



# goMOMS

GREATER OAKLAND MOTHERS OF MULTIPLES



## April 2018 Edition

Password: Supermom

### GOMOMS HIGHLIGHTS:

- This year's Spring Mom2Mom sale was very successful! A big thank you to all who volunteered their time!
- Board Elections will be at the May Meeting
- The Spring Party will be at Boulan Park on May 5<sup>th</sup>. We will have food, fun, and face painting! Hope to see you there! More details to come-keep an eye out for the Evite!
- If you have any great easy recipes or Mom Hacks, please email your ideas to:  
[gomomsnewsletter@gmail.com](mailto:gomomsnewsletter@gmail.com)
- If you have recently given birth or would like to introduce yourself to fellow goMOMS, please email the above address. A photo or two and some basic details about your family would be much appreciated!

### April Meeting: Spa Night

This off-site meeting is one of our most popular goMOMS events. Come spend time with other goMOMS and get a manicure, pedicure, or both (available at a special rate for goMOMS members). Snacks and some beverages will be available- feel free to also BYOB.

#### Special Pricing

Regular Mani/Pedi \$25 (Reg. \$39)

Shellac Mani/Pedi \$40 (Reg. \$58)

Shellac Mani \$21 (Reg. \$30)

Manicure \$9 (Reg. \$15) Pedicure \$19 (Reg. \$28)

[See Evite to RSVP & Signup Genius to choose a time slot](#)

### Upcoming Events

*Spa Night: April 10 @ 5:30 pm*

*See Evite for details*

*\*Off-Site Location:*

*Obsession Nails & Spa*

*214 Walton Blvd, Rochester Hills*

*MNO: TBD*

*-See Evite for Details*

*Spring Party: May 5<sup>th</sup>*

*@ Boulan Park*

*May Meeting: May 8<sup>th</sup>*

*Alumni Panel Meeting*

*Moms Chat @ 6:30pm*

*Meeting Starts @ 7:30pm*

### Meeting Location

Abiding Presence Lutheran Church

1550 Walton Blvd.

Rochester Hills, MI 48309



Find us on:  
**facebook**

Facebook search:

goMOMS- Greater Oakland Mothers  
of Multiples

Closed group-Please ask to join!

## **SAVE THE DATE / Special Upcoming Events**



March of Dimes March for Babies: Sunday, May 6<sup>th</sup>  
@ Oakland University

<https://www.marchforbabies.org/EventInfo?EventID=19378>

### **goMOMs Scholarship**

We are offering up to 2 scholarships in the amount of \$500.00 for students entering college. Applicants must be a multiple (twin, triplet, etc.), and be enrolled in a college or trade school. Please email [gomomsscholarship@gmail.com](mailto:gomomsscholarship@gmail.com) for more details. The deadline to apply is April 30<sup>th</sup>!

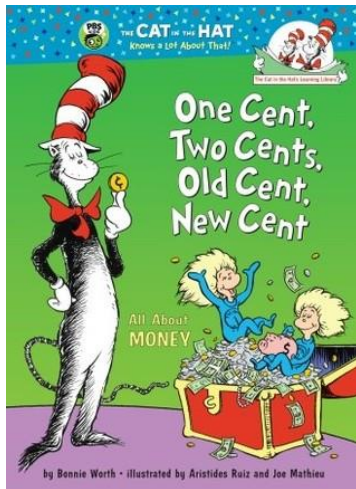
### **College Saving Financial Seminar** **Presented by Will O'Neill**

Please join us to learn about different methods of saving for college. Will O'Neill and Sam Rumbles from Foresters Financial will specifically discuss: Estimating college expenses, five ways to pay for college, tax-deferred college investing, and investment approaches: be careful of the "Kiddie Tax".

Will O'Neill is a family member of one of our follow goMOMS and he offered to put on a college financial planning session for us. While this is not a goMOMS sponsored event, we wanted to offer you the opportunity to attend to learn more. Feel free to invite and bring along spouses, friends, etc.

***\*Please see Evite for more information!***

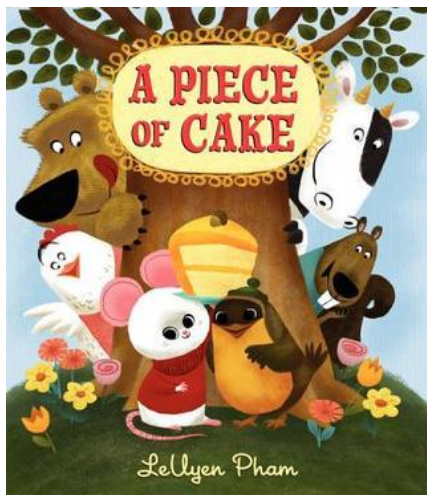
## April Book Nook



### **One Cent, Two Cents, Old Cent, New Cent: All About Money by Bonnie Worth**

Rhymes and illustrations are used to great effect in this informative little book about money. It can be difficult to teach kids about money and this is a very well-written resource. It can be read together with an adult or independently and is part of a non-fiction series that helps bridge the gap between picture books and independent reading.

**Reading Level: Ages 5-9**



### **A Piece of Cake: by LeUyen Pham**

Mouse has baked a birthday cake for his friend Little Bird. Along the way to his friend's house, he shares and exchanges items. What seems like a predictable plot has many funny twists that children will enjoy as they learn about giving and trading, along with adorable illustrations and a lesson in kindness.

