

Mommy's Time Out

August 2016



Lakewood Ranch

MOMS
GROUP

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LETTER FROM OUR PRESIDENTS

Hi Moms!

If you're reading this, either you're new to us (there are lots of you - hello and welcome!) or it means you've decided to join us for another year! Thank you! More than 40 of you joined us for our first Mom's Night Out of the year at Cheers to Wine. What a blast that was, and what a cool place! Definitely check it out if you weren't able to join us - and tell them we sent you! The owners were very generous and welcoming - especially considering we took over their whole establishment! I was the first to arrive and the owner was worried that no one would show up because there was a monsoon outside (literally). My exact words were "we are desperate for a night out. If you pour wine, they will come!" Do I know you all or what?!

We really have such an outstanding group of moms and are just continuing to grow. With growth comes power, and we are using our power to do lots and lots of good! Planning and preparation for our gala benefitting the Love McKinley charity is well underway and this event promises to be amazing! More details and ticket information is to come in the next week so please stay tuned.

We have plenty of other awesome events in the works. We have introduced School Aged Kids Outings in an effort to get our older kids involved and help them make friends that hopefully they will have throughout their years at school. We also have a cooking class (which the foodie in me is dying for), our family friendly back to school party, and some awesome couples nights coming up soon!

We are really looking forward to what this year will bring. It seems like we have so much going on - which is really impressive because July and August are typically our slowest months. Please feel free to reach out if you have any suggestions for events or ways for us to connect. We hope to see you soon, and for those of you who are just days away from getting your kids back on school schedules - we wish you luck!

Best,

Jill and Jenn

BOARD MEMBERS

Presidents, Jill B. & Jenn O., lwrmgpresident@yahoo.com

Executive VP, Alyscia M., lwrmgvp@yahoo.com

Membership VP, Crystal R., lwrmgmembership@yahoo.com

Treasurer, Jenn K., lwrmgtreasurer@yahoo.com

Welcome Coordinator, Rebecca M., lwrmgwelcomecoordinator@yahoo.com

Playdate Coordinator, Tara D., lwrmgplaydates@yahoo.com

Newsletter Editor, Karen P., lwrmgnewsletter@yahoo.com

School Ambassador, Becky H., lwrmgschoolambassador@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

Members



Laura Rode

Heidi Curran

Ashli Plemmons

Jamie Spiekerman

Charlotte Griffin

Amanda Peters

Tracie Flanigan

Maegan Gillooly

Victoria Dominguez

Kerry Timm

Lissa Pygott

Kristen Gilbank

Trisha Moore

Diana Grosshans

Mina Cairns

Melissa Thomas

Vivian Owen

Jennifer Sholi

Keli Pufahl

Tara Sirianni

Tina Harrington

Mom's Night Out

1014 9th St W

August 3rd

7:00 PM



Preschool Picasso

LWR Baptist Church

August 18th

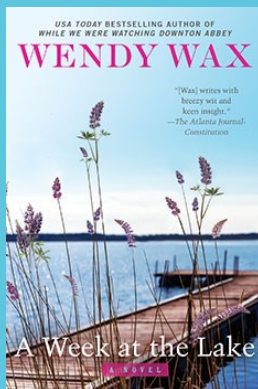
10:00AM

\$5/child

Decorate H2O Bottles



Book Club



August 17th

7:00 PM

Meeting and Trivia Night

Ed's Tavern

August 24th



7:00 PM

Preschool Outing
Great Explorations
August 12th
10:00 AM



Couples Night Out:
August 13th
WOB
8:00 PM



Kid's Playdate
August 14th
Back to School Bash
Splash Park
3:00 PM



Other Outings:
Skyzone
August 6th
6:30 PM
Bounce Down
Under
August 20th
10:30 AM

BACK TO SCHOOL MEMBERSHIP SPECIAL



Where can you get back into a sport you used to enjoy, take a class with a spouse or child, or enjoy regular time together as a family, while helping your community?
At the Y!

The YMCA is supporting our local schools during August. Bring a new unopened school supply when you join and save up to \$50 at sign up.

