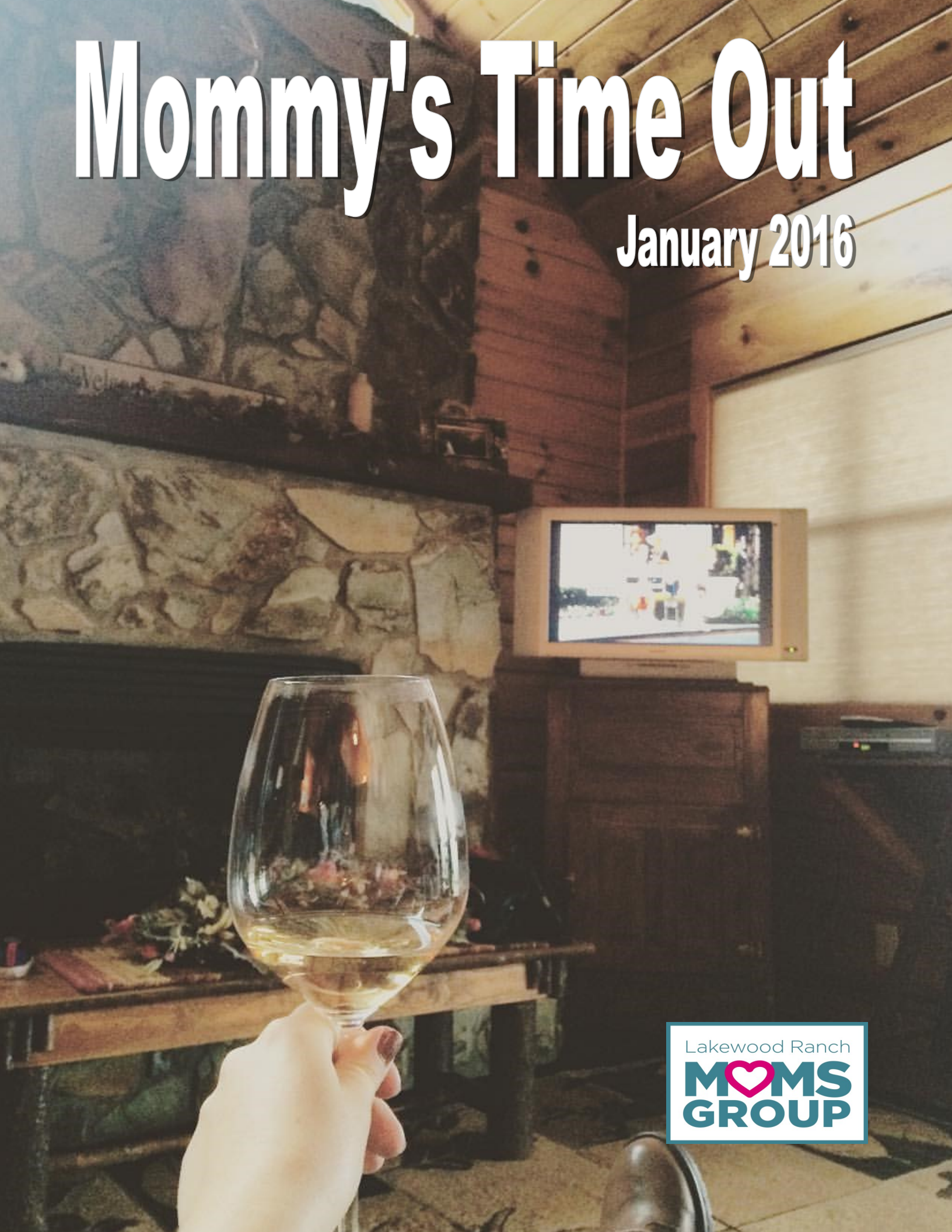


Mommy's Time Out

January 2016



Lakewood Ranch

MOMS
GROUP

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Thanks to our contributors this month: Aimee Hermann, Chanda O'Brien, Crystal Rothhaar, Jenn Otterness, Jenna Berquist, Jill Bennett, Karen Moore, Leslie Toscano, Lisa O'Driscoll, Melinda Hierholzer, Rebecca Gurski, Rebecca Milbank, Stacey Burge, Susan Meyers, Tara Sambuca-Duarte, Tracie McHugh, Victoria Cobb and Xavier Sevilla

LETTER FROM OUR PRESIDENT

Hi friends!

