

# Mommy's Time Out

May 2016



Lakewood Ranch

**MOMS**  
**GROUP**



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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

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# LETTER FROM OUR PRESIDENT

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Happy Mother's Day!

I am so excited that so many of you will be attending our brunch to celebrate! I am glad that so many of you have been taking advantage of the awesome event that we are able to be a part of.

Our next big event is a family friendly Splash Bash on May 22nd, which coincidentally is the day after some of us are running the inflatable 5k! Bring the kids and your significant other as we welcome summer and the end of the school year. This free event is a great way to get everyone together before the hectic summer schedules of camps and vacations begin! It's also a great opportunity to introduce the men to one another - maybe dad's day will be resurrected soon??

Again - happy Mother's Day to all of you! I hope you celebrate with a few mimosas and a long nap.

Cheers!

Jill

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# 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

### Members



Jolene Stewart

Emily McLauchlan

Kate Sherwin

Kate Wojtkowski

Nicole O'Hara

Jennifer Young

Laura Isola

Shannon Allen

Lee Sax





Happy Mother's Day to all the wonderful  
moms in Lakewood Ranch!



We are so happy with the results all three of our boys have had following their treatments at Moricz & Varone. The office staff is so friendly and efficient- we get our appointments booked quickly and at times convenient to our schedule. We never have to wait when we arrive for our appointments. Dr. Moricz and Dr. Varone have both invested themselves in our boys. We all feel that they aren't just our orthodontists- but our friends. The boys have always felt comfortable and have enjoyed their visits. The proof is in their beautiful smiles!

I am so thankful to Moricz & Varone for all their efforts in making my boys' smiles so beautiful and making the process such a pleasant one!

One happy family,  
Matthew, Lora, Anthony, Andrew & Nicholas



[www.mvOrthodontics.com](http://www.mvOrthodontics.com)  
941-907-8898

6286 Lake Osprey Dr.  
Sarasota, FL 34240



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Please call or email Connie for more information or to schedule a tour:  
940.552.1304 // [connie@lwrbaptist.com](mailto:connie@lwrbaptist.com)

## Preschool Picasso

At Lakewood Ranch  
Baptist Church  
Date TBD



## Fire Station Tour

Coming up this month for  
our Kids Outing!



## Fun To Be Fit

Tuesday, May 24th  
10:00AM to chat  
10:30AM class starts  
\$6/family



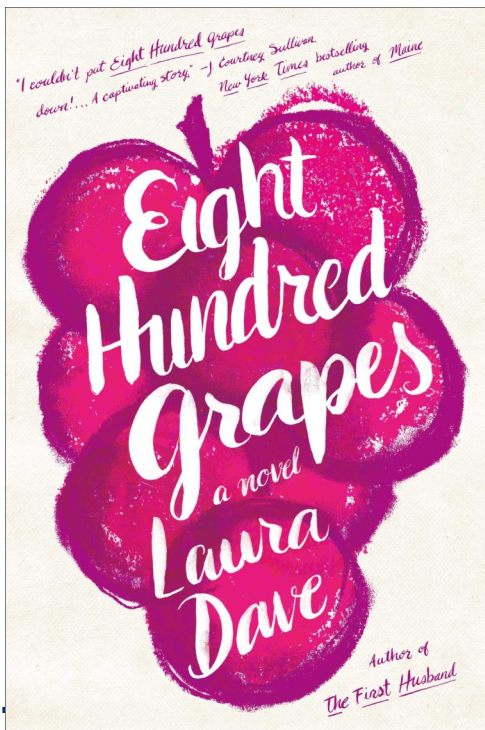
**Early Mother's  
Day Brunch  
Ranch Grill  
Sunday, May 1st**



**Mom's Night Out  
Sarasota Lanes  
Tuesday, May 12th  
5PM**



**Book Club**



**Monthly Meeting  
Wednesday, May  
11th 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**



# May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Early Mothers Day Brunch 10:30AM	2	3	4 Meet the Pediatrician Series @6:30PM	5	6	7
8	9	10 MNO @ Sarasota Lanes 5PM	11 Monthly Meeting @Ed's Tavern 6:30PM	12	13 Summerfield Park Playdate @9:30AM	14 Let's Wine A Bit @4:30PM
15 Toddler Time @Skyzone 9AM	16	17	18 Book Club @7PM	19	20	21 Bradenton Riverwalk Playdate@ 10AM
22 End of School Splash Bash @3PM	23	24	25	26	27	28
29	30	31	 <p><b>MEMORIAL DAY</b> <i>Remember those who served</i></p>			

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# GUESS WHO

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## Member Spotlight



Ok, so last month I was a slacker and didn't ask around for a member to spotlight so guess who the kid was last month? Yep!! It was me, Victoria Cobb!

