

The Mothers' Center
of Greater Louisville, Inc.

Journal

Contact us at: 244-MOMS or www.murta.net/motherscenter Dec 2004/Jan 2005

Hello new and renewing members, welcome to a new year with The Mother's Center. In starting off the year, I thought it would be a great idea for members to get to know one another by answering a question or two about themselves. We didn't have an overwhelming response, however, we'll try again in the future and hopefully more of you can respond. This will hopefully make the newsletter a little more entertaining to read.

How did you and your husband meet?

Jennifer B-We met through my best friend in high school, they are cousins, he moved to Nebraska went to college, we got married and the rest is history.

Christy C-We met over the Internet! How sleazy does that sound?! But 9 years and 2 kids later, we are still going strong. So chalk at least one happy couple up to successful cyber dating.=)

Megan C-We met at work-Erie Insurance. We were in a year long corporate training program. The company paid my salary for a year and then we announced we were getting married. Oops! I had to switch to a different department to keep my job but it all worked out well.

Sarah P-Tom and I met at the 13th Street Coffee Co. in the Old Market in Omaha. It is a coffee shop. I was there with a friend and we all started talking. We exchanged e-mail addresses. Nine months later Tom proposed to me at that same coffee shop.

Katherine S-Robert and I found each other via the Internet. He answered my *Love@aol* personals ad. (Hey! I was living in Jackson, Mississippi and was... desperate!) He was one of the only respondents who could actually communicate beyond "your cute date me". After about a week of emails and one phone call, we met for a date. I knew it was destiny when, on the way home

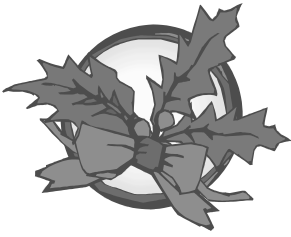
(Continued on page 2)



Inside...

- Officers and Committees2
- Adult Activities.....4
- Announcements.....5
- Children's Activities.....6
- Calendar.....7-8
- Safe Medications During Pregnancy..10
- Planning Meeting Minutes.....12





Adult Activities

December

Ladies' Holiday Celebration!

Bring your holiday spirit and leave the holiday stress behind! Join us for a relaxing night out and dinner at the newly remodeled Café Emilie. ("Emilie" is the sister of Mothers' Center member Amy Jones.) We have reservations for the "Garden Room". Bring a \$10 gift for a white elephant gift exchange.

When: Friday, December 10th at 6:30 pm

Where: Café Emilie

3939 Shelbyville Rd.

Attached to Burdorf's Furniture Store near the intersection of Westport Rd, Breckenridge Ln and Shelbyville

RSVP: Sarah Pesek by Tuesday, December 7th

January

Thursday, January 20 at 7 pm

Lactation Discussion

The January Discussion Night will be Thursday, January 20th, at 7:00 PM at the Mothers' Center. I heard that we have numerous pregnant members. Vicki Sanders, lactation consultant, has agreed to lead our first discussion night. Bring lots of questions. Pick her brain. She is wonderful! It should be very informative! Please RSVP by calling Bart by Tuesday January 18th.

Wednesday, January 26 at 7 pm

Mom's Night Out at Fourth Street Live

Let's meet for bowling or dinner or both down at Fourth Street Live. Take the time to unwind and chat with friends after a long holiday season. RSVP to Mary Tumey by Monday January 24th.

BUNCO

We are having a great time playing Bunco! It is still the first Thursday of every month. New players are always welcome. Let the hostess know if you are willing to be a substitute. All you need is \$5 and a fun-loving spirit. The game is easy! We have a great time socializing and eating good food!

For the regular players: RSVP to the hostess by the day before so she knows if you are coming or if you have a substitute.

December's game is a Holiday Party. All regular players and substitutes are invited to Mary Beth's house. There will be a gift exchange, too. Bring a \$10 gift if you want to participate.

Upcoming dates and Hostesses:

Dec 2 Mary Beth Hall

Jan 6 Sarah Pesek

Announcements

New Arrivals!

Welcome to the family:

Cecilia "Coco" C was embraced into the family August 2004. Coco was born January 27, 2004.

Madelyn L was embraced into the family September 2004. Madelyn was born March 8, 2004.

Michelle and John N's baby (boy? girl?) was due any minute when the newsletter went to press.

A Pregnant Pause...

