

EAGeRly Awaiting our Study Results!



In this Issue:

New Address

Page 2

Message from

Betsy

Page 3

Meet & Greet Invitation

Page 4

Everyday Summer Fun for the Family

Page 5 -8

Pregnancy Loss Awareness project

Page 9

End of Study Meet and Greet at
The Commonwealth Medical College
Save the date!

August 16th 2012

New Address



The Commonwealth Medical College

EAGeR Study

525 Pine Street

Scranton, Pa. 18509

570-504-9684 bmead@tcmedc.org

Message from Betsy

Suite 3A at 748 Quincy Ave. is empty --- the process of officially closing the books on the EAGeR Study is in progress. The morning of June 14th the moving van arrived at our little EAGeR Study field office. I don't mind admitting that I felt a deep sadness as they dismantled the lab and carried out all of my packed boxes. I find it hard to believe that four years have passed since we have randomized our first EAGeR participant. Our last baby was born in April 2012 while our first EAGeR babies turn three this year! The study finished with 1229 participants over the four U.S. sites. The results of the study will be announced at the final investigators meeting on September 6th & 7th. We will then have instructions for passing that information along to you.

In the meantime, we would like to celebrate with all of you who helped to answer the questions proposed by the EAGeR Study. Your willingness to partner with TCMC in this effort is huge – both to the study efforts and also in promoting TCMC's first clinical trial. For that we are all deeply grateful.

We are planning an end of study celebration for all of the study participants here in the courtyard at TCMC. It is for the entire family, Mom's, Dad's, siblings, EAGeR babies (grandparents too ☺!) Please know that our EAGeR babies also include those who of you who had babies after leaving the study. Even though you exited the study without getting pregnant, your journey to try and conceive is still included in, and an important piece, of the study results. We want everyone to come and celebrate with us. You will get to see our new Medical College Building. The courtyard is completely enclosed and a safe place for your children to play. We are planning some activities to keep all age groups entertained. I can't wait to show you our bulletin board which is filled your wonderful pictures. (There is still time to send updated photos via e-mail or our new address ☺).

Again I want to thank you for sharing your stories and your pregnancies with us.

I can't wait to see all of you. ☺!

Warm Regards,
Betsy

Message from Dr. Townsend

Dear EAGeR Participants,

A warm hello to you all. I hope you are all enjoying the summer with your loved ones. As the EAGeR study draws to an end, we find ourselves thinking about what an important contribution you all made by taking part in EAGeR. Women and families throughout the world will benefit from the knowledge gained through the study. Northeast Pennsylvania and the medical college will benefit from what we have learned together about carrying out clinical trials. Thank you for your generosity and the careful way in which you carried out all the responsibilities of being a research "subject". We hope you can join us for our celebration in August. Please keep in touch!

Dr. Janet Townsend, Principal Investigator

Meet and Greet Invitation

August 16th, 2012 9:30 AM – 11:30 AM

The Courtyard at TCMC

525 Pine Street Scranton, Pa. 18509

Rain or Shine! Family Friendly ---- Child Safe

**Light refreshments will be served please RSVP by Aug.10th to
bmead@tcmedc.org or 570-504-9684**



In the Kitchen



Beat the Heat Treat Juice Pops

Ingredients Fresh pears, apples, grapes or other fruit
1/2 bottle Welch's 100% Grape Juice made with Concord grapes
Popsicle Sticks and Small paper cups

Instructions Take your family's favorite fruit and cut into small pieces (so they'll fit into small paper cups). Add fruit and juice to the cups as well as a popsicle stick. Then pop into the freezer until frozen. Peel off paper from the cups and enjoy. Or leave them in the cups and put them in a cooler to take to the park or your summer party.

Cheesy Chums

Here's an easy way to dress up a snack



Ingredients mini cheese round (such as Babybel)
small pieces of red bell pepper, scallions, carrot, and olives
whole wheat crackers

Instructions Use a sharp knife (an adult's job) to trim the wax covering from a mini cheese round, then add facial features with small pieces of red bell pepper, scallions, carrot, and olives*. Serve with a short stack of whole wheat crackers.

Tips: We used cocktail straws and drinking straws to punch round eyes from olive halves.

Choco- Banana Melt

This gooey grilled treat is a fruity version of the classic s'more



Instructions

To make one, cut a lengthwise slit in a peeled banana and place it on a sheet of aluminum foil.

Stuff in as many chocolate chips and mini marshmallows as you can fit.

Wrap the foil around the banana and place it on a grill for about 5 minutes.

The melt, once cooled, is best eaten with a spoon (and lots of napkins).

Acorn Dough Nuts

Your kids will go nutty for these clever fall treats, which look like acorns but taste a whole lot sweeter!

Ingredients

- Chocolate Frosting or Peanut Butter
- Donuts
- Crumbled Toffee
- Pretzel

Instructions

1. Frost a third or so of a plain or glazed doughnut hole with chocolate frosting or peanut butter.
2. Roll the frosted top in crumbled toffee (look for it in the baking section of grocery stores), then add a small piece of a pretzel for the stem.



