

# Mom's Moments ~ Celebrating 1 Year!

October 2007



Volume 2, Issue 1

## A Note from Anna

Well, it's been a glorious year of connecting, encouraging and supporting each other! What started last October as a 1-page newsletter mailed out to 12 women has grown to a wonderful, exciting ministry for mothers, by mothers! Thank you to Caroline (our Health Nut) for your informative, educational articles and now your Menu Plans! Thank you to Melanie (our Publication Editor & Webmaster) for all you do behind the scenes, for building our website, and for creating the *Deeper* newsletter as well as writing for us once in a while - whew! And thank you, the readers, for all your feedback, contributions, for sharing with us, for passing on our newsletters to others and for sticking with us through all the changes!

So what's in store for next year? God only knows! We'll keep you posted! Until then, enjoy all that Mom's Moments has become:

- Read past issues of *MM* and *Deeper*
- Browse through our Online Resources
- Read Anna's 1 Year Anniversary Blog
- Join in one of our Book Study Blogs - we just started a new one! Details can be found on the website! [www.momsmoments.ca](http://www.momsmoments.ca)

Happy Anniversary, Happy Halloween, and Happy Thanksgiving to our Canadian women!

## Reader Reactions

"The newsletter is absolutely fantastic! What a fantastic way to outreach! This newsletter has come a long way since the first one I received back in Nov/Dec. Keep up the great work! God Bless." - Karen Wideman, Uxbridge, ON

## In My Family - Thanksgiving Hikes

Since I can remember, my brother, sister and I (along with other family members we pried off the couch!) have ventured on a Thanksgiving hike to bide the time until the delicious dinner was ready. It was much better than the torture of smelling but not eating the food!

For the last three years my husband and I, along with our two sons, have piled into our car with warm sweaters and a picnic lunch in tow, and travelled half an hour to a beautiful spot called Onaping Falls. We don't live close to our families anymore, so we thought of another way to celebrate this Fall holiday. We hike the trails, enjoy our lunch, take in the colours of the season, and snap some great photos! - Anna

What are some of your family traditions? Share them with us! [contributions@momsmoments.ca](mailto:contributions@momsmoments.ca)

## Share With Us for Our Next Issue...

- **Dinnertime Discussions** - How do you encourage positive conversation with your kids?
- Are you a **single mom**? Would you like to share your story to encourage others?
- **Fall Fun Photo Contest** - Still looking for pictures! We'll post the winners next month!

Find more contribution ideas on our website. Send November submissions by **October 15th**. Email [contributions@momsmoments.ca](mailto:contributions@momsmoments.ca) to share.

## The Mom's Moments Team



### Together one summer day at the cottage!

L-R: Anna Sklar, Creator/Editor; Mélanie Heffern, Publication Editor/Webmaster; Caroline Deschamps, Health/Wellness Columnist

## Halloween Alternatives

Ideas from [www.LivingOnADime.com](http://www.LivingOnADime.com)

Here are some alternatives to trick-or-treating for those of you with younger children, sick children, or bashful children! These ideas allow children to dress up and experience the fun of the holiday without having to leave the house!

- While your children are napping, or otherwise preoccupied, hide candy all over the house or yard. Then you can leave a trail of leaves to the candies. Light some candles and turn off the lights if you like!
- Trick-or-treat at each door to the rooms in your house. Husbands, siblings, friends or grandparents can hide behind the doors!
- Hide mini pumpkins instead of candy and let the children find and decorate them!

## Best Halloween Costumes!



From Joyce Berkerk, Sudbury, ON

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## A Quiet Moment - Inspiration from the Bible

*"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*      Philippians 3:14 (NIV)

This verse talks about running a race and having a goal of winning a prize. This past year Mom's Moments has definitely been like running a race. There have been times when I felt out of breath and times when I got my second wind. I have experienced joy at getting contributions or adding more names to the mailing list, confusion at how much time and energy to give while maintaining the balance I crave in my family life, encouragement because of the many positive comments we've received, and weariness when an idea didn't work out the way I'd hoped. But I'm glad to keep running, I see the prize in sight - mothers who are connected, encouraged and supported through the efforts of our team. God will use whatever we can give for His plans. I am convinced of that! And I continue to press on in my own life towards the goal of knowing Jesus more and becoming more like Him every day. My prize for that is heaven; spending eternity with the One who loves me more than anyone else ever could! Keep running your race! - Anna Sklar

## My Story—Finding Faith Through Difficult Times By Mary Clements, Uxbridge, Ontario

My husband Daniel & I both grew up in North York, we were just teenagers when we started dating, and we married at age 21. Daniel believed in God (although not a practicing Christian at the time) and I was a self proclaimed atheist.

