

AUGUST 2019

goMOMS Newsletter

Updates for the members of the Greater Oakland Mothers of Multiples



Welcome from the President

Welcome to the 2019-2020 year of goMOMs! I am very excited for this year for many different reasons but two in particular. First this is the year my boys will be in kindergarten and such I will transition to an Alumni member next year. Second to be on the Board for my 4th year and be President and lend a bit of my vision and experience to this club.

I joined goMOMs five years ago after my boys were born just in time to sell at the spring sale. I had been looking at the group for over a year at that point and just couldn't find the time to join between work and sleeping 12-14 hours a day when pregnant. I ran into a woman while pregnant who told me I had to find my local club they would be my best information source, my rock, and my place to go when the world just didn't understand what twin life was like. She was right, I have found a group of people who understand my crazy life....

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Would you like something added to the newsletter? Email gomomsnewsletter@gmail.com

Welcome from the President Continued

But why did I want to become president? I love this club! This club has helped me when I couldn't figure out simple things like layering onsies and sleepers to keep my boys warm in winter so they would sleep. To being a place that I have found great friends and came to realize all parenting styles/ideas are right and there is no one right way to do anything, just what works for your family. I saw this as an opportunity to share my vision of what this club could be. But what is my vision?? That's the major question and I'm sure the Board is wondering this as well.

In my mind goMOMs is a social support group, we meet once a month to discuss topics of your choosing in MOMs chat and have speakers or activities that pertain to kids and moms. But what about the rest of the month? Do you know who lives close to you? I don't. It would be great if we could get to know each other as a group but also know who is down the street, when I just can't take another minute of my crazy kids and need a 10 minute walk who can I call to join me, who might I run into at the grocery store? Let's be a community for each other, one that understands what it's like to not sleep, have a schedule, and sometimes just have some grown up time. My hope is this year will bring you new friends, a sense of community that understands your situation and acceptance of where you are in your mom/life journey.

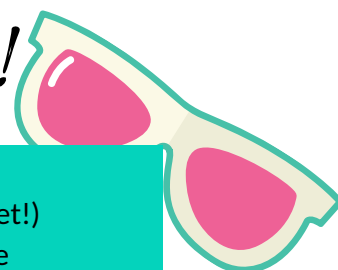
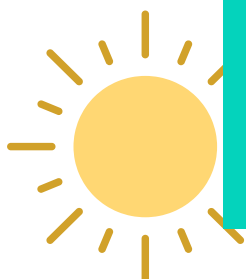
This year will bring many exciting topics covered at our meetings on the second Tuesday of every month at Abiding Presence Church in Rochester Hills, more details will follow at our first meeting Tuesday September 10th. Mom's chat will start at 6:30 and our meeting will start at 7:30.

This year will include meetings dedicated to postpartum health, professional organization, vendor night, and moms chat. Also, the Board will be planning Moms Night Outs (MNO) each month, these usually take place the 3rd week of the month and will change location/activity every month. If you know of a great activity we can do together or have a favorite place to hang out let me know and we can schedule that one-month. These MNO's are open to all members and potential members. The Auction in November is open to all adult family and friends you want to bring, this is our major fundraiser of the year. The Spring and Fall sale are for our members to purge all your kids items and stock up for the next season. The Spring and Fall party are a wonderful time for us to come out with the family and enjoy time together. New this year we will be having a couples night out, bring your significant other to this fun night out.

Now, on to what I'm looking forward to most this year, getting to know all of you better. If you have any questions or concerns please reach out to me, my email is gomomspresident@gmail.com, message me on facebook, tag me on facebook, or text me at (248) 470-0312. I'm better at text than voice mails but you can always call too.

Audrey Trethewey

Remaining Summer Get Togethers!



August 14
10 am

Dodge Park Splash Pad
40620 Utica Road
Sterling Heights
\$5/ Person

August 22

Time TBD (schedule not out yet!)
Summer Book Club & Movie
Where'd You Go Bernadette
Emagine Royal Oak
Evite forthcoming!

Fall Meetings & Events

SEPTEMBER

Tuesday, September 10
Topic: Welcome Meeting!
6:30 pm - Mom's Chat
7:30 pm - Meeting

OCTOBER

Tuesday, October 8
Topic: Vendor Night!
6:30 pm - Mom's Chat
7:30 pm - Meeting

NOVEMBER

November 12
Topic: Auction!
No Mom's Chat
6:30 pm - Silent auction and dinner
7:30 pm - Live auction

Friends and family are all invited to the auction!