MEMBER BENEFITS INCLUDE:

"12 Weeks to a New You" Program * Child Care
\$5 Youth Sports * \$5 Swim Lessons * Open Swim * Lap Swimming
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Victoria Cobb

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~Fall enrollment will begin February 15~

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To schedule a tour or receive more information

Contact Connie at 941.552.1304 connie@lwrbaptist.com

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August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 MNO: MW Brewery 7:00 PM	4	5	6 Skyzone 6:30 PM
7	8	9	10	11	12 Preschool Great Explo- rations 10:00 AM	13 CNO: WOB 8:00 PM
14 Back to School Bash Splash Park 3:00 PM	15	16	17 Book Club 7:00 PM	18 Preschool Picasso LWR Bapt 10:00 AM	19	20 Bounce Down Under
21	22	23	24 Meeting and Trivia at Ed's Tavern 7:00 PM	25	26 CNO: Fri Night Con- cert Series 5:00 PM	27
28	29	30	31			

BATH TIME FUN BY KRISTEN ABRAMS

As we prepare for summer coming to an end and getting back into routines, I wanted to talk about one of our favorite evening regimens, bath time! Both of my girls have loved water and being in the bath since they were born. Bath time at our house is a way to calm down and reconnect. Actually, some of my favorite conversations with my three year old come from the tub, so I thought it would be fun to share five of our most favorite products and ideas in hopes that it may put a little more fun in your nightly rub a dub time.

Zoe Organics Bath Tea

Our youngest daughter has really sensitive skin. I had a friend tell me about this great company, Zoe Organics, and I just love their baby bath tea. It comes in a soft muslin tea bag that is filled with 100% organic ingredients. It is ultra-gentle and can even be used with newborns. I purchased mine directly from their site, www.zoeorganics.com, but was also told you can now purchase it through Target.



Crayola Color Bath Dropz

These tablets are fizzing water color tablets that can turn the water into a rainbow of colors. We buy ours on Amazon and they are about \$6 for 45 tablets.



DIY Bath Bombs

I did a little research and a lot of failed Pinterest recipes for kid bath bombs, before getting it right. My oldest daughter loves putting bath bombs in the tub and watching them fizz. I usually add a Magic Grow capsule in the middle and it makes it even more fun to see what animal sponge grows before our eyes. Here's the winning recipe: <http://www.abeautifulmess.com/2015/03/homemade-bath-bombs.html>

Boon Pipe Building Bath Toy

We love playing with these water pipes. They come in five different shapes, suction to the wall, and the water comes back into the tub not on your floor. It's a win-win for all!



Glow in the Dark Baths

My daughter loves when we have glow in the dark baths. Honestly, I only do it once every few months because she never wants to get out when we have them. Turn off all lights (I put real candles on the counter, but you could use LED candle lights too to keep it super safe). Purchase glow in the dark glow sticks (bracelets, necklaces, wands, etc) and put them in the bath tub. You can also purchase floating tea LED lights at Crowders for more lights in the tub. It's a super fun way to change up bath time! I hope I gave you some new ideas that can help make this nightly routine even more fun with your littles!

RECIPE BOX

Summer Sangria

Ingredients:

- 3 bottles red wine
- 1 cup fresh-squeezed orange juice
- 1 cup fresh-squeezed grapefruit juice
- 1/2 cup brandy or rum
- 2 apples (green or red), cut into 2-inch chunks
- 2 oranges, cut into 1-inch round slices
- 1 lemon, cut into 1-inch round slices
- 2 tbsp raw honey
- 1 cup NingXia Zyng or seltzer water
- 1 pint strawberries for garnish
- 5 drops YL Orange Vitality
- 5 drops YL Grapefruit Vitality
- 3 drops YL Lemon or YL Citrus Fresh Vitality



Directions: Mix the wine, honey and brandy in a large pitcher. Stir until honey is dissolved. Add fruit and let refrigerate for at least 2 hours. Ideally, let sit overnight. Just before serving, add essential oils and NingXia Zyng or seltzer water. Garnish with fresh strawberries for extra yumminess!

