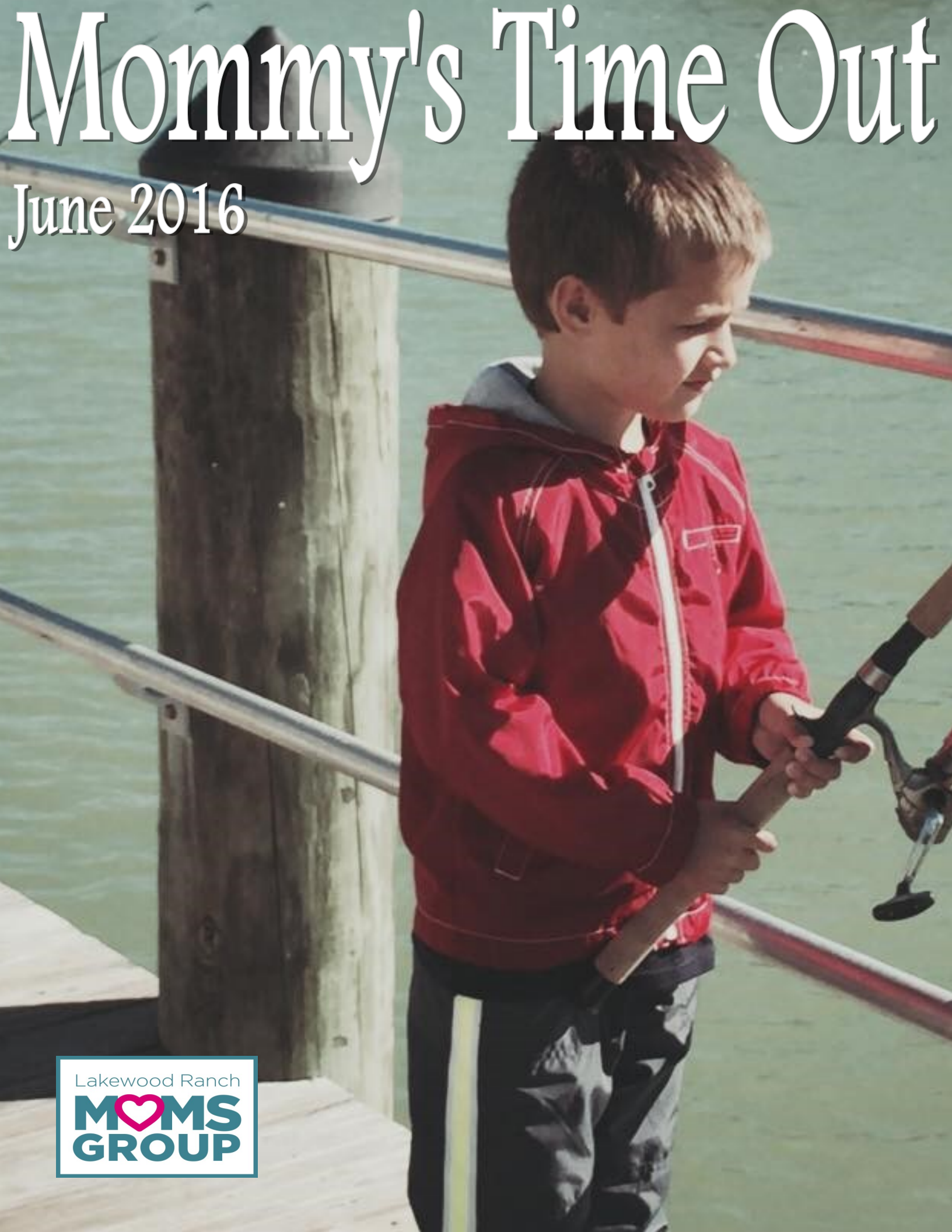


Mommy's Time Out

June 2016



Lakewood Ranch

MOMS
GROUP

WHAT'S INSIDE

President's Letter	3
Event Alerts	6
Calendar	7
Guess Who—Member Spotlight	8
Sunshine News	9
She's Crafty	10
Kids Book Club	11
In The Kitchen	13
What We've Been Up To	14
McKinley and Lauren's Corner	16



