



April 2021

Happy Spring, Everyone! We made it through this pandemic winter, and now it is time to enjoy the outdoors, even with rain and wind here or there. This month, take advantage of our outdoor Spring events: *Easter Bunny Drive Thru*, *Corey-Bourquin Self-Guided Hike*, *Art in the Park*, and *Emerson Playground Meetups*! Our April Moms' Night is the only virtual event, but we are planning more outdoor adult socials in the coming months. Until then, grab your galoshes, mask up, and we'll see you around town!

APRIL EVENTS:

- **Easter Bunny Drive-Thru Event and Goodie Grab Bag (SOLD OUT!) — Saturday, April 3 from 10:30am-Noon (35 Stacey Circle, West Concord).** For families who have RSVP'd to this event, get your kiddos in the car Saturday morning and swing by Stacy Circle to wave to the Easter Bunny and grab a bag of Easter-themed goodies and craft items. Be sure to wear masks to make the hand-off of bags safe for all involved. If you are unable to pick up the Easter bags during this time, contactless pickup will be available in the afternoon. For additional questions, please reach out to Ann Thornley (Egg Hunt Chair) at annbufano@gmail.com.
- **Self-Guided Hike at Corey-Bourquin Land – Now through April 30 (Barret's Mill Road between house #222 & #268).** If you are looking for an easy, fun, (jogging) stroller-friendly adventure, take your kids to Concord Land Conservation Trust's Corey-Bourquin Land! Staked signs will guide your walk, give you information about the conservation land and animal habitat, and provide activities to engage your children's imagination, sensory observation, and discovery of the woodland area. Topics for the activities include 1) A Mindful Moment, 2) Flora, Fauna and Fungi, 3) Skunk Cabbage, 4) Barred Owls, 5) Haircap Moss, and 6) Pine Needles and Cones. This CLCT partnered event is open to the public, so no need to RSVP. However, please take pictures and tag CFN and CLCT, or send your pics to Sharon Bosdet (Publicity Chair) at sharon.bosdet@gmail.com to be highlighted online!
- **Art in the Park – Wednesday, April 21 from 3-4pm (Rideout Park).** Are you in town during April Vacation Week and looking for things to do? Join us for our first Art in the Park of 2021 at Rideout Park by the picnic tables. We'll be using colored pasta shapes to make faces on paper plates. All supplies will be provided—just bring your creativity! Please RSVP to the Events Tab, and **only indicate the number of children attending** in your RSVP. We will cap this event at 10 children.
- **April Mom's Night--The Vanishing Half by Britt Bennett — Thursday, April 29 (via Zoom).** Based on interest from the moms attending the last Moms' Night, our April Social will be a book club format. Katherine Manning (Moms' Night Coordinator) and Erin Piro (CFN Co-Chair) will be leading a casual discussion on [The Vanishing Half](#) by Bree Bennett. There is plenty of time to read (or listen) to this book, so RSVP to the Events Page and get started on this very engaging novel.
- **Emerson Playground Meetup — Tuesdays from 10:30am-Noon (Emerson Playground, Stow Street).** The weather is warming, and it is a great time to meet new families. If your schedule is free Tuesday mornings, please join Katherine Manning and other CFN families at Emerson Playground!

THANK YOU:

- **Sheri Long (CFN Co-Chair)** organized two speaker events on Women's Pelvic Health in March, one on Diastasis Recti and Women's Pelvic Floor Health, and the second on Incontinence and Pelvic Organ Prolapse. We greatly appreciate the time and in-depth information guest speakers: **Rachel Kim, PT, DPT, and Noam Eitan PT, DPT**, both Pelvic Health Physical Therapists at Emerson Hospital's Clough Family Center for Rehabilitative and Sports Therapies, along with **Dr. Veronica Demtchouk, MD**, an obstetrician/gynecologist and Clinical Fellow in Female Pelvic Medicine and Reconstructive Surgery at Boston Urogynecology Associates in Cambridge MA. If any member has additional follow-up questions about diastasis recti and pelvic floor physical therapy, feel free to email Noam Eitan at NEitan@emersonhosp.org. For questions related to incontinence and the process of seeing a urogynecologist, please email Dr. Veronica Demtchouk at Veronica.Demtchouk@mah.org.
- **Annie O'Mally (Arts & Craft Coordinator and First Connections Liaison)** organized TWO events this month: The St. Patrick's Day Cards for the senior citizens living at Newbury Court in Concord and the Trivia Night for adults. Thank you, Annie, for all your time and coordination of these events for our CFN children and adults! We hope our members had a great time decorating and socializing!
- **Erin Piro (CFN Co-Chair)** arranged for Concord-based child psychologist, **Dr. Rachel Kramer**, to speak to our members about Parenting during the Pandemic. In lieu of a live event, Dr. Kramer has shared a link to her webinar entitled, Pandemic Parenting One Year In, for all members to view at their leisure: <https://www.drrachelkramer.com/covid-19>. Dr. Kramer is an excellent resource for families. She offers a variety of services for preschoolers, children, adolescents, and their families, including psychotherapy, cognitive behavior therapy (CBT), acceptance and commitment therapy (ACT), and parent coaching, training, and education. For more information, please visit <https://www.drrachelkramer.com/>

Have a wonderful Spring! Enjoy the beautiful outdoors—rain or shine!

Best,

Sheri Long and Erin Piro (CFN Co-Chairs)