

# Mommy's Time Out

April 2016



Lakewood Ranch

**MOMS**  
**GROUP**



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# WHAT'S INSIDE

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President's Letter	3
Event Alerts	6
Meet the Pediatrician Series	8
Calendar	9
Guess Who—Member Spotlight	11
Healthy Mamas, Healthy Kids	12
Sunshine News	14
She's Crafty	15
Kids Book Club	16
In The Kitchen	18
What We've Been Up To	19
McKinley's Corner	22



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

Hi Moms!

I hope this finds you all well. The flu and the stomach bug seem to be taking all of us down one by one!

It is hard to believe that there are only a few months left in the school year and therefore our membership year! We still have plenty of events in the works through the end of the year. We will start off our next year with the end of Summer party in August/September.

That being said, we do still have a couple of positions to fill! The role of Vice President as well as the Kids Outings Coordinator for preschool aged children are both still available! If you think you might be interested in either of these, please reach out to me so we can discuss! Being a part of our board is a great way to meet other members and really immerse yourself in everything the group has to offer!

Jill

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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

President: Jill B., [lwrmgpresident@yahoo.com](mailto:lwrmgpresident@yahoo.com)

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Community Service: Julie R. & Victoria C., [lwrmgcommunityservice@yahoo.com](mailto:lwrmgcommunityservice@yahoo.com)

Kids Outings: Melinda H.

Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.

## A Warm Welcome To Our Newest Members



Shannon Allen

Caren Phillippi

Jodi Radney

Rachel Bell

Kate Wojtkowski

Naielle Natowski

Lee Sax

Lori Morgan

Amanda Geneau

Jennifer Latowski

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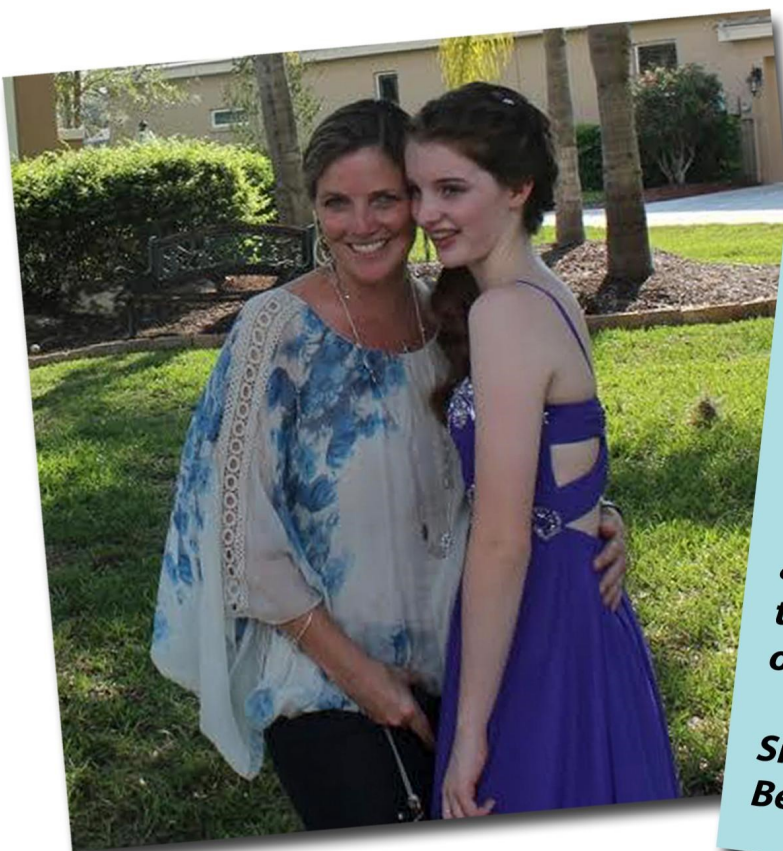
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*Sincerely  
Beth G.*