Warning: Do not drink the water at the Mother's Center, unless you wish to add to your family that is. The families at the Mother's Center are experiencing record levels of fertility. At the November planning meeting, every person there was pregnant. We feel truly blessed, as women who have experienced various challenges in the area of fertility are included in this count. Our congratulations go out to all you pregnant moms!



Tish and Tom Snow's baby girl is due on January 23, 2005.

Sarah and Tom Pesek's baby girl is due January 29, 2005.

Serena and Brian Repsold's baby boy is due March 9, 2005.

Amy and John Leenerts' baby girl is due April 15, 2005.

Jennifer and Max Bradley due April 28, 2005.

Katherine and Robert Schoenberger due May 27, 2005.

Maria and Kevin Powers due May 29, 2005.

Kate and Herman Hettinger due May 30, 2005.

Bart and Doug Mansmann due June 9, 2005.

Amy and Chris Jones' triplets due early June 2005.

Hema and Bill Wetzal due July 1, 2005.

Brandi and Phil Rukovena due July 2, 2005.

More to come... 😊

Moving

Joelle Dzedzy, along with husband Peter and son Alex, will be moving to Connecticut soon.

Date Night Co-op

Would you ever turn down free babysitting? No way! Now's your chance to take advantage of free, yes FREE babysitting! As a member of the Date Night Co-op, you will be able to have free babysitting one Saturday night a month from 6:00 to 9:00 pm at The Mothers' Center. Rotations are made so that you and your spouse will take a turn babysitting other members' children. Since the date night takes place at The Center, you're assured a safe and healthy environment for your child. We keep a ratio of 4 children to 1 adult. If interested, please call Michelle Nethers .

There will be a Date Night meeting on Tuesday January 11, 2005 at 6:30 pm. Please call Michelle if you can't make it. The new schedule will be made at the meeting.

The date nights and babysitters for December and January are as follows:

(Remember to RSVP by the Monday before.)

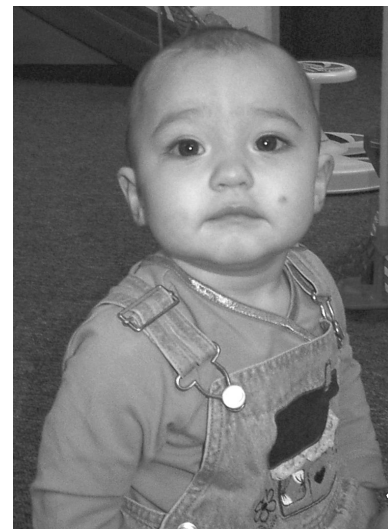
Dec 4 Brandi and Phil Rukovena

Jan 22 Michelle and John Nethers

Babysitting Coop

Join the Babysitting Co-op and exchange free babysitting with other Mothers' Center members. Playgroups are held to familiarize your child with other co-op members' homes. For more information, call Jennifer Bradley.

November Birthday Party



Emma G turned 1 year-old in November.

Children's Activities



*Sign up for these events at The Mothers' Center or by calling Suzanne Wynn.
Be sure to sign up so that you can be notified if the event is cancelled or rescheduled.
Also, if you sign up and then are unable to attend, please let Suzanne know.
If snacks will be offered, refrain from bringing nut-related foods
and be sure to tell Suzanne if your child has any other food allergies.*

December

Friday, December 3 at 11 am

December Birthdays at Chuck E. Cheese's

Help us celebrate the December birthdays at the Chuck E. Cheese's on 2030 S. Hurstborne Pkwy. Bring some money and we can split some pizzas for lunch. After pizza we can have cake and playtime. Please RSVP at the Mother's Center or call Suzanne Wynn by Wednesday Dec. 1st.

Thursday, December 9 at 10 am

Oxmoor Mall Photo with Santa

Get in the holiday spirit by meeting at Oxmoor Mall and getting your child's picture made with Santa. We can then have some playtime on the boat and/or grab a bite to eat. You can RSVP at the Mother's Center or call Suzanne by Monday Dec. 6th.

Thursday, December 16 at 11 am

Whole Food Market Tour

Join our group at the Whole Foods Market (on Shelbyville Rd. by the Mall of St. Matthews) for a tour of this unique grocery store. We will be tasting foods from the different departments **so please alert me on the sign-up sheet or by calling me about food allergies.** The tour is free. RSVP at the Mother's Center or call Suzanne by Monday Dec. 6th.

