

# The Crib Sheet

Mothers and More Chapter 230

March 2006 • Volume 1.2

## Upcoming Events

April 1: Meet and Greet, 10:00 a.m., Barnes & Noble, Yonkers.

April 2: Movie Night, 7:00 pm., Clearview Bronxville Cinemas.

April 3: Jewish Cooking Demo. 2:30 p.m., Toby's.

April 7: Girls Night Out – Pampered Chef, 8:00 p.m., Patricia's.

April 13: Open Playgroup/Egg Hunt, 2:30 p.m., Davis Park.

April 20: Meet and Greet, 10:30 a.m., Laura M's.

April 23: MS Walk, Rye Playland Boardwalk.

April 26: Park Day, 2:00 p.m., George Ave. Park, Yonkers.

If you are looking for more info. about Mothers and More, please see our website at [www.momsofwestchester.com](http://www.momsofwestchester.com).

If you are interested in joining Mothers and More, please contact Laura at [lepierson@gmail.com](mailto:lepierson@gmail.com).

## Second Time Around

When I joined Mothers and More, I was in the process of sleep training my child. There were two other mothers in the 2004 playgroup who were just a bit ahead of me in the process, and boy did I pump them for information. They probably got sick of me saying, “and what did you do when your child stood up and cried in his crib for over an hour!?!” However, they never showed frustration with me. They just answered my questions and helped me to figure out what to do.

Having their assistance helped me immensely. I actually felt that although I'd never sleep trained before, I had some experience (not my own!) to draw on. It was sort of as if I'd already gone

through it. And it's been that way for other things as well – solid foods, teething, etc.

That is what Mothers and More is partially about – allowing us to draw on each other for support, information, and sometimes just for a laugh or a commiserating venting.

We hope you enjoy our second newsletter, and if you have any suggestions as to how it can improve, please e-mail me.

Toby L.

[toby\\_linder@yahoo.com](mailto:toby_linder@yahoo.com)

## 1<sup>st</sup> Book Club is a Huge Success!

Our first book club met in March. The book read was *The Kite Runner*, by Khaled Hosseini. Over a dozen members attended. There was some yummy food and a lively discussion, led by Laura P. Of particular interest was the discussion about how the relationship the main character had with his father influenced the decisions he made in his life.

Please join us for the May book club, currently scheduled for Friday, May 12<sup>th</sup> at 8:00 p.m. (location TBA). The book we are reading is *Angry Housewives Eating Bon Bons* by Lorna Landvik. It's about a book club with some juicy members who become lifelong friends. Beth C. will be leading our discussion. If you have any general questions about the book club, please contact Amy H. at [applesa1@yahoo.com](mailto:applesa1@yahoo.com).





Carolina, Aiden, Matthew and Charlie play as their moms enjoy Indonesian cooking courtesy of Laura M.



## *Welcome to our New Members!*

**Marni M.:** Marni and her twin daughters Carly and Shira, born Aug. 2004, live in Rye Brook

**Jen P.:** Jen and her son Reed, born April 2005, live in New Rochelle.

**Deborah C.:** Deborah and her son David, born Oct. 2004, and her daughter Ashley, born Aug. 2002, live in Elmsford.

**Sara K.:** Sara, and her daughter Jo, born Oct. 2005, live in Chappaqua.

**Rachel P.:** Rachel and her son Nathaniel, born June 2005, and daughter Lily, born in 2003, live in Ossining.

**Michelle R.:** Michelle and her daughter Ella, born March 2004, live in Hastings-on-Hudson.

**Meredith Z.:** Meredith and her son Ryan, born Sept. 2005, live in Mt. Vernon.

**Lara A.:** Lara and her daughter Faith, born Dec. 2004, live in Port Chester.

**Tricia G.:** Tricia and her son Jeremy, born May 2005, live in Eastchester.

**Cathleen M.:** Cathleen and her daughter Ashleigh, born Dec. 2005, live in White Plains.

**Beth P.:** Beth and her daughter Quinn, born March 2004, live in White Plains.

**Rebecca:** Rebecca and her daughter Ella, born in Feb. 2005, live in White Plains.

**Olga T.:** Olga and her son Gabriel, born in 2004, live in Dobbs Ferry.

**Caroline D.:** Caroline and her son Rylan, born April 2005, reside in Riverdale.

**Suzie F.:** Suzie and her son Daniel, born Dec. 2005, live in Tarrytown.

**Lorin M.:** Lorin and her daughter Morgan, born Aug. 2005, live in Yonkers.

**Elizabeth W.:** Elizabeth and her daughter Dara, born Aug. 2002, and son Charlie, born Feb. 2005, live in Larchmont.



## A Special Message from One of Our Members

One of our members submitted this important piece of writing about her recent diagnosis with breast cancer. Please contact Toby L. if you have anything, either anonymous or signed, you'd like to submit!

