

goMOMS

GREATER OAKLAND MOTHERS OF MULTIPLES



HAPPY NEW YEAR!

January 2019 Edition

Password: *supermom*

Welcome new goMOMs & Baby News!

Megan Branstner, Shirah Fish, Najette Hammond,
Jennifer Caruso, Adrian Pates, Shannon Renee, &
Colleen Cass!

Member Samantha Panek welcomed twin girls
Mary Louise and Elizabeth Ann on 12/30/18
@35 weeks.
Congratulations!

If you would like to be featured in our
newsletter, please don't hesitate to contact us @
gomomsnewsletter@gmail.com

Upcoming Events: January

01/08- January Meeting
Mom's Chat: 6:30pm
General Meeting @ 7:30pm
Vendor Night
Appetizers included

01/29-MNO Axe Throwing
@The Hub: see Evite for details

February
February Meeting: 02/12
-Social Night @Rochester Mills
-See Evite for details

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



Facebook search:
goMOMs- Greater Oakland Mothers
of Multiples
Closed group-Please ask to join!

GOMOMS HOLIDAY PARTY HIGHLIGHTS

A fun time was had by all at our recent Holiday Party at Pasquale's, with great food and drinks and a chance to just hang out and chat with fellow goMOMs! We also collected donations for our yearly Adopt a Family, which consisted of not one, but THREE families with multiples this year! Thanks to all who pitched in to make a difference!

A letter from one of our adopted families

One of the hardest things we've had to do as parents is ask for help in providing a Christmas for our children. As parents, it's tough when you're struggling to begin with and then lose an income, have debt collectors coming after you for medical bills, worry about how we're going to pay for groceries for the week etc. We feel awful when we have to say no to our children about going to events, taking them to the latest movie that all their friends are talking about, etc. because you don't have the money to take them. Last week was a major low when we had to go to the bank and "borrow" money from our child's savings account to pay over draft fees for automatic bills that hit our account. I'm not telling you all of this to make you feel sorry for us. I just truly want you to know that because of you, our children will have a Christmas with gifts under the tree that we wouldn't be able to provide.

Storms don't last forever. Because of you, I have a rainbow in my heart. I can't wait to see my children on Christmas morning beaming that rainbow with all their smiles and excitement.

I can't tell you how much it means to us that because of you our children are going to have a Christmas. We promise that when we can, we will pay it forward! From the bottom of our hearts, THANK YOU!!!



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

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>

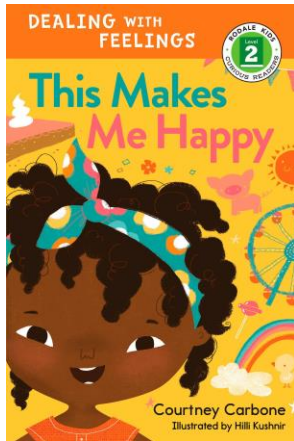


A great way to donate while you shop!

<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 AmazonSmile using the above link. **Try it out today!**

January Book Nook

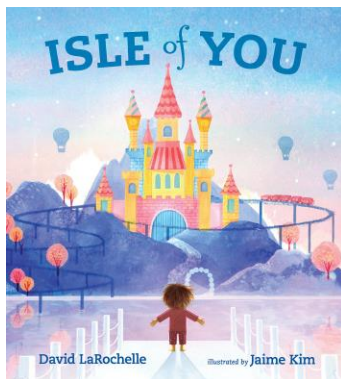


This Makes Me Happy: by Courtney Carbone

Dealing with Feelings Series

This leveled reader is great for kids to look at alone or read with a grownup. The narrator is a young girl on a field trip to the fair, and she talks about different feelings, such as sadness over feeling left out, excitement, happiness, and more while experiencing a day out with her class.

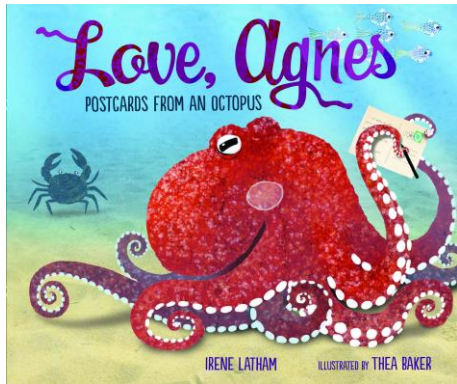
Interest Level: Ages 4-8



Isle of You: by David LaRochelle

A young child has had a bad day, and the unnamed narrator (presumably a parent), “takes” the child to The Isle of You to imagine, play, and mentally unwind before going to sleep. The beautiful illustrations and calm prose will help parents and kids relax after a long day.

Interest level Ages 3-5



Love, Agnes: Postcards from an Octopus: by Irene Latham

Agnes is an octopus who is hatching her babies. Follow along as she writes postcards and documents her life cycle. With information about octopuses at the end of the book, it has fiction and fact all in one well-written picture book.

Interest Level: Ages 5-9

Tips and Recipe Ideas

Did you get an Instant Pot for Christmas? Or looking for some slow cooker recipes? Here are some links to some delicious recipes for you to try out!

<https://www.skinnytaste.com/pressure-cooker-recipes/>

<https://thesaltymarshmallow.com/instant-pot-mac-and-cheese/>

<https://www.ihearteating.com/instant-pot-korean-beef/>

Slow Cooker

<https://www.sixsistersstuff.com/recipe/slow-cooker-beef-and-sweet-potato-stew/>

<https://dinnerthendessert.com/slow-cooker-brown-sugar-garlic-chicken/>

<https://www.bunsinmyoven.com/crockpot-chicken-fajitas/>

New Year's Resolutions

Trying to organize and declutter? Try this small step to get you started-take a garbage bag with you and walk into and around each room in your house. Throw out any trash, or alternatively, use the bag to put stuff into that you don't need or use. Donate the bag's contents to Goodwill or another organization such as Salvation Army, etc. If you need some motivation, try listening to a podcast such as Organize 365, Mother Like a Boss, or A Slob Comes Clean!



P.O. Box 210226
Auburn Hills, MI 48321
www.goMOMS.org

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

2018-2019 Board Members

President-Jodi Abraham

gomomspresident@gmail.com

Vice President- Amy Hawkins

gomomsvicepresident@gmail.com

Treasurer-Audrey Tretheway

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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.