

MOMS Club®



of Lakewood Ranch

November
2011



Dear Moms,

October was a busy month filled with many great events. Halloween is always so much fun with young children – especially here in Lakewood Ranch. The candy, the costumes, the decorated houses, the celebrations, trick-or-treating... did I mention the candy?! I am so grateful for such a wonderful community. And as we come down off our sugar highs, hopefully we will have some time to enjoy Thanksgiving before it is swallowed up by Christmas! It is a great opportunity to show our children the importance of both Thanksgiving and giving thanks. We'd love to hear what your little ones are thankful for!

Our monthly meetings are held on the 2nd Thursday of every month. Hopefully you'll join us on the 10th over at Sarasota Baptist @ 9:30 am. Kids are definitely welcome. See you there!

Have a great November!

Lauren M. Kelly



October Events!

Halloween Party

Saturday October 29, 2011

Rain couldn't keep us from having a great time at the annual Halloween Extravaganza in Summerfield Park. Lots of families came to enjoy Dunkin Donuts, chips, sweet treats and drinks. They played pumpkin golf and ghost bowling. The kids also enjoyed making necklaces, coloring, face painting and tattoos. The rain cleared pretty quickly and we were able to enjoy some time in the cool air at the park too! Due to the rain we weren't able to set-up the bounce house but I want to thank Brad Moore with Sarasota County Bounce House for being so nice. He'll be at our next outdoor event for sure! Five families entered the pumpkin carving

contest this year and each walked away with a FREE sub card from Jimmy John's Sub Shop!

I want to thank all the volunteers that came to help set-up and clean-up the event. It was a huge success despite the start of a rainy morning. **THANK YOU TO OUR SPONSOR & BUSINESS THAT DONATED!!** Dunkin' Donuts for all the yummy donuts and munchkins. Jimmy Johns Subs for the sub cards that were given to our pumpkin carving winners. Sarasota County Bounce House. A special thank you to the generous sponsor of our event; Josh White at The Goddard School.



BUDS Walk

Seven of our MOMS Club families teamed together to walk for Manasota BUDS (Bringing Up Down Syndrome). We raised \$190 for this awesome organization and enjoyed some "fall" weather at the Hunsader pumpkin festival. It was such an inspiration to see so many children with down syndrome coming together to have fun with their families. Thank you to the Schwarzbauer, Leiberick, Cunningham, Mitchell, Cecil, Cambio and Carr families!



The Goddard School

There are parents at The Goddard School who drive twenty minutes out of their way to allow their children the opportunity to spend their days learning here. It's easy to see why. With a flexible curriculum tailored to the students, teachers who have passion for what they do and a staff who makes room for full time and part time students, there is nothing more a parent could ask for.

The Goddard School prides itself in creating an environment where learning is fun and kids excel. One of their keywords is purposeful play; playtime is a time for learning and practicing new skills. Walk into a four-year-old classroom and see the students practicing writing letters by creating "rainbow letters", tracing a letter over and over using different colored crayons. Peek into a three-year-old room and see the students clustering objects by colors and shapes and counting the collections. Listen to a teacher in one of the two-year-old classrooms read a story to the students as they mimic gestures to go along with the storyline's action. Watch a one-year-old delight in a sensory art project where he is smearing a sandy paint mixture onto his paper. Teachers create all sorts of activities throughout the day's schedule that provide opportunities to teach to the whole child, a philosophy that encompasses "building a strong and balanced foundation of emotional, social, cognitive and physical skills for each child". The teachers build their daily lesson plans around The Goddard School's FLEX Learning Program's seven key learning domains: personal and social development, language and literacy, mathematical thinking, scientific thinking, social studies, creative expression, and physical

development. This expansive curriculum allows the students at The Goddard School to get a foundation that far exceeds the expectations that the kindergarten readiness assessment touches upon. A child who attended The Goddard School's program will no doubt be ready emotionally, socially, physically and intellectually for kindergarten.

Teachers at The Goddard School do not see a classroom- they see the individual students. Each child has their own daily progress report which allows parents the chance to see their child's growth. In addition to these small reports, the teachers also conduct parent-teacher conferences in which the parent learns in more detail about their child's individual accomplishments and weaknesses. Teachers offer up ideas for games and activities to help the parents focus on turning the child's weaknesses into strengths. Once a student is in pre-kindergarten, they are also given a computerized assessment that helps the teacher understand how to cater her lesson plans to the individual students. Because The Goddard School works with a student-led curriculum, teachers do not feed the students a cookie cutter lesson every day. They are actually creating the lessons to match the students' needs. With over 60% of the teachers having earned four year degrees or higher and an on-going training program for the teachers called Goddard School University, the teachers are always up to date with the current educational practices making it simple for them to create challenging activities to meet their students' needs.