Thanks to our contributors this month: Jill Bennett, Karen Moore, Karen Pharo Lisa O'Driscoll, Shelly Bishop, Stacey Burge, Tara Sambuca-Duarte, and Victoria Cobb

LETTER FROM OUR PRESIDENT

I can't believe this marks the end of our year, and what a year it has been! With 220+ members and growing, we really are becoming a staple in the community and we are able to do more for our moms and the community than ever before. This year alone, our group's charitable giving amounted to \$7,462, most of which went to support our moms and kids in need.

I'd like to take this opportunity to thank all of the ladies who served on the board this year. Your hard work did not go unnoticed, and I really can't thank you all enough for helping this group function like a well-oiled machine. It really is so impressive, especially considering how much we grew this year!

Though they have some tough shoes to fill, I'm pretty sure these awesome ladies are up for the task! Below is the list for the 2016-2017 board, which will be effective July 1.

Co-Presidents: Jill Bennett & Jenn Otterness

Executive VP: Alyscia McDermott

Membership VP: Crystal Rothhaar

Treasurer: Jennifer Kovatch

Preschool Picasso: Courtney McLaughlin

Community Service: Jill Bennett & Jenn Otterness

Sunshine Meal Coordinator: Robin Harrell

Kids Outings (School Aged): Paulette Callendar

Kids Outings (Preschool Aged): Corinne Drohan

MNO Coordinator: Alana Blasewitz

Playdate Coordinator: Tara Duarte

School Ambassador: Becky Hartman

Newsletter Editor: Karen Pharo

Welcome Coordinator: Rebecca Milbank

Renewal reminders will be going out soon. Like last year, we will be offering an incentive for those who renew early. Renew between June 15-30 and pay \$30 for the year. Dues will be back up to \$35 for the month of July (for both renewals and new members), and beginning August 1st our dues will increase to \$40 annually. This additional cost is to cover the increased expense that comes with having so many new members and kids.

I really look forward to having the opportunity to work with and for you all again. It really has been a privilege to get to know each and every one of you. I know I speak for both Jenn and myself when I say we are looking forward to an even bigger and better year ahead! Big things are in the works - stay tuned!

Cheers!

Jill

BOARD MEMBERS

President: Jill B., lwrmgpresident@yahoo.com

Administrative VP: Tracie M., lwrmgvp@yahoo.com

Membership VP/Web Administrator: Jenn O., lwrmgmembership@yahoo.com

Treasurer: Jenn K., lwrmgtreasurer@yahoo.com

Welcome Coordinator: Chanda O., lwrmgwelcomecoordinator@yahoo.com

Playgroup Coordinator: Tara D. & Pooja G., lwrmgplaydates@yahoo.com

Newsletter Editor: Victoria C., lwrmgnewsletter@yahoo.com

School Ambassador: Susan M., lwrmgschoolambassador@yahoo.com

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

Kids Outings: Melinda H.

Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.

