



## March 2018

Password: *supermom*

### Spotlight on: Mom2Mom Sale!



This year's Spring Mom2Mom sale will be March 17th at Eagle Creek Academy, located in Oakland Township. Sales are set up by sizes Department-style.

Remember, goMOMS members can shop Early Bird!

Please see more information at:

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

Contact: [Holly Modetz-Lopez](#)

Please consider helping out by setting up, and/or bringing a baked good that can be sold (please package treats individually)!

### Welcome to New goMOMS:

Tricia Cantu  
Heather Penar  
Kathryn Adams  
Kathleen Schneider  
Bethany Matus  
Marinda Ochs  
Christina Mezwa,  
Amanda Frank  
Katie Holdwick  
Margaret Mueller  
Megan Tondou

### Upcoming Events

March 13<sup>th</sup>

General Meeting

Mom's Chat 6:30pm

March 17<sup>th</sup>

Mom2Mom Sale

@Eagle Creek Academy

MNO March 22

Michigan by the Bottle

-see Evite for details

April 10-Spa Night

@ Obsession Nail and Spa

-*this meeting is offsite*

### 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

-More information will be given at the March General meeting.

### 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>!

### 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). Appetizers/snacks and some beverages will be available, feel free to also BYOB. More details, including the location will be posted soon on our website- also look for an evite coming soon!

## Meal Ideas, Tips, and More

### Crockpot Balsamic Pork Tenderloin (Can use chicken thighs if desired)

1. 2 pound boneless pork shoulder roast (sirloin roast)
2. kosher salt and pepper to taste
3. 1 tsp garlic powder or a chopped garlic clove
4. 1/3 cup chicken or vegetable broth
5. 1/3 cup balsamic vinegar
6. 1 tablespoon Worcestershire sauce
7. 1-2 tablespoons honey

#### **Directions:**

-Season pork with dry ingredients.

-Mix wet ingredients together and slowly pour on top.

4 hours on high or 6-8 on low (6 hours for chicken)

-Let cool, then shred or chop meat. To serve, pour some of the juices on top -before serving. Great with cauliflower, broccoli, mashed potatoes, rice, or egg noodles!

-adapted from [skinnytaste.com](http://skinnytaste.com)

### **Savory Oatmeal**

Directions:

Make 1 serving oatmeal, steel cut, rolled, etc. Meanwhile, in a small pan, spray with cooking spray and sauté a handful of baby spinach until wilted, a few minutes. Put on top of oatmeal. In the same pan, fry an egg or two with additional cooking spray. Top oatmeal with the egg, and season to taste. Optional: add parmesan or other shredded cheese, or hot sauce/sriracha sauce. Mix and enjoy!

### **Quick Meal Ideas**

- Make a double serving of a meal such as the one above, and freeze half for a quick meal later.
- Have an indoor picnic: spread a large beach towel or blanket on the floor and have sandwiches, veggies, fruit, and snacks inside! Great for a rainy or snowy day. ☺
- Prep breakfast the night before! Boil eggs with a tablespoon of white vinegar, then cool with an ice bath to easily peel them. Make oatmeal and portion out-just heat and eat later. Or make waffles and pancakes, cool & freeze. Microwave or stick in a toaster for a quick meal on the go!

### **Cleaning hack:**

Get a scrub brush-the kind you put soap inside the handle for dishes.

Keep it in your bathroom and scrub the shower while you're in it, quickly clean up toothpaste and other stains in the bathroom sinks, tubs, etc.

## Meet New goMOMs Members

### **Megan Tondu & Meg Mueller**



My name is Megan Tondu and I am a new member to goMOMs.

My boy/girl twins, Sawyer and Emma, are two and a half years old. I've been married to my husband, Adam, for five years and am currently a stay at home mom. I am from Oakland County originally and just moved back to Rochester Hills from the Chicago area to be closer to family. I'm looking forward to being active in goMOMs and to meeting everyone!



My name is Meg Mueller, and my husband (PJ) and I have 7 week old boy/girl twins named Charlie and Betty and they are doing great. They are our first kids, my husband and I just got married a year ago so this was an instant family! We feel very blessed and very tired ☺



### 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/enrollCommunityRewards Now](https://www.kroger.com/account/enrollCommunityRewardsNow)

The Amazon.com logo, featuring the text "amazon.com" in white on a black background with the orange arrow underneath.

**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!**



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.