Monday, December 20 at 10 am

Christmas Party at the Mother's Center

Take a little break from the hustle and bustle; stop by Mother's Center for the Christmas Party. We will make crafts, have some snacks, and sing some carols. Let me know if you could volunteer to dress-up as Santa or bring some snacks to the party. RSVP at the Mother's Center or call Suzanne by Monday Dec. 13th.

January

Thursday, January 6 at 9:30 am

Kidszone at Louisville Science Center

Let the kids can have fun and learn at the same time exploring the Louisville Science Center. We have a reservation at the Kidszone at 9:45 am. The cost is \$5.00 per child. Sign up at the Mother's Center or call Suzanne by Monday Jan. 3rd.

Wednesday, January 12 at 11 am

January Birthdays at McDonalds

Meet at the McDonalds on Hubbards Lane to celebrate the birthdays in January. We can eat lunch, share a cake and the kids can play. Please sign up at the Mother's Center or call Suzanne by Monday Jan. 10th.

(Continued on page 9)

November 2004

January 2005

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

December 2004

SUN	MON	TUE	WED	THU	FRI	SAT
RSVP Date Night By Mon Nov 29			1 RSVP deadline Birthday Party	2 7:00 pm Bunco	3 11:00 am Birthday Party @ Chuck E Cheese	4 6:00 pm Date Night
5	6 Deadlines: Pix w/ Santa, Whole Foods Tour & Childcare Swap	7 RSVP deadline Holiday Celebration	8  Hanukkah begins	9 10:00 am Pix w/ Santa @ Oxmoor Mall	10 9:30 am Childcare Swap 6:30 pm Ladies' Holiday Celebration	11
12	13 RSVP deadline Holiday Party	14 7:00 pm Planning Meeting	15 10:00 am Cookie Exchange	16 11:00 am Whole Foods Market Tour	17 9:30 am Childcare Swap	18
19	20 10:00 am Holiday Party @ the Center	21	22	23	24	25  Christmas
26	27	28	29	30	31 New Year's Eve	



Happy Birthday!

CHILDREN
Joseph H 12/17
Noelle P 12/18

PARENTS
Christy C 12/24
Noel K 12/25

*Happy
Holidays!*




December 2004

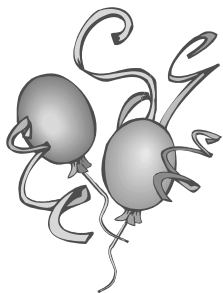
February 2005

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

January 2005

SUN	MON	TUE	WED	THU	FRI	SAT
 <h2>Happy New Year!</h2>						<p>1</p> <p>New Year's Day</p>
2	<p>3</p> <p>RSVP deadline Kidzone @ Sci. Center</p>	4	<p>5</p> <p>10:00 am Super Bowl Hors D'oeuvres</p>	<p>6</p> <p>9:30 am Kidzone @ Sci. Center 7:00 pm Bunco</p>	7	8
9	<p>10</p> <p>RSVP deadline Birthday Party</p>	<p>11</p> <p>10 am Toy Clean-up 6:30 pm Date Night Mtg 7:00 pm Planning Meeting</p>	<p>12</p> <p>11:00 am Birthday Party @ McDonald's</p>	<p>13</p> <p>RSVP deadline Post Office Tour</p>	14	15
16	<p>17</p> <p>RSVP deadline Date Night Martin Luther King Jr. Day</p>	<p>18</p> <p>RSVP deadlines My Gym and Lactation Discussion</p>	19	<p>20</p> <p>10:30 am Post Office Tour 7:00 pm Lactation Discussion</p>	21	<p>22</p> <p>6:00 pm Date Night</p>
23	<p>24</p> <p>Deadlines: RSVP Winter Wonderland and 4th St. Live</p>	<p>25</p> <p>2:00 pm My Gym</p>	<p>26</p> <p>7:00 pm Fourth Street Live</p>	27	28	29
30	<p>31</p> <p>10:00 am Winter Wonderland Fun</p>					



Happy Birthday!

CHILDREN
 Neel W 1/21
 Cecelia C 1/27

PARENTS
 Hema W 1/4
 Brandi R 1/10



Children's Activities

(Continued from page 6)

Thursday, January 20 at 10:30 am

A visit to the Prospect Post Office

Take a behind the scenes look at how the post office operates at the Prospect Post Office at 9527 Highway 42. We will learn how a letter gets delivered to our house, see a mail truck, and purchase a stamp to mail a letter (so bring some spare change). I will place some note cards at the Mother's Center for your child to write a letter so they can bring the card to the post office to be mailed that day. RSVP at the Mother's Center or call Suzanne by Thursday Jan. 13th.

