

FEBRUARY 2021

goMOMS Newsletter

Updates for the members of the Greater Oakland Mothers of Multiples



Happy Valentine's Day!

I have a feeling February will be good!

Some schools are going back in person! The Superbowl will be played (which means we can have some fun playing Superbowl Squares)! And, for those who are interested, your kiddos (and you) can take time to make some special Valentine's Day cards and treats as a fun activity.

As life continues in this strange world, I am appreciative of the time we have to do stuff we may not otherwise try. For example, my 5 year old daughter and son went skiing for the first time (Something this Florida girl knows very little about :)).

That being said, this group is meant to be a supportive network. :) Please let us know if there's something you'd like to see more of, less of, etc. We are open to any ideas you have to make goMOMS more meaningful/engaging for you!

Check out the next page for the February activities, a call for blogs, and the spring sale alternative!

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February goMOMs Events

For all events, please check the event invite for information and Zoom details!
If you did not receive an invite for the below, please reach out to gomomssecretary@gmail.com

Mom's Chat

Wednesday, February 3, 2021

8:30pm

We will be hosting a zoom call in hopes that members will be able to attend and join in a friendly discussion about life and how to deal with the many difficulties that come along with multiples!

Virtual February Meeting

Tuesday, February 9, 2021

8:30pm

Please join us for our goMOMS February meeting where Aliza Ancier will talk with us about Meaningful Motherhood.

Check the invite for the Zoom details

Aliza is trained in mindfulness, positive psychology and has her doctorate in physical therapy specializing in women's health. She helps mother slow down and connect to what they truly love and value so they can model a life of meaning for themselves and their family.

Aliza coaches women through a combination of positive psychology (building self-awareness, understanding strengths and values, self-compassion, positivity and more) and mindfulness & meditation techniques.



February Fun



goMOMS Fundraiser Super Bowl Squares!



The Superbowl is Sunday, February 7.

Superbowl squares are available over on the goMOMS fundraiser page! **\$5 each**

Check out the [goMOMS Fundraiser Group](#) for more details

Valentine's Day Card Exchange

It's that special time of year where kids usually create and exchange cards with friends and classmates. Let's do something fun to keep this tradition alive!

If anybody would like to have their kids receive or exchange cards, post your address on the relevant [goMOMs Facebook page](#) post.

It is currently marked as an announcement to make it easy to find).

Member Information

Write a blog for the goMOMs website!

Thank you to those who have contributed to the blog thus far!

We are in need of some fresh content - new year, new content!

If you have any fun tips you've found for any age and if you enjoy writing blogs or want to get involved, **please reach out to Amanda Laurich (gomomswebmaster@gmail.com) for more information.**

Spring Sale Alternative

Fill out the Facebook Poll!

Check out the [goMOMs Facebook page](#) for the sellers poll. Simply respond with the items you need, a seller will make the connection and hopefully you'll fill up your closet and help another member purge in the process!

This is in addition to the separate [goMOMs Buy/Sell/Swap](#) group to buy/sell your gently used items. This group is private and restricted to current members only so you can feel comfortable about from whom you are picking up.

Take Them a Meal Program

It takes a village to raise a family. Let goMOMS be part of your village! Whether you've recently delivered, moved, had a job change, illness, or any of the other things life throws at you - we can help! Contact us to set up a meal train for you to lighten your load!

For those of us providing meals, they can be homemade or takeout/ delivery. The mom requesting the meals will provide all the details we need!

If you'd like to request meals for yourself or a fellow GOMOM you know needs it, fill out this form <https://form.jotform.com/61988131839165>



goMOMS is a nonprofit, 501(c)(3) organization. We bring together mothers of twins, triplets, quadruplets (or more!) for support in the unique situations we encounter with pregnancy and raising multiples. Contributions to goMOMS are tax deductible. Consult your tax professional for details.

Donate while you shop!



Register your Kroger card and help goMOMS with the Kroger Community Rewards card. Our group receives a percentage of all your Kroger purchases quarterly. Just follow the instructions below, then shop using your Kroger card!

1. Go to www.krogercommunityrewards.com
2. Sign in with your email address
3. Enter our organization number: 83164
4. Click on Greater Oakland Mothers of Multiples
5. Confirm



Amazon Smile link for goMOMS

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to National Organization of Mothers of Twins Clubs Inc., whenever you shop on Amazon Smile using the link above!

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gomomspresident@gmail.com

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gomomsvicepresident@gmail.com

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gomomstreasurer@gmail.com

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gomomssecretary@gmail.com

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gomomsmembership@gmail.com

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Nicole Gaynier
gomomsnewmoms@gmail.com

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gomomscommittee@gmail.com

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gomomssalecoordinator@gmail.com

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Sommer Petroski &
Amy Hawkins
gomomsfundraiser@gmail.com

Website Administrator
Amanda Laurich
gomomswebmaster@gmail.com

Newsletter
Oveida Kedia
gomomsnewsletter@gmail.com

Alumni Representative
Amanda Keyz
gomomsalumni@gmail.com



Password:
Supermom