

JANUARY 2020



NEWSLETTER



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New Year, Fresh Start: **Kid Friendly, Pink Smoothie Bowl**

Try this easy peasy, kid friendly recipe to get you and your family off to a healthy start for the new year, courtesy of *Healthy Little Foodies*.

- 2 handfuls of spinach
- small piece of ginger
- 1/2 avocado
- 2 large frozen bananas
- 1 1/2 cup frozen mixed berries
- 1 cup greek yogurt

[Click the image for the full recipe!]



MESSAGE FROM THE CO-PRESIDENTS

Hi MOMs,

Happy New Year!

We have some fun things planned this month to kick off 2020, ranging from play dates to a financial health lesson for the mamas. As always, we encourage all of you to participate in the fun!

Wishing all of you a healthy and prosperous year.

Cheers to 2020,

Raya Mafazy Whalen & Brittany Bartone
Co-Presidents, MOMs of Oakwood



BRING ON THE NEW YEAR

and so the adventure begins

Upcoming Events

Jan. 9th: **MOMs Night Out!**

Time: 7:30 PM

Location: Space Three

Jan. 10th: **Playgroup**

Time: 10 AM

Location: Oakwood Community Center

Jan. 10th: **LHBH: Pajama Storytime & Stuffy Lock-in!**

Time: 6:30 PM

Location: Wright Memorial Public Library

Jan. 12th: **Field Trip! Ice Skating**

Time: 6 PM

Location: Riverscape Metropark

Jan. 16th: **Cooking Club: Cooking with Spirits**

Time: 7:30 PM

Location: The Home of Amanda Andrews

Jan. 23rd: **Book Club: I Found You, by Lisa Jewel**

Time: 7:30 PM

Location: The Home of Anne Cuny

Jan. 24th: **Playgroup**

Time: 10 AM

Location: Oakwood Community Center

Jan. 30th: **Finances 101 with Dr. Katie Mitakides**

Time: 7:30 PM

Location: The Home of Ashley Bartowitz

Quick reminder for all MOMs

Please login to your online profile at www.momsofoakwood.org and make sure all information is accurate and up to date for the new year.

Sign In
with your email and password.

Email

Password

Request Password
We will email you a new password so you can access your account.



MOMs Mealtrains

Let's continue to fill Tanya Hazen's mealtrain!

Tanya was deployed to Afghanistan for a year, and her mother is caring for her two boys while she is gone. Let's surround Tanya's boys and mother with love as she serves our country! They welcome any and all meals during the year-long deployment.



2020 Resolutions



MOMs of Oakwood Gives Back

The MOMs of Oakwood organization is proud to support the **Pink Ribbon Girls** with a donation of over \$200 in honor of former MOMs of Oakwood member, **Vicki Parkes Auditore**, who recently lost her battle with breast cancer.

About Pink Ribbon Girls

Pink Ribbon Girls provides healthy meals, housecleaning, rides to Treatment, and peer support to individuals with breast and gynecological cancers free of charge.



Their organization was created by women with breast cancer to support and empower others who are currently in the fight against breast and gynecological cancers. We strive to balance the fear and uncertainty that breast and gynecological cancers bring to individuals and families by providing free direct services to those throughout Central, Midwest, and Southwest Ohio, Northern Kentucky, St. Louis, Missouri area, and San Francisco Bay Area, California.