

# Mommy's Time Out

July 2016



---

# WHAT'S INSIDE

---

Presidents' Letter	3
Event Alerts	5
Calendar	7
Featured Article—Playgroups	8
Recipe Box—Hush Puppies	10
She's Crafty—Rainbows	11
Kids' Book Club — Flotsam	13
To Your Health — Hurricane Prep	14
What We've Been Up To	15
McKinley and Lauren's Corner	18



**LR Little Ranchers**  
Learning Center of Lakewood Ranch Baptist Church

Summer Camp  
6/20-6/23 \* 6/27-6/30  
\*7/11-7/14 \* 7/18-7/21 \* 7/25-7/28  
Ages 2 to completed 3<sup>rd</sup> grade  
Contact Connie at 941.552.1304  
[connie@lwrbaptist.com](mailto:connie@lwrbaptist.com)

Licensed and certified by FLOCS #31523

# LETTER FROM OUR PRESIDENTS

Hi Moms! For those of you just joining us - welcome! It's the start of another amazing year for our group. We are thrilled that so many of you took advantage of our early renewal discount. Renewals will continue through July at a rate of \$35, so please remember to renew if you haven't already. Dues for both new and existing members will increase to \$40 annually beginning in August.

We can assure you that while the fun of summer goes on, your board is hard at work planning events and ensuring you have a packed schedule. We'll kick things off in August with a back to school event that will also help us get to know our new members. Our annual Halloween party and the ever popular Sunday with Santa are also in the works!

In September we will host a very important event - a gala to benefit the Love McKinley charity. This promises to be a fabulous night out for a great cause. Details are still being ironed out, but something we will definitely need help with are auction items. If you have a donation suggestion, please contact us!

If you have any suggestions for events or comments on how we can be more effective, please reach out. We are looking forward to our biggest and best year yet!

Best,  
Jill & Jenn

## River Landings Animal Clinic



~ For Every Stage of Your Pet's Life ~



**Dr. Ryan Fox**  
**Dr. Michael Bonda**

**941-755-4592**

6140 53rd Ave E.  
Bradenton, FL  
34203

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



### OFFICE HOURS

Monday - Friday  
7 a.m. - 6 p.m.

Saturday  
8 a.m. - noon

We pride ourselves in quality care, a clean and inviting facility and a warm and friendly staff. So that we may provide your pet with the very best in care, our office works by appointment.

**Small Animal,  
Avian & Exotic  
Medicine**

**Dentistry  
Surgery  
Radiology  
Ultrasound  
Endoscopy  
Laboratory Service**

**Bathing  
Boarding  
Drop Off Service**



~ 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. ~



---

# BOARD MEMBERS

---

Presidents, Jill B. & Jenn O., [lwrmgpresident@yahoo.com](mailto:lwrmgpresident@yahoo.com)

Executive VP, Alyscia M., [lwrmgvp@yahoo.com](mailto:lwrmgvp@yahoo.com)

Membership VP, Crystal R., [lwrmgmembership@yahoo.com](mailto:lwrmgmembership@yahoo.com)

Treasurer, Jenn K., [lwrmgtreasurer@yahoo.com](mailto:lwrmgtreasurer@yahoo.com)

Welcome Coordinator, Rebecca M., [lwrmgwelcomecoordinator@yahoo.com](mailto:lwrmgwelcomecoordinator@yahoo.com)

Playdate Coordinator, Tara D., [lwrmgplaydates@yahoo.com](mailto:lwrmgplaydates@yahoo.com)

Newsletter Editor, Karen P., [lwrmgnewsletter@yahoo.com](mailto:lwrmgnewsletter@yahoo.com)

School Ambassador, Becky H., [lwrmgambassador@yahoo.com](mailto:lwrmgambassador@yahoo.com)

Sunshine Meal Coordinator, Robin H.

Kids Outings, Paulette C. and Corrine D.

Moms Night Out, Alana M.

Preschool Picasso, Courtney M.