**Reading Level: Ages 4-7**

# Easy Bagel & Bread Recipe

This delicious recipe is easy enough to make with your kids: ¼ of the recipe is about 152 calories without toppings, with 10 grams of protein! Store in the refrigerator for 3-4 days after making...if it lasts that long!

## Ingredients:

1. 1 cup self-rising flour, plus more as needed
2. 1 cup Plain Greek Yogurt (non-fat)
3. One egg white, beaten
4. \*Seasonings of choice, such as parmesan cheese, bagel seasoning, sesame seeds, etc

## Instructions:

Preheat oven to 375F.

- Mix flour and yogurt together. If you don't have self-rising flour, use all-purpose and add 2 teaspoons baking POWDER and ¾ teaspoon salt, then mix. Add a little flour on top on a clean counter and knead in hands until not sticky, about 10-20 times. Dust with flour as needed.
- Roll into desired shapes such as a bagel, rolls, rounds for pitas, or sticks.
- Place on sprayed baking sheet or sheet with Silpat. Brush with egg white and sprinkle with seasoning. Can make flat breads, bagels, or even healthier Krazy Bread.
- Bake at 375 for 25 minutes-ovens can vary so check after 20 minutes.
- For Krazy bread: omit egg white. Immediately after baking, brush with melted butter and sprinkle lightly with parmesan cheese.
  
- Dairy allergy? Replace with Greek style dairy free yogurt or drained silken tofu.
  
- Can be made with gluten free baking mix such as Bob's Mill.

*\*this recipe adapted from skinnytaste.com*



### Play Dates

Looking for something fun to do with your multiples?

Host or attend a play date!

Play dates are an excellent way for goMOMS and their children to connect!

To host a play date, fill out the

[Evite Request Form](#)

Any additional questions, contact:

Amy Wacek, Secretary,

@ [gomomssecretary@gmail.com](mailto:gomomssecretary@gmail.com)

### Kroger Community Rewards

Register your Kroger card and help goMOMS with the Kroger Community Rewards card. Members need to renew their membership by linking their Kroger cards to goMOMS. Our group receives a percentage of all your Kroger purchases quarterly. Just follow the instructions below, then shop using your Kroger card!

-If you already have a Kroger account:

1. Go to [www.krogercommunityrewards.com](http://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

If you do NOT have a Kroger card, follow the link for further instructions HERE:

<https://www.kroger.com/account/enrollCommunityRewardsNow>



**A great way to donate while you shop!**

<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 above link. **Try it out today!**



P.O. Box 210226  
Auburn Hills, MI 48321  
[www.goMOMS.org](http://www.goMOMS.org)

## **2017-2018 Board Members**

President-Jodi Abraham  
[gomomspresident@gmail.com](mailto:gomomspresident@gmail.com)  
Co-Vice Presidents- Katie White & Rebecca Baumgarten  
[gomomsvicepresident@gmail.com](mailto:gomomsvicepresident@gmail.com)  
Treasurer-Audrey Trethway  
[gomomstreasurer@gmail.com](mailto:gomomstreasurer@gmail.com)  
Secretary-Amy Wacek  
[gomomssecretary@gmail.com](mailto:gomomssecretary@gmail.com)  
Membership Coordinator-Eva Charboneau  
[gomomsmembership@gmail.com](mailto:gomomsmembership@gmail.com)  
Co-Moms Coordinators-Christy Ciaramitaro & Jean Szura  
[gomomsnewmoms@gmail.com](mailto:gomomsnewmoms@gmail.com)  
Co-Committee Chairs- Jessica D'Alessandro & Sommer Petroski  
[gomomscommittee@gmail.com](mailto:gomomscommittee@gmail.com)  
Website Administrator-Lori Przybyl  
[gomomswebmaster@gmail.com](mailto:gomomswebmaster@gmail.com)  
Newsletter Editor-Mei-Ling Thomas  
[gomomsnewsletter@gmail.com](mailto:gomomsnewsletter@gmail.com)  
Alumni Representative- Jovita Scrogin  
[gomomsalumni@gmail.com](mailto:gomomsalumni@gmail.com)  
Fundraising Coordinator- Colleen Porter & Amanda Keyser  
[gomomsfundraiser@gmail.com](mailto:gomomsfundraiser@gmail.com)  
Sales Coordinator- Holly Modetz-Lopez  
[gomomssalecoordinator@gmail.com](mailto:gomomssalecoordinator@gmail.com)

### **Announcements**

Expecting? Or delivered recently? Let us know, and we would love to share your exciting news with our goMOMS members. Please include your name, spouse's name, babies' names and birth information (date, time, weight), a photo and any sibling information that you would like to include.

Send all information and images to  
[gomomsnewsletter@gmail.com](mailto:gomomsnewsletter@gmail.com)



### **Take them a Meal**

For those times in life when filling their table will warm their hearts. Simplifying meal coordination so friends, family, neighbors and co-workers can show they care. Help out a new mom by providing a meal for their family when they bring home their new bundles of joy!! Or request meals after your delivery. Meals can be homemade or take out!! goMOMS uses the Take them a Meal website to coordinate meals for new families. Please contact the meal coordinators  
@ [gomomsmeals@gmail.com](mailto:gomomsmeals@gmail.com)  
to request meals or for more information.

### **More Information about goMOMS**

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.