Daniel had a good job working with race horses on the family farm in Uxbridge, where we eventually moved.

Our family began when our first child Ryan was born; I felt privileged to be able to stay at home with him. The farm was a beautiful place to raise a child, we were surrounded by horses, and Daniel's work was just outside our front door. I recall Daniel walking a horse right up to our living room window for Ryan to see!

When Ryan was 2½ yrs old we had another baby. This time a beautiful little girl we named Jennifer Ashleigh. She had dark hair like Daniel, and she was born on her Grandpa's 50<sup>th</sup> birthday. It was 1989 and the song "Dream Come True" played over and over in my mind the day after she was born (see right margin).

When Jennifer was just 6 weeks old she began to lose strength. We took her to the doctor who recommended a Neurologist. After 3 weeks of testing they informed us that Daniel and I were both carriers of a matching defective gene for Spinal Muscular Atrophy (SMA), which we had passed on to Jennifer. They told us that Jennifer would only live for 6 months. I hyperventilated in the doctor's office when they said she had what

was known as "floppy baby syndrome". Jennifer's muscles would continue to degenerate and she would lose the ability to suck, swallow and eventually breathe.

The disease did not affect Jennifer's brain, she smiled a lot, and was usually quite content and happy (you see - she didn't know that she was supposed to be able to move her limbs). We would keep her in the bath for as long as she liked each day, because it allowed her body to move freely.

Ryan couldn't fully comprehend what was happening (thank goodness), he adored his sister and would lift her hands in the air, and sing to her, "hands up... baby..hands up, gimme your heart..."

At 2 months of age Jennifer was too weak to breastfeed any longer and started bottle feeding, eventually she was fed by tube. I began experiencing major anxiety and panic attacks, Daniel started to drink a lot. My doctor explained that the anxiety was caused by the upset in the "natural order of life" - children usually outlive their parents!

Our family and friends surrounded us offering strength and support! We were blessed with 4 great sisters and 1 wonderful brother between us. Our parents did all they could to help. Daniel's Dad began to plan a children's charity in Jennifer's name so that her memory would live forever (see right margin for more info on JACC).

Jennifer died in October '89 at 6



months of age. At her funeral, I asked Daniel to make sure that Jennifer was buried with her blanket wrapped around her. All I could think of was that winter was coming, and it was cold outside. Daniel's Christian family was sure that she was already in heaven. I needed desperately to find out if God and heaven were real.

The year following Jennifer's death I began a journey of attending church, reading the bible, and I did a study on "Creation vs Evolution". I started to pray, and God answered my prayers! My life changed so much in that time; without God, I don't know how I would ever have my joy restored, but it was, FULLY!

In 1991 we had another baby girl (Danica); sadly she too had SMA and passed away at 5 ½ months of age. Ryan has been a great blessing to us over the years; he is 20 years old now and healthy as a horse! I jokingly say..."yesterday I laid him in his crib and he was 6 lbs 13 oz...this morning, I woke up and he is 6 ft tall and nearly 200 lbs".

Daniel quit drinking for good 6 years ago, at which time we were both baptized in our new church, together.

Enjoy your babies...cherish each moment...they grow up too fast! Children are indeed a gift from God, they belong to Him and we may have them for a short time or a long time...only He knows.

## Be Challenged and Inspired!

- **Sign Up** to receive our monthly newsletter by email.
- **Reach Out** to connect with others by passing on our [newsletters](#) by email or in print.
- **Dare to Share** a story, resource or idea to encourage others in our [newsletters](#) or [blogs!](#)

## Take Action, Help Out! "When love is not enough..."

The Jennifer Ashleigh Children's Charity (JACC) began shortly after Jennifer's death and now raises over \$1,000,000.00 every year to assist

children who are chronically or seriously ill in Ontario.



