Yahoo Profile, Email ID, and Mail Subscription. The 'Mail Subscription' column is circled in yellow, and a dropdown menu is open showing options: Individual Emails, No Email, Special Notices, and Daily Digest. The 'Manage My Groups' link in the left sidebar is also circled in yellow.

Group Name	Status	Yahoo Profile	Email ID	Mail Subscription
1 lwrmoms				Individual Emails

—continued from previous page

Facebook Page

We have a Facebook group page that is available only to our members. Moms will often post questions to it to ask for advice. We also post all of our events to this page because of the RSVP feature which allows us for better planning. You can view all of the events and change your RSVP status by going to the events tab at the top of our page:

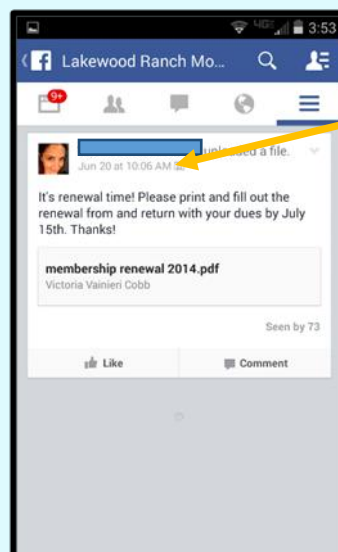
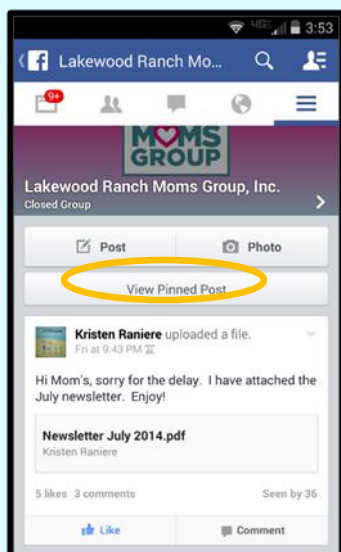


It may be beneficial for you to adjust your notification settings so Facebook alerts you to activity on our page:



Some of our members are more concerned about Facebook's privacy settings and have not joined it. Ok, that's fine! If you do not wish to be on Facebook, but would still like to see our events and recommendations, I would suggest you create a fake account, but let our membership VP, lwrmgmembershipvp@yahoo.com, know what it is and who you are so she can approve you. We have had members create accounts using their children's names to create a first and last name for themselves. I have also created an administrator account that is not connected to any real member either.

One last note, at the last meeting, we had a couple members ask what a pinned post was. A pinned post is one that is set to stay at the top of our page. As new posts are added to the page, the pinned one stays at the very top so you don't have to search for it. Some moms pointed out that the pinned post wasn't showing on their feed. It's true. If you are on a mobile device, there is a button you'll need to press to see it.



The pinned post appears after clicking on "view pinned post"

Public Facebook Page

We also have a public Facebook page that has been lying dormant for a year, but we are thinking about getting more use out of it this year. When you have a chance, go over and like us at <https://www.facebook.com/lwrmomsgroup>. It is a way for potential members to ask us questions and see what we have been up to through our posts.

I hope that helps illuminate the various ways you can receive information and helps you feel like you are better informed about our activities!

Back 2 School



Check, Check, Done

Make it Fast, make it Fun!

Morning List

S M T W Th F S

Make bed							
Get dressed							
Hang up pajamas							
Brush teeth							
Brush hair							
Pack backpack							
Feed pet							

Evening List

S M T W Th F S

Finish homework, stack neatly							
Clean desk							
Pick up toys							
Lay out clothes for tomorrow							
Pack after school activity bag							
Take a bath							
Brush teeth							

© 2012 Family Minute. All Rights Reserved. Family Minute and Family Minute are registered trademarks.

Daily Checklist for _____

This checklist must be completed daily before bed. All tasks must be checked off in order to receive discussed prize and/or allowance, computer, television time, etc.

School

- ☐ HOMEWORK/STUDY TIME
- ☐ 15 MINUTE READING & JOURNAL
- ☐ PAPERWORK AND PERMISSION SLIPS SIGNED
- ☐ IMPORTANT DATES DISCUSSED

Chores

- ☐ ROOM CLEANED
- ☐ TABLE SET
- ☐ DISHES CLEANED
- ☐ DISHWASHER LOADED
- ☐ _____
- ☐ _____

Hygiene

- ☐ BATH/SHOWER
- ☐ CLOTHES IN HAMPER
- ☐ CLOTHING PICKED OUT FOR NEXT SCHOOL DAY
- ☐ _____
- ☐ _____
- ☐ _____

Other



Once complete, please sign that everything you are responsible for has been completed.

Signed: _____ Date: _____

BROUGHT TO YOU BY
the CUBIC! F chick

Every Morning I Need To:

Go Potty

M T W T F



Get Dressed

M T W T F



Eat Breakfast

M T W T F



Wash my Hands and Face

M T W T F



Brush My teeth and Hair

M T W T F



Put on My Shoes

M T W T F



Collect them all!



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Do you know what your children are doing this summer?

Come join us for summer camps as we go on an adventure and "travel the world" ... Departing June 16th

Contact Carrie at:
carrie@lwrbaptist.com or call
941-400-1006 to register today!

Ages 2 Years – 3rd grade
Lakewood Ranch Baptist Church



Advertise with Us!