**I took our member spotlight survey and here are my answers!**

**I've come to realize that when I'm driving,** it is not safe on the roads.

**I've come to realize that I need** a caffeinated beverage at all times between the hours of 7AM and 3PM.

**I've come to realize that my mom** is my greatest supporter and moving here to be closer to her was the smartest thing Jason and I have done.

**I've come to realize that my house** is never going to be clean or quiet, but I'm ok with that.

**I've come to realize that my kids** provide me with so many giggles every day. If laughter is the best medicine, I'm going to be healthy thanks to them.



Which of our members is this a picture of as a child?  
Take your guess [online!](#)



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# HEALTHY MAMAS, HEALTHY KIDS

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## Should I Buy Organic Foods?

Going to the supermarket is a pretty mundane chore, but what we do there has huge ramifications for the health of our children and our family. The food that we eat is not only fuel, but it can determine our health. It is especially critical during childhood, since a growing brain and a growing body need to be supported by adequate nutrition. In this month's article we are going to focus on fruits and vegetables. There is no doubt that a diet where the majority of the food is coming from plants decreases the risk of cancer and chronic disease. However, when we step into that produce aisle in the supermarket, there is a dizzying array of choices of different vegetables and fruits. To add to this confusion, we have to make the decision if we should buy organic or conventionally grown fruits and vegetables. There is a philosophical aspect to buying organic food —this is a type of agricultural practice that is more sustainable for the planet. However, as all of you know, organic produce is usually more expensive than its conventional counterparts. This is where the nickname “whole paycheck” came to represent Whole Foods. The good news is that now you can find organic produce in most supermarket chains and hopefully this article will give you some guidance on which organic fruits and vegetables you should be purchasing as well as which it is ok to not go organic with.

### **From the health perspective, what is the biggest difference between organic and conventional produce?**

The biggest difference is on the amount of fertilizers and pesticides that are applied to produce during its growth as well as during transport to the supermarket. The laws in the United States are pretty lax in terms of protecting the public from harmful chemicals. For example, Carbenzim, a fungicide with hormone-like effects in the body, is banned in the European

Union but is used liberally on strawberries in this country. Historically, most produce was seasonal and could only be consumed during limited times. Now we can get pretty much any fruit or vegetable we want, anytime of the year. However, to be able to get that luxury, our food has much

more pesticides than what it had in the past.

### **Which produce has the most pesticides?**

The Environmental Working Group puts together a list of the “dirty dozen”. These are the top 12 fruits and vegetables with the highest concentration of pesticides or other harmful chemicals. This year, the top spot in this dubious list was strawberries. 98% of strawberries tested had pesticides on them. Some strawberries had 5 to 6 different pesticides applied to them. In California where most of the strawberries come from, each acre is treated with over 300 pounds of pesticides. Here is a list of the next 11 members of the “dirty dozen”: Nectarines, apples, peaches, celery, grapes, cherries, spinach, tomatoes, bell peppers, cherry tomatoes and cucumbers. I would strongly recommend that you purchase these products as organic.

### **Which fruits and vegetables have the least amount of pesticides?**

Avocados head the list of the “cleanest” produce with the least amount of pesticides. The other members of the list are sweetcorn, pineapple, cabbage, sweet peas, onions, asparagus, mangoes, papayas, and kiwi. These are fine for you to purchase as the “conventional” variety.

The one thing I want to reiterate is that even eating some of the fruits and vegetables that has pesticides on them is healthier than not eating these great foods. Each fruit has a unique amount of vitamins, antioxidants and trace elements that are great for health. A lot of these antioxidants determine the color of the fruit or vegetable. So, I always recommend to eat as many different colors in a day as you can. Or as I always tell my patients, “Try to eat the rainbow every day...”