The need for financial support for children is much greater still than what we are able to raise. If you would like to learn about JACC, or would like to make a donation, please visit our website:

[www.JenniferAshleigh.org](http://www.JenniferAshleigh.org)

## Dream Come True— Lyrics

*Love of my life  
I don't have a lot to give you  
What's in my heart  
Is all that I can really give you  
Love, undying love is all I have  
A handful of words, that  
might make you laugh  
And all the strength you need  
To make it through  
All your troubled times  
I give all of myself to you  
Only you  
My dream come true*

# Osteoporosis - Risks, Prevention & Treatment

By *Caroline Deschamps, NP-PHC, PTS, PFS*

Osteoporosis is a silent disease where a fracture is usually its first symptom. **Many of us believe we have to be nearing menopause before we even have to worry about osteoporosis. Think again!** Your bone mass is usually at its max by age 35! The younger you start working on your bone health, the longer you'll benefit from all your efforts. Did you know that one in two women and one in four men are affected by fragility fractures? That's right, men can get it too! If you want to know what YOU need to do to prevent it, read on!

## WHAT IS OSTEOPOROSIS?

Osteoporosis is a skeletal disorder characterized by compromised bone strength, which in turn predisposes a person to greater risk of fractures (breaking a bone). The rate of new bone formation does not equal the rate of bone resorption (reabsorbed in the system). In other words, there's not enough new bone formed for the amount of bone lost therefore making the bone weaker. This occurs most rapidly in women within 2 years of menopause. As you get older, the bones become more fragile and are more prone to fragility fractures most commonly seen in the femoral neck (hip) and lumbar vertebrae (lower back). Wouldn't you agree that a bone that looks like Swiss cheese (full of holes) has a much greater risk of breaking?

## ARE YOU AT RISK?

You are more likely to have a fragility fracture if you have a low bone density (remember the Swiss cheese?), are advanced in age, are female (aren't you happy you're a woman! It's all about the estrogen!), have a low body mass index (thin), have had a previous fracture, are taking oral (by mouth) corticosteroids, or have frequent falls (as an example, consider those with multiple sclerosis). If your mother or grandmother has a history of fragility fractures, that increases your risk as well.

As Canadians, we are all somewhat deficient in vitamin D, at least for a part of the year. October to March are pretty much the lean months! Even during the warmer months, the use of sun block prevents the skin's ability to produce vitamin D.

## WHAT CAN YOU DO TO PREVENT IT?

### Tips to maintain bone health

- **Eat a healthy diet with calcium rich foods** such as dairy products, fortified soya milk and fortified orange juice. Protein, fruits and vegetables are also important for healthy bones. When necessary, you can take calcium supplements.
- Limit those bad habits... **Stop smoking!** Don't smoke! **Limit your caffeine** intake to 1-2 cups per day. **Limit your alcohol** intake.
- Maintain a **healthy body weight**.
- **Do regular weight-bearing exercise.** WALK! It's a great weight bearing exercise. Did you know that we can actually notice a decrease in bone density in just a few days of bed rest? Better get moving! Resistance training is important! (Get ideas from my Health Nut monthly exercises). You just need 30 minutes twice a week to get some benefits... that's on top of your walking of course!
- Seeing as it is virtually impossible to get enough vitamin D through diet or from sun exposure, most Canadians would benefit from taking a **vitamin D supplement**.
- **Bone density testing** provides an early diagnosis. If you are a postmenopausal woman or a man over 50 years of age, it is recommended you get a BMD (bone mineral density) test if you have one major or two minor risk factors. Talk to your primary health care practitioner to see if you are a good candidate.
- **Play it safe:** use ambulatory aids if you have difficulty with walking or balance.
- **Measure your height each year** (loss of more than 2 cm (3/4 inch) from one year to the next is a warning sign of a possible vertebral fracture).

Adapted from the magazine Compass, Vol.7, No.2, 2006. "Protect your bone health: Take charge to avoid fractures" by Diane Theriault, MD, FRCPC.

## TREATMENT OPTIONS

Once you have been diagnosed, there are medications you can take to help maintain or improve bone density. Your doctor will discuss these options with you on an individual basis.

## NUTRITION FACT

### Recommended Calcium and Vitamin D intake

Age	Calcium (mg/day)	Vitamin D (IU/day)
* Healthy infants and children—see note	n/a	400
10-50 years	1000	400
>50 years	1500	800

\* Divisol and Trivisol are recommended sources of Vitamin D for infants in Canada, available at your local drugstore. Ask your doctor or NP what dosage is appropriate for your infant.