The directors of the school have created an environment that is conducive to learning. They maintain

a student to teacher ratio that is far lower than the state's requirements and lower than many schools in the area. They've done this because the lower the ratio, the better opportunity for the teachers to spend more time individually with each student. The directors also try to keep the age range to about four months for students in classrooms for one-year olds all the way to pre-kindergarten, meaning the goal is for the youngest and oldest child in the classroom to have only a four month age difference between them. The reason behind this is simple. When children are this young, the difference in maturity is extensive and allowing for this stricter age specification provides a learning environment where, for example, children's attention spans are more or less on the same level. In addition to factoring in the ratio and the age range, the staff also juggles part timers into the mix. Attending only a few days a week or mornings only are options that The Goddard School provides. This is a rarity in local schools, and stay-at-home moms or parents working part-time can send their children here on the days that suit their needs.

Parents of students at The Goddard School can feel confident that their children are in good hands. A child who has The Goddard School as their educational foundation is sure to excel in kindergarten and be prepared for a lifelong love of learning.



14534 Arbor Green Trail
Lakewood Ranch, FL 34202
(941) 752-6600

Join the Welcome Committee

Our committee has wonderful volunteers who have agreed to help make new members feel welcome and to also act as a mentor for the new member. Our goal is let each new member know that she immediately has a friend whom she can go to with questions or concerns, and also to help her get involved. The committee is in need of a few more volunteers so that we can quickly accommodate our new members. It requires little time and resources, so if you're willing and able, please e-mail Dana Mitchell (cmitch9@tampabay.rr.com) for more information.

Looking for a Playgroup?

We are always happy to start new playgroups or help place you and your child in an existing group. For more information, please contact Rebecca Johnson at rebecca.v.johnson@gmail.com

Eco Moms

We are still selling our adorable reusable tote bags with the LWR Moms Group logo for \$2. You can contact Carrie Schwarzbauer, xenson@yahoo.com. They will also be available at the luau!



Happy Birthday!

Birthdays are nature's way of telling us to eat more cake. Enjoy!

November

Shannon Masera	1st
Mary Franz	4th
Audra Danko	8th
Isabelle Carpenter	11th
Elaine Rigoli	14th
Rebecca Johnson	14th
Ceci Linton	17th
Laura Groves	19th
Herlina Saputera	19th
Marcy Olah	22
Christina Mellors	22nd
Lisa Cunningham	25th
Jessica Panico	29th
Maria Sevilla	30th

Sunshine News

If you or someone you know in the Moms Group delivers a baby please contact Lisa Higgins and she will arrange for three members to deliver meals in a timely manner. lisahiggins02@yahoo.com



Welcome Our New Members

A warm welcome to our latest members: **Stacie Workman** lives in Riverwalk with her husband, Hayward, and their daughter, Megan (7) and son, Brent (2).

Kim Smith lives in Summerfield Crest with her husband, John and their child, Ranier (2).

Ceci Linton lives in the Country Club with her husband, Greg, and their children, Lexi (7) and Tori (4).

Isabelle Carpenter lives in the Summerfield with her husband, Phillip, and their children, Julia (7) and Audrey (9 months).

Ceci Linton lives in the Country Club with her husband, Greg, and their children, Lexi (7) and Tori (4).

Christine Keep lives in the Riverwalk Meadows with her husband, Ryan, and their children, Ryan (2) and Riley (9 months).

Mary Franz lives in the Greenbrook Ravines with her husband, John, and their children, Thomas (8) and Natalie (2).

Linda Tobiassen lives in the Central Park with her husband, Tom and their children, Skylar (2) and Reese (1).

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Adopt-a-Family

Each year our club donates to the Manatee County Adopt-a-Family Program. Adopt-a-Family started in a small way with one group of families helping others and has grown into an entire community of families helping the less fortunate of Manatee County.

In 1982 a high school guidance counselor in Bradenton named Joe Kane discovered a few families in his school were facing difficult financial times and a bleak Christmas for their children. He decided to step in and quietly help in a way that would protect the identity and dignity of the family. He found other families in the school who were in a position to provide Christmas presents for the families in need and asked them to do so, which they did.

