



May 2018 Edition

Password: Supermom

goMOMs 2018-2019 Board Member Candidates

President: Jodi Abraham
Co-Vice President: Amy Hawkins
Co-Vice-President: Jean Szura
Treasurer: Amy Wacek
Membership Coordinator: Eva Charboneau
Co-Mom's Chat Coordinator: Paula Kreuger
Co-Mom's Chat Coordinator: Molly Shapiro
Newsletter Editor: Mei-Ling Thomas
Co-Committee Chair Coordinator: Jessica D'Alessandro
Co-Committee Chair Coordinator: Sommer Petroski
Secretary: Audrey Trethewey
Co-Fundraising Chair: Amanda Keyser
Co-Fundraising Chair: Nicole Maffeo
Website Administrator: Jovita Scrogin & Rebecca Baumgarten
Alumni Representative: Holly Modetz-Lopez
Sale Coordinators: Colleen Porter & Katie White

Upcoming Events

May 5th Spring Party
Boulan Park 11am-2pm

May Meeting: May 8th
Alumni Panel Night
Moms Chat @ 6:30pm
Meeting Starts @ 7:30pm
*Board election night
Dinner provided

May MNO-See Evite for more info

Board Installation Dinner
Tuesday June 12th: 7:00-9:30pm
See Evite for location & details

Meeting Location

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

Welcome New Babies

Marinda Ochs, with her husband Dave and big brother Jude, welcomed Lucy & Anna April 6th

Lucy (L) Anna (R)



Lucy: 3:35 pm, 6 lbs. 3 oz., 20 in.
Anna: 3:53 pm, 6 lbs. 6 oz., 20 in



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 Spring Party 2018

Sunday, May 5th @ Boulan Park
11am-2pm

Please bring a potluck item to share, pizza and beverages provided!
Face painting and piñata fun also!

goMOMS Election Night

May 8th

We will be voting for the 2018-2019 goMOMs Board of Directors.
Please see page 1 for the complete list of candidates!

May 8th Meeting: Alumni Panel Night

Moms Chat @6:30 pm

Meeting starts @7:30 pm

Please join us for the goMOMs Alumni Panel night.

Moms Chat starts at 6:30 pm, membership meeting at 7:30 pm.

goMoms will be providing dinner.

Join us for an informative evening as we hear from alumni moms of multiples. They will discuss topics related to raising multiples as well as answer our questions.

goMOMs Board Installation Dinner

Tuesday June 12th

7:00-9:30pm-Location TBD

Please see Evite for further details

Meet New goMOMs Members

Meghan Cushing



Hi! My name is Meghan Cushing and I am so happy to be a new mommy of twins! I have a 2 year old daughter, Adelynn, and our newest additions are 6 week old fraternal twins- Rudy and Violet, born on March 6th.

Here's a little bit about me:

I am an elementary teacher of 11 years. I've taught 1st grade, 2nd grade, and most currently kindergarten at Divine Child Elementary School in Dearborn. I grew up in Dearborn and attended Divine Child myself, so it feels like home. I will be a stay at home mommy now for a few years and I am hoping to get back to my teaching career once my kiddos are school age.

I enjoy gardening, scrapbooking, home decorating, online shopping, and I love to watch Jimmy Fallon on the Tonight Show (in my spare time- haha!).

Looking forward to meeting other twin moms soon!

Bethany Matus



Hi, my name is Bethany Matus, and I currently reside in Royal Oak with my husband (Alex), our two dogs (Sadie and Dayton), and our newest loves – our twin boys (Owen and Everett). Owen and Everett were born on March 29, 2018 at 35 weeks gestation. They are both healthy, happy, and starting to explore their world as they approach their due date. I work as a Registered Dietitian Nutritionist, specializing in mother/baby nutrition and counseling women through high-risk pregnancies. Alex is a Project Manager/Organic Chemist in the automotive field. We are thrilled to be a part of your twin community!

Dinnertime Inspiration: Instant Pot

The Instant Pot, or electronic pressure cooker, is a great way to make no-fuss meals with less time and effort. These modern versions of the stovetop pressure cooker are much safer than their predecessors, and have sealing vents, automatic timers, and many different settings. An added bonus is that you can sauté then pressurize your meal quickly and efficiently. Make soup, spaghetti, yogurt, or even a cake with this versatile kitchen helper!

