

9688 Oaktree Terrace
Midwest City, OK 73130-3538



This month's recipe: Strawberry NILLA Nibbles

This is a great recipe to do with the kiddos: It is low fat and so simple.

4 Reduced Fat NILLA Wafers

2 Tbsp. thawed COOL WHIP LITE Whipped Topping

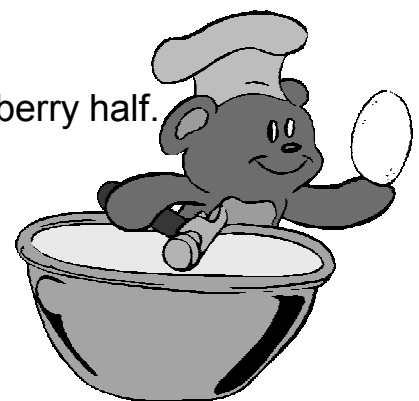
2 medium Strawberries, halved

Make it –

PLACE wafers on small dessert plate.

TOP each with 1-1/2 tsp. of the whipped topping and 1 strawberry half.

SERVE immediately.





July 2010

We had this great idea to send out a monthly newsletter to the membership with all sorts of accomplishments, recipes, pictures, etc. Now we need your help to make this a wonderful newsletter. If you have anything you would like to share with all of us, please email them to: Monique Lamb at mobrina2001@yahoo.com.

THANK YOU

LMBBSA 2010 Conference

Hopefully everyone who attended the June 2010 Conference has made it home safe and sound. It was such a wonderful conference this year and we could not have done it without all of the help from Dr. Nico Katsanis and his crew. So a big THANKS to everyone at Duke University. We look forward to seeing you again in 2 years.

We have some new officers to introduce this year. In the picture below are:

Mary Morris (President) center,
Makeysha Sorenson (VP) left
Claudia Parker (Secy/Treasurer) right.



Birthdays/Accomplishments:

email

mobrina2001@yahoo.com

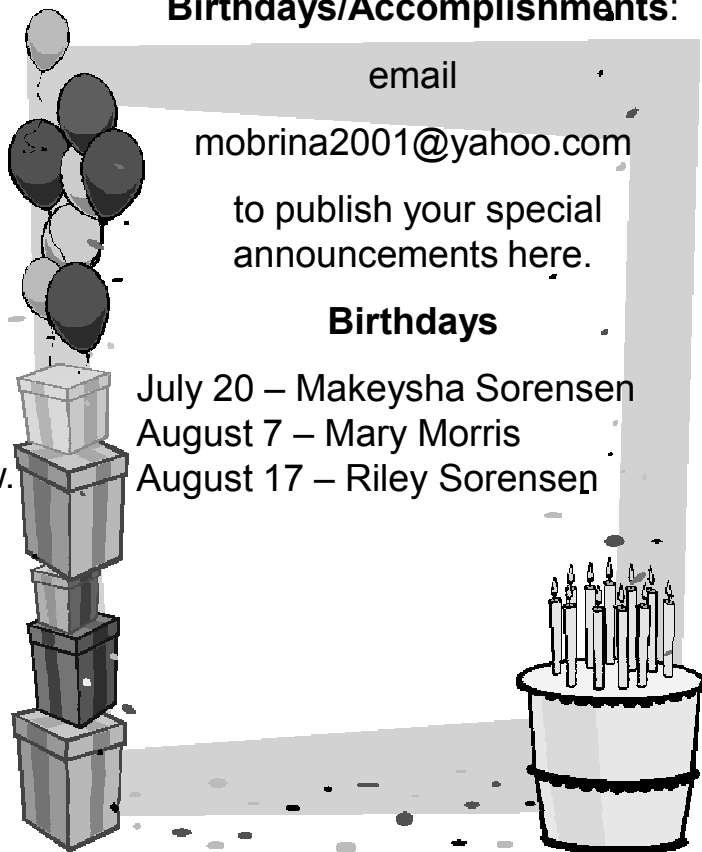
to publish your special announcements here.

Birthdays

July 20 – Makeysha Sorensen

August 7 – Mary Morris

August 17 – Riley Sorensen



Helpful Websites from Conference:

LMBBSA.com – Family Website

LMBBSA.org

Kraft.com – recipes

Speaktomecatalogue.com – talking items

Independentliving.com

Sightconnection.com

Maxiaids.com

Assistech.com

Cafepress.com/LMBBSA – Neat Stuff

zappos.com – extra wide shoes