## A Warm Welcome To Our Newest Members



**Mandy Frint**

**Jamie Arbor**

**Stacey Prater**

**Tara Miller**

**Megan Chancey**

**Nicole Pies**

**Monaca Onstad**

**Lauren Rocha**

**Caitlin Buchanan**

**Carolyn Presutti**

## Mom's Night Out

July 13th

7PM

\$10/per person



## Preschool Picasso

Cookie Cottage

Cookie decorating

July 7th

9:30AM & 10:30AM

\$9/child



## Book Club



CineBistro July 20th

6PM

## Couple's Night Out

McAllister's

Trivia Night

July 12th at 7PM



**Kid's Movie Day**  
**Lakewood Ranch**  
**Cinemas**  
**July 18th at 1PM**



*Learning Center of Lakewood Ranch Baptist Church*

**Little Ranchers** Learning Center is a part-time christian preschool focused on loving children and their families. We provide a warm nurturing environment for children ages 18 months to 5 years. Our program is developmentally appropriate to meet the needs of every child.

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

**Matilda Jane Clothing**

Independent Trunk Keeper #1500

Victoria Cobb

[victoriacobb@matildajaneclimbing.com](mailto:victoriacobb@matildajaneclimbing.com)

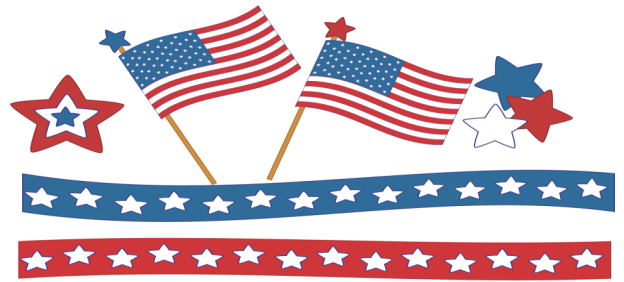
[www.facebook.com/mjc1500](http://www.facebook.com/mjc1500)



**Kid's Playdate**  
**UTC Play Area**  
**Saturday, July 9th**  
**10:30AM**

THE MALL AT  
UNIVERSITY TOWN CENTER

# July 2016



Sun Mon Tue Wed Thu Fri Sat

					1	2 Couple's Night Out— Tropical Sunset Cruise
3	4 	5	6	7 Preschool Picasso @9:30& 10:30	8	9 Kid's Playdate UTC@ 10AM
10	11	12 Couple's Night Out McAlister's @7PM	13 MNO Cheers to Wine @ 7PM	14	15	16
17	18 Kid's Movie Day LWR Cinemas @1PM	19 Kid's Painting Let's Create Art @4PM	20 Book Club CineBistro @6PM	21	22	23
24 Kid's Playdate at Bradenton Riverwalk Splash Pad@ 10:30AM	25	26	27	28	29	30
31						

---

# PLAYGROUPS MAKE LASTING FRIENDSHIPS

---

Our traditional playgroups have been on a break for a couple of years while we tried other methods of getting moms together. We've decided to go back to our roots and bring these back! Participating in playgroups takes a lot of effort on the mother's part—being flexible with your schedule, opening up to strangers, and committing to seeing these people on a regular basis. It may take some work on your end, but the rewards are worth it. Here's what one mom said about her playgroup:

In 2013, I had just moved to the Sarasota area from snowy Massachusetts and was in desperate need of some new friends for my kids and for me. I stumbled upon the LWR Mom's Group and contacted the wonderful group coordinator, Jenn Otterness. She welcomed me and put me in touch with Stacey Kasch, Melissa Broderick, Chanda O'Brien and Kristi Byrnes. She explained that we all had kids the same age and suggested that we should try getting together. This broke the ice for us, and we started meeting up weekly.

We soon realized how much we enjoyed each others' company and called on each other for support. The kids grew into a tight knit little family. It's been almost 3 years now, and even though our school schedules and after school activities have become more of a challenge, we still meet up and have frequent playdates, holiday parties, and weekly swim dates. I truly would be lost without these wonderful ladies in my life! They have each helped me during crazy times such as when my (surprise) third child entered into the world.

