



HOBOKEN FAMILY ALLIANCE

October 2011

HFA All Schools Open House

Join HFA on Tuesday, October 4 for our seventh annual All Schools Open House. HFA is once again organizing our annual forum for parents to evaluate school options in Hoboken and the surrounding area. HFA has invited representatives from all of the area schools to meet with interested parents from 5 pm to 8 pm.

Parents will have the opportunity to visit all schools in one location and receive valuable information summarizing the various programs – age requirements, tuition (if applicable), and registration/application deadlines, etc. School grades will be identified so that parents can focus on what schools make sense for their family's needs. Last year, over 20 area schools attended, including members from charter and other public schools enabling parents to meet school representatives and get a sense for their educational options. We hope you will join us on October 4.

If you are interested in volunteering for this event, please contact Lexi Coen at hfaschools@gmail.com.

- Date: **Tuesday, October 4, 2011**
- Time: **5 – 8 pm**
- Location: **Hoboken High School Gym, 800 Clinton Street**
- Cost: Free for members; \$10 for non-members

HFA Annual School Supply Drive

The HFA would like to extend a special thank you to our donors for their contribution to our First Annual School Supply Drive. We are grateful to all of you for your generous support.

It is with your kind donations that we have provided backpacks and school supplies to numerous underprivileged children in Hudson County. We are glad these children will attend school with confidence and be prepared to take on the school year.

A very special thank you to Party with Purpose for a very generous donation to help us achieve our goal.

Finally, we would like to thank our drop off locations, Club H, Big Fun Toys, and NY Sports Club (uptown) for their help in making this inaugural event a success.

HFA Sponsors Youth Soccer

HFA is proud to sponsor a Division D Hoboken Youth Soccer team this fall season. Division D children are 14-16 years old, and play a full sided 11 versus 11 game. Hoboken Youth Soccer League is a non-profit organization made possible by the dedicated efforts of its volunteers as well as the support of the Hoboken City Recreation Department and its staff. All matches are played at the Hoboken High School Field.

Hoboken Family Alliance Youth Soccer Team Schedule

- Saturday, 10/1/11, 5 pm, vs W Hotel Hoboken
- Saturday, 10/8/11, 6:15 pm, vs Jimmy's Artic Air
- Saturday, 10/15/11, 5 pm, vs Margherita's
- Tuesday, 10/18/11, 7 pm, vs W Hotel Hoboken
- Tuesday, 10/25/11, 7 pm, vs Emazzanti Technologies
- Saturday, 10/29/11, 6:15 pm, vs Jimmy's Artic Air



Photo: Kids participate in the 2010 HoBOOken Scary Scurry Kids Run. For a list of upcoming events, please check page 7 and visit hobokenfamily.com

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HFA Fall 2011 Swap Meet

When: **Saturday, October 22, 2011**

Time: **9-11 am** (accepting Drop off items); **12:30-2:30 pm** Swap Meet Sales

Location: **Hoboken High School Cafeteria**, 800 Clinton Street

Cost: Free for HFA members; \$5 suggested donation for non-members

- We accept clothing for children of ALL ages- newborn to size 16.
- There will be no advance drop boxes. On 10/22/11, please drop off your items between 9-11 am. After you "check in" and have your hand stamped, you will be issued a credit that you can use during the sale from 12:30-2:30 pm. This will help us run the swap more efficiently.
- The swap will be closed from 11 am-12:30 pm to organize the items we have received. Please sort and label your clothing prior to drop off (e.g. "newborn boy/girl," "3-6 months boy/girl," etc.) It will save us valuable time in getting the clothing organized for the swap meet.
- For the items you drop off, you will receive one credit for one item of clothing or multiple credits for larger items such as bouncy seats. You can exchange these credits for clothing, shoes, coats, and toys. Larger baby gear items are for cash purchase only.
- If you don't have any items for exchange or would like to take home more items than you brought, you may purchase items for cash (example: \$1 per children's clothing, \$2 maternity clothes, \$2 shoes, \$1-\$10 toys, \$10-\$20 larger baby gear).
- Any items you bring, in excess of your purchases, will be considered donations and will go to In Jesus' Name and other local organizations in need. Any items brought in after 12:30 pm will be considered donations. We are happy to provide a tax receipt.