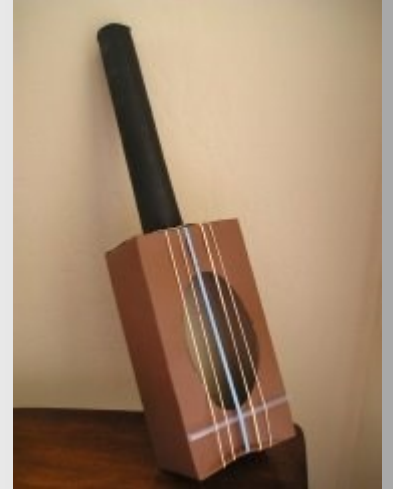
SHE'S CRAFTY

Elvis Tribute—Guitar

August 16, 1977 is the day Elvis Presley passed away. Take a moment to recognize that yes, Elvis has left the building, but his music lives on. Introduce your kids to some of his music this month and make a tissue box guitar to help them jam along to these kid– friendly tunes!

To make the guitar, gather the following materials:

- Newspaper
- Glue
- Scissors
- Four rubber bands
- Tissue box
- Empty paper towel roll
- Paint and brushes (optional)

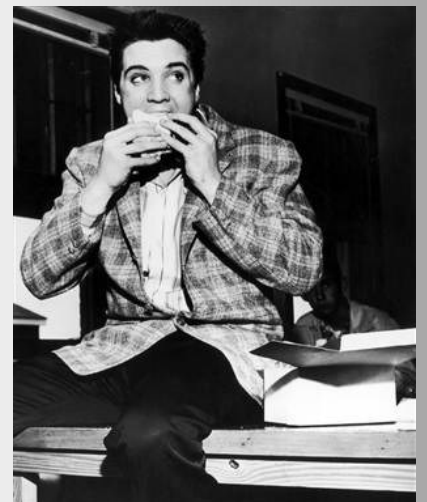


1. On a work surface covered with newspapers, place the tissue box short-side up with the tissue slot facing towards you. Stand the cardboard paper towel roll on top and trace around it. Cut out the traced circle and insert the tube into the hole. (Parents may want to do this part.) Glue the tube in place and let it dry completely. Once dry, you can choose to paint your box or move right along to step two!

2. Stretch several rubber bands lengthwise around the box and over the tissue slot. (Rubber bands in assorted widths will produce different sounds.) Roll a pencil under the rubber bands on the side opposite the guitar's neck and your child is ready to play.

Once your guitar is ready, turn on some Jailhouse Rock, Teddy Bear, Blue Suede Shoes, Don't Be Cruel or All Shook Up and get grooving!

Take a break from your dancing and enjoy a kid-friendly Elvis favorite, the peanut butter and banana sandwich!





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KIDS' BOOK CLUB

Wemberly Worried by Kevin Henkes



The first day of school can be a little intimidating for our children. New faces, new places, new routines, etc. That is exactly what happens to Wemberly in the story *Wemberly Worried* by Kevin Henkes. It's about a little mouse who worries about everything. Naturally, she worried about school too! However, once she arrives at school, she soon realizes there was nothing to worry about. Her teacher is warm and welcoming, she meets a new friend, and the day quickly whizzes by! With school starting in just a few days, this is a great story to begin your conversations with your child about their own concerns

about school and to help get them ready for their own first day.

While reading the story, it may be helpful to ask your own children if they share any of Wemberly's concerns about school. With school just about a week away from starting, now is an excellent time to start working on some projects together to help get them more prepared for their first day. Here are some ideas:

Start a countdown chart so they know how many days are left. Get them excited to go! You can do a simple paper chain where they remove a link from the chain every day. Other ideas might be to just "x" off the days on a calendar or add stickers to a chart!

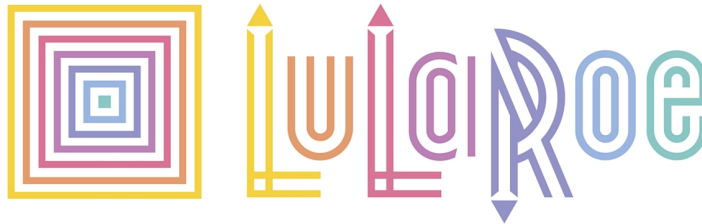
Create a book with details about their day at school. You can use their own drawings or photos to help illustrate the sentences. Here is a simple [printable](#) you can try. It includes pages like "this is my backpack", "I will play on the playground", and "I will have snack time", etc. This will help them get used to their new routine and know what to expect of their first day.

