

April 2016

- **2: Semi-Annual Clothing & Equipment Sale!**
 - 8am: Sale committee arrives
 - 8:30 - 9:30am: Sellers set up
 - 9:30 - 10am: Sale open to sellers only
 - 10 - 11am: Sale open to paid members, their partners & children only {no guests please}
 - 11am - 2pm: Sale open to the public
 - 2 - 3pm: Clean up and removal of all items brought to the sale
- **4: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 6pm
 - Social 6:30pm; Meeting 7 pm
- **9: MMM 10th Anniversary Mom's Night Out Cocktail Party**
 - 7pm at CNY Healing Arts
 - RSVP required

MAY 2016

- **2: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 6pm
 - Social 6:30pm; Meeting 7 pm
- **8: Mother's Day**

June 2016

- **6: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 6pm
 - Social 6:30pm; Meeting 7 pm
- **19: Father's Day**

HAPPY MOTHER'S DAY TO ALL OF OUR MEMBERS!!

This year we had a "Mother's Day Photo Contest." Here is the interview from our winner: **Nicole Baldwin!**



How did you feel when you found out you were having multiples?

We did IVF and had 2 embryos transferred, we knew we were pregnant because I couldn't wait I took a test, but when we went in and saw them both on the ultrasound I was instantly in love and terrified at the same time.

What was your pregnancy like?

My pregnancy was scary, because I was so afraid to lose them, up until I could feel them move around 17 weeks. After that I had a pretty healthy pregnancy with the exception of gestational diabetes, which I managed with diet, and preeclampsia towards the end.



How long did you carry your multiples?

I carried them to 37 and 4.

How did you manage those first few months?

This group is the only way I made it through the first few month of pregnancy and now the last 2 months of them being here.

Best thing about having multiples?

Seeing the bond between them grow.



Biggest challenge as a mom of multiples?

The sleepless nights!!!!

How do you deal with the questions about your multiples when you are out in public?

I try to make a joke out of the questions. My favorite is "are they identical"...well one's a boy and one's a girl they have different anatomy my guess is they aren't identical. Or the next best is "are they twins" no we just found one on the street and decided to keep it haha.



When did you join MMM?

I joined the group when I was about 1 month pregnant. My husband insisted that I sign up. In fact he signed me up and paid the dues. Thank goodness he did because I don't know how I would have survived without all of the wonderful women in this group.

How has MMM helped you?

Everyone was so helpful when I was terrified at every twinge telling me that it's normal. Also the garage sale page is seriously the best and worst thing that I've ever come across lol. It's definitely saved us alot of money although my husband may have a different story haha.



MULTIPLE MOMS TO BE:

- Sarah Leneker, Expecting Twins, Apr '16
- Nicole Kelly, Expecting Twins, Apr '16
- Tracy Trachsler, Expecting Twins, Apr '16
- Lauren Burghardt, Expecting Twins, May '16
- Andrea Bailey, Expecting Twins, Apr '16

MMMs EXPECTING 1 MORE:

No One?! Get busy ladies! =)



THE STORK REPORT PROUDLY PRESENTS

BABY BOY: Westin Carter, 8lbs born on January 31, 2016 to the Maloney Family.

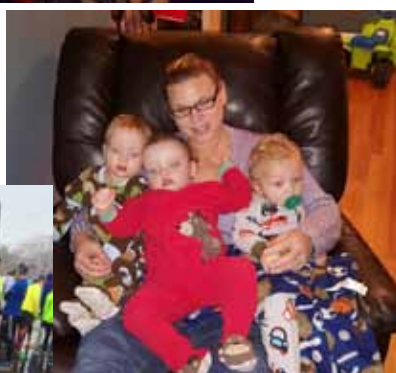
BG TWINS: Nicolas and Isabella born on January 20, 2016 to Nicole and William Baldwin.

Welcome to multiple moms mingle
Welcome newest members: Kira Brady & Tracy Trachsler
We currently have 113 members & growing!

