

APRIL 2021

# goMOMS Newsletter

Updates for the members of the Greater Oakland Mothers of Multiples



## Spring is here!

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Happy Spring!

I hope you've been enjoying some of these beautiful sunshiny warm-ish days! My son learned to ride his bike and we took our first family bike ride last week. Brings me joy and excitement for the coming months!

As always, please continue let us know if you have ideas for the group! Better yet, start thinking about if you'd be interested in joining the board to help define and plan these events! If you are interested, please don't hesitate to reach out.

Check out the next page for the April activities and 2021-2022 board member information!

### IN THIS ISSUE

- **April Events**
- **2021-2022 Board Members**
- **Blogs**
- **Spring Sale Alternative**
- **Contact information**



# April 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](mailto:gomomssecretary@gmail.com)

## Mom's Chat

Wednesday, April 7, 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 March Meeting

Tuesday, April 13, 2021

8:30pm

YOGA NIGHT!

Instead of spa night this year, one of our members, Paula, will be hosting a relaxing at home yoga night!

Check out the [goMOMs Facebook page](#) for more event details

Join us for an evening of relaxation with an hour long restorative/yin yoga class just for you! We will move through some gentle poses, opening up our hips and shoulders and explore some poses for optimal rest and relaxation. This class will help us relieve the effects of chronic stress, emerging from class with a renewed sense of calm.

Paula is a RPYT200 (Registered Prenatal Yoga Teacher) and has been teaching yoga since 2013. She has taught a variety of types of classes over the years but has found her real passion is teaching prenatal and mom & baby yoga.

This class will be accessible for every \*BODY\* - no prior yoga experience necessary!

# Member Information

## Call for 2021-2022 Board Members!

Are you loving this group and want to get more involved? Do you have ideas that can help this group continue to evolve and grow? Do you just want to meet more people? If you answered yes to any of those, we encourage you to volunteer to join the board!

Please reach out to our Co-Vice Presidents - Shirah Fish and Andrea Colon (gomomsvicepresident@gmail.com) to share which position(s) you'd be interested in + find out more information!

## Write a blog for the goMOMs website!

As always, thank you to those who have contributed to the blog thus far!

It's spring time!

Do you have some creative and fun outdoor ideas to share? We'd love to hear from you!

If you have any fun tips you've found for any age and if you enjoy writing blogs / 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](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



### 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!

## 2020-2021 goMOMS Board

President  
Molly Shapiro  
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Co-Vice Presidents  
Andrea Colen &  
Shirah Fish  
[gomomsvicepresident@gmail.com](mailto:gomomsvicepresident@gmail.com)

Treasurer  
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Membership Coordinator  
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Mom's Chat Coordinators  
Nicole Gaynier  
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Co-Committee Chair Coordinators  
Jessica D'Alessandro &  
Samantha Panek  
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Co-Sale Coordinators  
Ashley Friedman &  
Jayne Monroe  
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