A Warm Welcome To Our Newest Members

Members



Nicole Lynn

Suzy Ricci

Amanda Batt

Becky Friedman

Megan Martin

Heather Amato



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
941-907-8898

6286 Lake Osprey Dr.
Sarasota, FL 34240

Drag Queen Bingo



Sunday, June 12th
McCurdy's at 8PM

Mom's Night Out

Seasons 52



Wednesday, June
22nd at 7PM

Book Club



Monthly Meeting

Thursday June 2nd
at 6:30PM

Followed by Trivia
night at Ed's Tavern

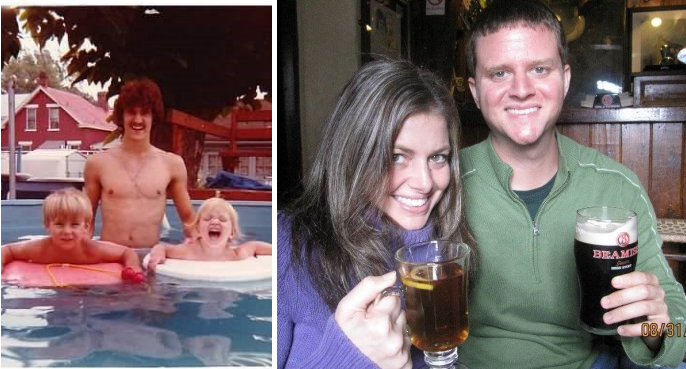


June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Monthly Meeting 6:30PM	3	4 Sniff & Sip 4PM
5	6	7	8	9	10	11
12 Drag Queen Bingo 8PM	13 Meetup at Menchie's 1PM	14	15 Book Club 7PM	16	17	18
19	20	21 Morning at Lido Beach 9AM	22 Moms Night Out 7PM	23	24	25
26	27	28	29	30		

GUESS WHO

Member Spotlight



Here is my final pick for our member spotlight. Did you figure out that this was Karen Pharo? Karen will be taking over as our newsletter editor, and I know she'll do a great job! **She took our member spotlight survey and here are her answers!**

I've come to realize that when I'm driving, I drive right at or under the speed limit, kid songs are always in my head, long road trips are not an option, and these Bradenton drivers are crazy.

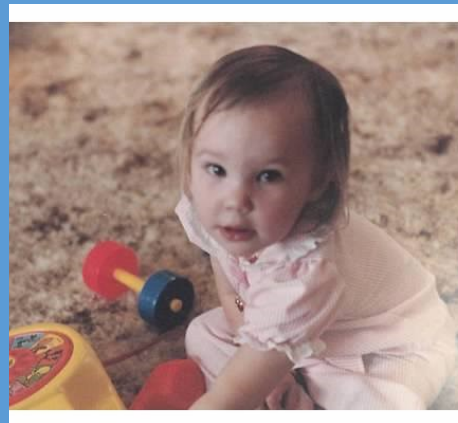
I've come to realize that I've lost all aspects of privacy, sleep, and me time, and all objects have the potential to get wet.

I've come to realize that my mom was such an amazing mom and boy do I owe her haha.

I've come to realize that I hate it when moms judge other moms. Every baby and every situation is different. Just do what works best for you. You are all awesome.

I've come to realize that my cell phone is the best device while nursing a baby 100 times a day.

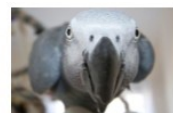
I've come to realize that my children: are beautiful, strong, and have big hearts, with 3 completely different personalities. I may have lost my shape, am tired often, and do not get a lot of time for myself but I wouldn't trade it for anything.



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

SUNSHINE NEWS

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



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. ~

Sunshine News!

We welcomed two new babies to the group in May, both born on May 24th! Congratulations to Julie Ruffing and Jennifer Madison and their families on the births of Sean Martin Ruffing, Jr. and Lainey Leigh Madison. We also delivered meals to Shelly Bishop and family while Shelly's husband was recovering from a recent health scare and cardiac procedure and to Jennifer Mackey and family while Jennifer's younger brother recovers from a terrible car accident. We also continued to deliver meals and show our support for the Glynn, Clough and Hermann families. We hold all these families dear to our thoughts and send many hugs! Thank you all who signed up to deliver sunshine meals this month; your time and effort definitely helps lighten the load for all of these families!

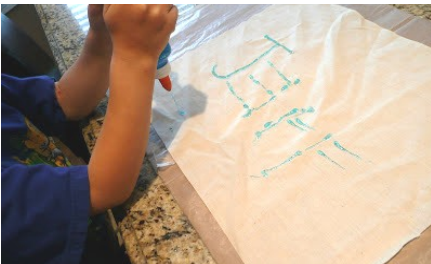
SHE'S CRAFTY

Batik Painting with Glue

Batik is a type of fabric design that uses wax and dye to create patterns and pictures. Selected areas of the cloth are blocked out by painting or drawing with hot wax over the fabric. Then the cloth is dyed. Once the wax is removed, the cloth is ready to be worn! The images in the kid's book club book this month could be seen as a simple batik design, so why not extend the learning and add a craft to your book club experience! Because we are working with kids, we found a batik recipe that doesn't require hot wax. Instead, you'll use a gel glue to get the same effect.

