

Mommy's Time Out

March 2016



Lakewood Ranch

MOMS
GROUP

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connie@lwrbaptist.com



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Thanks to our contributors this month: Alana Blasewitz, Jenn Otterness, Jenna Berquist, Jill Bennett, Karen Moore, Leslie Toscano, Lisa O'Driscoll, Melinda Hierholzer, Shelly Bishop, Stacey Burge, Susan Meyers, Tamar Blazer, Tara Sambuca-Duarte, Tracie McHugh, Victoria Cobb and Xavier Sevilla

LETTER FROM OUR PRESIDENT

So I don't know about you ladies, but it seems to me like February was a real doozy. Practically every kid got sick (some more than once), the weather was at times severe and unpredictable and - more significantly - some of our moms are dealing with some very trying issues. I want to say how happy it makes me to see you ladies rally when another member needs you. That really is what we're all about.

With that - I give you some much needed giggles.

The MIL one really had me rolling!

xx

Jill



Dear Mother-in-law,
I don't need you to
teach me how to
handle my children.
I'm living with one of
yours & he needs a
lot of improvement.



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~ We understand your pets are your family, that is why we treat them as if they were our own. ~

BOARD MEMBERS

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Kids Outings: Melinda H.

Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.

A Warm Welcome To Our Newest Members



Priscilla Doiron

Dawn Castro

Tina Jiva

Karen Wein

Fabiola Bazan

Suzanne Kloss

Alexandra Elizabeth

Brandy Hamilton

Brenda Globke

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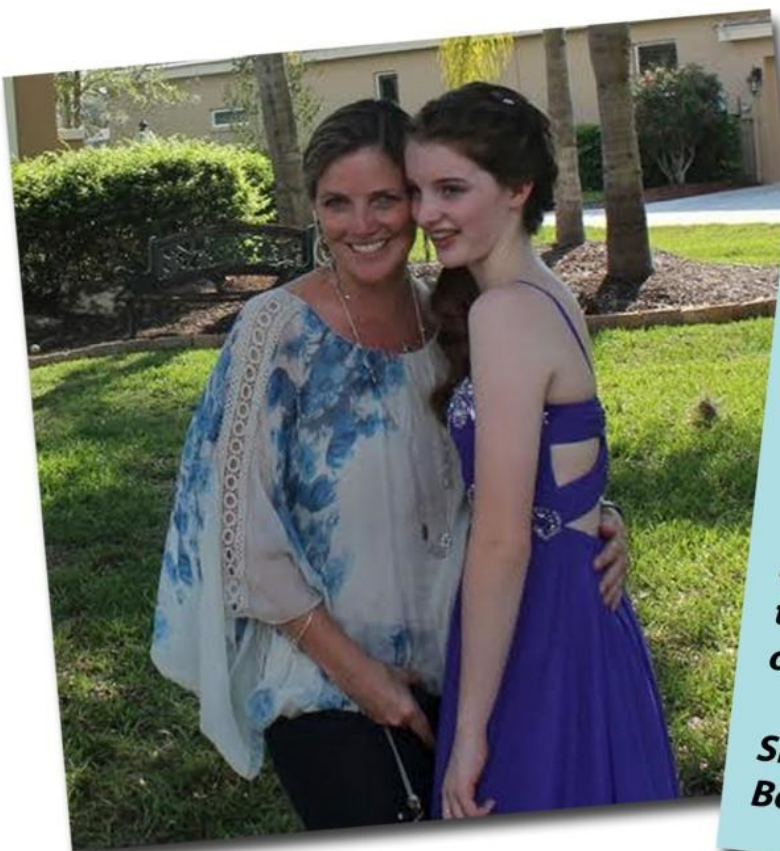
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Sincerely
Beth G.

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Association of
Orthodontists



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6286 Lake Osprey Dr.
Sarasota, FL 34240

Easter Egg Hunt

Tuesday, March
15th at 3PM

\$5/child

Greenbrook
Adventure Park



Preschool Picasso

Thursday, March 10th
10AM

Bunny Art
@Arts Ablaze
\$10/child



Craft and Play

March 17th at 10:00AM

\$3/crafter

Must prepay as spaces are
limited.