HAPPY MOTHER'S DAY



Have a happy MOTHER'S DAY



Best mom IN THE WORLD



SAVE THE DATE

PICNIC

The MMM Family Summer Picnic

**Saturday, August 13, 2016
10 am - 2 pm**

**Santaro Park
in the Town of Onondaga**

Fun for the whole family!

DOWN MOM S FOR SPRING

Thank you to everyone who participated! Pat yourself on the back for all your hard work. Our Big Winners (making them our biggest losers!):



Katie Barnes



MaryAnne Abernethy



Andrea McCarthy

GUIDANCE DURING A DIFFICULT TIME.
(315) 474-1427

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1604 Grant Blvd.
Syracuse, New York 13208
e-mail: carterch@aol.com
fax: (315) 474-1200

Joseph "Peter" Carter
James "Jim" Carter
"Family Owned with Pride"

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

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

Robert J. Kiltz, MD, FACOG
Founder & Director
Board Certified - REI

Michael P. Grossman, MD, FACOG
Reproductive Endocrinologist

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

SYRACUSE OFFICE:
195 INTREPID LANE
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LATHAM, NEW YORK 12110
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CNY FERTILITY CENTER
WWW.CNYFERTILITY.COM

ADULT HOLIDAY PARTY

Contact: Brenda Geiger & Ann Canastra

ANNIVERSARY PARTY

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

MMM has been providing friendship and support to families with multiples for 10 years. Current and former members are invited to celebrate with us at CNY Healing Arts on April 9th at 7pm. Wine, soda and appetizers will be served. Cocktail attire requested. The cost is \$15 (non-refundable). Please pay in advance using paypal. Short Link: <http://bit.ly/1plrKL8>

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. 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

The spring sale will take place Saturday, April 2, 2016 at the Camillus Elks Lodge. Public sale will take place from 11am to 2pm.

CHRISTMAS FAMILY PARTY

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 Cyndi if you are interested in donating or checking out any books, videos or magazines from our library.

MEETING PROGRAMS

Contact: Nicole Surace & Nicole Ginsburg

MEMBERSHIP/DIRECTORY

Contact: Mary Wood

Membership dues were due March 7th. Accounts will be removed from the online groups (discussion & garage sale) and directory on April 3rd if payment has not been received. Paid members are entitled to:

- attend all meetings, events, playgroups & functions
- a membership directory
- full access to our online support groups & garage sale page
- shop at the MMM Clothing Pre-Sale
- borrow books & materials from the club's lending library
- borrow clothing from the preemie closet
- voting privileges
- sell/trade clothing & equipment
- receive Multitudes, newsletter
- a "Big Sister" for new & expectant moms

MULTIPLE OF AMERICA CONVENTION

When: July 28, 2016 – August 1, 2016 all-day

Where: JW Marriott 3300 Lenox Rd NE Atlanta, GA 30326

NATIONAL REPRESENTATIVE

Contact: Tracy Blumer, Amanda Fosberg, & Nicole Hiltbrand

NEWSLETTER

Contact: Whitney Daniels, Jen Harte, Wendy Hawkinson, Colleen Kiel, Nicole Kopiasz, Leslie Petty & Mary Wood

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

NOMINATING CHAIRPERSON

Contact: Christine Coomes

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 & Jen Harte

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

The NYS Organization of Mothers of Twins Clubs Convention April 15th-April 17th, 2016 at the Hyatt Regency Long Island, (located in Hauppauge).

SUMMER FAMILY PICNIC

Contact: Brenda Geiger & Christine Gentry

Mark your calendars, the annual summer family picnic will be on Saturday, August 13, 2016 from 10am-2pm at Santaro Park/Onondaga Hill Park in the town of Onondaga.

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, Jennifer Mazur, Amy Friers, & Ann Canastra

A donation from MMM has been made to the Reesspecht Life fund and kindness cards have been ordered for our members. The Reesspecht Life Fund was started by a family that lost their 22 month old son, Rees. Kindness cards are a reminder to be kind and pay it forward.

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*
- Stacey Stroble, *Corresponding Secretary*