

JANUARY 2016

- **1: Happy New Year!**
- **4: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 5:30pm
- ★ - Social 6pm; Meeting 6:30pm

FEBRUARY 2016

- **1: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 5:30pm
- ★ - Social 6pm; Meeting 6:30pm
- **14: Valentine's Day**

MARCH 2016

- **7: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 5:30pm
- ★ - Social 6pm; Meeting 6:30pm
- **7: 2016 Annual Membership Dues Due**
- **13: Daylight Savings**
 - Spring Forward. Turn clocks forward 1 hour
- **17: St Patrick's Day**
- **27: Easter**

★ *New Meeting Time*

WE HAVE A BLOG!

Bookmark the link and check back for news, tips, ideas, and updates.

multiplemomsmingle.wordpress.com

AGE APPROPRIATE CHORES FOR KIDS



2 - 3 YEARS OLD

- Put toys & books away
- Clean spills
- Water plants
- Get dressed/undressed
- Brush teeth (before or after an adult brushes too)
- Wash baseboards
- Wash doorknobs
- Put dirty clothes in the laundry basket
- Put clothes away in drawers
- Replace toilet paper rolls

4 - 5 YEARS OLD

- *All previous chores*
- Dust
 - Help set/clear the table
 - Put away clean silverware
 - Help put away groceries
 - Help clean bedroom
 - Feed pets
 - Wipe down walls
 - Fold rags, dishtowels, hand towels, wash cloths, & sort socks
 - Weed flowers/garden

6 - 7 YEARS OLD

- *All previous chores*
- Help pack school lunches
 - Light cleaning of bathroom (wipe down sink, toilet, mirror, & sweep floor)
 - Sweep floors
 - Unload dishwasher (put items they can't reach on the counter for mom/dad)
 - Take clothes out of the dryer
 - Move clothes from washer into dryer
 - Sort & fold laundry
 - Simple snack/meal prep
 - Bring in mail

8 - 9 YEARS OLD

- *All previous chores*
- Wash dishes
 - Help with meal prep
 - Vacuum
 - Clean toilets
 - Take out trash/recycling
 - Take care of pets
 - Organize toy cabinets

10 - 12 YEARS OLD

- *All previous chores*
- Mow the yard
 - Laundry
 - Mop floors
 - Clean the kitchen
 - Help watch younger siblings
 - Make full meals

**Please take into account your child's specific abilities and maturity level when assigning chores.*

♥ DAY ♥

⇒ CRAFTS ⇒

"We made some fun and personalized Handprint Valentines cards to send to the kids Grandparents. We painted each of their hands with two different colors and put each handprint on paper to form the shape of a heart. Then each child printed a personalized message around the handprints in the shape of a heart. (I drew a line in pencil around the hearts to help them write along to maintain the heart shape. When we were finished we erased the pencil)."

— TheIdeaRoom.net

IDEAS TO MAKE IT YOUR OWN:

- Use a concrete stepping stone kit and make handprint stones for the garden. Add paint, rocks, marbles, and embellishments.
- Use clay and make a handprint



- Use clay and make an ornament (If you have a newborn or little one with small hands).
- Put handprints on canvas or wood to make art to hang.

Find More Valentine's Day Kid Craft Ideas At: <http://www.woohome.com/diy-2/30-fun-and-easy-diy-valentines-day-crafts-kids-can-make>

CRAFT IDEA FOR St. Patrick's DAY

Craft Idea & Image From: <http://www.oneartsymama.com/2012/03/loopy-rainbow.html>



Amy from One Artsy Mama shared a post on how to make your own rainbow. All you need is a piece of paper, glue, Fruit Loops and cotton balls. Now that's a good way to put all that sugar to use!

IDEAS TO MAKE IT YOUR OWN:

- Use buttons, beads, pipe cleaners, felt, paint, paper, etc.
- Make each rainbow using a different material and hang them together in a collection.

This craft can also double as an everyday color learning activity for younger children, by having them separate the colored fruit loops. Plus you don't have to worry if any end up in their mouths!