See Facebook for Details



We hope to see you on
Tuesday, March 22nd
10:00AM to chat
10:30AM class starts
\$6/family

Park Playdate
Friday, March 11th
3-5PM
Adventure Park



Morning Out
Sarasota Children's Garden
Thursday, March 24th
10AM-12PM



Kids Outing
Big Cat Habitat
Wednesday, March 23rd



Monthly Meeting
Thursday, March 10th
6:30PM
Join us for a meeting and
learn from our guest
speaker about Children &
Estate Planning



8936 77th Terrace East
Suite 103
Lakewood Ranch, FL 34202

Ask the Pediatrician Series

Join Dr. Xavier Sevilla, Board Certified Pediatrician, for a Town Hall-style lecture series addressing the most pressing issues new and expecting parents face. Dr. Sevilla will provide an educational foundation for each topic before opening the meeting up for an interactive discussion

- | | |
|---------------------------|--|
| Wednesday, Feb 17 | Vaccines: The Myths, the Facts & Opening a Dialogue |
| Wednesday, March 2 | Food is Medicine: the Latest on Healthy Nutrition for Your Child |
| Wednesday, April 6 | Emotional Well-Being: Giving Your Child Tools to Succeed in Life |
| Wednesday, May 4 | Physical Activity: Short and Long term Benefits for Health, Academics & Brain Development |

Event location:

**Lakewood Ranch Medical Center
Conference Room 1
8330 Lakewood Ranch Blvd
Lakewood Ranch, FL 34202**

(Hospital Main Entrance recommended)

**Lectures & Interactive Discussions
begin at 6:30 pm**

**Reserve Your Seat Today
xavier@xcelhealthfl.com
Mon thru Fri 8:30am - 5pm**

March 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10 Preschool Picasso @10AM Meeting @6:30PM	11	12 Free Class at CycleBar
13	14	15 Easter Egg Hunt @3PM	16 March Book Club@7PM	17 PlayAway Craft&Play @10AM	18	19
20	21	22 Fun To Be Fit @10AM	23 Kids Outing	24 Children's Garden @10AM	25	26
27	28	29 MNO @ 6:30PM	30	31		



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GUESS WHO

Member Spotlight



We asked you last month who this was a picture of and you knew it!

This is Valerie Demino! She has been one of our members for three years now. Her daughter attends school at The Classical Academy and Valerie is our local lady for Lularoe.

We gave her a little survey so we can get to know her. Here are her answers:

Now that I've been a mother for seven years,
I've come to realize that when I'm driving nothing is better then singing loudly and dancing!
I've come to realize that I need sleep and wine
I've come to realize that I've lost my sanity mainly
I've come to realize that I hate it when my daughter is hurt
I've come to realize that my house is run by a two legged little person and her 4 legged accomplice
I've come to realize that my child is my greatest accomplishment



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

Take your guess [online!](#)

SCHOOL HAPPENINGS

Manatee County Public Schools

March 7-18—School Choice/Open Enrollment

March 9—Early Release

March 21-25—Spring Break

Braden River Elementary:

March 2—Dr. Seuss Lunch Celebration

March 3—Class Pictures

March 6—Take Stock in Children Run

Freedom Elementary:

March 15—PTO Meeting (6:30 p.m.)

March 28—SAC Meeting (6:00 p.m.)

Gene Witt Elementary:

March 10—Spring Pictures

March 12—Spring Carnival (11:00 a.m. – 3:00 p.m.)

Gullett Elementary:

March 1—Tuesday After School Clubs

March 3—Thursday After School Clubs

March 8—Tuesday After School Clubs

March 8—SAC Meeting (5:00 p.m.)

March 8—PTO Meeting (5:45 p.m.)

March 10—Thursday After School Clubs

March 31—STEM Night (6:00 p.m.)

McNeal Elementary:

March 2—Boosterthon Pep Rally

March 4—Runners Club

March 6—Take Stock in Children Run

March 8—Teachers Helping Hands

March 9—School Store Open

March 11—Runners Club

March 11—Boosterthon Fun Run

March 17—SAC/PTO Meeting (5:45)

March 18—Runners Club

Rowlett Academy:

March 3—Jason's Deli Night

March 4—Leader of the Month

March 7—Rowdy Rowlie Rally (Walkathon Kickoff)

March 10—Spring Pictures

March 11—Leadership Day

March 16—Charter Board Meeting

March 17—Dance Program

Wakeland Elementary:

February 29-March 4—Dr. Seuss Week

March 5—Art Slam (9:00 a.m. – 4:00 p.m.)

March 6—Take Stock in Children Run

Willis Elementary:

March 2—Runners Club

March 9—Runners Club

March 9—Dress Down Day

March 11—PTO Meeting (2:00 p.m.)

March 14—Buffalo Wild Wings Spirit Night (5:00 – 9:00 p.m.)