Hope you all had a holiday filled with laughter, love, fun and maybe even a little relaxation. More importantly, I hope you all have had a chance to recover from the whirlwind that is the holiday season with children! My Christmas was lovely but quiet, and I'm looking forward to getting back to our routine.

With the start of 2016 comes a packed calendar for our group! We tend to have a couple of slow months in November and December, but our events are sure to pick right up! I have some special events in the works and with new things like Game Night and Book Club there is sure to be something for everyone! On that note - I really hope many of you are able to attend this month's meeting. I am hoping to pick your brains about our group - what you love and what you might like to see changed or added!

Wishing you all a happy and healthy new year!

Warm Regards,
Jill

A Warm Welcome To Our Newest Members



Marcia Polese

Aimee Hermann

Julie Lazaris

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BOARD MEMBERS

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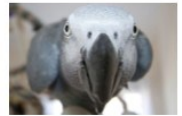
Community Service: Julie R. & Victoria C., lwrmgcommunityservice@yahoo.com

Kids Outings: Melinda H.

Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.

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Playground Playdate

Wednesday,
January 27th

3:30PM

Heritage Harbor



Preschool Picasso

Tuesday, January 12th
10AM

Race Car Painting @LWR
Baptist
\$3/child



Free Playdate for
our members.

Keep an eye out on our
Facebook page on how to
sign up.

Space is very limited.



We hope to see you on
Tuesday, January 26th
10:00AM to chat
10:30AM class starts
\$6/family



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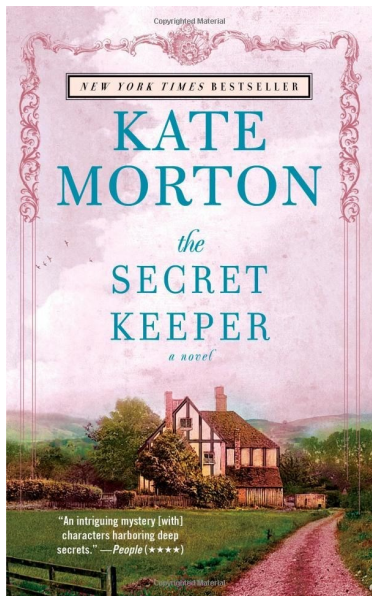
Coupon MUST BE PRESENTED
at time of enrollment.

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Coupon MUST BE PRESENTED
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Book Club

January 20th



Beach Day

Tuesday, January 5th

9AM

Lido Beach

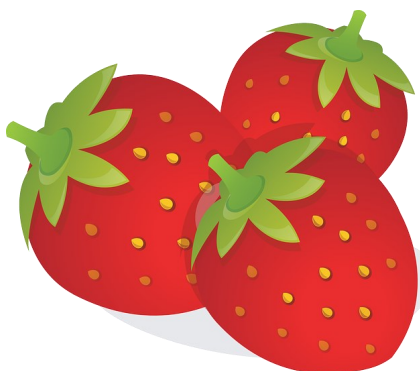


Kids Outing

O'Brien Family Farm

Details to follow on

Facebook



Moms Night Out

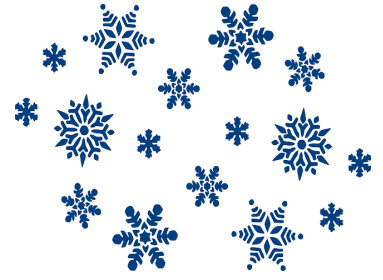
Tuesday, January 12th

7-10PM

Let's Create Art



January 2016



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

HAPPY
NEW
YEAR

3

4

5

Beach Day
@9AM

6

7

8

9

10

11

12 Preschool
Picasso
@10AM
MNO@7P

13

14

15

16

17

18



19

20

Book Club
@7PM

21

22

23

24

25ZZZ

26

Fun to Be
Fit @10AM

27Playground
Playdate
@3:30PM
Meeting
@6:30PM

28

29

30

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GUESS WHO

Member Spotlight



We asked you last month who this was a picture of and, yep, you guessed it! This is Crystal Rothhaar! We gave her a little survey so we can get to know her. Here are her answers:

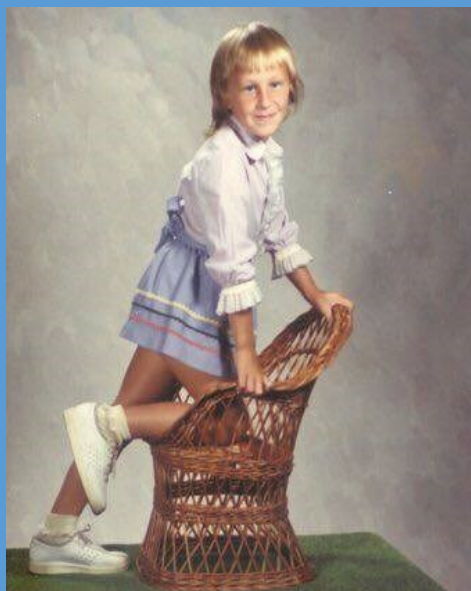
Now that I have been a mom for awhile,
I've come to realize that my house: is not always going to be clean, and that's ok.

I've come to realize that I've lost: my sanity, my figure, and my free time, but what I've gained is more than worth it.

I've come to realize that my cell phone: allows me to be a working mom with a lot of time to spend with my kids, so if you see me on it too much while my kids are at the park, I'm probably working and am blessed to be there.

I've come to realize that I need: alone time at the end of the day to recharge and good mom friends who understand

I've come to realize that when I'm driving: the sound of my kids singing is better than any song on the radio



Which of our members is this a picture of as a child?

Take your guess
[online!](#)

SCHOOL HAPPENINGS

Manatee County Public Schools

January 5—Students Return to School

January 18—No School (MLK Day)

January 25—No School (Records Day)

Braden River Elementary:

January 11--Chick-Fil-A Spirit Night

January 13--Literacy Wonderland

January 21--SAC/PTO Meeting

January 22-- Fairy Tale Ball (Father/Daughter Dance)

Freedom Elementary:

January 19—PTO Meeting (6:30-7:30 p.m.)

January 23—PTO Garage Sale (8:00 a.m.-12:00 noon)

January 25—SAC Meeting (6:00-6:30 p.m.)

January 25—FSA Parent Meeting (6:30-7:30 p.m.)

Gene Witt Elementary:

No additional information available

Gullett Elementary:

No additional information available

McNeal Elementary:

January 8—Runners Club (7:50 a.m.)

January 15—Runners Club (7:50 a.m.)

January 22—Runners Club (7:50 a.m.)

January 29—Runners Club (7:50 a.m.)

Rowlett Academy:

January 5—Kids Bank Open

January 8—Dental Bus

January 15—Rowdy Rowlie Rally

January 23—Rowlett Beautification Day (9:00 a.m.-12:00 noon)

Wakeland Elementary:

January 8—PTO Volunteer Work Day (8:30 a.m.-10:30 a.m.)

January 28—Student of the Month Lunch at Pirate City (11:00-11:45 a.m.)

January 28—PTO Night 5th Grade (5:00-7:30 p.m.)

Willis Elementary:

January 6—Runners Club (7:30-8:15 a.m.)

January 6—Dress Down Day

January 13—Runners Club (7:30-8:15 a.m.)

January 15—PTO General Meeting (2:00-3:00 p.m.)

January 20—Runners Club (7:30-8:15 a.m.)

January 27—Runners Club (7:30-8:15 a.m.)

February 1-8—Spring Book Fair

Private Schools

The Classical Academy:

January 4—No School

January 18—No School (MLK Day)

February 2—PIE Night (Shallow Minds—Technology's Effect on the Brain)

Out of Door Academy:

January 6—College Financial Aid Information Night

January 9—Parent Association Night Concert

January 14-16—College Road Trip (North Florida/Georgia)

January 19—Pennies for Pencils

January 21-23—Middle School Musical

January 28—Parenting Pro—Early Math Skills: Math Pajama Party (5:00-6:30 p.m.)