From that small gesture of kindness 28 years ago, Adopt-a-Family has grown to become one of the largest providers of Christmas help for families and children in Manatee County. Throughout the years, they have been able to help fill the wish lists of approximately 30,000 families and 90,000 children. But no matter how many years go by, or how large they grow, the heart of Adopt-a-Family remains the same: one family reaching out to help another have a Merry Christmas.

The Moms Group typically adopts two families who each have 3 children. This means we get the ages, sizes and each child's wish list for all 6 children. They ask that each child is given a set of clothes, a book and 2-3 of the items on their wish list. We purchase, wrap, label and box the items and return



them to their warehouse in early December.

Adopt-a-Family will be distributing the family information in the second week of November. As soon as I get our assignment I will email the information to the group. If you can, please add Adopt-a-Family to your Christmas shopping list this year.

Thank You and Happy Holidays to Everyone!

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2011- 2012 MOMS Club® of Lakewood Ranch Executive Board

Role	Name	Phone	Email
President	Lauren Kelly	813-951-7780	lauren120@mac.com
Administrative Vice President	Dana Mitchell	313-5869	cmitch9@tampabay.rr.com
Membership Vice President	Becky Johnson	---	rebecca.v.johnson@gmail.com
Secretary	Jaime Dowd	488-6520	jamiedowd@verizon.net
Treasurer	Susan Meyers	755-7692	susanmeyers@verion.net

2011- 2012 MOMS Club® of Lakewood Ranch Committe Heads

Role	Name	Phone	Email
Book Club	Sarah Robbins	356-0856	srobbins100@gmail.com
Chat Nights	Renee Martone-Cecil	727-7932	rmcecil@yahoo.com
	Rebecca Murphy	758-1089	rakgator@hotmail.com
Community Service	Carrie Schwarzbauer	870-5500	xenson@yahoo.com
Digital Village/Website Admin.	Cindy Gries	---	cindygries@hotmail.com
Growing Up Sale	Marcy Olah	---	marcymh22@yahoo.com
Kids Outings	Naz Qureshi	753-6627	naz1220@hotmail.com
Moms/Couples Night Out	Stacie Cunningham	306-5654	stacie99@hotmail.com
	Megan Matras	351-2612	wallacemegan@hotmail.com
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Newsletter Editor	Lisa Holler	504-9883	lisa@lhgraphicdesign.com
Playgroup Coordinator	Becky Johnson	---	rebecca.v.johnson@gmail.com
Preschool Picasso	Aimee Hermann	813-951-7780	aimee.friedman@gmail.com
Public Relations	Suzanne Mattes	907-3058	suzmattes@aol.com
School Ambassador Liason	Victoria Cobb	---	---
Sunshine Meals	Lisa Higgins	755-3034	lisahiggins02@yahoo.com
Welcome Coordinator	Denise Drizos	---	denisedrizos@yahoo.com



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Preschool Picassos

Tuesday
November 22nd
11 am
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Cost: \$2.00 per child

Please RSVP to:
Aimee.friedman@gmail.com



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Sunday with Santa

Sunday
December 4th
3:00- 5:00 pm

BRING Your Christmas wish list, camera and an appetite for cookies! **ATTIRE:** Jeans are not allowed on adults or children in the Clubhouse. **RSVP** by submitting payment, a gift for each of your children and the form below. **CONTACT** Lauren Kelly with any questions at lauren120@mac.com

Admission: *Includes individual time with Santa, Cookies, and crafts*

Adults: \$9.00

Children age 2 and older: \$6.00

(Cash or make checks payable to Moms Club of Lakewood Ranch)

RSVP and payment due by November 20th. Gifts Due by December 1st.

(\$15 maximum on gifts please)

Member Name _____

Number of adults (2 max per family) _____

Number of children 3-10 _____

Number of children 2 & under _____

Total Amount Enclosed _____

Drop off location:
11914 Whistling Way,
Summerfield Place

NOTE: *Please mark each gift clearly with your child's first and last name, this way Santa will know which gift to give your child!*

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Infants



Ones



Twos



Threes



Fours/VPK



2011/2012

Hours of Operation/Rates

7:00 am to 6:00 pm
Monday thru Friday

(Small fee applies 7:00-7:30 - 5:30-6:00)

FULL TIME

INFANTS: \$210.00 weekly

ONES: \$180.00 weekly

TWOS: \$175.00 weekly

THREES: \$165.00 weekly

FOURS: (non VPK) \$160.00 weekly

V.P.K. Wrap Around and Part Time students call for Rates.

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God's Little Ranchers

The Parent's Morning Out Program at Sarasota Baptist Church, Lakewood Ranch Campus, runs

Tuesdays, Wednesdays, and Thursdays from 9 a.m. to 12 p.m.