March 16—Runners Club

March 30—Runners Club

Private Schools

The Classical Academy:

March 3—PIE Night: Teaching Your Children About the Birds and Bees

March 14-18—Spring Break

March 25—Good Friday-No School

Out of Door Academy:

March 1—Deadline for Applications (Grades 1-12)

March 4—8th Grade 50's Dance

March 10-12—State Spanish Competition

March 10—Kindergarten Field Trip to Children's Garden

March 12—Banyan Bash (6:00 p.m.)

March 16—Art Under the Banyan (7:45 a.m.)

March 17—Spring Parent Conferences (No School)

March 23—Jazz Under the Stars

March 24—3rd Grade Mote Trip

March 25—Good Friday (No School)

March 28-31—Taylor Emmons Memorial Classic Baseball Tournament

March 31—2nd Grade Mote Trip

March 31—Senior/Alumni Brunch

St. Stephen's:

March 2—Parents' Association Book Club

March 4—All School Cook Out

March 7-11—Book Fair

March 11—Parents' Association Spring Fling

March 13—Community Day at McKechnie Field

March 14-18—STeAM Project Show

March 14-18—Fine Arts Week

March 14—Art Shows

March 17-20—Upper/Middle School Musical

Tabernacle Christian School:

March 3—Noon Dismissal

March 4-5—LCS Festival

March 15—Spring Sports Pictures

March 22—Knight Celebration/Spring Pictures

March 23-24—TCS Olympics

March 25—Good Friday (No School)

March 28-April 1—Spring Break

Local Preschools

Sprouts:

March 1-2—School Portraits

March 7—Staff Meeting

March 16—Art Show

If you have questions regarding any schools listed or would like to see more schools included, please contact Susan Meyers at lwrmgschoolambassador@yahoo.com.



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.

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HEALTHY MAMAS, HEALTHY KIDS

A New Kind of Pediatric Care

Xcel pediatrics officially opened its doors on March 1, 2016 to serve the Lakewood Ranch community. I created this practice in response to lots of comments and feedback from families about the parts that they really liked about their current pediatric care as well as aspects that could be improved or changed. We created a philosophy for the new practice on the basis of these responses from parents.

1. Proactive rather than reactive care

As the saying goes "an ounce of prevention is worth a pound of cure". My job as a pediatrician is to work with you to instill early the foundation for your child's future health. Scientific evidence has shown that physical activity, nutrition and emotional well-being are one of the main determinants of future health.

2. Using the body's healing mechanism versus taking it over.

The body's internal healing mechanism works great most of the time. As a pediatrician, I am there to support it when it's not doing its job. It is our philosophy to always use the least invasive, most natural approach first when we are treating your child.

3. Healthcare versus sick care

We usually think about going to the doctor when we or our children are sick. Even though there are visits for check-ups, most of the time we don't have a long-term plan to use the whole year from those check-ups. We consider our job as pediatricians to also help your children achieve their highest potential in health by creating a "health plan" for each child focusing on nutrition, physical activity and emotional well-being. We use this in the same

way that a financial planner creates a financial plan for your family.

4. Family-centered care versus Physician-centered care

You can access all the information that I have access to as a pediatrician from the convenience of your smart phone. However, as you've probably experienced, it's very difficult to sort out what information is credible out there on the Internet. Since you already have access to the information, my job is to be more of a guide and an information broker. My goal is to empower you to be the best parent you can be. As the saying goes, I prefer to "teach you how to fish" than "give you a fish for a day"

5. Relationships versus volume

We believe in the long term relationships with our practice families. The most satisfying aspect of being a pediatrician is to experience the unique bond that we are able to forge with our patients and families. Sometimes things get in the way of that sacred relationship such as rushed visits, not being able to speak to the doctor directly during office hours etc. To help mitigate these barriers, we have created a concierge option consisting of House calls (visits at home), Direct access to the physician using texting or video and longer appointments if needed.

We look forward to having you be part of our practice so you can experience pediatric care like never before!