St. Stephen's:

January 6—Alumni Panel

January 9—Falcon Athletic Booster Winter Car Wash

January 11-12—Photos

January 14—Blood Drive

Tabernacle Christian School:

January 5—Classes Resume

January 12—Knight Celebration/Winter Sports Pictures

January 18—No School (MLK Day)

January 20—Winter Wonderland

February 1—Enrollment Begins for Current Families

February 4—New Family Open Houses

February 5—Football Frenzy-Bible Bowl

Local Preschools

Sprouts:

January 5—Return to School

January 11—Staff Meeting (No Lunch)

January 18—No School (MLK Day)

January 25—No School

February 1—Staff Meeting (No Lunch)



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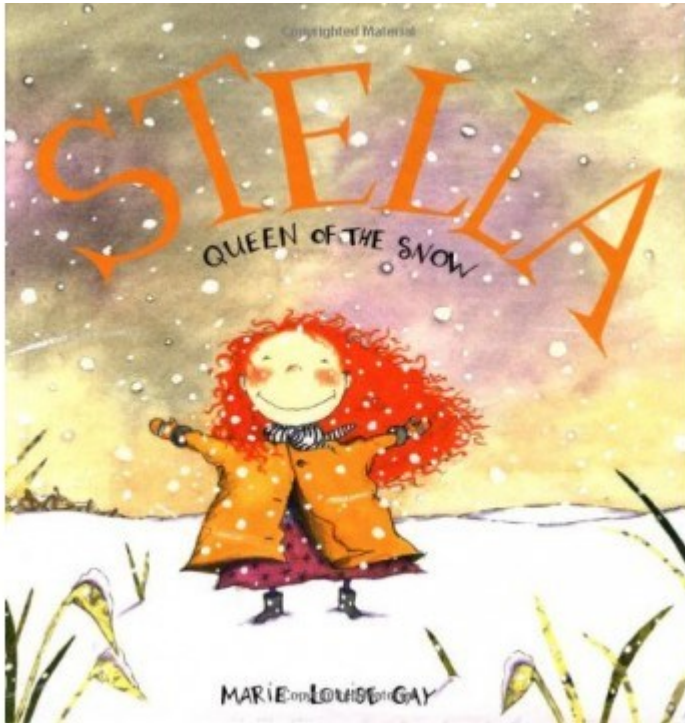
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KIDS' BOOK CLUB

Stella, Queen of the Snow



I'm sure many of our kids have probably never seen snow or understand what really happens in winter. Before you even read this book, ask your children what they think snow is. Ask them to think of their five senses and if they can tell you what snow tastes like, sounds like, feels like, etc.

The little boy in this book has never seen snow either, but his wise, older sister shares some insight. After reading the book, extend the fun with the following games:

Iceskating indoors: take a couple sheets of wax paper and glide around your floor, twirling and dancing like an ice skater.

Have a snowball fight: If you have some giant pom-poms, great! If not, just take yesterday's newspaper and crumble them up into balls. Set up your "snow forts" and begin tossing the crumpled paper snowballs at each other!

Make a birdfeeder for your winter birds: Do the traditional pinecone covered in peanut butter and rolled in seeds, or try a different spin on that concept by using an toilet paper roll, a piece of toast or even a hollowed out orange peel.

Build a snowman: Create a snowman kit using as many shapes as you can—circles for the body, rectangles and squares for hats and scarves, triangles for noses, etc. and allow your child to make a snowman from those shapes. Be sure to practice identifying shapes (and maybe even colors) as you build.

Practice reading thermometers: Fill cups with water of different temperatures and practice reading the thermometer to determine which is the warmest/coldest.



Fun: We believe that the primary reason children play sports is to have fun. They love mastering new skills, developing friendships, and healthy competition.

Inclusivity: That's our word for everyone's right to play and have fun.

Safety: Your child's safety is paramount. As such, we background check each of the adults supervising your children and hire trained officials for each game to ensure that "safe play" is enforced.

Good Sportsmanship: We believe that learning to play the game is only half the equation. Helping children develop character is the other half. The value of teaching children teamwork, fair play and good sportsmanship goes far beyond the game.

Healthy Competition: Competition is a natural instinct. However, the "win at all costs" mentality so prevalent in youth sports today is not only destructive to team morale, it can severely undermine individual self-esteem. We believe everyone should be both encouraged and given the opportunity to make the most of their abilities.

We are gearing up for our Winter Season to start on January 9th!