**Caroline is a nurse practitioner and personal trainer** specializing in pre/post-natal fitness in Ottawa, Ontario. Email health and fitness related questions/suggested topics to [healthnut@momsmoments.ca](mailto:healthnut@momsmoments.ca)

## Exercise of the Month

### Plank With Leg Raise



1. Lie face down on the ground. Get your body off the ground by placing your elbows on the ground directly under your shoulders and get on your toes. Knees off the ground, butt aligned with the rest of your body. This is where the term plank comes from. Be straight as a plank! Use your abdominals to prevent yourself from lifting your butt or dropping to the ground.
2. Once you've gotten your balance, raise your right leg up. You will feel this in your buttocks. Hold it up for 3-5 seconds and switch legs. Repeat 5 times per side before taking a rest.
3. If you want a little challenge, get a wobble board or reverse your BOSU and place your elbows on the unstable surface.

**Have fun! Works the core and glutes.**

Reaching out to connect, encourage, and support women.

**Teen Focus—A Challenge for Young People**  
**Introducing the Duke of Edinburgh Award:**

Known as the *International Award*, and in Canada as the *Young Canadians Challenge*, Duke of Ed. is an exciting self-development program available to all young people worldwide ages 14-25. The Award is one of individual challenge designed to encourage young people to develop into responsible, active citizens who will positively contribute towards society. The program encourages personal discovery and growth, self-reliance, perseverance, responsibility and service to the community.

Founded by HRH Prince Philip in Britain in 1956, the Award has since spread to over 120 countries with over 6 million young people participating to date.

There are three levels of the Award: Bronze, Silver and Gold, each with an increasing degree of commitment. To achieve an Award, participants must complete the requirements for four sections: Community Service, Skill Development (ie. lessons in music, art, sewing, cooking, flying, etc), Physical Fitness, and Expeditions (ie. camping trips). There is an additional requirement for a Residential Project at the Gold level.

**Many of your busy teens are already involved in several of these activities; the program gives them recognition for it and challenges them to get organized and to find balance.** Note that activities done prior to signing up for the program do not count, so it is best to sign up NOW (\$20 fee and subsequent \$10 annual fee). Also keep in mind that activities done for school credit generally do not count (community service hours required to graduate in Ontario *do* count).

Students can sign up as independent participants or through a group where one exists (*like their schools*).

I have personally been involved with Duke of Ed. over the years, both as a teen participant and as a teacher leading a school group. I was honoured to have Prince Philip himself present the Gold Award to me years ago at a ceremony in Toronto, and can vouch for the fact that this program is well recognized; it has even been a topic of interest in job interviews when seen on my resume YEARS later! Duke of Ed. truly is worth looking into for your teens!

**Mélanie Heffern — [melanie@momsmoments.ca](mailto:melanie@momsmoments.ca)**



**For more information about the Duke of Edinburgh Award visit:**

[www.dukeofed.org](http://www.dukeofed.org) in Canada, and [www.intaward.org](http://www.intaward.org) internationally.



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- Access our [online resources](#) in the areas of Family, Health, Finance, Faith and more.
- Read '[Deeper](#)' our quarterly newsletter for those who desire to seek God more.
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[www.momsmoments.ca](http://www.momsmoments.ca)

**Tasty Treats - Pumpkin Muffins**

*From Caroline Deschamps, Ottawa, ON*

- ¾ cup all bran
- ¾ cup whole wheat flour
- ¾ cup granulated sugar (can use cane sugar)
- 1½ tsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup raisins
- 1 cup mashed or canned cooked pumpkin
- 2 large eggs (unbeaten)
- ½ cup vegetable oil
- ½ cup fat-free plain yogurt/sour cream/buttermilk

In bowl, combine first 8 ingredients (up to and including raisins); toss to mix. Add remaining ingredients; stir just until combined. Spoon batter into muffin tins (spray with cooking spray or paper-line before). Bake at 400 F for 25 minutes. Makes 12 muffins.