Xavier Sevilla MD FAAP

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

# SCHOOL HAPPENINGS

## **Manatee County Public Schools**

May 6—Elementary Early Release  
May 11—Professional Learning Early Release  
May 30—No School (Memorial Day)  
June 7—Early Release  
June 8—Early Release  
June 9—LAST DAY!!! Early Release

## **Braden River Elementary:**

No additional information available

## **Freedom Elementary:**

May 2-6—Staff Appreciation Week  
May 10—Muffins with Mom (7:45-8:20 a.m.)  
May 17—PTO Meeting and Elections (6:30 p.m.)  
May 19—Kindergarten Round-up (3:30-6:00 p.m.)  
May 20—PTO Talent Showcase Evening (6:30 p.m.)

## **Gene Witt Elementary:**

May 17—Walk-a-thon

## **Gullett Elementary:**

May 2—5<sup>th</sup> Grade Awards (9:00 a.m.)  
May 13—Field Day  
May 13—Volunteer Breakfast (8:45 a.m.)  
May 14—Gullett Golf Challenge

## **McNeal Elementary:**

May 2-6—Staff Appreciation Week  
May 3—Teachers' Helping Hands (8:45 a.m.)  
May 4—School Store (8:00 a.m.)  
May 6—Take Your Child To Work Day  
May 6—Runners Club (7:50 a.m.)  
May 12—Fine Arts Fair (5:00 p.m.)  
May 13—Runners Club (7:50 a.m.)  
May 13—McNeal on Main (Parent Event at Polo Grill)  
May 19—SAC/PTO Meeting (5:45 p.m.)  
May 20—Runners Club (7:50 a.m.)  
May 27—Runners Club (7:50 a.m.)  
May 27—Box Tops for Ice Pops

## **Rowlett Academy:**

May 3—Patrol Trip  
May 4—Mother's Day Cakes  
May 6—Power Up Dance  
May 9—State OM Competition

## **Wakeland Elementary:**

May 2-6—Staff Appreciation Week  
May 6—Take Your Child To Work Day  
May 6—PTO Volunteer Work Day (8:45 a.m.)  
May 14—PTO Golf Event  
May 17—Night of Culture (6:00 p.m.)  
May 26—Student of the Month (10:45 a.m.)  
May 26—PTO/SAC Night

## **Willis Elementary:**

May 4—Runners Club (7:30 a.m.)  
May 5—Box Top Collection  
May 11—Dress Down Day  
May 11—Runners Club (7:30 a.m.)  
May 13—PTO General Meeting (2:00 p.m.)  
May 18—Runners Club (7:30 a.m.)  
May 25—Runners Club (7:30 a.m.)

## **Private Schools**

### **The Classical Academy:**

May 26—Last Day of School

### **Out of Door Academy:**

May 14—Thunderpalooza (Talent Show)  
May 15—Athletic Banquet  
May 18—8<sup>th</sup> Grade Dinner  
May 26—Very Hungry Caterpillar Performance  
May 26—Crossing the Mulch Ceremony  
June 2—Banyan Day  
June 2—Last Day of School  
June 3—Graduations (Lower and Middle School)  
June 4—Commencement

### **St. Stephen's:**

May 4—Parents' Association Book Club  
May 10—Community Association Thrift Shop Pick Up  
May 31-June 1—School Closings  
June 2—Baccalaureate  
June 3—Graduation

### **Tabernacle Christian School:**

May 6—Knight Out Gala  
May 19-21—VPA Theatre Performance  
May 27—Sports Awards and Fine Arts Assembly  
June 1—Summer "Son"sation Day  
June 2—Preschool Celebration  
June 3—Kindergarten Graduation  
June 3—Last Day of School  
June 3—8<sup>th</sup> Grade Commencement

### **Local Preschools**

#### **Sprouts:**

May 2nd—No Lunch Extension  
May 20th —Teacher Appreciation Luncheon  
May 23rd—Carnival Day for MWF students  
May 24th—Carnival Day for T/Th and VPK students

If you have questions regarding any schools listed or would like to see more schools included, please contact Susan Meyers at [lwrngschoolambassador@yahoo.com](mailto:lwrngschoolambassador@yahoo.com).