Xavier Sevilla MD FAAP
941877-1199
www.xcelhealthfl.com

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Why Xcel is different:

Traditional Pediatrics	Xcel Concierge Pediatrics
Seeing multiple physicians/nurse practitioners	All care is delivered by Dr. Sevilla
Short and rushed appointments after long waits	Extended appointments (up to 1 hour) to meet the needs of the family with ZERO waiting
Difficulty getting in when it's convenient for you	Same day appointments always available regardless of the day of the week or time of day.
Not able to speak to your physician during office hours and waiting all day for a call back	All calls, texts are returned immediately or within 1 hour max by Dr. Sevilla
Lack of emphasis on nutrition, wellness, disease prevention and behavior/stress management	Annual personalized health plan created for each child focused on dealing with nutrition, physical activity, stress management/ behavior
Having to come to the office for "everything"	Your choice of home visits (house calls), video, text, email, phone or traditional face to face visits
Behind the times with technology	All members get free access to an health app that can provide a portable electronic medical record, and integrates with wearable devices and other apps that make it easier to reach health goals



xcelpediatrics

Dr. Xavier Sevilla 941-877-1199

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SUNSHINE NEWS

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☀️ Sunshine News! ☀️

In February, we announced the birth of Asya Stolz's baby girl, Ailyn Grace Stolz, who was born on January 19th. Congratulations Asya and family! We also delivered meals and goodies to Karen Wain and family, whose daughter Morgan Taylor Wain was also born on January 19th. A special thank you to Jill Bennet and all the wonderful moms who delivered a load of sunshine love to the Wain family.

Finally, Alison Cossetti Clough's sister has put together a MealTrain for Alison and her family while she undergoes chemo. There are still spots available to sign up to help the Clough family, so if you would like to sign up, follow the link on our group's Facebook page. Alison, you've got our support!

SHE'S CRAFTY

Sensory Rice Bin

If you are lucky enough to get a visit from the leprechaun who pees green in your toilet, leaves footprints all over your floor, makes a mess of everything in your home, you might as well pull out a game that will make the kids smile while they play with the leprechaun's rainbow and pot of gold, courtesy of <http://www.iheartnaptime.net>



The craft is simple. Grab some pieces of construction paper: you will need 16 red, 12 orange, 10 yellow, 7 green, 4 blue, 1 purple. Glue them into cylinders and begin forming your rainbow by adding a stripe of glue or double sided tape between the rolls to keep the shape. Finish by tying it off with a gold ribbon and hand your child a pot full of gold coins. Toss the coins and the game has begun!



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1st Annual Easter Egg Hunt

Greenbrook Adventure Park

3:00-5:00PM

\$5/hunter

Enjoy crafts, snacks, and maybe even

A visit from the Easter Bunny!



IN THE KITCHEN

Peppermint Patty Bars

Ingredients:

From TSTE®

- ½ cup [TSTE® Natural Cocoa Powder](#)
- 2 tsp [TSTE® Madagascar Pure Vanilla](#)
- 1 TBS [TSTE® Peppermint Patty Sugar](#)

From the Grocer

- 1 ¼ cup (2 ½ sticks) unsalted butter, divided
- 2 cups crushed chocolate graham crackers
- 3 ¼ cups powdered sugar, divided
- ¼ cup egg substitute (pasteurized egg)
- ¼ cup crème de menthe liqueur
- 1 TBS vegetable shortening
- 1 ½ cup semi-sweet chocolate chips



Preparation:

MELT ½ cup (1 stick) of butter in a small saucepan over low heat. Once melted, whisk in **TSTE® Natural Cocoa Powder**. Remove from heat. Add **TSTE® Madagascar Pure Vanilla**, graham crackers, ¼ cup powdered sugar, and egg substitute. Stir.

COAT a 9×13 pan with cooking spray and press the graham cracker mix into the bottom. Refrigerate.

IN the meantime, melt another stick of butter. In a medium mixing bowl, beat the butter and crème de menthe liqueur together. Continue beating and slowly add the remaining powdered sugar. Spread the mixture over the graham cracker later with a spatula and return bars to the fridge. Chill for an hour.

MELT remaining butter (½ stick), shortening, and chocolate chips. Lightly spread over the crème de menthe layer. Work fast as the chocolate will harden quickly. Sprinkle with **TSTE® Peppermint Patty Sugar**.

RETURN to fridge for at least an hour. Cut into small squares before serving.

.....

Yield: 24 small bars

Total Time: 3 hrs

Prep: 30 mins

Cook: 10 mins

.....

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WHAT WE'VE BEEN UP TO

Kids Outings, Monthly Meeting, Fun to Be Fit, Mom's Night Out and Preschool Picasso



The kids enjoyed their Valentine themed Preschool Picasso last month and our moms had quite the "serious" meeting in February working on their trivia skills at Ed's Tavern.



