

July 2016

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

August 2016

- **1: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 6pm
 - Social 6:30pm; Meeting 7 pm
- **13: Summer Family Picnic**
 - Santaro Park in the Town of Onondaga
 - 10am - 2pm

September 2016

- **5: Labor Day**
- **11: Grandparents Day**
- **12: Mom's Night Out**
 - At Tully's on Erie Blvd
 - Exchange 6pm
 - Social 6:30pm; Meeting 7 pm
- **22: Autumn Begins**

MMMS RUN!

I was never a runner. I muscled thru a few Corporate Challenges in my 20s. I really started running after my triplets were born. They were about 2 and I had a brand new pair of sneakers from right before I got pregnant that I never used. They were Nikes and had a Nike+ shoe tag that tracked running when synced with your iPhone. I started walking/running on the treadmill. I was committed to losing more of those pounds I was still carrying and didn't have a lot of time for eating right. I tracked for one month and walked/ran 26 miles. I thought, that wasn't that hard, let me see if I can get to 40 next month. 40 came pretty easily and the next month it was 60 and so on until I found myself averaging around

80 miles per month. Tracking helped keep me accountable and set goals. That summer some friends encouraged me to do the Boilermaker. It wasn't easy but I met my goal of running the entire thing and it was a great celebration after.

When I first started running I got a lot of miles in on my treadmill. I highly recommend getting a treadmill for us moms. When the kids still napped I could run while they napped. Now I run at night when they go to bed. It is the last thing you want to do at 7:30PM/8:00PM after a long day but I just put on Netflix on the iPad and watch a show and it is over. It totally settles my busy mind. As the weather gets better I run outside. My trick is to get at

least 2 miles from home so I know it is at least 2 miles back. And I take a different way all the time. Signing up for races has kept me accountable. So many times during this awful winter I wanted to just stop running but knowing I had the Mountain Goat coming up kept me training. I've completed 2 Boilermakers, 2 Mountain Goats and several Corporate Challenges. I have never experienced that "runners high," that is not why I do it. I run so I can enjoy good food, still fit in my clothes, and hopefully live a long healthy life.

— Nicole Kopiasz



MULTIPLE MOMS TO BE:

Danae Tallini, Expecting Twins, Aug '16
Jodi Spacek, Expecting Twins, Aug '16
Crystal Doody, Expecting Twins, Oct '16
Erin Ponticello, Expecting Twins, Oct '16
Kali Hamilton, Expecting Triplets, Oct '16

MMMs EXPECTING 1 MORE:

Amanda Fostveit, Expecting a singleton, Oct '16
Melissa Walter, Expecting a singleton, Oct '16
Laura Aloj, Expecting a singleton, Dec '16

THE STORK REPORT PROUDLY PRESENTS

TWIN BOYS: Anthony, 3 lbs 7 oz and Dante, 1 lb 1 oz born January 12, 2016 to the Caruso Family.

TWIN GIRLS: Elena and Charlotte born March 2016 to the Trachsler Family.

TWIN GIRLS: Harper Lee, 4 lbs and Amelia Andersen, 4 lb 10 oz born on March 30, 2016 to Sarah and Dan Leneker and big brother Bode.

TWIN BOYS: Nate & Charlie, born April 3, 2016 to the Gardner Family.

TWIN GIRLS: Mariah Rose, 5 lbs and Carla Grace, 5 lbs 2 oz born on April 23, 2016 to Lauren Burghardt and Nicholas DuBrule.

TWIN BOYS: Archer, 7 lbs and Asher, 7 lbs 11 oz born on May 31, 2016 to Amy Krell & Adam Walker and big brother AJ.

QUADRUPLETS: Sullivan Lee, 3 lb 14oz, Amelia Rose, 3 lb 2 oz, Prescott John, 3 lb 11 oz and Evelyn Francis, 3 lb 3 oz born on June 10, 2016 to Amanda Benoit and Amanda Phister.

Welcome to multiple moms mingle

Welcome newest members: Crystal Doody, Elaine Imbesi, Amy Lynn Krell, Karla Lovett, Erin Ponticello, Danae Tallini, Karalin Ross, Kali Hamilton, Debra Gibson, Jodi Spacek, Amanda Benoit, and Sarah Wright.

We currently have 187 members & growing!

Hi! My name is Jen Godlewski. I played travel soccer growing up and soccer at Geneseo. Once I stopped playing running was the natural sport to pick up to stay in shape. I have been running since. I have ran two marathons, a bunch of half marathons and countless shorter races. I ran the Syracuse half marathon this year in the blizzard and the mountain goat this past weekend. I am now training for a half marathon in Buffalo memorial weekend. I run daily about 3-4 miles with some longer runs 1-2 times a week. On average I run 30 miles a week. I often push my three boys in my triple jogger through my neighborhood.

— Jennifer Godlewski



When did I start?

I started running just after the boys were born in 2011. I did it to get into shape and it just stuck. My first race was the Shamrock run. I since have done 5 Mountain Goats, the boilermaker, a half marathon, many Shamrock runs, the corporate challenge, and several other 5Ks.

Why do I love running?

Well, for one, it makes me feel great and I feel accomplished after I finish a race. It helps me to



stay fit. I think it is the best cardio around. It gives you a mental break from the world. Lastly, there is a comradery like no other between runners that brings you life long friendships.

How do I train?

Usually, many short runs during the week and one long run on the weekend. I like to

incorporate hills (especially for the Goat) on my long runs. You usually make your long runs longer and longer, the closer you get to your race. I am lucky to have showers at work, so I can get 4 mile runs done on my lunch break at work.

How do you do it with kids?

You make the time! Again, I do it at work on lunch. Also, I am able to break away for a few hours on the weekend. If you make this time for yourself, you will be a better mom!

— Jennifer May

GUIDANCE DURING A DIFFICULT TIME

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James "Jim" Carter
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10 years of
laughter,
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honesty,
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encouragement.
10 years of Sisterhood
Thank You Kelly Carter
**MULTIPLE MOMS
MINGLE**
established 2006



ADULT HOLIDAY PARTY

Contact: Brenda Geiger & Ann Canastra

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: Kari Shanahan, Margaret Sheen, Althea Martinez Strife, Tiffany Gush, Megan Duhaime, Krisie Michalski (advising).

Fall sale info coming soon.

CHRISTMAS GIVING

Contact: Megan Duhaime

FACEBOOK GARAGE SALE PAGE

Contact: Kristen Klaben, Alisa Dunn, 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

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

Multiples of America Convention, When: July 28, 2016 - August 1, 2016 all-day | Where: JW Marriott 3300 Lenox Rd NE Atlanta, GA 30326

NEWSLETTER

Contact: Whitney Daniels, Jen Harte, & Mary Wood

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

NICU DONATIONS

Contact: Megan Duhaime

NOMINATING CHAIRPERSON

Contact: Christine Coomes

PLAYGROUPS & ZOO TRIPS

Contact: Karen Atherton, Logan Blask, Christine Gentry & 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: Andrea McCarthy & Jen Harte

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

PUBLICITY

Contact: Danielle Murray & Cheryl Meany

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, Ashley Lyon & Lisa Vona

STATE REPRESENTATIVE

Contact: Kelly Carter

SUMMER FAMILY PICNIC

Contact: Kelly Carter, 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 Reespecht Life fund and kindness cards have been ordered for our members. The Reespecht 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
- Christmas Giving

EXECUTIVE BOARD:

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