[Make a little heart](#) to stick in their pocket or in their backpack. A small felt heart can also hold a scent if you wanted to add a comforting smell like lavender, vanilla or rosemary.

Here are a couple suggestions teachers have for you to make the day go better for your child:

1. Kiss and go. Don't linger – it makes it worse.
2. Talk about what will happen before it happens. ("I'm going to walk you to the line, we'll do our good-bye, and I will leave to clean the house while you get to stay and have fun at school.")
3. Be brave. I know it's hard for us parents, too. Save your tears for the car or coffee with your friends





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TO YOUR HEALTH

How Much Sleep Does Your Child *ACTUALLY* Need? By Dr. Xavier Sevilla

Sleep is one of the critical pillars of health. For parents, problems with their child's sleep are probably one of the most frequent reasons to consult a Pediatrician. As everything else with childhood, sleep also changes as children grow up.

How much are babies supposed to sleep?

As a newborn ,in the first few months, babies cannot sleep more than about five hours of uninterrupted sleep. More than 50% of the baby's sleep is the stage where dreams occur. At this point, A baby will sleep about 18 hours per day. Only after 3 to 5 months of age can the child go for longer stretches of sleep at a time.

What is normal sleep for a child in 24 hours?

This also depends on the age of the child. This number includes all sleep including naps.

Newborns	Ages 0-3 months	18 hours
• Infants	Ages 4-12 months	12-16 hours
• Toddlers	Ages 12-24 months	11-14 hours
• Toddlers & Pre-Schoolers	Ages 3-5 years	10-13 hours
• Children & Pre-Teens	Ages 6-12 years	9-12 hours
• Teens	Ages 13-18 years	8-10 hours
Young Adults	Ages 19-26 years	7-8 hours

Is napping appropriate?

This also depends on the age of the child. It is normal for an infant after three months of age, to take an average of three naps per day. At the age of one, children still take an average of one nap a day. By the time they are going to school, at four or five, there is probably no need for a nap.

What are some recommendations for good sleep habits?

Establish a bedtime routine:

We are all creatures of habit. Our bodies are used to regular schedules. Keep bedtime at the same time each night. Make going to sleep into something special and positive. You can do this by reading books together and for older children and teens, this is a wonderful opportunity to lift their self-esteem by reassuring them about how special and wonderful they are.

Avoid light sources:

Our brain is very sensitive to light, this is how we know it's time to sleep. It is a good idea to start dimming the lights at least one hour before bedtime and to avoid any light emitting electronics like TV screens, smart phones, iPad or video games. There are very groups studies that show that a TV in the child's room interferes in a very negative way with sleep.

TO YOUR HEALTH CONT...

The bed is only for sleeping

The other way we fall asleep is through association with the environment. This is why it's usually harder to fall asleep in hotels. Your body is not used to that environment. Even from an early age, make sure that your child associates the bed or crib with sleeping. It is fine to cuddle and rock the baby to sleep, but place the child in the bed while he or she is still awake, so that association is there. For older children avoid doing homework, reading, watching TV or looking at their smart phone while in bed. Again, the bed is only for sleeping.

Food and sleep don't mix

For a baby, avoid giving the baby a bottle if he or she wakes up in the middle of the night. It only takes a few days for the body to then assume that 2 AM is a perfectly reasonable mealtime. For older kids you want to avoid snacking after dinner. You want your body to be winding down before going to sleep. You can't do that if you have to digest a lot of food.

Caffeine

Finally, caffeine is in a lot of products apart from tea and coffee. Sodas, energy drinks, and chocolate have high amounts of caffeine. It takes caffeine approximately 6 hours to be metabolized by the body. It increases the number of awakenings and reduces deep sleep. Its effects can last up to 24 hours.