Happy Crafting!

EASTER CRAFTS



Paper Plate Easter Egg Hangings:

Here is another craft with paper plates. All you need are paper plates, different colors, strips of paper with different colors as well and some strings to hang. If you can find different colored paper plates, then its fine, but if you cant, then color the plates with different colors yourself. After you color the paper plates, you can take different colored paper strips, stick them on a piece of paper in an order and cut them in the shape of an egg. You can use different color combinations each time. After the cutting is done, take these eggs and stick them on to the paper plates and hang them using strings.

Find More Easter Craft Ideas

At: <http://www.parenting-healthybabies.com/20-do-it-yourself-easter-crafts-for-kids/>

NYS ORGANIZATION OF MOTHERS OF TWINS CLUB: MARIE SIMMONS SCHOLARSHIP



Two scholarships of \$1,500 are provided annually, to students of multiple birth families, who are currently residing in New York (for the last 5 years) and are attending accredited institutions.

For an application form and eligibility requirements contact:
MS Scholarship Chairman Myriam Lavora mym2x2@gmail.com or
nysomtc@hotmail.com

The application form and required documents for consideration must be submitted no later than February 20th.

Marie Simmons Scholarship Committee:

- Chairman: Myriam Lavora (MOTC Queens)
- Treasurer/Vice Chairman: Kathy Lyman (Schenectady MOTC)
- Fundraiser: Nancy Converse (TNT of CNY)
- Judging Members:
 - Ruth Barons (Gr. Rochester MOTC)
 - Debby Barton (Westside Suburban MOTC)
 - Glenda Chappell (TNT of CNY)
 - Lori Connolly (Gr. Rochester MOTC)
 - Vikki Quinn (Westside Suburban MOTC)
 - Alternate: Open

CNY FERTILITY CENTER
SYRACUSE · ALBANY

CNY Fertility Center offer comprehensive fertility testing, diagnosis and treatment at our State-of-the-Art facilities, while providing a homelike atmosphere.

- Semen Analysis & Freezing
- Ovulation Induction, IUI, IVF, ICSI & PGD
- Egg Donation Program - No Waiting List
- On-site Lab & Radiology Services
- Extensive Educational and Support Services
- Payment Plans and IVF Refund Program available

We are pleased to offer CNY Healing Arts, an integrative holistic approach designed to compliment our traditional fertility treatments. Our services include:

- Massage, Energy Healing and Relaxation Therapies
- Individual Counseling and Peer Support Group
- Yoga, Acupuncture and Chinese Medicine
- Nutritionists and Lifestyle Coaching
- Seminars and Retreats

For more information, please call our offices or visit our web sites:
www.cnyfertility.com or www.cnyhealingarts.com

SYRACUSE OFFICE:
195 INTREPID LANE
SYRACUSE, NEW YORK 13205
800.539.9870 | 315.469.8700

ALBANY OFFICE:
38A OLD SPARROWBUSH ROAD
LATHAM, NEW YORK 12110
866.375.4589 | 518.690.0700

SAY CANDY!



1



6

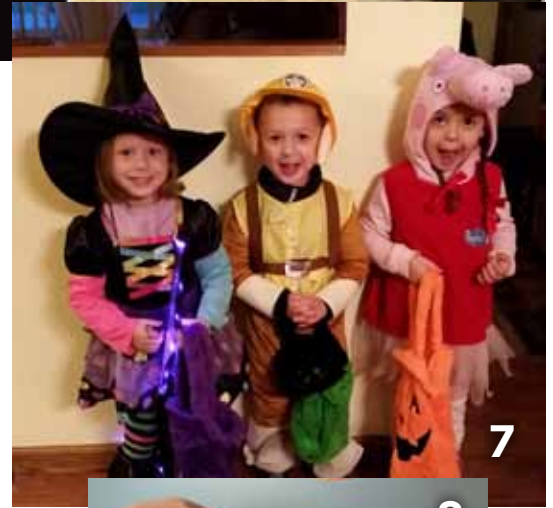


2

Can you name the member who's kids are pictured in their costumes?



