



Welcome back, goMOMS!

goMOMS is excited to welcome back returning members. We also look forward to getting to know new members this year! The goMOMS board has started planning an event-filled 2018-2019 year with informative meetings and entertaining outings. We encourage all goMOMS to feel comfortable getting involved as much as possible at meetings, hosting playdates, or a Mom's Night Out (MNO)!

Looking to renew your goMOMS membership for the 2018-2019 year or become a new member?

Annual full membership is \$40- the goMOMS calendar year runs from September to August. Alumni memberships are also available @ <http://gomoms.org/membership>

We now accept payments through Paypal: visit our website to submit a membership form: <http://gomoms.org/membership-form>

You may also contact Eva Charboneau, membership coordinator, for additional information @ gomomsmembership@gmail.com



Fall Mom2Mom Sale

NEW LOCATION @ Lutheran High School Northwest
Saturday, October 6th

Sale Time: 9:00am-12:00 pm (8:30 Early Bird)
Admission: \$2.00 for 8:30 Early Bird,
\$1.00 for 9:00 am and after (cash/checks only)
Interested in selling?

[Registration Form & Information](#)

Registration deadline: September 26th

Complete details located in the "Members only" section of our website (password:supermom)

<http://gomoms.org/members-only/mom2mom-sale-info/>

SEPTEMBER 2018

September 11th, 2018

**goMOMS
Kickoff Meeting**

-6:30pm Mom's Chat

-7:30pm Meeting starts
-Get to know goMOMS
-Dinner provided

UPCOMING EVENTS

Upcoming Events in October:

MOM2MOM SALE: October 6th

October Meeting: October 9th

6:30-Mom's Chat
7:30 Meeting

Fall Party @Upland Hills Farm
Saturday, Oct 13: details to follow

AUCTION: November 14th
@6:30 pm: Dinner provided

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!

A Welcome Letter from the President

I would like to welcome everyone to the 2018-2019 goMOMS membership year. I am so excited to be a part of the board for another year.

A little about me: I am married and have 3 kids. My husband Bob is a Firefighter/Paramedic, my son Noah is 16, and my twin daughters, Addison and Zoey, are just about to turn 5 in a couple of weeks. I also work full time in EMS/Fire billing and run a small business out of my home...whew!

Have I told you how excited I am for this coming year?? We have fun outings, membership meetings, mom2mom sales, Mom's Night Outs and so many other opportunities to connect with our fellow goMOMS. We have such a great group of ladies who all share this "multiples" thing in common. We can laugh together, vent together and tell stories together and you won't get those off the wall questions like "are they identical?", "double trouble" and "who is older".

I am also excited that this group is so involved in philanthropy. We adopt a twin family at Christmas; we donate supplies to Abiding Presence Church, send NICU donations and provide meals for our fellow goMOMS who may be recovering. Watch the newsletter, Facebook and email for announcements on this.

The board is also tossing around some other fun ideas. Look for those, or if any time you have any ideas or suggestions, please let myself, or any board member know. We want these activities and meetings to be all about you!

Get those sitters/hubbies ready and come join us for some adult conversation, a glass of wine, laughs and meet some new friends.

I look forward to chatting with all of you!

Jodi Abraham
goMOMS President

2018 goMOMs Auction

Tuesday, November 13th

Auction starts at 6:30pm

Abiding Presence Lutheran Church

1550 Walton Blvd, Rochester Hills MI 48309

The auction will take place of the goMOMs general meeting and Mom's Chat will not take place on this evening.

Members are encouraged to bring friends &/or family members to the Auction.

Kruse and Muer dinner provided

goMOMS hosts an annual auction, which serves as its only fundraiser, to help offset the costs of programs and operational costs throughout the year. GOMOMS is a nonprofit organization and relies upon this fundraiser and community donations.

goMOMS encourages members to solicit a business they frequent and ask for a donation that can be put up for auction. Members may also donate an item or gift basket to be auctioned. A donation letter is available on our website to give donors more information about the auction:

<http://gomoms.org/members-only/2018-2/>



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:
Andrea DeBusschere, Secretary,
@ gomomssecretary@gmail.com

Kroger Community Rewards

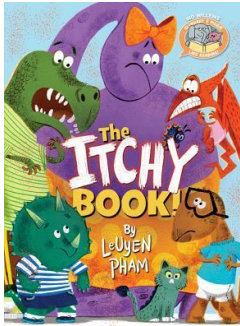
Register your Kroger card and help goMOMS with the Kroger Community Rewards card. Members need to renew their membership by linking their Kroger cards to goMOMS. Our group receives a percentage of all your Kroger purchases quarterly. Just follow the instructions below, then shop using your Kroger card!
-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/enrollCommunityRewards Now](https://www.kroger.com/account/enrollCommunityRewardsNow)