Our moms are always looking for new service providers in our area. If you are interested in advertising with us in our newsletter, or on our website, please contact Victoria Cobb at:
lwrmgppresident@yahoo.com

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www.lakewoodranchselfstorage.com

Comic Sense Mom

*"My
house isn't
messy. It
is custom
designed
by a 3
year old."*



Have a cute kid's saying that you would like to include in our next newsletter? Send it to
LWRMGNewsletter@yahoo.com.



Join the Welcome Committee!!

Remember when you became a new member? You should have been welcomed by one of our mom's group welcoming committee members! Our goal is let the new member know that she immediately has a friend who she can go to with questions or concerns, and also to help her get involved. The committee is in need of volunteers so that we can quickly accommodate our new mom members. It requires little time and resources, so if you're willing and able, please contact:

lwrmgwelcomecoordinator@yahoo.com
for more information.

Member Meet and Greet

Thursday, September 4th
7:00-9:00PM
\$12.00 per person
WineStyles
8225 Natures Way
Lakewood Ranch, FL 34202

Join us for wine
tasting,
appetizers,
raffles to support
F.E.L.T., and
more!



Make checks payable to:
Lakewood Ranch Moms Group, Inc.
8374 Market Street #435 | Lakewood Ranch, FL 34202
(941) 386-6881 | www.lwrmomsgroup.com

Lakewood Ranch Moms Group, Inc.

Membership Renewal Form

Please complete this form and mail it, along with your \$30 check made payable to
Lakewood Ranch Moms Group, Inc.

Lakewood Ranch Moms Group, Inc. | 8374 Market Street #435 | Lakewood Ranch, FL 34202

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Children's Names:	Birth Date:	School Attending*:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Our group is run completely by volunteers. Please note that we request all members to contribute to the success of our group by volunteering annually in one form or another. Some of the ways you can help our group be successful are by taking on an executive position, volunteering at a special event or community service project, providing a sunshine meal to a fellow mom, for example. Please check the box or boxes below to indicate some ways you may be able to help out:

- ☐ Delivering a Sunshine Meal to a new mom or mother in need. You can cook or order the meal from a local restaurant.
- ☐ Be a part of our Community Service Committee by helping plan and volunteer at events to raise funds for our selected charity
- ☐ Participate in the new playgroup format as a participant and host of playgroups (generally for kids 4 and under)
- ☐ Be a part of our Welcome Committee and deliver welcome packages/bake cookies or other baked goods.
- ☐ Assist with the newsletter production as a part of the Newsletter Committee
- ☐ Assist with locating sponsors for our events, ads for our newsletter to help raise funds for our events.
- ☐ Answer questions other moms may have about the school(s) your child attends.

I, the undersigned, understand that my participation and the participation of any members of my family in any Lakewood Ranch Moms Group, Inc. activity or program is completely voluntary, and we hereby give permission for myself and my family to join in those activities and/or programs. My family shall hold harmless this Moms Group and any Moms Group volunteers for representatives, paid or unpaid, and/or the providers of any activity or program location and/or materials from any liability and/or responsibility for any accident, illness, or injury that occurs during or as a result of any function or program. I accept that the final responsibility for my safety and that of my family rests with me.

Member's Signature: _____ Date: _____

ADVERTISE WITH THE LAKEWOOD RANCH MOMS GROUP

Below you will find a list of available ad sizes, along with the price and dimension of each ad They are:

- **Business card ad (full color) \$30.00/month 3.5" x 2.5"**
- **Quarter page ad (full color) \$50.00/month 3.75" x 4.875"**
- **Half page ad (full color) \$75.00/month 7.75" x 4.875"**
- **Full page ad (full color) \$100.00/month 7.75" x 9.75"**

(There is a 10% discount if you choose to pay for 1 year of advertising.)

All of our advertisers receive full color ads at no additional charge.

Event Sponsorship:

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

1. Platinum Sponsorship (\$600 minimum)

- Half page advertisement for 6 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 6 months after the event date). [\$450.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Platinum Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure! Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

2. Gold Sponsorship (\$350 minimum)

- Quarter page advertisement for 3 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 3 months after the event date). [\$150.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Gold Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure. Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

3. Silver Sponsorship (\$150 minimum)

- Quarter page advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$100.00 value]
- Recognition as a Silver Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

4. Bronze Sponsorship (\$75 minimum)

- Business Card advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$60.00 value]
- Recognition as a Bronze Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

Payment arrangements and newsletter ad artwork should be submitted in .jpeg or .pdf file format to the LWR Mom's Group President at: lwrmgpresident@yahoo.com. Please make sure to specify the size of the ad when you email payment and the ad artwork. Ad submissions are due by the 10th of the month prior to publication. For example, materials for an ad placed in the August newsletter must be received by July 10th.

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
Kristen Raniere, Newsletter Editor: lwrmgnewsletter@yahoo.com

mom's night out

Ed's Tavern, Lakewood Ranch

When: Wednesday August 13th @ 7pm

Where: [Ed's Tavern Lakewood Ranch](#)

Description: Keeping it simple & close to home!
Let's mourn (or in some cases...celebrate) the close of summer & start of a new school year! Ed's offers "name that tune" trivia on Wednesday nights! Come chat, sip, eat and relax (or compete if you wish :) Hope to see you there!



Kid's Outing

Ice Cream Social at Memory Lane in
Lakewood Ranch.
Details coming soon....



<http://www.pinterest.com/lwrmomsgroup/>

Recipes we like



Unfollow

Crafts for the kids



Unfollow

cleaning tips



Unfollow

Kids' Book Club



Unfollow