Tuesday January 25 at 2 pm

My Gym Time

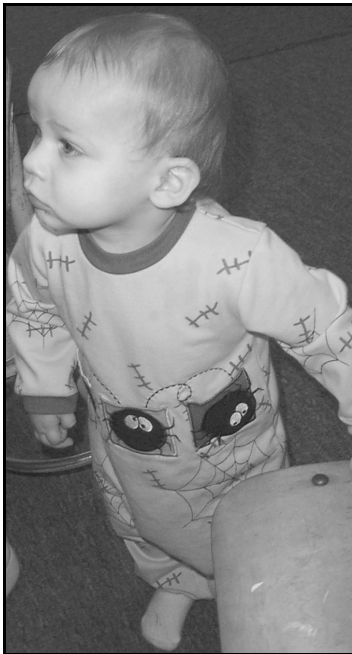
Mr. Bill will be providing a private class for the Mother's Center at My Gym at 102 Whittington Parkway (at the corner of Shelbyville Rd. and Hurstborne Parkway). The kids will have a chance to let out some steam by climbing, tumbling, dancing and singing. The cost is \$5.00 per child. Please RSVP at the Mother's Center or call Suzanne by Tuesday January 18th.

Monday January 31 at 10 am

Winter Wonderland Fun at the Mother's Center

Beat the winter blues, join us at the Mother's Center for some indoor fun. We will be playing snow games, reading winter stories, and keeping warm with hot chocolate. RSVP at the Mother's Center or Suzanne by Monday Jan. 24th. ★

Halloween Party



Christopher K showing us his cuteness.

Kitty's Pumpkin Patch

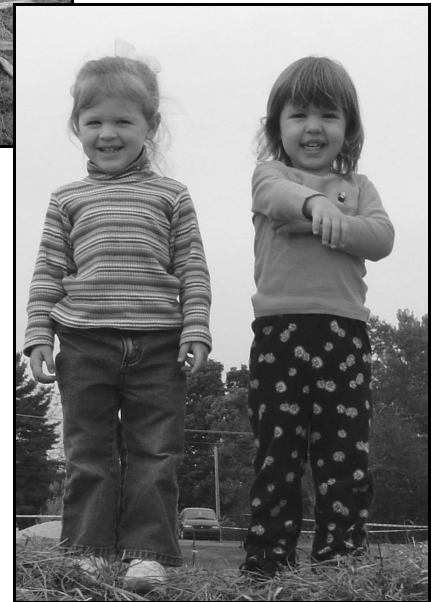


Above: Ally posing as a vampire at Kitty's.



Left: Amy and Madelyn resting after all the sights at Kitty's.

Below: Sophia and Mariam standing tall on a haystack.



Safe medications for common pregnancy complaints

The chart below, compiled by Philip Anderson, a pharmacist and the director of the Drug Information Service at the University of California, San Diego Medical Center, lists over-the-counter medicines considered safe for pregnant women to take for the occasional mild illness. (Of course, nothing can be guaranteed 100 percent safe for all women, so it's always a good idea to check with your doctor or midwife before taking any kind of medicine during pregnancy.)

NOTE: If you have a question about the effects of prescription drugs or other things during pregnancy, go to the Web site for the Organization of Teratology Information Services (<http://www.otispregnancy.org/>). There you can find fact sheets on various drugs and exposures that can affect your baby as well as contact details for a teratology information service in your state.