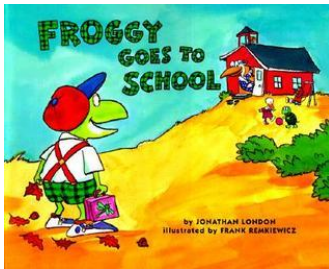
SEPTEMBER BOOK NOOK:



The Itchy Book! (Elephant and Piggie Like Reading) by: LeUyen Pham

This book is part of a spin-off series created and inspired by beloved children's author Mo Willems, but it is written by upcoming author Pham. Dinosaurs tell a silly story full of stubbornness and shows what can happen when you don't read the whole set of instructions!

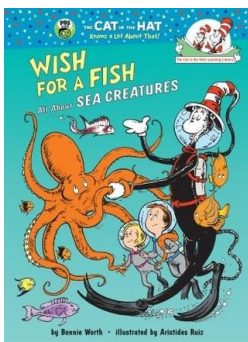
Ages 4-6



Froggy Goes to School by: Jonathon London

Froggy is ready to go back to school-but what does he forget along the way? Read and laugh with your kids as they enjoy Froggy's embarrassing antics.

Ages 4-6



Wish for a Fish By: Bonnie Worth

Looking for an engaging book for independent and emergent readers alike? Look no more as you read about sea creatures and the ocean in this delightful non-fiction, rhyming title with plenty of pictures and illustrations.

Ages 4-8

CALLING ALL GOMOMS

School is back in session and time is tight! Please send your mom hacks, recipes, and ideas to me at: gomomsnewsletter@gmail.com

September Meal Tip:

Do you find yourself scrambling to make kid's lunches at the last minute? Here's a hack for making sandwiches ahead of time!

Take a loaf of pre-sliced bread, and lay out the slices (I usually do 8 at a time).

PBJ: Thinly spread peanut butter or sun butter (about one Tablespoon) on each side. Put about a tablespoon of jelly or jam on ONE side only, no need to spread all the way to the crust. Put the 2 slices together and cut in ½, quarters, or take a round cookie cutter and make your own Uncrustable! Package in sandwich bags or just put back into the bread bag and freeze (I usually do an entire loaf). Take out as needed to pack lunches-they will be thawed by the time your kid's lunch rolls around!

For Meat/ cheese sandwiches:

Put cheese or meat to cover each slice of bread. Spread the mustard/ mayo, or whatever you prefer on top of the bread so it's in the middle of the sandwich. Cut, package, & freeze until the night before you need to pack lunches.

Crockpot Meal Idea:

Mississippi Pot Roast, with Beef or Chicken

Ingredients:

- 1 2-3 lb chuck roast OR 6-8 chicken thighs
- 1 package DRY ranch seasoning
- 1 package dry gravy (Au Jus suggested)
- ½ stick butter (original recipe called for a full stick)
- 1 jar pepperoncini, can use banana peppers

In crockpot, place meat on the bottom and add ½ cup water if your crockpot runs hot.

Sprinkle dry packets on top and add the butter on top.

Place about 6 pepperoncini on top of the meat. Cook on low 8 hours and enjoy with potatoes, noodles, or eat as you would a sloppy joe!

Meet Our 2018-2019 Board Members



President: Jodi Abraham

Email: gomomspresident@gmail.com

About me: Hi, I am Jodi! I live in Armada with my Husband, Bob, 16 yr old son Noah, and almost 5 yr old fraternal twins, Addison & Zoey. I joined goMOMs in 2014 after my girls were born. I work for an EMS/Fire Billing and Consulting company. In my spare time, I love to travel, check out fun things to do with my kids, and catch a great Netflix series. This has been my 3rd year on the board, 2nd year as President. I love everything about our goMOMs group! It has been such a great way to connect with other MOM's. I hope to help bring another fun goMOMs year. Feel free to reach out to me anytime. I look forward to seeing you soon!

goMOMS



Co-Vice-Presidents: Jean Szura (L) & Amy Hawkins (R)

Email: gomomsvicepresident@gmail.com

About Me (Jean): Hello! I have twin boys Nicholas and Noah (we still don't know fraternal or identical) who turned three at the end of March. I work full-time at the Oakland University William Beaumont School of Medicine as the Director of Service Learning. I live in Shelby Township with my boy, husband Joe, and two pugs, Izzy and Gizmo. Not that any of us have spare time, but when I do, I love to read, and I hope you'll join us at one of the book clubs! I joined goMOMs in 2015 just before I had my boys. I look forward to getting to know everyone throughout all of the great meetings and activities!