Not only has it been amazing for me as a mom, but the kids have become their own group. The 12 kids that encompass our little clan have become so close that, when they are together, they act like they are "home." It is just so amazing to watch.

Our group is so close that even after Kristi moved back to Ohio to be closer to family, we have all kept in touch with her and will be celebrating when her family comes down to visit this holiday season. I am truly blessed to have made such amazing friendships through the LWR Mom's group. I have been able to make connections through the get togethers we do as a group, and I hope that there are others who have developed strong bonds like the ones I have made with my moms.

-Amy Korenman



# Lil Divas and DUDES™

## salon & day spa

Proud sponsor of Lakewood Ranch Moms Group, Inc.

*Let Your Children Be Pampered!*

- Haircuts & Styles
- Mani's & Pedi's
- Facials & Up-Do's
- Birthday Parties
- Spa Parties



**Bradenton/Sarasota**

8415 Honore Avenue, Bradenton, FL 34201  
941-359-1396

Connect with us Socially:



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

# RECIPE BOX

## Hush Puppies

(SERVES 6–8)

In one bowl, place dry mix:

2½ cups fine-ground cornmeal (white or yellow)

½ cup all-purpose flour

1 tbsp. baking powder

½ tbsp. sugar

½ tbsp. ground black pepper

½ tbsp. salt, ¾ tsp. baking soda

½ tsp. cayenne pepper

In another bowl, place wet mix:

3 eggs (lightly beaten)

1½ cups buttermilk

¾ cup chopped scallions



Whisk wet and dry mixes together until the batter is just combined. Let rest for 10 minutes. In a 6-quart stockpot or a mini electric fry pot, heat oil to between 350°F and 360°F, keeping the oil at a steady temperature. Once the oil is hot enough, drop small scoops or rounded tablespoons of the batter into the oil in batches of eight. The cooking process is fast, about 60 to 90 seconds. As soon as the hush puppies start to float, use tongs to rotate (both sides should be crisp and light golden brown). It helps to put a pasta strainer on top of them at this point to keep them submerged.

Use a slotted spoon to remove, and transfer to a clean brown bag to quickly drain. Serve steaming hot.



# SHE'S CRAFTY

## Making Rainbows



Simple outdoor rainbows can make playing in the yard fun, and even a little educational!

Take a hose with either a mist setting on the sprayer or use your thumb (after letting the water run a little while to cool off first) over the tip of the hose to create a spray mist. Spray the hose in the direction of your shadow and watch the rainbow appear!!

### **Why did it make a rainbow?**

Light is made up of many colors, and when it passes through water, it is broken up into the other colors seen in a rainbow!

Make a rainbow snake with a couple of things you already have around the house:

- empty water bottle (with bottom cut off)
- Old sock whose match has been lost
- Duct tape or rubber bands
- A bucket filled with dish soapy water
- Food coloring

Take the empty water bottle with the bottom cut off and slide the sock over the opening, making sure it is taut. Either tape the sock into place or rubber band it.

Now, dip the sock into the bubble solution and then add a few drops of food coloring onto the sock to create colored bubbles.

Have your child blow (not suck in!!) to start the snake!!








# Help for wounds that won't heal

If left untreated, nonhealing wounds can develop into more serious conditions, which can become life threatening. If you have a wound or sore that has not begun to heal within a month, due to diabetes, pressure, or poor circulation, the Center for Wound Healing and Hyperbaric Medicine at Lakewood Ranch Medical Center can help. Doctors and nurses at the Center are specially trained in some of the most advanced wound care therapies available today, including hyperbaric oxygen therapy.

## Hyperbaric Oxygen Chambers speed the healing process

Hyperbaric Oxygen Therapy (HBOT) is a procedure in which the patient breathes 100 percent oxygen while relaxing in a pressurized chamber. This delivers high concentrations of oxygen to the bloodstream and the wound bed, which rapidly accelerates the healing process.