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Sarasota, FL 34240

**Estate Planning with  
Shelly Steiner**

Thursday, April 21st  
6PM

Sunday, April 24th  
5PM

**Preschool Picasso**

Thursday, April 28th  
10AM

Butterfly Painting  
@Arts Ablaze



**Blueberry Picking  
O'Briens Family Farm**

Friday, April 20th  
10:30AM



**Fun To Be Fit**

Tuesday, April 19th

10:00AM to chat

10:30AM class starts

\$6/family



**Toddler Thursday**  
**Glazer Museum**  
**Thursday, April 7th**  
**at 10AM**



**Mom's Night Out**  
**Sarasota Lanes**  
**Saturday, April 16th**  
**7PM**



**Kids Outing**  
**Daikin Dairy Farms**  
**Friday, April 22nd**



**Monthly Meeting**  
**Wednesday, April**  
**13th at 6:30PM**  
**Followed by Trivia**  
**night at Ed's Tavern**





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

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

## 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](mailto:xavier@xcelhealthfl.com)  
Mon thru Fri 8:30am - 5pm**



# April 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 Glazer Museum @10AM	8 No School— Manatee County	9
10	11	12	13 Monthly Meeting @6:30PM	14	15	16 MNO @7PM
17	18	19	20 O'Briens @10:30AM Book Club @7:15PM	21 Estate Planning @6PM	22 Early Re- lease— Elementary Schools	23 Little Black Dress Mixer @6:30PM
24 Tea Party @12PM	25	26	27	28 Preschool Picasso @10AM	29	30



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# GUESS WHO

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## Member Spotlight



We asked you last month who this was a picture of and it is our president!!

**As always, we gave her the same survey we give all of our guess whos! Here are her answers!**

**I've come to realize that when I'm driving, I'm probably listening to the DJ Shuffle CD. Even if I'm in the**

**car alone.**

**I've come to realize that I need** quality people, not a large quantity of them.

**I've come to realize that I've lost** the luxury of peeing with the door closed.

**I've come to realize that my mom** is even stronger, more patient and more compassionate than I ever knew. Being a mom myself and seeing her with her grandsons has taught me that.

**I've come to realize that my house** is just a house, and my home is where my boys are—all three of them!



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

Take your guess [online!](#)

# HEALTHY MAMAS, HEALTHY KIDS

## Could the Zika Virus Affect Our Community?

Even though most of the coverage is about people contracting the virus in Latin America and how it's affecting newborn babies, I think we need to get beyond the sensational news stories and talk about how we could prevent this virus affecting our community.

### **Is Zika a new virus ?**

Zika virus was discovered in 1947 in Africa and Asia. There have been several localized outbreaks in the South Pacific and Asia prior to last year. However, it was in 2015 when this virus spread very rapidly in Latin America, especially Brazil that most of us have heard about it. We think that more than 500,000 people have been infected with the virus in Brazil alone. Several cases have popped up in the continental US, mainly from people traveling back from Latin America.

### **What are the symptoms of Zika infection?**

For most adults and children the infection produces fever, a measles like rash, joint pain and pink eye ( conjunctivitis ). However, the most concerning aspect of Zika is how it affects the brain of an unborn child. It seems to cause serious damage to the developing brain, causing a decrease in brain growth and development that can cause a very small head on the baby at birth. These babies have severe developmental delays. There also seems to be cases of adults that have developed "Gillian Barre" syndrome. This is a condition where the nerves that control most of our muscles stop working for a period of time causing severe weakness and tingling.

### **How is Zika Virus transmitted?**

The main way that this virus is transmitted is through mosquito bites. The two mosquitoes that transmit this virus are Aedes Aegypti and Aedes Albopictus. The reason this is very important specifically to our community is that these mosquitoes are very common here in Florida. We are coming up on mosquito season. These mosquitoes live very close to people, and can transmit the virus from an infected person to healthy people. There is also sexual transmission from one person to another that has also been documented with this virus.

### **Who is most at risk from this virus?**

Clearly, expectant mothers are at the highest risk group at the moment, because of its devastating effects on the brain of the unborn child. However, we all play a role in forming a protective buffer around pregnant moms in our community.

### **How can we prevent a local outbreak?**

That key is going to be to try to control the mosquito population.

Our local government already has a robust program for mosquito control in large bodies of water. However, there are very simple things we can do to help control the mosquito population.

