

The Cohen Veterans Network Joins as Supporting Sponsor of Operation Shower® Baby Shower for 40 Military Moms-To-Be from San Diego-Area Military Bases

Marking its 115th military baby shower, Operation Shower hosted a group baby shower for 40 military moms-to-be on December 6 at the Dana on Mission Bay in San Diego, California. All of the moms were either active duty themselves, or the spouse of a deployed or active duty service member from San Diego-area bases.

Elisa Beach, founder of The Mom Forum blog and podcast host of The Mom Forum Podcast, served as the event's guest host and emcee. Beach is a mother of eight whose blogs have been featured in Scary Mommy, Today Parents and Huffington Post among others. A selfcare practitioner and advocate, she founded The Mom Forum in 2017 to support women in their journey through motherhood, and in 2018, used her skills as a certified strategic planner to create The Mom Selfcare Planner – a workbook designed to help moms create personal selfcare plans for their daily lives.

Sponsored by 41's First Mates with support from Mixie Baby and the Steven A. Cohen Military Family Clinic at Veterans Village of San Diego, opening in Spring 2019, the "Grown With Love"-themed event included lunch, raffle prizes, and the presentation of Operation Shower's signature "Shower In A Box" to each of the moms – gifts of high-quality products for mothers and babies that were been donated by generous companies including Delta Children, Playtex Baby, Hazen Jewelry, Dream on Me, Mabel's Labels, Carousel Designs and Dock-a-Tot.

Beyond the array of tangible items the moms received, the most treasured gift of all was the opportunity for the moms to connect with other military women in the same situation, according to Mixie Baby CEO Jessica Questad. "In the military, families serve too. We are very appreciative for the opportunity to express our gratitude to all of these amazing moms-to-be for everything they do at home or on the front lines to proudly serve our country, while providing a platform for the moms to share camaraderie and celebrate this milestone with others in the same situation."

Shari Houser, clinic director at the Steven A. Cohen Military Family Clinic at Veterans Village of San Diego, echoed those sentiments, saying, "It's a privilege to join with Operation Shower, 41's First Mates and Mixie Baby to show these moms some love and appreciation for the innumerable sacrifices they make. Whether they are active duty themselves, or the one holding everything together at home during their spouse's deployment, these moms deserve to be recognized for their selfless efforts, and it's our pleasure to be involved."

For more information about Operation Shower, including a list of upcoming events and volunteer opportunities, please visit www.operationshower.org.