About Me (Amy): I am a mom to almost 4 year old fraternal twin girls, Hannah & Emily. I live in Southfield with my husband, Tim, girls and our dog Gavin. I work full-time as an accountant. My husband and I are also volunteers for the Beaumont Parenting Program. In my free time I enjoy reading, biking, and just hanging out with my family. I joined goMOMs in 2016 and wish I would have joined sooner. I am excited to be part of the board and am looking forward to another great goMOMs year!



Secretary: Audrey Tretheway

Email: gomomssecretary@gmail.com

About Me: This is my third year on the Board and second as secretary; I joined goMOMS in 2014 and have loved every minute. My little loves are identical twins Matt and Alex, who are 4. Our family is my husband, Rob, the boys our dog, fish and, turtle. We are avid outdoors people and spend most weekends up north or fishing. I run a family business and am a Norwex consultant in my free time. I am very excited to see where this year leads and to make new friends along the way.



Treasurer: Amy Wacek

Email: gomomstreasurer@gmail.com

About Me: I am mom to a 8 year old daughter and 4 year old boy/girl twins. I am also an identical twin myself. I live in Troy with my kids and husband, and work from home full time. I am originally from New York but have lived in Michigan for 13 years now. I joined goMOMS in 2014 when I was pregnant with my twins, and I have loved every minute of it. I am looking forward to this upcoming year and all the wonderful activities we have planned.



Membership Coordinator: Eva Charboneau

E-mail: mailto:gomomsmembership@gmail.com

About Me: Hi There! My name is Eva and I am mom to 3 adventurous boys- twins who are 5 and a little one who is 2 1/2. I am a work from home mom, which helps me to keep my sanity, but to still be there to see my littles grow up. This is a big year for us since the twins are starting kindergarten! I look forward to meeting you all!



MOMS Coordinators: Paula Kreuger (L) & Molly Shapiro (R)
Email: gomomsnewmoms@gmail.com

About Me (Paula): Hi, I'm Paula - mom to Kendall (6), Erin (4), and my twins, Claire (2) and Charlie (2) and wife to Jeff. We live in Rochester Hills. I'm a former Production Control /Operations Manager turned SAHM and yoga teacher. I love the time I have been able to be at home with my crew and I love being able to teach yoga (mostly prenatal yoga!) in the evenings and on the weekends. I consider myself a bit on the crunchy side - I nursed all of my babes over 1 year (the twins to almost 2 years!), we cloth diaper, and I love babywearing. I also have a love for dark roast coffee, craft beer, and am getting back into running. I joined goMOMs when my twins were brand new babies and I've been so thankful for the advice and friendships I've made in that time. I'm looking forward to a fun year ahead!

About Me (Molly): Hi! I live in Farmington Hills with my husband Eric (my high school sweetheart) and my two-year old fraternal twins Henry and Jack. I'm a mostly stay at home mom but do some speech therapy work on the side. In 2016 I joined goMOMs right before my boys arrived. I've found the advice and support I've had over the last two years invaluable. In my spare time I try to read and always make time for trashy TV! I'm looking forward to the great year ahead!



Newsletter Editor: Mei-Ling Thomas
Email: gomomsnewsletter@gmail.com

About Me: I am the mother of twin five year old fraternal B/B twins who just started kindergarten, and a 15 month old little boy-life moves fast! My husband and I live in Chesterfield Twp. This is my 5th year as a member of goMOMs and my 3rd year as the Newsletter Editor. I work part-time as a youth librarian, so I'm usually surrounded by kids and books for most of my day, whether I'm at home or at work! I love to read, spend time with my family, listen to motivational or spooky podcasts, and try out new recipes. I am so glad I am a part of this amazing group of supermoms!



Committee Co-Chairs: Jessica D'Alessandro (L) & Sommer Petroski (R)

Email: gomomscommittee@gmail.com

About Me: I'm Jessica D'Alessandro and a proud stay at home mom of my beautiful identical fiery twin girls, born at 27 weeks, and my baby boy. I live in the country, Emmett MI with my husband, kids, 3 dogs, and our chickens. I love to spend time with family, hunt deer, and there's nothing better than sitting around a campfire with good people.

About Me: Hi, I'm Sommer! I live in Grand Blanc with my husband, Derek, and 3 year old fraternal twin girls, Adeline and Emma. I'm a former Cardiovascular ultrasound tech turned stay-at-home mom who loves Starbucks, HGTV, cooking and reading (when I can!). I joined goMOMs when my girls were about 8 months old and became a board member last year. I love being a member of this group because there is always someone who has advice or can at least relate to whatever stage my kids are going through! Also having a guaranteed no kids allowed night out every month is pretty awesome!