These mosquitoes only breed in small containers of water. Any piece of trash or objects that can hold a small amount of water can be a perfect breeding ground for these mosquitoes. One of the interesting facts about the Aedes variety of mosquitos is that they stay very close to their breeding grounds, and can only fly one block, at the most, in their lifespan. Therefore each one of us can look around and remove any of these "potential breeding grounds" from close to our houses.

The other important piece is preventing the mosquitoes from biting. These particular mosquitoes bite during the day as well as dusk and dawn like most other mosquitos. They like to live close to and inside buildings and homes. It is imperative that you keep your doors and windows closed if you do not have screens to keep the mosquitos out. If you and your children have to be outside there are some simple steps you can take to avoid mosquito bites. Clothes can be a great way to prevent bites. Long sleeved shirts, long pants, socks and closed shoes help decrease the "target area" for mosquitoes to bite. For infants, you can use nets around baby strollers and carriers. In the areas that cannot be covered, you can apply insect repellent. Always remember it is better to apply the repellent to your hand first and then to the child. Never spray insect repellent directly on a child's face. There are many insect repellents on the market. See the link below for more information.

<https://healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents.aspx>

Here are some resources from the CDC on mosquito borne diseases like Zika

<http://www.cdc.gov/chikungunya/resources/vector-control.html>

By all of us working together we can keep the Zika out of our community and still enjoy our Florida way of life...



Xavier Sevilla MD FAAP

941877-1199

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# SUNSHINE NEWS



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## ☀️ Sunshine News! ☀️

We've set up a MealTrain for Shawna, Lauren and the Glynn family. We will be delivering meals 3x a week until mid-June, and there are still a few spots available to sign up. If you are interested, please follow the link on our Facebook page.

We also continue to deliver meals to the Clough Family while Alison undergoes chemo. There are still some spots available in May to sign up. You can volunteer to deliver a meal to the Clough Family by following the link on our Facebook page.

Shawna and Alison, we are here for you and are praying for you and your families. You've got our support!

Finally, thank you all for being so quick in signing up to deliver meals to both the Glynn and Clough Family. You all are truly amazing!



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# SHE'S CRAFTY

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## Water Cycle Activities

April Showers, bring May Flowers! It's the beginning of the rainy season, so why not take some time to learn about the water cycle with some fun activities! How about making a CLOUD in a jar and watching it rain?? Here are a couple fun activities to try:



### **Make A Cloud In A Jar**

Grab a mason jar with lid, aerosol spray (like hairspray), boiling water and some ice cubes.

Add 1/2c of boiling water to the jar. Quickly spray some hairspray into the jar. The spray gives the water vapor a surface to condense into droplets.

Put the lid on upside down and fill it with ice. Watch the cloud form right before your eyes!!



### **Make it Rain In A Jar**

You'll need a mason jar, water, shaving cream, food coloring, a cup and a dropper.

Fill the mason jar you just used with water with about 2" left at the top.

Cover the top of the water with shaving cream. Mix in a separate cup some water with food coloring to make your rain. Using your dropper, take the colored water and gently let some go over top of your cloud.

Once your cloud is full, it will rain into the jar!



### **Make a Water Cycle**

Gather the following: dark river rocks, a small Tupperware cup, a chunk of grass from the yard, and a rotisserie chicken plastic container.

Open the plastic container and place inside of it the Tupperware cup, the river rocks piled up high to act as the mountain and the grass. These will act as your land,

vegetation and lake/ocean/pond. Fill your Tupperware cup

with water, close the lid and place your habitat outside to watch it do its thing! You will see condensation, evaporation, and run offs through the mountains!

# KID'S BOOK CLUB

## And Then It's Spring

This is a delightfully simple book about being excited for the new growth that comes with spring and the waiting that you have to do when wanting to see plants grow. Ask your child to observe the seasons shown and to compare and contrast the settings.

One of the pages shows many burrowing animals. You could take a moment to explain why the animals are living underground. Ask your child to guess and see what they think! Find out if they know of any other animals that live in the earth!