First, gather your materials:

- washable gel glue
- wax paper
- fabric, cotton muslin works well
- acrylic paint
- paint brushes
- sink or tub for soaking
- dryer or iron to heat set



Cut your fabric to size and put a layer of wax paper underneath your cut fabric. Hand the child a bottle of glue and let them draw their design/picture onto the fabric with the glue. Allow the glue to dry for half a day at the least.



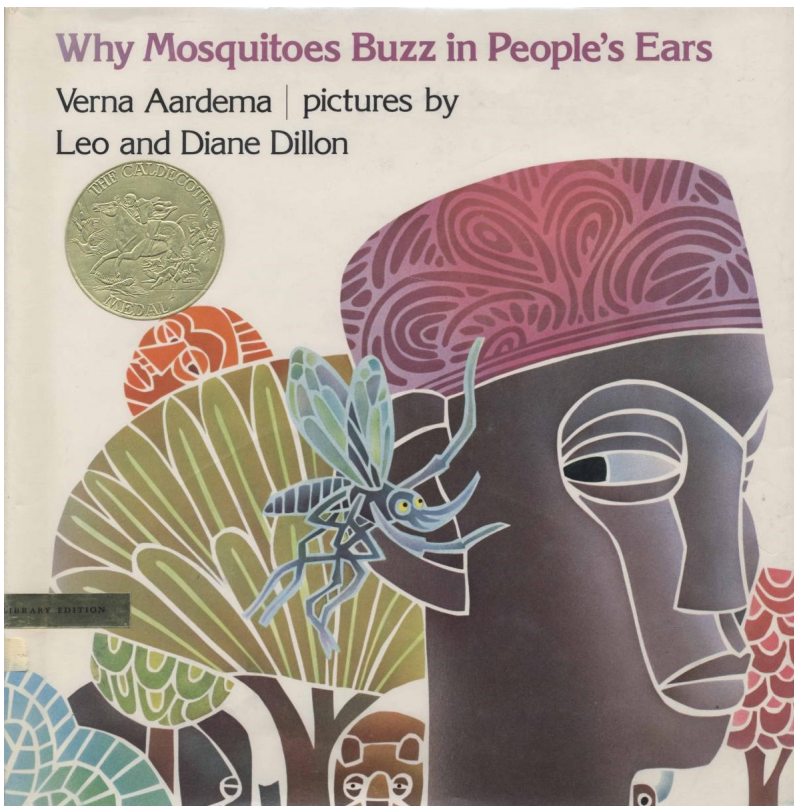
Once dry, grab your acrylic paints and water them down a little. Hand a paintbrush to the artist and let them get carried away in their artwork. When finished, let the paint completely dry.



Draw a warm, water bath and soak the fabric to remove the glue. You can use a nail brush if you want to help it along. Once all the glue is out, wring it out to dry and ta-da! Your beautiful "batik" is complete!

KID'S BOOK CLUB

Why Mosquitoes Buzz In People's Ears



Why Mosquitoes Buzz in People's Ears is an African folktale which offers a lesson in how your actions can start a series of events. The story is about a mosquito who tells a lie to an iguana and annoys the iguana. This sets off a series of events that affects everyone who lives in the forest.

While reading the story, help your children create rhythms with the noises that each animal creates as they move. They can act out the different animal's movements as well. You can also do a simple sequencing with the animals as well. Which animal causes which animal to do what, and so on. Ask the children to predict what they think will happen as each animal is introduced.

Extend it further by asking the child, what do you think the mosquito would have said if he was able to go in front of the council to explain his actions? Let them tell you or draw it or act it out!

Have them look at the pictures again to see if they can figure out what one animal saw the whole thing happen from beginning to end.

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

IN THE KITCHEN

Mexican Rice Salad and Adobo Shrimp

Zesty, flavorful, and fun. Serve this dish warm or prepare ahead of time and served chilled. However you choose to make it, this Mexican Rice Salad with Adobo Shrimp is a delicious dish perfect for a quick dinner or tapas!