Fun Everyday Activities

Follow in my Footsteps

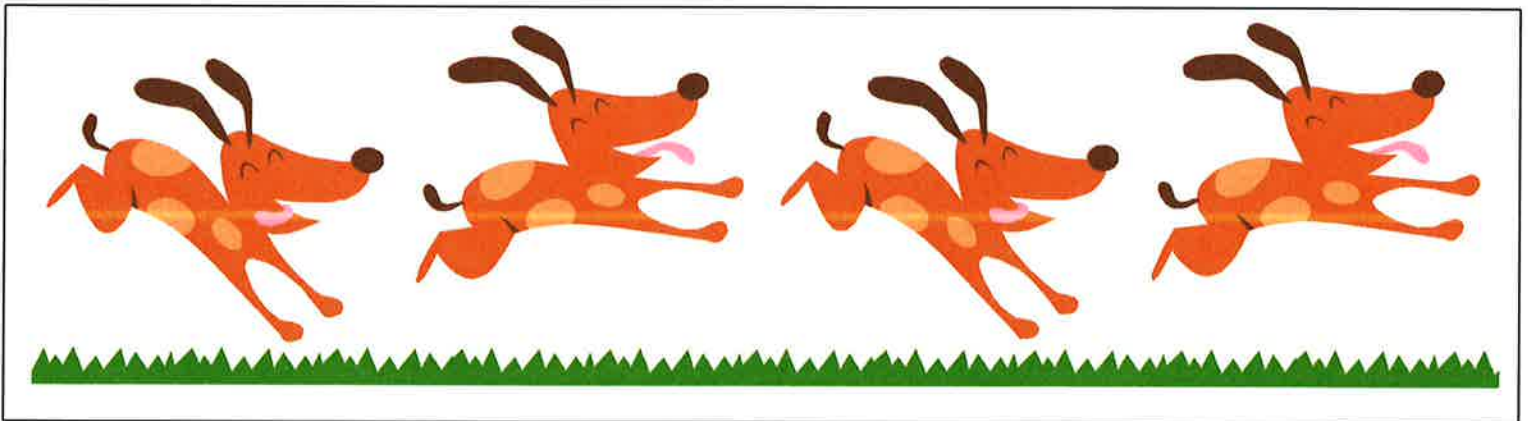
Leave your mark behind and have others follow in your footsteps with this fun, simple game.

What You Need

- An area of wet sand that holds footprints and other impressions well

Instructions

1. While the other players close their eyes, the leader creates a zany path of prints -- walking backward, jumping, doing a cartwheel, zigzagging, walking on her knees or hands, etcetera (stick to simple movements with younger children; experiment with more challenging ones for older kids).
2. The players then take turns following the prints, fitting their feet (or hands, knees, and so on) as closely as possible into the impressions, which means figuring out how each was made.



Magical Storytelling

Let your Child's Imagination Soar

Every child loves books, and every parent loves a child who reads: they'll do well in school. But books and stories are also a great source of creative fun. When children learn, they have the ability to take stories off the page; they feel empowered to let their own amazing ideas take over. Children of almost any age have the ability to compose their own tales; they just need some encouragement from you.

For ages 3-6

- Listen and learn. Start by telling your preschooler stories. Anything that comes to mind: a personal story inspired by a book or a tale of your own childhood.
- Little tales. As you're reading books, suggest to your child that she tell you what the turtle did the next day, or what she thinks happens after the books ends.

For ages 6-9

- Imagine a story. Give your child a character, object and place and have them create a story. You can also get your child to write their story down or make illustrations afterward.

For ages 9-11

- Play with stories. Your child's bound to have a favorite book or two, so have them take that story off the page. Have them create a costume for their favorite character, host a theme party or just have a dinner with food inspired by the book.

Other Ideas

- Picture This. Pick five photos, a good mix of snapshots from the past and the present. Or try themes like pets, birthdays or holidays past. Place the photos in the center of the table during dinner and watch how the stories — and your kids' interest — come so easily.
- Boo-Boo Show and Tell. Have you ever broken a bone? Do you remember when you lost your first tooth? Every boo-boo tells a story.
- Remember Your Childhood. Put yourself in your kids' shoes and tell stories from when you were their age. Remember the first time you went on an airplane? Your first bicycle? What was something that scared you as a child? What was your favorite blankie or stuffy? By sharing your experiences, you become more connected to your children.

I'm Participating!



I AM A MOTHER TO AN ANGEL
REMEMBERING OUR BABIES & OCTOBER15TH.COM

October 15th Pregnancy & Infant Loss Awareness Project

Honoring the entire month of October as a month of
awareness for pregnancy, infant, and childloss of all types.

IAMAMOTHERTOANANGEL.COM, REMEMBERINGOURBABIES.NET & OCTOBER15TH.COM

Save the Date: Monday October 15th

Details will be announced in the coming weeks. Anyone interested in planning the event to be held at TCMC contact Mollie Rade Magnotta on Facebook or call the EAGeR office (570-504-9684). We are still walking with you in remembrance.