DECEMBER

Tuesday, December 10
GoMOMs Holiday Party
7:00 pm

Location TBA. The holiday party is not at Abiding Presence.

TO BE ANNOUNCED EVENTS!

Keep your eyes peeled for information on the fall party and monthly Mom's Night Out! You'll get this info on Facebook, through Evite, and through this newsletter!



FALL GOMOMS SALE



SATURDAY, OCTOBER 26, 2019
MORE DETAILS TO COME!

All monthly meetings are held at the Abiding Presence Lutheran Church unless otherwise indicated.

Abiding Presence
Lutheran Church
1550 Walton Blvd.
Rochester Hills, MI 48309



Member Happenings!

MEMBERSHIP RENEWAL

Thank you to everyone who has already renewed. If you haven't had a chance yet, please note that membership dues for the 2019/2020 year are due by the October 12, 2019. You can renew online at <http://gomoms.org/membership-form/>

Please contact gomomsmembership@gmail.com with any questions.

Take them a Meal

goMOMS understands that there are times in a MoM's life that are more difficult than others, such as bringing your baby's home, personal surgery, extended illness, or even a death in the family. During those times, simply putting a meal on the table can add unneeded stress on a family. As a service to our members, goMOMS offers a meal service program. Meals can be delivered every other day for up to two weeks. The meals are provided in a number of ways such as home made/ready to serve meals, take out delivery, or even freezer meals.



Please contact Amanda Keyser at gomomsmeals@gmail.com for any questions or fill out this form to get started

<https://form.jotform.com/61988131839165>



Meet the Members

Each month we will begin featuring two members for you to get to know! Be on the lookout for a Facebook message asking if you'd like to be a featured!

Have an announcement?

Expecting? Delivered recently? Other news you're dying to share? Send all of the information and a picture you'd like included so we can feature you in the next newsletter!

gomomsnewsletter@gmail.com



The Book Nook

For the littles

The Very Impatient Caterpillar

Author: Ross Burach

This clever send-up of every child's biggest challenge — being patient! — is a STEM-friendly, laugh-out-loud comedy about metamorphosis.

For the not-so-littles...

The Westing Game

Author: Ellen Raskin

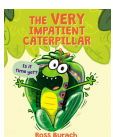
A bizarre chain of events begins when sixteen unlikely people gather for the reading of Samuel W. Westing's will. And though no one knows why the eccentric, game-loving millionaire has chosen a virtual stranger—and a possible murderer—to inherit his vast fortune, on things for sure: Sam Westing may be dead... but that won't stop him from playing one last game!

For mom....

Where'd you go, Bernadette

Author: Maria Semple

A misanthropic matriarch leaves her eccentric family in crisis when she mysteriously disappears in this whip-smart and "divinely funny" novel that inspired the movie starring Cate Blanchett (New York Times).



Recipes

For a yummy, healthy, and filling summer salad checkout SkinnyTaste's *Chickpea Egg Salad* recipe. Super easy, super cheap, and super delicious!

INGREDIENTS

- 2 15 ounce cans chickpeas rinsed and drained
- 6 large hard boiled eggs, sliced crosswise
- kosher salt and black pepper, to taste
- 2 tablespoons chopped red onion
- 2 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon chopped fresh cilantro or parsley

INSTRUCTIONS

- Toss all the ingredients in a medium bowl.
- Serve or store in refrigerator for the week.

Read more at <https://www.skinnytaste.com/chickpea-egg-salad/#be5W8H5lyXliMk0Y.99>



goMOMS
recommends...

Metro-Detroit Play Places/ Playgrounds - A Review

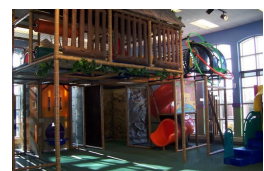


Macomb Township Recreation Center

20699 Macomb Drive,
Macomb MI 48042

This great recreation center can provide hours of entertainment! It has an aquatics center with a splash area, giant slide, lazy river as well as a lap pool! The indoor play scape is totally contained and is great for even the littlest of kids. There are also basketball courts and a nice gym!

\$10/person for non-residents, free for those under 3.




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>

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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



<https://smile.amazon.com/ch/38-2155217>
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!

2019-2020 goMOMS Board

President

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