**Good Eats - Tomato Sauce**

*From Monique Dukovac, New Milford, Connecticut*

*Great as a meatless sauce to go with spaghetti, lasagna, cannelloni, pizza, etc, or make into a delicious meat spaghetti sauce by first browning 500g of ground beef, and then add your favourite vegetables to the sauce (celery, mushrooms, green pepper and carrots are family favourites!)*

- 2 tbsp olive oil
- ¾ cup chopped onions
- 2-3 garlic cloves, minced
- 1 can tomatoes (crushed or diced)
- 1 6 oz. can of tomato paste
- 1 bay leaf
- ½ tsp each of: oregano and basil
- ¼ tsp each of: marjoram, thyme and rosemary
- ½ tsp salt
- ⅛ tsp pepper
- 1½ tsp white sugar
- ½ tsp crushed chilies, optional

Sauté onions (med/high) in oil (do not let brown). Add the rest of the ingredients (garlic included). Bring to a boil, reduce heat (med.). Simmer uncovered for 1-2 hr. (when in a bind, 30 minutes will do the trick, but the longer the better!)

## Caroline's One Day "Gourmet Celebration" Menu

*From Caroline our Health Nut*

*Seeing as October is MM's anniversary month, I thought it fitting to have a celebratory spin to this day's menu. Anniversary doesn't mean foolish... so here is a healthy and delicious celebratory menu for a day!*

### Breakfast

Poached Eggs on Crisped Prosciutto & Roasted Asparagus\*  
Sliced Tomato

### Lunch

Grilled Vegetables on a Bed of Lettuce  
Topped With Grilled Chicken Breast & Balsamic Vinaigrette\*

### Dinner

Chicken Saltimbocca\* with Steamed Broccoli & Spaghetti with Tomato Sauce<sup>◊</sup>  
Choice of Your Favourite Sorbet

*\*See below for recipes*

*◊See this month's MM Good Eats*

**Poached Eggs on Crisped Prosciutto & Roasted Asparagus:** Place 4 cups of water and 1 tbsp of white wine vinegar into a medium saucepan & simmer. While you wait for the water prepare the prosciutto. Once your water is simmering, add the eggs to the water, one at a time. Boil to desired consistency (4-5 minutes). Remove the eggs with a slotted spoon.

Place thin slices of prosciutto individually in a non-stick frying pan. Do not add any oil or non-stick spray to the pan. Crisp both sides. Set aside on a paper towel.

Wash the asparagus and break the tips. Lay in a single layer on a baking pan and drizzle with a little olive oil. Add a little salt and pepper to taste. Broil 6 minutes on each side. Divide asparagus evenly over plates and drape prosciutto slice over. Top your asparagus and prosciutto with a poached egg. If you like, you may top with a lemon chive sauce (1 tbsp extra virgin olive oil, ½ tsp lemon juice and chopped chives). Add salt and pepper to taste. (Easy on the salt!)

**Grilled Vegetables on a Bed of Lettuce Topped with Grilled Chicken Breast & Balsamic Vinaigrette:**

Choose vegetables you like such as zucchini, red peppers, mushrooms and onions. Lightly coat with olive oil. Grill on the BBQ or in your oven until crisp-tender. Set aside (can be eaten warm, at room temperature or cool).

**Grilled Chicken:** Marinate your chicken breasts at least 30 minutes with ¼ cup olive oil and 2 tbsp lemon juice, one chopped garlic clove, a pinch of hot peppers to taste and 1 tsp oregano. Once the grill is prepared, cook chicken at medium heat (350 F) for 30 minutes, or until the juices run clear.

**Balsamic Vinaigrette:** Mix 1 tbsp olive oil, 1 tsp balsamic vinegar, fresh basil leaves chopped, salt and pepper. Place your lettuce on a plate and top with some grilled vegetables of your choice. Top with sliced grilled chicken breast and some goat cheese. Enjoy!

**Chicken Saltimbocca:** Serves 2. Take two boneless chicken breast halves and top each breast with 2 fresh sage leaves. Wrap each breast with one slice of prosciutto. Add ½ cup of flour to a plate and lightly cover both sides of your chicken breasts in the flour. Set aside. Add 1 tsp butter and 1 ½ tsp olive oil to a frying pan and heat. Brown chicken, starting sage side down, about 3-4 minutes per side, until juices run clear. Set aside and keep warm.

Prepare a lemon sauce by whisking 1 tbsp dry white wine and 1 tsp flour in a small bowl. Add ¼ cup chicken broth and 1 tbsp fresh lemon juice to the pan you cooked your chicken breast in and bring to a boil. Add wine mixture and whisk until sauce thickens (about 30 seconds). Add salt and pepper to taste. Spoon sauce over chicken breasts.