### A December to Remember

It had been a hectic day, I almost didn't make the appointment with my OB/GYN. I had a car accident that morning and my car needed to be towed to the shop; I needed to be picked up and brought home. It was a half hour before my appointment and I really didn't want to go. My husband for some strange reason kept insisting that I keep my appointment. I had already missed the first one, scheduled a month before. Since the birth of my son, my memory just was not the same and I suppose caring for him was keeping me very pre-occupied, which is why I missed the first appointment. I called the office and they told me they were closing the office for the day and I had 10 minutes to get there. My doctor stayed overtime to see me.

It was a routine check up, a follow up exam after having had my son 9 months ago. My doctor did a routine breast exam and asked me to touch a spot on my right breast. I had not noticed it before and thought nothing of it but there was definitely something there. Her concern was strong enough to send me for a mammogram and an ultrasound immediately following her office visit. While feeling inconvenienced by the unexpected urgency that she had just put upon my schedule, I cancelled a play date with my friend and headed down to the radiology office.

A few days later, I received a phone message that the results of the mammogram and ultrasound showed no abnormality but my doctor did not feel comfortable with the report and wanted me to have a second opinion. Again, feeling inconvenienced by my doctor's alarming behavior, I made the appointment with a breast surgeon. My first impression of her was that she was personable and very competent. She said I should have a biopsy. Reluctantly, I made the appointment but thought of it as another routine procedure and went about my business without thinking twice about the outcome.

It was around dusk on a cold winter day when my office telephone rang. Most people had left and the

office was quiet and deserted. The surgeon called and her first words after hello were: "It is breast cancer." In disbelief, I asked her if she was sure and she replied yes I am sure. How could my mammogram and sonogram show no abnormality and yet the biopsy show otherwise? It is common, she said. My next question while in a state of shock was "will I survive this?" Absolutely, she said. It is treatable and you will survive.

The first thought that came to my head at that lonely and gloomy moment was what will happen to my son? It is not fair, I have a baby to care for, I cried. Why me, how did this happen, how long has it been, and so on.

It has been three weeks since I received the news, it feels like a life time. There are so many questions about the extent of the spread, the method of treatment, will I lose my hair, will I be able to care for my son, will I look normal again, and so on.

As I write this, I am scheduled for a lumpectomy next week right after Christmas. Oh yes, Christmas. I forgot all about it, it just happened so fast, how did December come and go so fast? Yet, it feels like an eternity from December 4<sup>th</sup> to now.

*Editor's Note: It has been 3 months since this article was written. The author has had two surgeries revealing early stage breast cancer and is undergoing chemotherapy. With the help and support of her family, friends and her loving son and husband she is doing fine. She was able to continue work and take care of her son during treatment. The medications that treat side effects of chemotherapy are very helpful in allowing her to continue her daily life normally. The author decided to share her experience with other members in order to raise awareness about the importance of second opinions especially as it relates to mammography and ultrasound results.*

## Opinions, Opinions and More Opinions

Each edition of the newsletter will contain reviews of programs, products, toys, etc. Please contact Toby Linder if you have anything you'd like to review!

### Activity Review: Wee Play, Nanuet

**Activity:** Wee Play

**Location:** Nanuet

**Cost:** \$12.50 or \$15 for a lifetime membership which enables you to buy a ten pack of admission tickets – the cost is then \$7.50 per visit.

**Description:** Wee Play ([www.weeplayusa.com](http://www.weeplayusa.com)) is an indoor child play center that's located just over the Tappan Zee Bridge in Nanuet. While it's not located in Westchester, it's less than 25 minutes for me to get there and I live in Mount Vernon. Wee Play is BIG and offers lots of areas for kids to explore – an Interactive Play Village complete with make believe supermarket (including tiny grocery carts) and pizzeria, an enclosed tot area for the very young, multi-level climbing towers with slides and tunnels, a huge play sand area with toys for building and playing, and indoor track complete with Kettler tricycles and Little Tykes Cars.

Additionally, there's a café in the front with a selection of foods that makes a quick snack or lunch readily available. Chicken nuggets, grilled cheese and other kid-friendly foods are inexpensive and ready in a flash. I think a combo meal including chips and drink is just \$3. They also have fruit, juice and (most importantly) coffee/soda for tired parents.

All in all, Wee Play is a great place to take the kids! Visit the website to see photos and more detailed descriptions.

-- Beth F.

## Playgroups

Part of what Mothers and More does is to organize playgroups! Chapter 230 has many, mainly organized by year of birth. Each group has a leader, and the overall leader is Erika R.

Please contact Erika ([eanda@optonline.net](mailto:eanda@optonline.net)) if you are interested in joining a playgroup and she will put you in contact with the appropriate person.



Members, and potential members, along with their children stand at rapt attention during a short presentation given by Laura P. at our March Meet and Greet.