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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



**xcel**pediatrics

**Dr. Xavier Sevilla      941-877-1199**

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# SUNSHINE NEWS

## River Landings Animal Clinic



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~ The Fox Family is a LWR Moms Group Family ~

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

## Sunshine News!

We've had a busy month delivering meals, and thank you all for being so wonderful. I don't know how many meals you all have delivered, but it certainly was a lot! I know the time and effort has been much appreciated by all the recipients. You all are truly amazing! We continued to deliver meals and show our support for the Glynn and Clough family. Shawna, Lauren and Alison, you are in our thoughts and we are here for you! We also delivered meals to the Hartman Family while Becky's husband was on leave from work for an ongoing medical condition. Becky, we're happy to hear your husband is back to work and that things are looking more positive! Our thoughts and support go out to [Aimée Friedman Hermann](#) and her family while her stepson, Weston, is fighting stage 2 progressive low grade glioma. Thank you all who signed up to deliver the Hermann Family meals while he starts a 10 week round of chemo. Finally, we also set up a MealTrain for Melanie Simpson Jenkins, whose 4 year old daughter recently had a surgical procedure. Melanie, we are thinking of you and your daughter and send you and your family our support. Thank you everyone for all you do in making and delivering these meals and lightening the load for all these families!



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# SHE'S CRAFTY

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## Flower Dyeing Experiment

April Showers, bring May Flowers! So, naturally this month we will focus on flowers! This experiment is so neat! I hope you and your kids enjoy watching the flowers turn colors.



So, this experiment is relatively simple—grab some white flowers, two cups, food coloring and water. Fill each cup with water, add a couple drops of food coloring to each cup, making sure you have TWO different colors in each cup. My recommendation would be to use primary colors so you can predict what will happen. Will the flower turn a secondary color (yellow and blue would make a green flower for example). Then, take your flowers and slice the stem up the center, leaving at least an inch at the base of the flower uncut. Place half in each cup so that the flowers are “drinking” each color.

Watch them turn colors based on which colored side the stem is in!! It will begin to change in just an hour, so this isn't too bad of a wait!



Is your toddler's mind blown at the result??

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# KID'S BOOK CLUB

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## Flowers Are Calling



This book is a mix of poetry and non-fiction that provides the kids with lots of knowledge on what flowers can do and how they entice their pollinators. This book club selection is simple to extend. After you've read the story, take it outdoors with you, grab a magnifying glass and get exploring! The kids should enjoy looking at a variety of flowers and identifying what insects and birds would be attracted to the flowers they find.

You could take a camera with you and let your children take pictures of the flowers. Then, take some time at home to locate some images of bees, beetles, butterflies, hummingbirds, etc and help them play a matching game with the flowers they photographed.



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# IN THE KITCHEN

## Bloody Mary

In honor of our Mother's Day brunch festivities, here is an awesome Bloody Mary recipe!

### Ingredients

From TSTE®

4 tsp **TSTE® Bloody Mary Spice Blend**

¼ cup **TSTE® Cyprus White Sea Salt**

(optional drink rimmer)

### From the Grocer

6 oz vodka

Tomato juice (to taste)

Optional garnishes (see below)



### Preparation

In each glass, mix 1 tsp **TSTE® Bloody Mary Spice Blend** and 1.5 oz vodka. Pour tomato juice to the top (leaving about ½ inch of room for garnishing). Mix again.

### Serving Suggestion:

Garnish as desired. The drinks pictured on front feature glasses rimmed with **TSTE® Cyprus White Sea Salt**.

They're garnished with celery and a skewer of tomatoes, black olives, cocktail onions, and pepperoncinis sprinkled with **TSTE® Bloody Mary Spice Blend**.

**Yield:** 4 drinks

**Total Time:** 5 mins

**Prep:** 5 mins

**Cook:** 0 mins

.....

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# WHAT WE'VE BEEN UP TO



The kids and moms enjoyed a fun and educational outing to Mixon's Fruit Farm and got to see some wildlife!

Our preschoolers enjoyed their Fun to Be Fit class with Ms. Adrienne, and they also enjoyed their preschool Picasso outing at the end of the month at Arts Ablaze to paint butterflies! Oh, and they finish off the outing with popsicles!



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





## The Breast Health Center at Lakewood Ranch Medical Center offers advanced imaging technologies to our community, including 3D mammography.



At our hospital's Breast Health Center, our primary goal is to deliver the highest quality care to the women of our community. In addition to breast ultrasound and MRI, we offer such women's health diagnostic services as ...

### 3D IMAGING TECHNOLOGY

Unlike two-dimensional images of the breast, the 3D mammogram allows breast tissue to be examined one layer at a time, detecting very small cancers. A 3D imaging exam is very similar to a traditional mammogram, and takes approximately the same amount of time.

### COMPUTER-AIDED DETECTION (CAD)

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### STEREOTACTIC SUROS/99 BREAST BIOPSY

Digital stereotactic localization is computer-assisted technology that maps the site of the abnormality. Then, a tissue sample is taken immediately, speeding the healing process and improving accuracy, quality and efficiency of the biopsy.