What to Bring?

- Baby, toddler, and children's clothes, shoes, and coats (items in condition from gently used condition to new, unstained, with all pieces included).*
- Halloween costumes- Baby, toddler & children's.
- Baby gear (strollers, bouncy seats, diaper bags, etc. – please be sure to bring all pieces for these items).
- Toys and children's books (only complete items with all small parts in a plastic bag taped to toy if applicable, and books with all pages in readable condition only, please).
- Maternity clothes and nursing tops.
- All formula, diapers, medicines, food and other baby essentials will be donated to local non-profits.

NOTE: We cannot accept furniture, stuffed animals, Diaper Genies, potty seats, underwear, bathing suits, items without all their parts, or adult clothing (aside from maternity clothing).

What is gently used? Gently used means that all clothing is like new and/or has been washed a few times. All clothing is clean and free of stains/tears, and maintains its original color and shape. All clothing where applicable, have all fasteners in good working condition, working zippers, no frayed edges, no pills, and have seams and hems that are intact.

Please use your best judgment--if you do not find it acceptable for your child to wear that clothing, neither will anyone else!

If you want to donate but can't make the swap, have any questions, please contact hfaphilanthropy@yahoo.com. As in the previous years, we can provide a tax receipt for straight donations, or credits that are unused after the swap.

Letting Go of Expectations in Motherhood

by Ariele Myers

In college, after an unfortunate date, a friend said something that I've never forgotten: "If you don't have any expectations, you can't be disappointed." It's simple but it struck me as profound. I recently gave birth to my second child and am continuing to see patients and run my wellness center, Ariele's Apothecary. As I navigate this transition from working mother of one to mother of two, never before has that wisdom been more significant.



While I do think it's important to have desires for the future (for example, I want to continue to have a happy marriage; I want my children to be joyful, etc), the day to day expectations often slow us down (I will lose the baby weight, my house will be clean, etc). When Leo, my older son, was born, I found myself expecting to go back to my pre-baby life; to be the "me" I was before I became a mom. Before Leo, I was organized. I was together. After Leo, I felt frantic. I was totally in-love with my new baby, but I never felt like I was doing enough. I felt I

was juggling everything and dropping all of the balls. I expected my marriage and friendships to remain unchanged, to somehow continue to have time to see as many patients, to get to the gym 6 days a week. I thought that "succeeding" in motherhood meant that my life would be exactly the same, but with a beautiful baby added to the picture. Instead, nothing was the same. I felt like a failure.

But then I read something by the Indian mystic Oshi: "The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. The mother is something absolutely new." It made me realize that in clinging to the me of the past, in having all these expectations of myself, I was missing an opportunity to truly experience the beauty in what had been created... an entirely new me. An entirely new life. So I made the choice to just "be." To be present and in the moment. To take things one day at a time, without expectation.

And something amazing happened: Instead of feeling like a failure, I felt an infinite amount of gratitude. I felt and still feel so fortunate for everything in my life; for family and friendships that bring me ridiculous amounts of joy and for patients who inspire me to continue to learn and grow as a healer.

Ariele Myers is a licensed and certified acupuncturist and herbalist who both lives and works in Hoboken. She focuses on helping her patients balance their body, mind and spirit and encourages them to actively participate in their healing process. Learn more at www.ArielesApothecary.com or call 201 526 4684.

For the month of October, all new patients who are HFA members will receive \$50 off when they purchase a two session package (includes initial consultation). Regular price is \$250.

