



June 2019 Edition

Password: Supermom

goMOMS 2019-2020 Incoming Board Members

President: Audrey Tretheway

Co-Vice President: Amanda Keyser

Co-Vice-President: Nicole Gaynier

Treasurer: Amy Wacek

Membership Coordinator: Helen Nordstrom

Co-Mom's Chat Coordinator: Paula Kreuger

Co-Mom's Chat Coordinator: Molly Shapiro

Newsletter Editor: ***Vacant***

Committee Chair Coordinator: Jessica D'Alessandro

Secretary: Evie Charboneau

Co-Fundraising Chair: Sommer Petroski

Co-Fundraising Chair: Amy Hawkins

Website Administrator: Oveida Kedia

Alumni Representative: Rebecca Baumgartener

Sale Coordinators: Colleen Porter & Katie White

Upcoming Events

Board Installation Dinner
Tuesday June 11th @6 pm
Crispelli's Bakery & Pizzeria
645 Big Beaver Road, Troy MI
no Mom's Chat
See Evite for more details

June MNO: Rochester Pedal Night
Date TBD
See Evite for more details!

*Have a safe and fun
summer!*

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

goMOMs Board Installation Dinner

Tuesday June 11th

6:00-9pm-Crispelli's

Please see Evite for further details

Thank you to all the outgoing Board Members, as well as the current & remaining Board, for all your hard work.

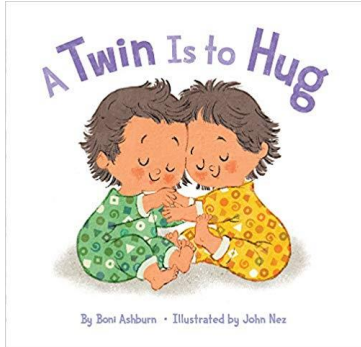
We appreciate your dedication!

2018-2019 Outgoing Board Members

Jodi Abraham, Mei-Ling Thomas, Jovita Scrogin

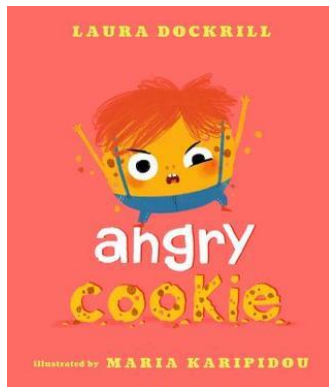
We hope everyone has a safe and fun summer. Please don't hesitate to contact Evie @ gomomssecretary@gmail.com to set up a playdate or meetup. Several goMOMs are hosting playdates this summer, so keep an eye out for events on our Facebook page!

June Book Nook



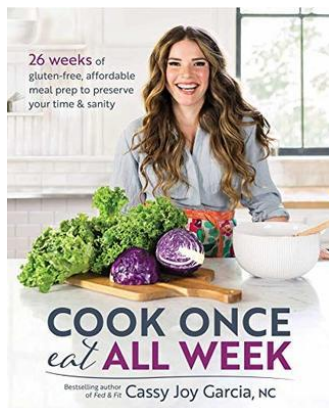
A Twin is to Hug: by Boni Ashburn

This sweet book about twins will be a great read for little multiples and their parents!
Interest/Reading Level: Ages 2-5



Angry Cookie: by Laura Dockrill

This book about an exceptionally surly sweet will keep you laughing as you read along with your kids.
Interest/Reading Level: Ages 3-6



Cook Once, Eat All Week :By Cassie Garcia

If you are in need of meal ideas and feel like you're a meal prepping novice, this is the book for you. Gluten free, dairy free, and paleo options are included with each week's prepped meals.
Interest Level: Moms!

Recipes

Meal Prep Ideas for when you're on the go

- In a bento box or divided container, place cubed cheese, halved hard-boiled egg, grape tomatoes (or grapes), and nuts for a quick snack.
- Or, try slices of turkey cut in 4 pieces, cheese, crackers, and dried cranberries for a homemade version of a Lunchable.
- Take whole wheat or other tortilla wrap of choice and spread nut butter of choice thinly. Place a banana inside, roll up, and slice into pinwheels. Add some fruit and crunchy snack such as pretzels, and you're ready to go anywhere!
- Want a salad? Take a Mason jar and put dressing of choice on the bottom.
 - Next, layer hard veggies like peppers, onions, or cucumbers.
 - Then layer softer veggies such as mushrooms, sliced tomatoes, etc.
 - Then protein such as chicken.
 - Lastly, add lettuce, spinach, kale, etc. When ready to eat, simply shake it up and enjoy! This will last in the fridge for about 3 days.



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:

Evie Charboneau, Secretary,

@ 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
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

2018-2019 Board Members

President-Jodi Abraham
gomomspresident@gmail.com
Vice President- Amy Hawkins
gomomsvicepresident@gmail.com
Treasurer-Audrey Tretheway
gomomstreasurer@gmail.com
Secretary-Amy Wacek
gomomssecretary@gmail.com
Membership Coordinator-Eva Charboneau
gomomsmembership@gmail.com
Co-Moms Coordinators-Paula Kreuger & Molly Shapiro
gomomsnewmoms@gmail.com
Co-Committee Chairs- Jessica D'Alessandro & Sommer Petroski
gomomscommittee@gmail.com
Website Administrators-Jovita Scrogin & Rebecca Baumgartner
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Newsletter Editor-Mei-Ling Thomas
gomomsnewsletter@gmail.com
Alumni Representative- vacant
gomomsalumni@gmail.com
Fundraising Coordinators- Amanda Keyser & Nicole Gaynier
gomomsfundraiser@gmail.com
Sales Coordinators- Colleen Porter & Katie White
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



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
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.