5



7



3



8



4



9



10

1) Sara Elliott; 2) Kristy Briggs; 3) Amanda Schlegel; 4) Jeni Pearlman; 5) Whitney Daniels; 6) Jessica Maimone; 7) Nicole DeMarchi; 8) Erika Weldert; 9) Megan Otis; 10) Althea Strife

SIM DOWN FOR SPRING

Committed to exercising more and eating less? Pay to weigh, lose weight, and win money!

8 WEEK PROGRAM:

- Weigh-In starting Monday, January 4, 2016 at 6 pm at Tully's, Erie Blvd
- Cost: \$25 per person (cash or check to MMM, due in full on 1.4.16)
- Weigh in at the January, February, and March MMM meetings

PRIZES:

February 1, 2016 — Mid-Way Weigh-In

- Biggest Loser gets 10% of prize money

March 7, 2016 — Final Weigh-In

- Biggest Loser gets 50% of the prize money
- Second Biggest Loser gets 30% of the prize money
- Third Biggest Loser gets 10% of the prize money

FINE PRINT:

- Prize money awarded based on percentage of weight lost. (Divide number of pounds lost by starting weight and multiply by 100)
- Participants must weigh in on scheduled weigh in dates to be eligible to win.
- Participants must be at least 6 weeks post partum to participate.
- Participants may not have had weight loss surgery or medical intervention that would accelerate weight loss in the past year or plan to have weight loss surgery during the course of this contest.
- Percentage of weight loss will be shared with others. This increases motivation!
- No refunds

MULTIPLE MOMS TO BE:

Kristina Feocco, Expecting Twins, Dec '15
 Sarah Schultz, Expecting Twins, Dec '15
 Nicole Baldwin, Expecting Twins Feb '16
 Amanda Caruso, Expecting Twins, Feb '16
 Sarah Leneker, Expecting Twins, Apr '16
 Andrea Bailey, Expecting Twins, Apr '16

MMMs EXPECTING 1 MORE:

Robin Parsons, Expecting a singleton, Dec '15
 Kim Maloney, Expecting a singleton, Feb '16

THE STORK REPORT PROUDLY PRESENTS

BABY BOY: Jameson Scott, 7 lbs 7 oz born on October 20, 2015 to Jessica and Scott Maimone and proud big sisters Sydney & Sophia.

BABY GIRL: Rhea Anna, 7 lbs 8 oz born on October 20, 2015 to Rachana and Jason George and proud bis sisters Teja & Lily.

BG TWINS: Colin Edward, 6 lbs 4 oz and Cassidy Mae, 6 lbs 14 oz born on November 25, 2015 to Stephanie and Alex Dunbar.

TWIN BOYS: Thomas, 5 lb 9 oz and Matthew, 5 lb 14 oz born on December 1, 2015 to Karen and Brian Crandall and proud siblings Evan & Riley.

Welcome to multiple moms mingle

Welcome newest members: **Tricia Gifford, Karen Crandall, Sarah Leneker, & Andrea Bailey.**

We currently have 211 members & growing!

committee roll call

ADULT HOLIDAY PARTY

Contact: Brenda Geiger & Ann Canastra

ANNIVERSARY PARTY

Contact: Kelly Carter, Jen Harte, Erika Weldert, Caroline Reyes, & Allison McDermott

MMM will be celebrating its tenth anniversary in 2016. Stay tuned for more information about our anniversary celebration.

BIG SISTERS

Contact: Nicole Kopiasz & Lori Murphy

We offer a "Big Sister" to paid MMM members that are pregnant and/or are new moms of multiples during the first 3 months after giving birth. We pair you up with a member that has multiples like you have (or will have). The idea is for the big sister to check in with her little sister often— to offer support, advice, help, etc. as needed. Then she reports to the group at each meeting on how her "little sister" is doing. The little sister can also contact her big sister as needed. Please contact Nicole or Lori to get hooked up with a "big sister" today! If your multiples are over a year old and are interested in becoming a "big sister" contact the committee today.