HFA Member Discounts: Vidappe Update

Vidappe, the new free smartphone app that reminds people in real-time of the discounts they can use with their HFA membership card as they get physically close to any participating retailer, is now available for iPhone and Android. For more information, please visit <http://vidappe.com>.

Disclaimer: HFA is not recommending this App and does not financially or otherwise gain from its download. This is also not a solicitation from HFA to purchase any products or services.

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How to Make a Mammogram More Tolerable

by Stacey Vitiello, MD

You have probably seen the internet jokes that compare the mammogram experience to having your breast squashed in a refrigerator door or automatic garage. A few years back, I joined the club of women who have our annual mammograms (starting at 40). I can't say that I disagree with the imagery of the jokes; however, the benefits of early detection FAR outweigh the discomfort (don't you hate when doctors say that? It's not "discomfort" or "a little pressure"--- it hurts!), so I'm willing to put up with it.

I'd like to share a few tips I've learned as both the doctor and the patient, to make the experience a bit less awful:

- If you are premenopausal and you experience breast tenderness or swelling in the week before or during your period, schedule your mammogram appointment to avoid those times.
- Take an over-the-counter pain med (Advil, Motrin, Tylenol, etc) about an hour before your mammogram appointment.
- Don't wear deodorant, cream or powder on the day of your mammogram. It can show up on the films, and the radiologist can't read them accurately. You might get called to come back again on another day--- inconvenient, and more radiation!
- A two piece outfit (pants or skirt with a top) is best to wear to a mammogram. If you wear a dress, you must strip down completely, and sit in the "gowned waiting area" wearing a tiny paper (cloth if you're lucky) "gown" that barely covers the private bits. Need I say more?
- If you are having a breast ultrasound (sonogram), realize that the person performing the exam may be liberal with the gel that they must apply to your breasts during the test. You may be very "goopy" afterward, and the construction-paper quality towels they provide might not cut it, especially if you are going back to work or you have other plans, and you can't immediately return home to shower. My practice supplies baby wipes, but most centers don't. You might want bring your own purse-sized Huggies wipes container, or put a few wipes in a Ziploc bag to bring with you. Now you know.
- If you are having a breast MRI, or any sort of needle biopsy, and you are at all anxious about it, ask your doctor to prescribe a mild anti-anxiety or sedative (Xanax, Valium, etc.) to take just before the test. If you are comfortable, the test can be performed in less time, and often more accurately.

Hope this helps you next time your appointment comes up. Remember:

- Annual mammograms starting at age 40. Don't let a government panel that was trying to save money for the system, without regard for the lives of individual women, determine your fate.
- Find a center that has digital mammograms and fellowship-trained breast imaging doctors. Do your homework for a better outcome.
- Physical breast exam performed by your doctor once a year.
- Monthly breast self-examination. www.komen.org and www.healthination.com have good instructional videos on their websites if you need to learn how to do it, or ask your gynecologist to show you.
- Know your breast density. If your breasts are dense, your mammogram won't find up to half of cancers, and you should have a test in addition to a mammogram every year (breast ultrasound or MRI). See www.AreYouDense.org. Your density information should be in the official report from your mammogram, so ask your doctor. If it's not in the report, call the radiologist who read your films and ask them. It might take some legwork, but you have a right to know this!

Stacey is a Hoboken mom as well as a breast imaging physician at the Montclair Breast Center in Montclair, NJ. Visit her website, "What Smart Women Need to Know About Breast Cancer," at www.staceyvitiellomd.com, for more information.

A New Chapter in My Life

by Carol Waldman

Prior to owning Young Rembrandts, my career involved Financial Controllershship in the area of information technology for approximately 15 years. After being laid off, rather than having to find another corporate job that would sacrifice quality time with my family, I decided to look into franchise opportunities. Being married, and a mother of two loving adopted boys, ages 2 and 4 respectively, the one that struck me on an emotional level was Young Rembrandts (YR). I knew my children loved to draw as did I when I was a child and I just felt there was something special about Young Rembrandts' genuine passion for art and kids. So I decided to follow my heart.