Here are a couple more ideas on how to extend the book:

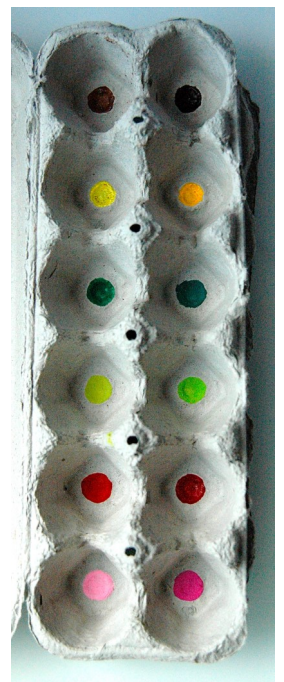


### Grow Green Onions

Take a bunch of green onions from the grocery store and trim off the bottom inch (root end) and place them roots down into a small glass jar filled with water. Change the water every few days. Within a few days, they'll sprout back their green shoots!

### Go on a Color Scavenger Hunt Outdoors

Take an egg carton and color each indentation a different color that you might see in nature. Then take a walk outdoors and have your child explore the surroundings to see if they can locate the different colors in the "wild"! Might I suggest that you use a few different shades of green so they can see how many things are green and how many different shades there are!!





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# IN THE KITCHEN

## Cucumber Bites

### Ingredients:

#### **From The Grocer**

8 oz Sour Cream or Greek Yogurt  
4-5 Cucumbers (at least 1.5" in diameter)

#### **From TSTE®**

1 ½ TBS TSTE® Vik's Garlic Fix  
1 TBS TSTE® Dill Weed

#### **You may also need:**

Mellon baller, veggie peeler, bowl and tray



### Preparation:

CLEAN and peel your cucumbers. Slice horizontally into 1" chunks. Set chunks aside; flat side down.

CARVE out the middle of each cucumber chunk with the melon baller, being careful not to carve through all the way. (You're creating a cucumber "bowl," so-to-speak.)

AS you create them, set cucumber "bowls" aside on a serving tray.

IN a bowl, combine 8 oz Sour Cream (or Greek Yogurt), TSTE® Vik's Garlic Fix, and TSTE® Dill Weed. Taste. Add more seasoning as needed. When the sour cream mixture is complete, spoon small amounts into the center of each cucumber "bowl."

REFRIGERATE until serving.

.....

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# WHAT WE'VE BEEN UP TO

Preschool Picasso, Big Cat Habitat, Easter Egg Hunting and Moms Night Out Dinners



The kids really enjoyed doing some painting with each other while at our Preschool Picasso event this month. The theme was bunnies!



**LR Little Ranchers**  
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connie@lwrbaptist.com

Learn more about advertising or sponsoring opportunities with the Lakewood Ranch Moms Group on our website: [www.lwrmomsgroup.com](http://www.lwrmomsgroup.com)



# *In an emergency,* **DON'T WAIT!** **CALL 911 IMMEDIATELY.**

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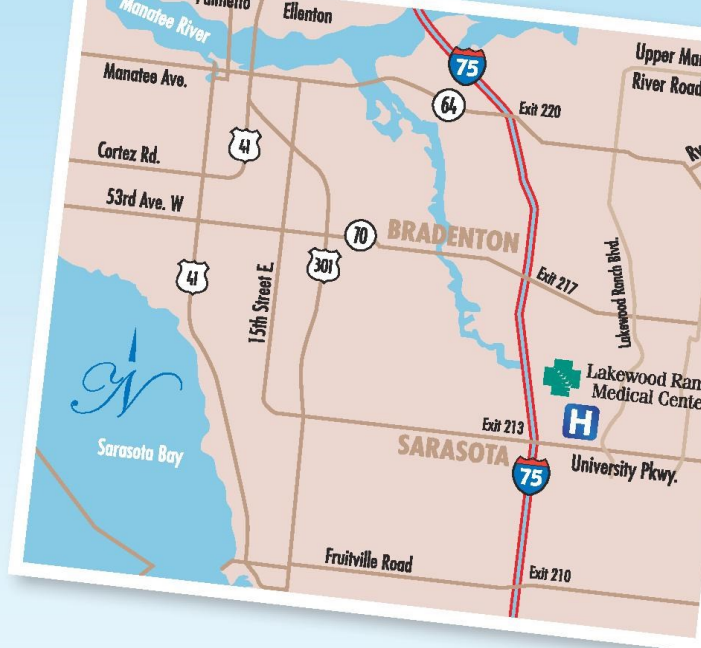
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## **Lakewood Ranch Medical Center**