CHILDREN'S HOLIDAY PARTY

Contact: Kelly Carter

CLOTHING & EQUIPMENT SALE

Contact: Nicole Demarchi, Brenda Geiger, Cheryl Meany, & Krisie Michalski

Spring sale will be available soon!

CHRISTMAS FAMILY 2016

Contact: Jen Harte, Erika Weldert, Andrea McCarthy & Leslie Petty

FACEBOOK GARAGE SALE PAGE

Contact: Kristen Klaben, Trisha Harp, Amanda Fosberg, & Jodi Hayes

LIBRARIAN

Contact: Cyndi Rizzo

Worried about "what to expect?" Interested in learning more about twins and triplets? Scared to start potty training? We also have a wonderful selection of books on being a multiple, and new siblings. Please contact MaryAnne if you are interested in donating or checking out any books, videos or magazines from our library.

MEETING PROGRAMS

Contact: Nicole Surace & Nicole Ginsburg

Join our annual Slim Down for Spring weight-loss competition at January's mom's night out meeting.

MEMBERSHIP/DIRECTORY

Contact: Mary Wood

Accepting renewals for the 2016 - 2017 membership year. PayPal links available on club's website. The MMM directory gets distributed via email bimonthly.

NATIONAL REPRESENTATIVE

Contact: Tracy Blumer, Amanda Fosberg, & Nicole Hiltbrand

NEWSLETTER

Contact: Whitney Daniels, Jen Harte, Leslie Petty & Mary Wood

Have an idea for a great article? Please contact someone from the newsletter committee.

PLAYGROUPS & ZOO TRIPS

Contact: Karen Atherton, Logan Blask, & Shelley Canavan

Playgroups are being formed throughout the year. Please contact the committee if you'd like to schedule a play date at your home or even a park. Please check the MMM Calendar for other upcoming play dates.

Paid Members, did you know we now offer discounted tickets to Billy Beez? Go to www.multiplemomsmingle.com for more information.

PREEMIE CLOSET

Contact: Shelley Canavan

Our preemie closet is full and available. Contact Shelley if you need to borrow it.

PUBLICITY

Contact: Danielle Murray

Meeting information was sent to several media outlets including radio, television and newspapers.

SEPARATION/DIVORCE SUPPORT

Contact: Kathleen Anderson, Ann Canastra, Donna Campbell, Andrea McCarthy, Heidi McCormick, & Lisa Vona

STATE REPRESENTATIVE

Contact: Kelly Carter

SUMMER FAMILY PICNIC

Contact: Kelly Carter

TEE SHIRT ORDERING

Contact: Melissa Walter, Isa Hubbard, & Kim Rouselle

Want an official MMM tee? Contact Melissa for more information.

TRAUMATIC BIRTH/BEREAVEMENT

Contact: Nicole Miller, Amy Hall, Rachana George, Jill St John, Jennifer Mazur, Amy Friers, & Ann Canastra

WELCOMING COMMITTEE

Contact: Jen Harte

HELP WANTED

Consider your own talents and interests as well as how much time you will be able to invest. If your children are over 1 year of age we ask you to join a committee and help support our organization.

- Big Sisters (contact Lori M or Nicole K)
- Crouse NICU Donations
- Children's Holiday Party
- Adult Holiday Party
- Summer Family Picnic

EXECUTIVE BOARD:

- Kelly Carter, *President & Founding Member*
- Mary Wood, *Vice President*
- Tracy Blumer, *Treasurer*
- Jen Harte, *Recording Secretary*
- Danielle Murray, *Corresponding Secretary*

EARLY BIRD DUES:

2016 Annual Membership Dues are due March 7, 2016, however early birds are welcome to pay as early as December 2015.

VISIT US ONLINE:

www.multiplemomsmingle.com