What are some problems that we see with poor sleep?

There are well-documented studies that show that for each one hour of sleep that you lack, you lose 7 to 10 IQ points. Lack of sleep leads to a decrease in reasoning skills, and linguistic coherence. Your kid is smarter if they get enough sleep...

In older kids, too little sleep is tied to teenagers' injury-related risk behaviors. High school students who report sleeping 7 hours or less on an average school night are significantly more likely to engage in injury-related risk behaviors than their peers who sleep 8 hours or more each night. These behaviors include whether the teen is likely to make the best decision regarding: bicycle helmet use, adhering to traffic laws including seat belt usage, riding with another driver who has been drinking, drinking and driving and texting while driving.

Additional studies have long proven that lack of sleep contributes to poor school performance, inattentiveness and increases the risk for health problems in all age groups.

Dysfunctional sleep can be a result of snoring, interrupted sleep, night terrors, co-sleeping, allergies & asthma and sleep apnea (involuntary cessation of breathing while asleep) to name some examples. There are many tools available to evaluate sleep quality and quantity, and your child's pediatrician is your very best source for a detailed discussion and evaluation regarding your child's specific sleep needs. If you suspect sleep problems, please call your doctor to schedule an appointment

WHAT'S BEEN GOING ON



Moms Night Out at Cheers to Wine was a big hit!



Bad Moms was hilariously entertaining at CineBistro.



Future Artists in the Making



Fun to Be Fit

PRESCHOOL PICASSO





Lakewood Ranch, go back to school with a great smile that's ready for picture day!



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



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SCHOOL HAPPENINGS

Braden River Elementary

August 5th-August 7th Uniform Fair Time TBD

August 8 Back to School Night 4:30-6:30p

August 10 First Day Back to School

Gullett Elementary

August 8th Back to School Night from 3:30-5:30p

August 10th First day of School

Freedom

August 5th Registration/Open House 3:30-5:30p

August 8th Open House 4:00-6:00p

August 10th First Day of School

August 10th BooHoo Breakfast 8:30am-9:30am

August 27th Freedom Elementary Night at the Marauders-Gates Open at 4:30p

McNeal Elementary

August 4th Kindergarten Orientation 4:00-6:00p

August 5th MNO UTC Kona 6:00p

August 8th Pre K Open House 3:30-5:30p

August 9th Back to School Night 3:30-5:30p

August 10th First Day Back to School

August 10th 1st day BooHoo Breakfast

Tara Elementary

August 8 Open House 5:00-6:00p

August 10th First day of School

August 19th Back to School Night 5:00-6:15p

Wakeland Elementary

August 8th Open House 4:00-6:00p

August 10th First day of School

Willis Elementary

August 5 Uniforms/Shirts/Supplies sale 9:-3:00pm

August 5 Kindergarten Play date at 10-11:00 am

August 8th back to School Night 3:30-5:30p

August 10th Friday Day Back to School

August 10th BooHoo Coffee 8:30 am-9:30 am

August 10th Parents Yahoo Night out at McAllis-

ter's 7:00pm-10:00pm

Witt Elementary

August 5th Kindergarten playdate 9:00-10:30 am at Greyhawk Landing Playground

August 8th Open House

August 10th First Day back to School

Braden River Middle School

August 4th Schedule Pick up Night Students/

Parents can pick up preliminary students for the new school year from 5:00-7:00p

August 10th First day of School

Haile Middle School

August 5th Schedule Pick-Up Night 6th grade 4-5:30 pm and 7th and 8th grade from 5:30-6:30pm

August 10th First Day of School

Nolan Middle School

August 8th Schedule pick up time TBD

Rowlett Academy of Arts and Communication

August 6th Parent University (variety of parent workshops followed by lunch) 8:30am-11:30p

August 6th Open House (Meet teachers and see their classrooms) 1-3:00p

August 10th First Day of School

Imagine School of Lakewood Ranch

August 4th BBQ Night and Meet the Teachers Night 5:00-7:00p

August 10th First Day Back to School

Classical Academy of Sarasota

August 12th Back to School Night from 6:00 to 8:00 PM

August 16th First Day of School begins at 8:20 am

Out of Doors Academy Lower School

August 14 New Parent Reception 4:30-6p

August 15 Open House Pre K-5

August 17 First Day of School

SCHOOL HAPPENINGS CONT...