Problem	Safe to take
Indigestion, gas, upset stomach	Antacids for acid indigestion or heartburn (Tums, Rolaids, Mylanta, Maalox) Simethicone for gas pains (Gas-X, Mylicon, Phazyme)
Cough or cold	Guaifenesin plus dextromethorphan (Robitussin DM Benylin Expectorant Vicks Cough Syrup) Cough drops Vick's VapoRub Note that some cold remedies contain alcohol, so you may want to use them sparingly if at all. You may also want to avoid products that contain the decongestant pseudoephedrine, which can affect blood flow to the placenta.
Pain relief, headache, or fever	Acetaminophen (Tylenol, Anacin-3)
Allergy relief	Chlorpheniramine antihistamine alone (Chlor-Trimeton allergy tablets) Be careful not to use decongestant sprays more often than is recommended on the packaging, as they can damage nasal passages if used too frequently.
Constipation, diarrhea, and hemorrhoids	Bulking products can be used regularly (Metamucil, Citrucel) Laxatives and stool softeners (Colace, Dulcolax, milk of magnesia) Hemorrhoid creams (Tucks, Preparation H, or Anusol) Antidiarrhea medicine can be used occasionally (Kaopectate, Donnagel) Avoid Pepto-Bismol.
Insomnia	Diphenhydramine (Benadryl, Nytol, Sominex-2) Doxylamine succinate (Unisom Nighttime Sleep-Aid)
First-aid preparations	Polysporin, Cortaid, Lanacort

Excerpt from the BabyCenter website. <http://www.babycenter.com/general/pregnancytravel/pregnancy/9327.html>

Recipe Exchange Club

Are you tired of serving the same old dinner? Want a crowd pleasing hors d'oeuvre for your next party? Then join us in creating the new **Recipe Exchange Club**. Here's the idea: Each month we'll have a theme (Mexican food, Italian food, summertime hors d'oeuvres, etc...). We'll meet at the Mothers' Center, during playtime, to exchange sample foods and share recipes. The kids can play while adults *dish* about their...dish.

Since the holidays are around the corner, our first meeting will be a cookie exchange (or your favorite holiday treat). Meet us at the Mothers' Center on **Wednesday December 15th at 10 am** with your favorite goody and copies of your recipe. No need to RSVP, just join the fun when your schedule permits or when a menu theme entices you!

January's them will be *Super Bowl Party* Hors d'oeuvres. We'll meet at the Mothers' Center on **Wednesday January 5th** during playtime (10:00-11:30 am).

Call Kate Hettinger with any questions.

Halloween Party at the Mothers' Center



Left: photo: Joseph H eating a lion's snack. Center photo: A group of Halloween loving kids and moms. Can you find Superman, Batman, a bee, Thomas the tank engine, a princess, Spiderman, Mike Wazowski, a lion, a wizard, a dinosaur, Eeyore, Cinderella, a pirate and a duck? Right photo: Sarah S showing us her Eeyore impression.

Planning Meeting Minutes

Date: October 12, 2004

Start Time: 7:15 p.m.

Attendance: Katherine Schoenberger, Jennifer Bradley, Sarah Pesek, Michelle Nethers, Bart Mansmann, Amy Leenerts, Amy Jones, Kate Hettinger, Brandi Rukovena

Co-Directors' Report:

New Business

- Amy Leenerts was given a gift card to Target to show our appreciation for all of her hard work as director last year.

Treasurer's Report:

- Our current bank balance is approx. \$1,399 and \$1,512 in the CD.
- Bart Mansmann renewed the CD for seven months.
- Bart Mansmann received up-to-date tax exemption paperwork. Now we can apply for Kroger and Thornton's reward cards.
- Our profit from the Mary Kay fundraiser was \$110.
- Bart Mansmann has scheduled Coit Carpet Cleaners to clean the carpet at the Mothers' Center on October 15th.

Committee Updates:

Children's Activities

- Suzanne Wynn has agreed to schedule children's activities for December and January.

Adult Activities

- Mary Tumey has agreed to be the Adult Activities Coordinator.

Sunshine

- Brandi Rukovena and Bart Mansman are committee members for this committee. They would like to plan meals for members having babies and other appropriate situations. Also, they plan to send cards or offer babysitting to members in need. All members are encouraged to volunteer as needed. Members should con-

tact Brandi if they hear of a situation that she should be aware of to help our members and their families.

Other

- Amy Jones headed a toy cleaning today. The next cleaning is November 12th and members will be called to ask for their help.
- The deadline for the next newsletter is November 12th.
- The next quarterly date night meeting will be January 11, 2005 at 6:30 p.m.
- Katherine Schoenberger suggested having members take Mothers' Center literature to their OB/GYN offices to be handed out to women expecting babies. Everyone agreed that giving the literature to the new mother at her six-week checkup would be best.

Adjournment: 7:55 p.m.

-Michelle Nethers

Date: November 9, 2004

Start Time: 7:20 p.m.