For 2011-2012 registration information, please call 552-1304.



More Halloween Happenings



Special thanks to Lauren Kelly and Aimee Hermann for your hard work in the Lakewood Ranch Boo-Fest Scarecrow Contest!



The kids had a blast at the PlayAway Moms Club Halloween Party



Monthly Meeting Reminder

Our monthly meetings are held on the 2nd Thursday of every month. Hopefully you'll join us on the 10th over at Sarasota Baptist @ 9:30 am. Kids are definitely welcome. See you there!

Commit to Get Fit! by Julie Freed

Fitness has been a part of my life for literally my entire life. My parents instilled the importance of exercise from the get go, and never allowed my siblings or I to veer off the path of fitness and physical self-preservation. As an Oncologist in Boston, my dad could easily discuss his patients to back up his arguments for why we needed to take care of ourselves. For this, I will be forever grateful.

People have asked me how I stay in shape, and the answer isn't that complicated. It comes down to the basic principles of science and biology, a self-commitment, and, to some degree, genetics. But the bottom line is, fitness is obtainable for anyone who wants to achieve an active, healthy lifestyle. And for anyone who isn't that motivated to get fit, it is still important to teach your kids the benefits of exercise and eating well.

We live in an age where all tangible things can be delivered with the click of a button, and our kids know this. They don't feel compelled to go outside and play like we once did, because they have access to a world of technology that most of us couldn't have even contemplated as kids. The idea of going out for a bike ride or run, destination unknown, makes no sense to them. And quite frankly, in this world, most of us don't feel safe letting them out of our eyesight anyways.

The best way to teach our kids about fitness is either to get out there and do it ourselves, leading by example, or to sign them up for a physical activity. If one sport doesn't work try something else. Don't assume your child isn't athletic just because they don't like one thing. And if finances don't allow you to offer your kids an activity, hit the park every day, or go out and kick a ball to each other for a half hour.

I am talking about our kids, because

apparently they will be amongst the first generation whose life expectancy doesn't exceed their parents. This is sad considering that ours is a time of the greatest medical advances ever. But even the best doctors cannot cure obesity and a lack of physical activity. And only we can instill the importance of exercise and physical fitness to our kids. So let's lead by example!

So – how to get in shape. First, set realistic goals for yourself. If you have a lot of weight to lose, set incremental goals for both weight loss, and the time you will give yourself to lose it. For example, I will lose five pounds in two weeks is far more achievable mentally than losing fifty pounds over six months. If you have a setback, reevaluate your goal, don't punish yourself, and mentally recommit. Remind yourself that you deserve to be fit and healthy. If possible, pair up with a friend, and tell each other your goals. Write them down, and keep track of your progress.

Secondly, keep a food journal for at least three days. Write down everything from that bite of your son's macaroni and cheese, to the munchkin you ate at Dunkin Donuts. You might be surprised to find hundreds of extra calories you'd have forgotten about otherwise. Every calorie ingested counts and our daily allowance is far less than most people think. Try eating a small meal or snack every three hours, and always try to incorporate protein and complex carbohydrates because these take longer to digest and make you feel fuller longer. Cut back on simple sugars, saturated fats, and white flour. This doesn't mean you cannot splurge on the occasional piece of cake or pizza, but if you make an effort daily to swap white flour for whole wheat, and simple carbohydrates (breads and pastas) for whole foods (fruits, vegetables and



whole grains), then your body will feel fuller longer, and be healthier as a result.

Finally, the hardest part for most people is incorporating exercise. If you haven't experienced the notorious "runner's high" or "endorphin surge" than you might not like exercise very much. That doesn't mean you cannot learn to like it. Start small, and work your way up. Just like with your diet, start with small goals, and over time add on challenges. During your first week, commit to walking for twenty minutes at least three days, and doing sit ups and push-ups for a minute, but then next week, bump it to twenty-five minutes and so on. Bring your kids with you, even if they take scooters or bikes. Just make sure you're moving at a brisk pace. Over time, incorporate intervals of running, or some quicker bursts of walking. Research shows that quick bursts of high intensity exercise are very effective at burning fat and calories, while conditioning the heart.

Please feel free to e-mail me any time with questions! I am a certified personal trainer, and offer classes around Lakewood Ranch, as well as one-on-one training sessions. You can visit my website – www.lakewoodranchfitness.com for more information. It is never too late to get in shape, and physical fitness is the best gift you can give yourself and your family.

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Lakewood Ranch Medical Center

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