Out of Doors Academy Middle and High School

August 14 New Parent Reception 4:30-6p

August 14 Sr. College Info 6:30p

August 16 New Student Orientation 6th thru 8th
6:00-8:00p

August 16 New student Orientation 9th thru 12th
1:00-3:00p

August 17 First Day of School

St. Marthas Catholic School

August 9th Back to School Bash

August 10th First Day of School

August 15th 8:15 am Mass

Sprouts

August 8th VPK Open House 6:00p-7:00p

August 10th VPK Starts 9:00am-12:00p

The Gan at Temple Sinai

August 22nd First Day of School

*If a school you are interested in is not shown, but you think it should be included in our school happenings section, please email the School Ambassador so she can include it next month:

lwrngschoolambassador@yahoo.com



We welcomed two new babies to the group in July! Congratulations to Stephanie Levy Hodges on the birth of her baby girl Sydney Joy Hodges, born July 8th, 2016 weighing 7lbs 14oz and to Rachel Landes Marcus on the birth of Nathaniel Shane Marcus born July 28th, 2016 weighing 9 lbs 1 oz. Best wishes to both families.

We continue to deliver meals to The Clough family, as Alison just had major Surgery, and is recovering at home. The Glynn family is not receiving meals, however we hold all these families dear to our thoughts, and send many Hugs and prayers! Thank you Janira Sustache, Vanessa Heuss, Jennifer Kovatch, Janel Shinn, Jill Bennett, Becky Hartman, Tamar Blazer, Dana Hill, Megan Zabikow, and Ashley Schroeder for delivering sunshine meals this month; It means so very much!!



McKinley and Lauren's Corner

We have had an amazing July!!! While we had an extra clinic mid-month visit to check blood counts which happened to be on the day the skyway was closed for a truck fire, then I ran out of gas & I was late to pick up Brady because of the bridge being closed (& running out of gas)....it was worth it. They increased her chemo & she's back on 100% dosing which is exactly what we want. To make it even sweeter we had a very long appt today (July 26) with a lumbar puncture & two chemos BUT her blood counts are FINALLY in that very small sweet spot that we want! Yay! She gets to stay on 100% chemo. She's had some sickness but nothing more than usual this month.

Now on to the fun stuff! The Love McKinley golf tournament was a HUGE success & while we're still waiting on the final golf course bill to announce the official numbers I'm already blown away by what we raised. It's truly AMAZING how many good people there are in this world, in this city & in this group. To top off this month, we went on a real family vacation. The first one since all this began over a year ago. We stayed on Captiva Island (furthest we've ever been from All Children's Hospital) & had an absolutely amazing time. I can't WAIT for Shawna & her sweet family to be at the point where we are. Yes, there's still ups & downs but it gets SO much better. As always, thank you for this amazing group & support that you continue to provide in prayers, words, hugs or friendship...it truly means the world to me. Xo

Xo,
Karen

We received the call last week that Lauren's Bone Marrow results came back clear!! She is officially in REMISSION!!!!

We still have a long road ahead of us to make sure the Leukemia STAYS away (2 more years of treatment) but this is a huge milestone and we are just so relieved.

We are so THANKFUL for the wonderful Doctors and Nurses that have helped Lauren reach this goal. THANKFUL for all of YOU and your support, prayers, calls, texts, messages. We are so blessed to have such a STRONG support system, it has truly helped us through these 4 rough months.

We started the next round of treatment last Wednesday. Lauren had her port inserted and had a lumbar puncture then we were admitted for a 24 hour chemo drip. A week later we are still in the hospital due to some side effects and fevers. We are hopeful to be released soon.

She will have this High Dose Methotrexate chemo every two weeks for the next 2 months. Four total hospital admissions. Lauren will also take oral chemo days 1-56. It sounds like a lot but we will keep pushing forward and take it one day at a time :)

Xoxo
Shawna