Ingredients:

From The Spice & Tea Exchange®

4 tsp [Adobo Spice Blend](#)

From the Grocer

2 TBS lime juice

¼ cup rice vinegar

1 lb large shrimp (16-20 ct), peeled and deveined

Chopped romaine leaves

2 cups of prepared hearty grain such as farro (or Himalayan Red Rice)

14 oz can black beans, rinsed and drained

1 red bell pepper, finely chopped



Preparation:

COMBINE Adobo Spice Blend, lime juice, and rice vinegar. Reserve about half of the mixture to use later for dressing.

TOSS the remaining half with the shrimp. Set aside to marinate for about 15 mins.

HEAT a grill pan and spray with non-stick spray. Grill shrimp until pink and just cooked through, about 2 mins per side.

COMBINE chopped romaine leaves with 2 cups prepared farro or rice. Toss with black beans and red pepper. Add shrimp and dress with reserved Adobo dressing.

SERVE warm or chilled.

Yield: 4 servings

Total Time: 29 mins

Prep: 25 mins

Cook: 4 mins

.....

-The Spice & Tea Exchange

www.spiceandtea.com

The Spice & Tea Exchange® Sarasota
Located in St. Armand's Circle

Come In and Smell the Spices!®

Spices from Around the World
Hand-Mixed Blends Made Daily
Unique Sea Salts
Exotic Teas
Organic Sugars
Gifts & Accessories

345 St. Armand's Circle - 941.388.1411
spiceandtea.com/sarasota

Mention
Moms Club
for 10% off

WHAT WE'VE BEEN UP TO



Our moms enjoyed a lovely and tasty early Mother's Day Brunch together in May. We also had a fun wine night out as well as a great family outing with our "School's Out Splash Party". Lots of our moms made sure to show their support for our friends with the shirts we've had made that read "Friends Don't Let Friends Fight Cancer Alone" that were designed by a member and then made by another member! We've got ourselves some crafty mamas!



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

LEADING-EDGE SURGICAL SERVICES

at Lakewood Ranch Medical Center

The Surgery Center at Lakewood Ranch Medical Center offers traditional and minimally invasive surgical services, delivered with high-quality care and respect for each individual patient. A skilled Perioperative Registered Nurse is present in each operating room. Our hospital provides diagnostic and surgical procedures 24/7, to meet the needs of each patient.

Using advanced technology, surgeons at Lakewood Ranch Medical Center use minimally invasive techniques for surgeries of the appendix, gallbladder, intestine, endometrium and other organs. Surgeries are performed through small incisions so patients can experience less pain, smaller scars and faster recoveries. Our surgical specialties include:

Ear, Nose and Throat	Podiatric surgery
Gastrointestinal surgery	Spine surgery
General surgery	Thoracic surgery
Gynecological surgery	Urological surgery
Orthopedic surgery	Vascular surgery
Sports Medicine surgery	Weight-loss surgery
Plastic and Reconstructive surgery	

For more information on The Surgery Center at our hospital, please visit lakewoodranchmedicalcenter.com or call 941.782.2279.