Making a positive difference in the lives of young people with something so naturally creative, drawing, sparked something in me and I immediately got excited about starting a new chapter in my life, plus it was a business I could have my kids involved in as well. My boys got their mommy back. Hooray!

After hiring my first group of teachers, the fantastic four, they were all trained to teach YR's unique methodology. During the training sessions I


would bring my son Jaesun who not only loved participating but actually turned out to be quite a teacher himself in helping to prepare the instructors.

As I completed my due diligence on owning a franchise and on visual arts—drawing. I have learned how art helps children express, communicate and create order in their world. Art education is essential to the development of abstract thinking in children. Art teaches children the value of creativity and diversity of outcome in a way few other disciplines can. Rooted in Montessori education methodologies, YR uses engaging activity to help children develop focus, order, internal discipline and sequencing abilities. The YR Method and unique curriculum are intentionally designed to develop critical cognitive skills. The ability to think abstractly and perform at deeper cognitive levels is essential to a child's future learning in the advanced levels of math and science.



I opened Young Rembrandts in Hudson and Bergen Counties in April 2011. Our mission is to raise generations that value the power, the passion and the significance of art. YR focuses on teaching children to draw, using a structured step-by-step method. Through the process of weekly instruction, students are exposed to a wide variety of subject matter, artistic concepts, art history and mastery of their materials.

Since inception, my company has expanded dramatically. We service the following community and schools: Lana Santorelli Gallery, A Music Space, Hoboken Catholic Academy, Stevens Cooperative (both Hoboken and Newport campuses), The Hoboken Dual Language Charter School (HoLa), Hudson Montessori, Our Lady of Częstochowa (OLC), Barrow Mansion, Cornelia Bradford Elementary School PS 16, Frank R Conwell Elementary PS 3 and The Ethical Community Charter School, Jersey City.



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Getting Myself and My Son Ready for Baby

by Dalia Tole

This month, as I prepare to give birth a second time, things are different. There have been fewer surprises (and worries) during the pregnancy, and I feel more confident in my ability to take care of a newborn. The biggest challenge however is doing everything I did the first time around, while caring for a preschooler. Although, my son is fairly independent and a very loving child, he is very attached to me and likes to be the center of attention. Even though a baby sister will make him very happy, I expect the initial transition to be tough for him.

Many of my friends chose to have two children within a short amount of time—18 months to 3 years. I consulted with them for ideas and inspiration on how to juggle two children, work, and adult life. Each told me it is tough, and that I should prepare in advance, but expect most days not to go according to plan. Here are some things I am doing.

My biggest mistake the first time around was not seeking help. After caring for the baby (something every new mother learns on the job), pumping and feeding, and enduring sleepless nights, cooking and cleaning became extremely arduous. It also left little me-time and social time in the early months. Stubbornly, I maintained I could do it all, and felt miserable and alone in the process until my husband gifted me with a cleaning service. This time, I am open to ordering out more often, or calling a housekeeper weekly if the mess at home gets out of hand. And except for the harshest winter days, I will be out and about, stopping by Panera or Starbucks more often.

Another thing I will try is getting my baby on a schedule. I was much more lax with my first child, who co-slept with us, fed on demand and did not sleep through the night until after he was a year old. Of course, neither did I. Although the baby will still feed around the clock in the early months, feeding on a 2-3 hour schedule initially, and 3-4 hour schedule afterwards is something I will attempt. I will also transition her from bassinet to crib, instead of bassinet to our bed to big kid bed, like I did with my son.

Last year, my son attended preschool part-time. This year I enrolled him in a full time program. I did this not just to get him out of the house, but because I did not want him to experience “mommy-sharing” or what might appear to him as much less attention. At four, he was also ready for more mental stimulation and social interaction, and I anticipated that I would not be able to keep up with him for an extended period of time, or have frequent playdates while caring for a newborn.