Attendance: Tish Snow, Katherine Schoenberger, Jennifer Bradley, Sarah Pesek, Bart Mansmann, Amy Jones, Brandi Rukovena

Co-Directors' Report:

New Business

- We still have Entertainment Books left. Jennifer Bradley and Bart Mansmann are going to send the rest back to the company.
- We would like to get to know each other better. Therefore, we will try to have questions for members to answer in each newsletter.
- The Holiday Party/fundraiser is supposed to be at *Just Creations* in December. Sarah Pesek will look into whether it is still on and the dates for the event.
- Kate Hettinger is starting up a recipe exchange club. It'll be monthly during a playgroup. The first one will be in December.
- Sharon Dabney suggested doing a babysitting swap for the convenience of shopping this holiday season. It is scheduled for Fri. Dec. 10th and Dec. 17th from 9:30 am to noon. All present decided to do it as a swap instead of for money.

(Continued on page 13)

(Continued from page 12)

Treasurer's Report:

- Our current bank balance is approx. \$1,455 in checking (to include the first fourteen members' dues) and \$1,522 in the CD.
- Rent is \$285 per quarter. The next payment is due at the end of December.
- We now have the Kroger gift cards, which are \$10 each. They can be charged up to \$500 at a time. They cannot be used at the gas station or pharmacy.

Committee Updates:

Membership

- We currently need a member to fill the Secretary position.
- Membership forms and dues can be left in the box near the sign-in sheet. The box is locked so the money should be secure.
- Tish Snow has made flyers that can be used at your doctor's office or other children's activity centers. They are in the wall by the entrance to the Center.
- Tish Snow will also be calling people who have not yet renewed. If they don't do so soon, they will not get a newsletter or be included on the new member handbooks address list.
- The Co-directors will prepare a letter to be included in the new member handbooks.
- There were three new members who joined in November and not obligated to pay the full \$50. They will be reimbursed for overpayment of their dues.

Fundraising

- Fundraising options were suggested for the future: Uno's Pizzeria, Max and Erma's, and Coldstone Creamery. The Center would have a designated day where coupons used by customers would provide the Center with percent of those sales.

Children's Activities

- At this time, no one is scheduled to plan children's activities for February/March and April/May. Brandi Rukovena will call committee members to find someone to plan these months.
- Hema Wetzel has volunteered to do the June/July activities.

Other

- At the time of the meeting, there were only 20 members. Therefore, only 60 copies of the newsletter will be needed from the printer.

- There were three new people who attended a Monday playgroup and no members were there until 10:20 am. A schedule of hostesses was initially formed to insure that every Monday guests would have someone to greet them. Nov 15 Brandi and Katherine, Nov 22nd Sarah, Nov 29th Bart, Dec. 6th Brandi and Sarah, and Dec. 13th Katherine. The schedule will be extended at the next planning meeting.
- It was suggested that we needed more educational stories for the newsletter. If you read a magazine story you think other's could benefit from, then send it to Katherine Schoenberger. Story suggestions were: our member's birthing stories, breastfeeding, post-partum depression and prematurity risks.
- Bart Mansmann volunteered to look into finding someone to speak to lead a discussion group about post partum depression and breastfeeding issues.
- Katherine Schoenberger wanted to remind everyone that all members can submit something for the newsletter for free (except advertising). Just get the story, picture, or anecdote to her before the newsletter deadline.

Adjournment: 8:30 p.m.

-Katherine Schoenberger

FYI: Everyone is welcome at the planning meetings. They are every second Tuesday of the month at 7 pm at the Mothers' Center. If you have to bring your child(ren), do so. We always value your input and the kids get another chance to have fun at the Center. See you there!



OLLIS CHIROPRACTIC

CHANGING LIVES ONE SPINE AT A TIME

Generations of parents have made decisions regarding health care for themselves and their children based on current perceptions of truth. Of course we all want to make the best choices for our children, but at times we are disillusioned by our understanding of health. **Real health is not how you feel - it's how you function!**

The function of our nervous system determines our expression of life and health, whether sick or well, newborn or 100. Make the most informed decision you can; your families' health depends on it!

Join us Tuesday evenings @ 6:00 for our dynamite New Patient Orientation.

"The new way for people to find out about Chiropractic"
EDUCATE AND EMPOWER YOURSELF

10000 Brownsboro Rd.—Hwy. 22
412-8580

PO Box 22221
Louisville, KY 40252

Journal

The Mothers' Center
of Greater Louisville, Inc.