Lakewood Ranch Medical Center

8330 Lakewood Ranch Boulevard
Bradenton, FL 34202
941.782.2100



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 5/16



McKinley and Lauren's Corner

It's been a crazy month of May with regards to McKinley's treatment and blood counts. We started it off on **May 3** with her 13th Lumbar Puncture since she was diagnosed and they increased the chemo intrathecally because she is now 3 (dose increases with age). They also increased some of her oral meds as her ANC (what fights infection) was over 3200! They want it in very small range of 750-1500 (max) so she was WAY high. If you remember we had a week of isolation in April cause she was 72. So clearly her numbers are all over the place. On **May 8th** (Mothers Day) she spiked a fever and we had to go to the ER. Her counts were high 3400+ & they have to be at least 500 to not be admitted if you have a fever. So because of the high counts we escaped being inpatient but it was still a fever and always a mom freak out. In the ER we received an IV antibiotic that provides 24 hour coverage. Per fever protocol they take peripheral and port blood cultures to see if anything grows so they know how to treat the fever better and we have to wait 72 hours to know if anything will/has grown. The main concern is a blood infection because of her having a port. If her fever remains we go back every 24 hours to get the IV antibiotic again. Literally 30 minutes before we were headed back to the ER her fever broke on **Monday May 9th** night. I was SO thankful. It's bad enough she had a fever and we're having to do/deal with all this but the fact it happened at 11:30 pm made it that much more challenging as she was just super tired & in an area she's not used to (the ER vs Hematology/Oncology clinic). We laid low all week cause counts can plummet or skyrocket with viruses and it's not worth the risk of getting another fever and being inpatient and she just wasn't feeling well (esp after being up late for a few nights in a row). That fever turned into a pretty nasty cold and we didn't do much with anyone really until **Wed May 18th**. We started getting back into our routine and were planning a little beach "staycation" on St. Pete Beach. Friends had gifted us a 2 night stay shortly after McKinley's diagnosis and we just hadn't had time to use it. We had to cut the stay short cause M just started really coughing and I panicked if she got a fever I didn't have my/her hospital bag or most importantly her numbing cream for her port so I wanted to get home. We had a blast for most of it but we didn't stay the last night. Good thing we did get home cause I was on "fever watch" **Monday May 23rd** and **Tuesday May 24th**. It never hit the 100.4 mark to send us to the ER but it got close. (Oncs are thinking it may be allergy related since allergies have been pretty bad lately and it seems to happen after she's been outside for an extended period).

Memorial Day Weekend was absolutely perfect. Truly we had such a fun weekend. We did dinner with close friends, McKinley actually DANCED her little chicken tail off at her recital (after some bribery and coercing to go back on stage after she ran off crying). We celebrated post dance recital with dance friends and family, had a mommy/daddy/brady boat day with more amazing friends and just spent time together as a family on Memorial Day itself. I was dreading **DREADING May 28th**. This date marked her one year diagnosis date. The week leading up to it I was quite a mess with memories that came flooding back of "the" phone call, me crying uncontrollably, and reliving that day again in my mind which I never ever wanted to live in the first place (here's the caring bridge entry telling that morning <https://www.caringbridge.org/visit/mckinleymoore/journal/view/id/556bd743ab28b9521b69ffa8>). That date changed our lives forever. It changed my outlook on life. It changed my stress, my emotions and really every aspect of my old life "before diagnosis" to now "after diagnosis". We live a different life. That date has brought new "friends" in my life that I couldn't be more grateful for that are going through this just like us and friends that are true hero's (nurses, dr's, childlife staff, techs, admins, etc) in treating my sweet girl. It has revealed SO much good in people and strangers in friends and acquaintances. That date will ALWAYS be significant and heart wrenching but I'm really trying to look for the good in it. And I'm trying to focus on a new date **AUGUST 2017**.....when she will complete her treatment!!!

I am so thankful we had such an amazing weekend because we were knocked a little down today at clinic on **Tuesday May 31st**. McKinley's counts are low AGAIN. Her ANC is 390 and they want it between 750-1500. So she's once again on oral chemo hold. They're also holding another antibiotic medication that she takes every weekend as it can suppress blood counts. She did receive her chemo drip in clinic today and started her week of steroids for this month however because she is so low (under 500) we have to steer clear of kids, indoor places and anybody sick. So it brings a change to the "routine" but in the big scheme it's not a huge deal. I'm glad I didn't know her counts over the weekend or we definitely wouldn't of enjoyed ourselves as much as we did or participated in the recital (which was so darn cute)! I just want her counts to get "maintained" in this Maintenance phase. It's more frustrating (& worrisome) than anything. As always, thank you for your continued love, support and prayer for McKinley! Karen

Hi Moms,
After 14 days in the hospital we are FINALLY on our way home!! Lauren's ANC went from 47 yesterday to 240 today! This is the news we have been waiting for. We will be home the rest of the week and will go back to the clinic on Monday to start her next round of chemo. Thank you everyone for your love, support and prayers.

Xoxo— Shawna