As an older child myself, I am aware of the jealousy or resentment older siblings often times feel towards the younger sibling in the early months. Even though I dearly love my brother, I remember thinking of him being a nuisance and wanting to compete for my mother's attention. My tantrums were childish to say the least. There was one time I refused to drink milk out of a glass and wanted it out of a baby bottle instead. However, with my mother's support, I was quickly able to transition to an older sister who knew-it-all and who was always on the look-out for her kid brother. This is something I want to model in my son, and we have a name for my son's new role “Sister Protector,” inspired by his hero Buzz Lightyear.

My son now believes he is more of a decision-maker when it comes to the new baby. He picked out a nickname for her. When we are shopping and I narrow down the choices on an item (say an outfit) for the baby, I let him choose. I also make sure he picks out a nominal gift for himself from her every time we shop for baby items. Since attention is what he will most likely be craving, I am stocking up on workbooks, board games and books that I plan on using during my special time with my son when he gets home from school.

Finally, we have been reading books on new siblings. My son's favorite is a rather silly one, where the protagonist finds out that his baby brother can only “sleep, drink, pee, poop and cry” but thinks he will have fun with him nevertheless. Some other books on the topic, many of which are available in the library, are listed on the next page.

In short, motherhood is always an adventure, whether it is the first time, or not. I don't plan aspire to be Supermom, I just hope to be pleasantly surprised, give and get joy from the experience, and take things in their stride.

Books for Young Children to Help Prepare for a Sibling's Birth

- *A Baby for Max*, by Kathryn Lasky and Maxwell Knight
- *Babies Don't Eat Pizza*, by Diane Danzig and Debbie Tilley
- *Cornelius P. Mud, Are You Ready for Baby?* by Barney Saltzberg
- *Franklin's Baby Sister*, by Paulette Bourgeois
- *Hello Baby!* by Lizzy Rockwell
- *I'm a Big Brother (Sister)*, by Joanna Cole and Rosalinda Knightley
- *Look at Me!* by Rachel Fuller
- *My New Baby (New Baby Series)*, by Annie Kubler
- *On Mother's Lap*, by Ann Herbert Scott and Glo Coalson
- *Our New Baby*, by Dee Shulman
- *The New Baby*, by Fred Rogers
- *The New Baby*, by Mercer Mayer
- *There's Going to Be a Baby*, by John Burningham
- *We Have a Baby*, by Cathryn Falwel
- *What Shall We Do With the Boo-Hoo Baby?* by Cressida Cowell and Ingrid Godon

Upcoming Local Family Events



Photo: Costume contest after 2010 Ragamuffin Parade

Tuesday, 10/4/11: HFA 7th Annual All Schools Open House. 5–8 pm, Hoboken High School Gym, 800 Clinton Street.

Saturday, 10/22/11: HFA Fall 2011 Swap Meet. 9-11 am accepting Drop Offs, 12:30-2:30 pm Swap Meet Sales, Hoboken High School Cafeteria, 800 Clinton Street.

Saturday, 10/29/11: HoBOOKen Halloween 5K and Scary Scurry Kids' Run. 10 am, Pier A, Hoboken. \$10 for kids. Proceeds benefit the Hoboken Shelter. For more info please visit: <http://hoboken5k.com/>

Monday, 10/31/11: Ragamuffin Parade & Halloween Costume Contest. Line of march begins at 2:30pm on Washington Street between 13th & 14th Street. Followed by a costume contest at the Little League Field on 5th Street. & River Terrace.



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The purpose of the Hoboken Family Alliance is to improve the Hoboken Community and its way of life through the efforts of individual and family volunteers.

The HFA focuses its efforts on education and parenting issues, philanthropy, children's resources and events.

HFA is a 501(c)(3) not-for-profit organization.

For membership, upcoming events, and parenting resources please visit
www.hobokenfamily.com.


If you have stories or story ideas for upcoming issues please email hfaeditor@gmail.com.
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