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HEALTHY MAMAS, HEALTHY KIDS

Tis the (Flu) Season...



As you know, we are fast approaching the seasonal influenza period. Here are a few frequently asked questions to help you and your family get through this year's flu season.

What is seasonal influenza?

The seasonal flu is a respiratory illness caused by the influenza virus. It causes fever, sore throat, cough, running nose, body aches, and fatigue. It is very difficult to distinguish between the common cold and influenza. However, usually the common cold is much less severe. Influenza usually comes in the fall and winter. The peak season usually runs between November and March.

Are we there yet?

As of this December's data from the CDC and the Florida Department of Health, this year's influenza season is off to a slow start. There are only sporadic cases in Florida and no outbreaks reported in Manatee or Sarasota Counties. Most of the other states are also seeing sporadic cases. At the moment, South Carolina is seeing the highest number of cases, and Puerto Rico and New Jersey are seeing a moderate amount of

folks with the flu.

There are several types of influenza virus. Which one is circulating this season?

Thus far, influenza A is the most common strain.

Based on past seasons, when influenza A was the pre-dominant strain, the flu season tends to be more severe than with other strains.

Can getting the flu be serious?

Most people that are in good health recover fully from the flu without a problem. However, there are some people that get a much more severe illness. The folks that are at much higher risk of getting severe influenza include children less than two years of age, pregnant women up to two weeks after pregnancy, people older than 65 years as well as anybody that has a chronic condition such as asthma or other lung conditions, heart conditions, diabetes, weakened immune system, diabetes, blood, liver and kidney disorders.

How can you prevent the flu?

The best way to prevent the flu is to get the influenza vaccine. The current recommendation is that everyone above six months of age should get the flu vaccine. There are two types of influenza vaccines that are available for this season. There are vaccines given as an injection (shot) and one which is given as a nose spray. Both are equally effective. The decision on which one to take can be made jointly by you and your pediatrician/family doctor. The flu vaccine takes approximately 2 weeks to protect you against the influenza virus. Since this season is off to a slow start you still have time to vaccinate your children if you haven't already done so.

Washing your children's hands and your hands frequently is probably one of the most effective ways to prevent getting any virus including the flu. There is also growing evidence that eating certain foods can support your immune system and protect your children against most respiratory infections. Any grandma can probably tell you the recipe--eating lots of fruits and vegetables, using different spices when you cook and cutting down sweets can support and improve your immune system's function. Getting enough sleep is another overlooked ingredient to supporting your child's immune system.

Can you get the flu from the flu shot?

No, you cannot get the flu from the injected influenza vaccine. Normal side effects include a sore arm, a low grade fever and body aches. Severe side effects are extremely rare.

Can you do anything once you or your child is sick with the flu?

There are several medications that are approved to treat the flu. They only work if you take them within 48 hours of becoming sick. They usually lessen the symptoms of the flu and shorten the time of illness by 1 to 2 days. As far as this season, it looks like most of the influenza A virus that is circulating can be treated with the antiviral medications. The current guidelines from the CDC recommend treating with antiviral medications the same people that are at high risk of getting severe influenza illness, namely children less than two years of age, pregnant women up to two more weeks after pregnancy, people over 65 years of age and people that have chronic diseases of the lungs, heart, blood, kidney, liver or nervous system. The CDC recommendations leave it open to treat other folks that are at a lower risk with antiviral medication. This should be a discussion between you and the pediatrician/family doctor.

How can I prevent the spread of the flu?

Based on past seasons, influenza in Florida increases

first in children and then spreads to other age groups. If your child has a "flu like" illness please keep them at home, except if you need to seek medical care. You or your child can be contagious up to seven days after the symptoms start.

How can I learn more about the flu?

There are excellent resources at the CDC website

<http://www.cdc.gov/flu/index.htm>

If you have other specific questions feel free to email me at Xavier@xcelhealthfl.com.

Xavier Sevilla MD, FAAP

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SUNSHINE NEWS

Sunshine News!

We welcomed two new babies to the group in December. Congratulations to Meghan Layton and Becky Hartman and their families! Meghan gave birth to Ronald Anthony Mele Layton on December 11th and Becky delivered Rosalynn Belle Hartman on December 17th. Thank you to everyone who took the time and effort to deliver these two families sunshine meals!