Instant Pot Chicken Broccoli and Rice

Ingredients

- 2 Tbsp. Butter
- 2 Cloves Garlic
- 1 Tsp Salt • 3/4 Tsp Pepper
- 1 & 1/3 Cups Long Grain white Rice (if you use brown you will need to increase the cooking time by about 10 minutes)
- 1 & 1/3 Cups Chicken Broth
- 1/2 Cup Milk
- 1 cup chopped or whole baby carrots
- 2 Cups cooked broccoli florets (I use the frozen steam in the bag kind)
- 2 Cups Mild Shredded Cheddar Cheese
- 1 1/2 - 2 Pounds Boneless Skinless Chicken Breast, cubed
- 1 Small Onion
- 1 Tsp Garlic Powder

Instructions

1. Turn Instant Pot onto sauté. Add butter and heat until hot. When hot, add chicken, onion, and garlic. 2. Cook chicken mixture until onion starts to get translucent. Add rice, broth, carrots and seasonings. Stir well.
3. Whisk together milk and flour and set aside.
4. Cook on manual high pressure for 5 minutes. When the timer is up perform a quick release.
5. Immediately add milk and flour mixture and mix until it is well combined.
6. Add broccoli and cheese and stir until well combined. Serve immediately.

Instant Pot Lemon & Garlic Chicken

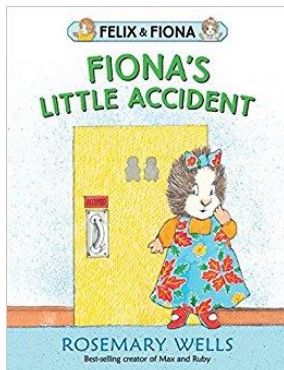
Ingredients

- 2 pounds boneless, skinless chicken breasts
- 1 1/2 teaspoons sea salt
- 1/4 cup onion diced
- 2 tablespoons butter
- 4 garlic cloves minced
- 1/2 cup chicken broth
- 1 teaspoon paprika
- 1 teaspoon dried parsley
- 1/4 cup dry white wine, such as Pino Grigio
- Juice of 2 lemons, about 1/2 cup
- 3 Tablespoons cornstarch

Instructions

1. Turn your Instant Pot on to the sauté feature and add butter and diced onion
2. Cook the onions for 3 to 5 minutes or until softened. Stir often.
3. Add the remaining ingredients except for the cornstarch, to back into the Instant Pot and stir. Season and add the chicken to the Instant Pot and turn to locked position.
4. Select the "Poultry" setting (This is a 15-minute high setting) and make sure your valve is in the closed position.
5. Allow cook time to complete, release steam valve to vent and then carefully remove lid.
6. At this point you may thicken your sauce by making a slurry. To do this remove about 1 to 1 1/2 cup drippings from the pot, add in the cornstarch, stir until well combined.
7. Stir slurry into rest of drippings and serve right away with rice pilaf or mashed potatoes.

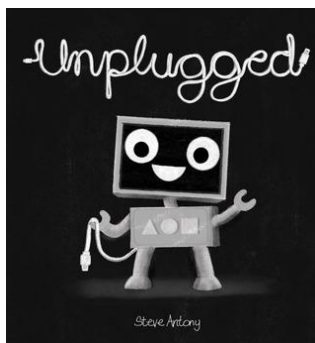
May Book Nook



Fiona's Little Accident by Rosemary Wells

Well-known author and artist Rosemary Wells brings a story about waiting too long to go to the bathroom, and the potential embarrassment it could bring to Fiona. This is a good story to read with potty-training little ones and preschoolers!

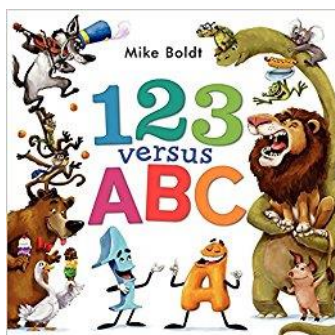
Reading/Interest Level Ages 3-5



Unplugged by Steve Anthony

A computer unplugs herself and discovers a wonderful world of nature as she makes new friends and explores the great outdoors. Gently humorous.

Interest/Reading Level Ages 3-6



123 vs ABC by Mike Boldt

Is this a book about letters or numbers? You decide, as you and your kids read a giggle along to this zany book that will get the readers to spell, count, and look for little hidden details in this fun and enjoyable read.

Interest/Reading Level Ages 3-6



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 Amazon Smile using the above link. **Try it out today!**



P.O. Box 210226
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www.goMOMS.org

2017-2018 Board Members

President-Jodi Abraham
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Co-Vice Presidents- Katie White & Rebecca Baumgarten
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Treasurer-Audrey Tretheway
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Secretary-Amy Wacek
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Membership Coordinator-Eva Charboneau
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Co-Moms Coordinators-Christy Ciaramitaro & Jean Szura
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Co-Committee Chairs- Jessica D'Alessandro & Sommer Petroski
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Fundraising Coordinator- Colleen Porter & Amanda Keyser
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Sales Coordinator- Holly Modetz-Lopez
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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.