 **Lakewood Ranch  
Medical Center**  
**Center for Wound Healing  
and Hyperbaric Medicine**

8340 Lakewood Ranch Blvd., Suite 280 • Bradenton, FL 34202  
[www.lakewoodranchmedicalcenter.com](http://www.lakewoodranchmedicalcenter.com)



**John S. Yee, MD**

Medical Director

Certified Wound Specialist

Dr. John Yee is a board-certified physician with over a decade of wound care specialty experience.

If a nonhealing wound is keeping you from the things you like to do, the Center for Wound Healing and Hyperbaric Medicine can help you get your life back.

**For an appointment or more information,  
call 941.782.2830.**



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 6/16

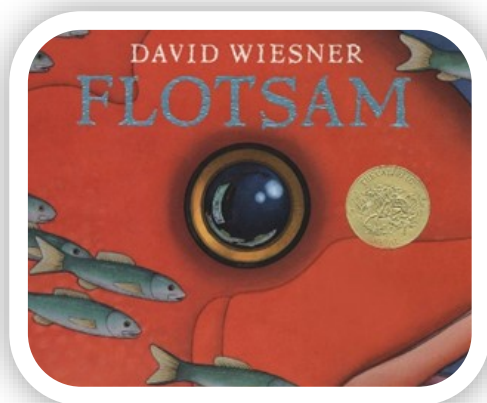


---

# KIDS' BOOK CLUB

---

## Flotsam by David Weisner



This wordless picture book is about a boy who finds a camera that washed up on shore. His curiosity leads him to develop the film which reveals all sorts of wonders from the camera's journey under the sea.

Because this is a wordless picture book, you'll likely want to "read" through it slowly first. As you turn each page, ask your child questions about what they are seeing. Simple questions like, "what do they think the pictures are of?", "what is going on?", etc. will help them begin to sort out the basic story line.

Once you've gone through the story once, start over and allow your child create the story's words and share their version of the story with you. It's a great way for them to build a vocabulary, develop an understanding of plot and story development.

After you've finished the story, ask your child to draw you what they think the camera will see on its next trip to the bottom of the ocean!

### Create a Photo Chain

Extend the book by taking a photograph of your child. Have them hold the photo and take a second photograph to send to a family member so you can begin a chain of photos just like in the story!

### Make a Lunch Bag Story Book

Another fun activity to complement the book is to go on a treasure hunt! Create a paper bag book with pockets to keep photos of things your child discovers on the treasure hunt as they act as the camera did in the story. To make the book is simple. Alternate the direction of three lunch bags, fold it in half and staple. You now have a fun book with pockets and hidden nooks for goodies! They can add drawings to spruce it up and share a story with you!



---

# TO YOUR HEALTH

---

## Getting Prepped for Hurricane Season

Hurricane season is upon us, and we've already had our first tastes. While we hope that's all for this year, it's important to be prepared. The needs of moms and pregnant women during a disaster are unique.

Start the season by slowly gathering your stockpile of batteries, flashlights, nonperishable foods (including formula). These things won't go bad, and you don't want to be that last-minute person trying to stock up on water and supplies, only to find that all of the shelves are empty.

There are several other things you can do well in advance to prepare yourself for the hurricane season. Begin by locating important documentation and storing these items in a waterproof location. Having these with you can save a lot of headaches. Speaking of headaches, take time to photograph the rooms of your home should you need an insurance claim. Also, keep your car's gas tanks filled and perhaps fill up a couple of gas cans for backup. If you can avoid long lines at the gas station during an evacuation, do it. Check your prescription medications, and ensure that items such as inhalers and epi pens will not expire soon.

Now is the time to make preparations and have a plan in place for your family to follow in case you ever need it!

### **Hurricane Kit Items**

- ✦ Non-perishable food (enough to last at least 3 days)
- ✦ Water (enough to last at least 3 days)
- ✦ First-aid kit (include prescription medication you may need)
- ✦ Personal hygiene items and sanitation items
- ✦ Flashlights (have extra batteries on hand)
- ✦ Battery operated radio (again, have extra batteries)
- ✦ Waterproof container with cash and important documents
- ✦ Manual can opener
- ✦ Lighter or matches
- ✦ Books, magazines, games for recreation
- ✦ Special needs items: pet supplies and baby supplies
- ✦ Cooler and ice packs
- ✦ A plan for evacuation and for if family members are separated



# WHAT'S BEEN GOING ON



Moms Night Out at Drag Queen Bingo last month was a blast!