### **Emergency Department**

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The kids enjoyed a massive Easter egg hunt put on by our group, painting bunnies with our Preschool Picasso class, a kid's outing to the Big Cat Sanctuary, a fun Spring themed Fun to Be Fit class. Our moms got to go out for dinner and enjoy each other's company this month during our Moms' Night Out. Overall, we all had a fun-





## McKinley's Corner



We've been pretty quiet around here (which is always a good thing). Maintenance (the current phase we're in) is a much more "normal" life because we are only in clinic once every two weeks & then we graduate to once per month! You have to think, some weeks we were visiting clinic up to four times per week so to go to once every two weeks & then once per month...well it's weird to be honest. I knew her blood counts weekly (sometimes daily). If a question or (not serious) concern popped up I'd wait till our next clinic cause it was always right around the corner. So while I'm extremely grateful for this "freedom" of clinic/All Children's Hospital it's a very scary feeling too. Confession: I called clinic three times in one week recently. THREE times. I was totally "that" mom. Granted, we have to call for every little thing & we happened to have three unrelated things pop up within a week. So while I'm still keeping an eye on a couple things I'm praying everything is fine. We have clinic this Tuesday & bloodwork will make me feel more at peace so I'm actually very anxious for that appointment.

McKinley is doing great. Her nausea/sickness is getting better at night (still happening but not as frequent), her hair...her HAIR is really growing. About two weeks ago I dropped Brady off in his class & McKinley was standing right by me. I rubbed my hand over her soft head & touched something sticky...it was jelly from her English muffin that morning. She had jelly IN HER HAIR. Nobody noticed but I literally teared up walking to the sink in the classroom to grab a wet paper towel to remove the jelly but there it was in that soft, fine blonde hair on her NON bald head! She was actually looking in the mirror yesterday while I was driving & she said "mommy! My hair growing! It look like Brady and Elliott and Colton..." She named Brady & his friends cause they all have super short hair like her (it's not as long as theirs but in her eyes she thinks it is). She's also heard people comment on how much her hair has grown. Again, I was smiling through tears while watching her say this in my rear view mirror. We are so incredibly blessed for how great she's doing & I couldn't be more grateful for all the support, prayer & love we continue to receive. I've been doing more. We've been doing more & it feels really really good. I can't put into words how hard mentally, physically, emotionally the first 9 months of treatment were for all of us. Don't get me wrong...it's still emotional (always will be) & mentally draining but those first months it was hard to tread water some days. Sure I put on a smile & went through the day but that's exactly what every one of you would do. You have to. There is no alternative with a four year old watching your every move but it's been your support, love, friendship, phone calls, messages that truly keep me going. And I know I say it a lot but I couldn't be more thankful.

This brings me to some unfortunate news within our local Lakewood Ranch community about another mom in the LWR Moms group. A mom who I am friends with. A mom who brought us a meal when McKinley was diagnosed. A mom who is honestly one of the sweetest people I have ever met. Her little girl Lauren was diagnosed with PreB ALL about three weeks ago the exact same diagnosis as McKinley. This ROCKED me. In fact it broke me for a few days. When visiting them at ACH and seeing sweet Lauren it brought back flooded memories of the beginning & days nobody should ever have to live through & the fact that their life is forever changed. I know what this sweet family is up against & it's as hard (if not harder) than you can possibly imagine for everyone involved...mom, dad & big sister included. My hope & prayer is that we (as a community) can wrap our arms around sweet Lauren & her mom as they go through this nightmare. Lauren will come out of it all thriving like McKinley is right now but getting to maintenance is a rocky road. And even now that we're "here" it's still a marathon not a sprint & we have about a year & a half left in treatment but they are just getting started. So please keep Lauren & her family close to your hearts as they begin this long, stressful, demanding healing process.