*Since breast cancer is most treatable in its early stages, it's important for women to get regular mammograms. Ask your doctor when you should begin with a baseline screening and how often you should have a mammogram.*

# The Breast Health Center



**Lakewood Ranch  
Medical Center**

8330 Lakewood Ranch Boulevard  
Bradenton, FL 34202

For more information, or to make an appointment, call **941.782.2264**

Connect with us!



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. 160582 4/16





## McKinley and Lauren's Corner

It was a rocky beginning to this month. I had a few concerns at our clinic appointment on April 5th. While everything checked out "ok" my gut wasn't too far off. Her ANC (that's what fights infection & a healthy person averages 500,000) was 72. Yep. Just 72! I asked the dr "did you leave a digit off this ANC?" He laughed & just said "nope but the good news is the chemo is working. The bad news is she is very susceptible to illness". This is normal at the beginning of Maintenance so I'm told. They don't dose adjust till after the first phase is complete but they're looking to see how her marrow & body is handling the chemo. We were placed on oral chemo hold for the week but she did receive her chemo drip that day & started a week of steroids. Anything under 500 typically means you're in isolation. So yes, it was kinda a bummer cause it was McKinley's birthday weekend & yes we had to cancel dance, play dates, etc but in the big scheme it was all an easy fix.

We had to go back that next Monday for a repeat blood check to see if her counts were rising & if we could restart chemo. They rose to 518. Yikes. Still cutting it super close but the oncologist assured us her counts were trending up & he gave us the "ok" to take the kids to Disney World on that Sat as he felt confident they'd be higher. We surprised the kids with the trip on Friday morning for both their bdays (we opted that route instead of a combined bday party) & we had to make it a surprise in case anything came up that would've made us have to cancel. McKinley has no idea what Disney is cause she's never been & Brady only knows from hearing kids talk about it. I wasn't expecting this reaction from him however he doesn't adjust well to change so I also wasn't super surprised (see video...you'll die laughing & OF COURSE he thinks we're going to the doctor?!? Such our life). We couldn't of asked for better weather. It was so super overcast all day & I didn't have to worry about the kids getting sunburned or us being super hot. They were both SO good. No meltdowns & had a really great time. McKinley meeting the princesses literally brought me to tears & she gasped & covered her mouth when she saw Aerial. As cliché as it sounds, it really was magical for her. You think about a lot

of things when getting this diagnosis & I remember thinking in the hospital "she's never been to Disney World." And if you would've told me June 1, 2015 while impatient that we would be at the Magic Kingdom on April 16, 2016 I would've never believed it. Heck I wouldn't have believed it if you told me 2 months ago! But we went & it was such a great time for the kids (and for us as a family). Dare I say we are just chugging along & we couldn't do it without your love, support & prayer.

Many of you know (but I wanted to make sure everyone knew) Love McKinley is an official 501(c)(3) & we have big plans. I've mentioned it in previous updates but finally after much correspondence & a great meeting this past Friday with All Children's Hospital & the Love McKinley Board (so official I know:) we are finally setting things into motion. I couldn't be more excited to give back & it all will kick off with the Love McKinley Golf Tournament on July 16, 2016. This can't or couldn't be possible without the amazing support we have received & my hope & prayer is to continue this support so that every single golfer/sponsor/contributor knows because of them they are bettering treatment for families & oncology patients at All Children's Hospital. So Thank You for all your continued support. It means a lot me & far too many other families that are going through this. Thank You.

Karen

Hi Moms,

I just wanted to thank everyone for all of the support that you have shown to our family as we begin this fight against Lauren's Leukemia. I know I have said it before but I can't stress enough how much all of the meals, texts, prayers, FB messages, cards, gifts, snacks, etc all means to us. This support and encouragement has really helped us through these last 6 weeks. The meals have been especially helpful on the days we have clinic and even the days that we are just home all day and Lauren is extra clingy and won't let me cook. We have some good cooks in this group for sure!

We have hit a lot of bumps in the road but I am hoping as we move forward things will start to smooth out for Lauren. She is getting stronger every day and has slowly started walking on her own again. She has been feeling good the last two weeks and for that I am so thankful. I am also so very thankful to be a part of this wonderful support system. I know there are other moms, dads and kids in this group battling cancer right now and it is comforting to know we all have the support of our friends.

Xoxo— Shawna