Website Administrators: Jovita Scrogin & Rebecca Baumgartner
Email: gomomswebmaster@gmail.com

About Me (Jovita): Proud mother of red headed boy/girl twins, I love any opportunity to have a good time! I'm a native Texan and despite living in Michigan for 12 years, I suffer through the winters and rejoice in any 90 degree day. I live in Royal Oak with my husband, Mike, the kiddos and our really stupid dog. Prior to the twins coming along I worked in Campus Recreation, managing university fitness centers and club sports teams. I could talk your ear off about food, books, DIY, the outdoors and anything Texas!

About Me (Rebecca): As challenging as it is, there is nothing more rewarding than being a mom to multiples. I can't imagine it any other way! I joined goMOMs in 2015, after my fraternal twin boys were born at 35 weeks. We (my husband Matt and the boys - Sam and Wesley) are new residents to Berkley, moving this past January. I work full time in Marketing/Advertising and while life is crazy, I love being a part of this group - I have learned so much from my fellow goMOMs! You keep me grounded and sane! In my free time, I enjoy spending time with family (as cliché as that sounds) making crafts, playing outside when the weather is nice and this summer, I would like to take back up running. I am looking forward to another great goMOMs year!



Fundraising Coordinators: Nicole Gaynier (L) & Amanda Keyser (R)
Email: gomomsfundraiser@gmail.com

About Me (Nicole): Hi, I'm Nikki! I live in Troy with my husband Matt, and twin boys, Gus and Charlie, who were born May of 2017. Life with twins is great, I wouldn't want it any other way! Sure it can be challenging at times, but I have nothing else to compare it to. In addition to being a stay at home mom, I work about 3 days a month as a labor and delivery nurse at Royal Oak Beaumont Hospital. I love exploring new restaurants, hanging with friends or family, and going up north. I am so happy I found this group and I am proud to be serving on its board. Looking forward to meeting you at one of our events soon!

About Me (Amanda): I am a Stay at Home mama to my precious twin boys who recently turned four years old. Prior to that, I worked as a Program Director for a private JK-8th grade school, which included managing their early childhood center. With having 15 years' experience working in the field of child development I still feel unprepared as a "mother of multiples"! I joined goMOMs while I was pregnant and cannot tell you how valuable I have found this group to be during these last two years. I am excited to serve on the board, & hope that I can be an asset to the group as well as my fellow goMoMs.



Alumni Coordinator: Holly Modetz-Lopez
Email: gomomsalumni@gmail.com

About Me: Hi, I am Holly! I am a mom to almost 3 year old twin boys, Blake and Luke, and a 1 year old daughter, Isabel. I live in Oxford with my husband, Jorge, of almost 8 years, our kids, and our stubborn pug, Milo. I work as a nurse at a county jail, and an administrative assistant for a family business. I joined goMOMs in 2015 when my boys were just over 1. I have loved everything about this group, and wish I had joined when my boys were newborns! This is my first year on the board, and I am excited for the sale, what lies ahead and to meet all of you!



Sale Coordinators: Katie White (L) & Colleen Porter (R)

Email: gomomssalecoordinator@gmail.com

About Me (Katie): Hi, I'm Katie and I'm a mom to 4 year old fraternal twin girls. I live in Bloomfield Township with my husband, Toby, and am currently a stay-at-home mom to my girls, Brynn and Elise. I joined goMOMs as a member when my girls were babies and found this group to be such a wonderful resource for twin knowledge, camaraderie, and friendship and I'm very excited to be returning to the board for a third year!

About Me (Colleen): I'm a stay at home mom of a soon to be 8 year old son and my 4 year old twin boys. My husband and I have been married 15 years. I joined goMOMs in 2014 when I was pregnant with my twins. I have found this group to be very helpful in many ways. In my free time I enjoy doing anything crafty.



P.O. Box 210226
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www.goMOMS.org

2018-2019 Board Members

President-Jodi Abraham
gomomspresident@gmail.com
Co-Vice Presidents- Jean Szura & 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
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Website Administrators-Jovita Scrogin & Rebecca Baumgartner
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Newsletter Editor-Mei-Ling Thomas
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Alumni Representative- Holly Modetz-Lopez
gomomsalumni@gmail.com
Fundraising Coordinators- Amanda Keyser & Nicole Gaynier
gomomsfundraiser@gmail.com
Sales Coordinator- 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.