Our June Kids Outing for ice cream was a fantastic break for everyone!



Several of our moms participated as a team in a local 5K challenge



Many moms came out to enjoy an informative Essential Oils Make and Take session at the park where they created some great goodies to take home!





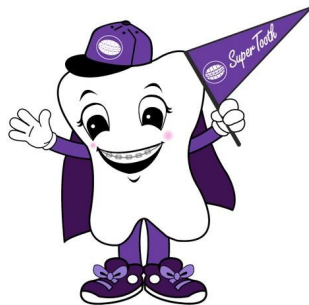
We are grateful for our wonderful patients in Lakewood Ranch!



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



Our Preschool Picasso was held at the playground last month. The kids enjoyed painting pottery that was provided by Arts Ablaze!



## Sunshine News!

In June, we delivered Sunshine Meals to the families of Julie Ruffing and Jennifer Madison, who both delivered healthy babies late May.

We also continued to deliver meals and show our support for the Glynn, Clough and Hermann Families. We send huge hugs to all these families.

Thank you all dearly for your time and effort in making and delivering all the meals that go out and for the support you give. You all are simply awesome!



## McKinley and Lauren's Corner

We have had a very uneventful June, which is always good news. McKinley's counts were low at the beginning of the month, which resulted in a "chemo hold" for a week & a week of not being in public. Then, the following week, they were sky high. This resulted in some switching around of dosages of oral chemo, which always leaves me uneasy (they cut her dosage in half). But, after today's appointment, her counts are yet again high, & they increased her oral chemo which, according to the Oncologist we saw today, is what we want. We want her to get back to full dosing. As of today, we are at 75% of the dosage she \*should\* be taking. Hopefully, when we go back in two weeks, they can increase it again and we'll be back at her "normal" dosing per protocol. It's such a numbers game & so frustrating. She has been feeling pretty good, & we've had a fun month! We celebrated my birthday (something in which we did not do last year). We were a fresh 16 days into our new life & had only been home from the hospital for 6 days so there wasn't much to celebrate last year. To be honest, it was all still a blur. We celebrated a very nice Fathers Day, which was also very different from last year as we were impatient & getting treated for her blood clot which was a very scary time. Then, just this past weekend, our entire family was a part of a beautiful amazing wedding of Casey's cousin & her fiancé, whom also happen to be very good friends of ours. I totally broke down when Brady & McKinley walked down the aisle...she's come SO far. This June has been SO MUCH BETTER than last June even with the stress/frustration/worry of blood counts, isolation, etc. I hope July is even better. A year ago I never would've thought we'd see these days, but we're here & enjoying every minute. Thank you all for your continued Love, Support & Prayer for McKinley....she needs it!

Xo,

Karen

Hello,

These last few weeks have been relatively quiet for Lauren and for that I am thankful. In the last month, we have had 13 trips to the outpatient clinic in St Pete, but no over nights in the hospital. She has had a lot of chemo treatments and has needed some blood and platelet transfusions. We have a big day coming up next week. On Wednesday, Lauren will have her bone marrow tested for any leukemia cells. We are hoping and praying this number is zero and we can move on to the next stage of treatment. Lauren will also have her new port installed while she is under anesthesia. Her first port was only in for 2 weeks before it was infected and needed to be removed. The new port will go in the opposite side of her chest. I am pretty much terrified of her having another infection with this new port, but the PICC line she has had for almost the last 3 months has only been a temporary solution. She has been doing so good lately. Playing a lot at home with her big sister, lots of energy, and decent appetite. Next Saturday will mark 4 months since our lives changed forever. We are trying to take things one day at a time and stay positive. Thank you everyone for all of your support. This group is so full of such awesome, kind-hearted, generous moms. I am so proud and honored to be a part of it.

Love,  
Shawna