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For detailed information about childbirth and parenting classes offered at the Women & Children's Center, visit www.lakewoodranchmedicalcenter.com.



women & children's center
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Moms Night Out brought out a big crowd to enjoy the beer selections at Craft. The first Supper Club happened at Valerie's home for an Italian Feast, and Game Night was all sorts of fun with lots of different games and even some money up for grabs!



McKinley's Corner



Thank you for your prayers! Despite her lingering cough her oncologist cleared her for her procedure & she could officially start Maintenance on Feb 8th! After checking her blood counts, she had a chemo drip in clinic & then we headed downstairs to surgery for a lumbar puncture procedure with Intrathecal chemo. She will continue to receive these procedures but only every 56 days in Maintenance (thank God). She'll receive a chemo drip in clinic once/month & after all blood checks become regular we won't be in clinic except that one time/month! Until then we go every two weeks for blood count checks (but this was our first official 2 week break that we actually made it through)! No fevers...so we had a "for real" two week break from All Children's!

It was NICE! She is taking a lot of at home oral chemo. Like I have a white board solely dedicated to McKinleys medications & when they need to be given. With food, empty stomach, only on Sat & Sun, 5 pills of one med on Tuesday, steroids one week, etc...it's confusing, complicated & I'm a bit of a control freak about it.

To say that maintenance was a rough start for McKinley would be a complete understatement. This one oral chemo she's on (until August of 2017) she has to take at night on an empty stomach. She's been on it before (but only for 30ish days) & she did have some nausea/tummy trouble then but nothing like these first two weeks. She was miserable. I was miserable for her. It was long long nights of changing our sheets, comforting her & just praying she felt better. I'm not sure if her body adjusted or just the fact she wasn't as constipated after that first week & a half helped but whatever the case she's been doing SO much better. Thank Goodness. It is the most helpless feeling laying with her hearing her moan, grinding her teeth, hiccup (I then know what's coming) & then her feel so bad "I'm sorry I made a mess mommy!" after getting sick. But I'll reiterate, she is doing SO much better. Her hair is really starting to grow back (slow & very blonde) but it's definitely growing! She's climbing play structures with no fear like the "before diagnosis" McKinley. We're making slow but steady progress with her allowing me to leave her at a little gym childcare which is perfect cause there's never any more than 6 kids total so I can start to work out again. I'm feeling very grateful & fortunate where we are in her treatment.

So thankful, I actually thought about a week ago how "good" we've had it. It's been uneventful for the most part. I mentally planned for the worst (they throw all sorts of scenarios at you during diagnosis) & prayed for the best. We've had very few setbacks (her blood clot was the only major hiccup) & we couldn't be more thankful. Not two days after I spoke those EXACT words aloud did I have a scare (everything's ok) that slapped me right back into my new reality. On Tuesday (Feb 23rd) I was running my fingers through Bradys long Pomeranian hair that was a good two weeks overdue for a haircut. He yelped when I touched his neck. I went back & felt a few lymph nodes that were a bit swollen. Was I panicked? A little. But not as much until after baseball practice that night & I was walking to the car telling Casey & I felt again & one had gotten WAY bigger. Well a sleepless night later & a cancelled Kindergarten tour later (still can't believe he's going into Kindergarten) we went to the pediatricians office. The SAME office I took McKinley to on May 28th 2015. I hadn't been back since. They couldn't have been sweeter. They knew M's file so I didn't have to say much when I pointed to his neck & let my tears do my talking. The Dr arrived & suggested we do STAT bloodwork because of the lymph node & "given McKinleys history". Brady was happy, healthy, no other signs of sickness except this big lymph node. Which made me equally as nervous. There's "signs" of Leukemia but no definite symptoms. Off we drove down that same road to Sarasota Memorial Hospital. I was following that same beat up 2005 Honda Accord (driven by Casey who met me at the appt) & barely seeing through tears. This scene was way too familiar. The only difference was scared Brady in the backseat holding back tears "but Mommy I've never had to get poked before & it's kinda scary." And sweet McKinley comforting him "it's ok Brady. They just "poke!" And all done! It's super fast!" {cue more tears...the two year old comforting the four year old}. Brady did great with the blood draw (not one tear) & after a LONG three hours I finally received a phone call that all was NORMAL. Of course now that I'm part "Dr" I wanted exact white blood counts, hemoglobin, etc. But basically he has an infected lymph node that got infected with bacteria while fighting off a cold or something. He's been on an antibiotic & its significantly gone down since Wednesday (Thank God).

I think it's safe to say I'll never be comfortable in this new life but I'll always be thankful, grateful & live every day for those two little humans we created. Thank you all for your continued love, support & prayer.