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WHAT WE'VE BEEN UP TO

Sunday with Santa

Sunday with Santa was a huge success. As soon as you walked in, you were greeted by Dr. Swanson, of Lakewood Ranch OBGYN, who presented each family with a beautiful cupcake soap. Santa sat indoors ready to greet each child and spent lots of time with each family as they read Christmas wish lists together, discussed Christmas and took photos. Once inside, families could take time to do several crafts that Tracie McHugh arranged including creating snowmen and decorating cookies. Lil' Divas and Dudes were on hand to create some really cute hair-dos for the kids before they got their photos taken with Santa.

Outside, our reindeer games were out on the lawn where you could see many a kid running barefoot and playing the various lawn games. On the patio, Dr. Sevilla greeted families and entertained the kids with a fun craft. It was a lovely afternoon spent among friends and family!



The cookie decorating table was a big hit!





Lawn games gave kids a great outlet for all of their energy!



Kids crafted while parents got a chance to talk with Dr. Sevilla and learn about his new pediatric practice.



Santa listened to every list, made sure to put it in his bag for safekeeping, gave each child a bell along with their first gift of the season.

Learn more about advertising or sponsoring opportunities with the Lakewood Ranch Moms Group on our website:

www.lwrmomsgroup.com

Lots of pretty hairdos were created by Lil' Divas & Dudes right before the kids met Santa.



During the Sunday with Santa event, there was a raffle held where several great gifts were up for grabs. Our raffle raised \$264 for Mothers Helping Mothers. Thanks to our donors:

Neirda Lafontant & American Signature Furniture, Lakewood Ranch OBGYN, Xcel Pediatrics, Lil' Divas & Dudes, Jason Kasch & Carrabas, Rebecca Turgeon Photography, FUNducation, YMCA of Lakewood Ranch, Tom DeLong & Marina Jacka, Let's Create Art, Valerie Demino of Matilda Jane, Linda Tobiasen of Juice Plus, Paulette Callender & The Spice and Tea Exchange, and Mary Ewert of Stella & Dot



McKinley's Corner



To say this year has been a challenge would be a complete understatement. I remember telling a friend back in the beginning of May when McKinley broke her arm & had surgery that I was "over 2015".

She joked and said "It's not even mid May!" We (personally) had a very tough first few months of the year leading up to her broken arm but NEVER did I dream that we hadn't even scratched the surface of "tough". This year will hands down be memorable. For the most obvious reason being that I replay the days/weeks/month leading up to May 28 2015 at least weekly if not daily. I scan through pictures trying to find that second that one white blood cell went crazy. I research and wrack my brain constantly asking "WHY McKinley"? It will always be the year/day that our lives changed forever. The year that my healthy, beautiful, happy girl has a new label....cancer. This year STILL doesn't feel real. This life STILL doesn't "feel" like MINE. Through all of the heartbreak, tears (lots & lots of tears), fear and sadness....this year will be memorable. But it will also have brought us great gratitude. The love, support, prayer & kindness we have received has been a miracle in my eyes. We are certainly blessed in ways I never could've fathomed. McKinley has no idea how loved she is but boy do Casey & I feel it. Everyday. Whether it's a card, text, voicemail, meal, gas card, wine, noticing someone's McKinley bracelet, night out with friends, blood donation, or simply bumping into a friendly face at Target that gives me a hug or has a quick chat with McKinley {insert I never leave target without seeing at least 3 people I know}...we feel your support & we need it. This fight is far from over and she continues to need every prayer, positive thought, or vibe that you can give her. So while I am thrilled that 2015 is coming to a close & am

hopeful for a much much better 2016, we are entering this year as a forever different family than in 2015. We have a sick little girl. I am terrified that as time passes people will forget to pray...so please if I can ask one favor, please continue praying for our sweet girl. She is doing amazing but she can use every ounce of prayer. {And if you need a McKinley bracelet to help you remember...let me know}. Hug your kids, live everyday to the fullest & never ever take a day of health for granted. Happy 2016!!! {For a recent update on McKinleys treatment please visit her Caring Bridge site at <http://www.caringbridge.org/visit/mckinleymoore/journal/view/id/5681c308ca16b4f7073c625f>}



Learning Center of Lakewood Ranch Baptist Church

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