

Emerald Valley Mothers of Multiples



President – Kelley Mendoza

kmendozaslp@gmail.com

I absolutely **LOVE** everything Fall; leaves, pumpkin spice, apple crisp, hoodies, football and the smell of crisp morning air. It's such a wonderful time of year. Fall also means Emerald Valley gatherings, our fun fall party, great speakers, MoMs nights out, kid get-togethers and more! We kicked off our first meeting of the year with a recap of the membership survey and some exciting new ideas and changes the club is going to try and implement this year. The BIG dice rolling game was a hit and a great way to get to know each other, just a little bit more. I'm very excited for our October meeting and speaker, an exercise physiologist. October 12th and 13th is the OFMOTC Fall Board Meeting in Mason, Ohio. It will be a bit of a drive but worth the time that I'll get to spend with Jennifer F., Sheri and Tracey and other MoMs from around the state who share the same amazing blessing of multiples. I'll be sure to bring back the meeting news. I'm super excited about our Fall Party on September 30th from 1-6 at Ramseyer Farms. See Courtney's article for more details. I am also excited about our MoM's night out on Wednesday September 26th at the NEW Fat Heads Brewery at 7:00pm. Check FB for social event reminders and updates. Please pay your dues ASAP so you can enjoy all the amazing things that Emerald Valley has to offer, as well as continue to receive emails and be a member of our Facebook group. **This is the last newsletter you will receive if you do not pay your dues by October 20th.** See Jeanette's article for more details.

HAPPY FALL EVERYONE



October 2018

Reminders:

Meeting Location:
SW General Hospital in Anderson Hall meeting room located in the Free garage parking. Use garage elevators to HB then follow signs to Anderson Hall room

After meeting social at Two Bucks in Middleburg

UPCOMING OCTOBER MEETING:
10/2/18 - 6:45pm

Mailing Address:

**EVMOMC
PO Box 30433
Middleburg Hts., OH 44130**

Visit Our Web Site:

www.evmomc.org

Search "EVMOMC" on Facebook - Public Page & Members Only Page

Newsletter Editor:

**Kimberly DeGross
Kimberly.r.degross@gmail.com**

2nd VP/Membership – Jeanette Louis

noahark6405@yahoo.com

Thank you to each member who has renewed their membership for the 2018-2019 club year. I will continue collecting membership renewals at the October meeting. If you are unable to make it to this meeting, you may mail in your membership form and dues to our P.O. Box.

To be included in the EVMOMC directory, you will need to renew by October 15. The directories will then be finalized and sent to print so that they will be ready for distribution at our November meeting.

Don't forget that you need to have updated membership to be a part of any upcoming events. Updated membership is also necessary to receive our monthly newsletters, to remain a part of our private Facebook page, and to have access to the members only area on our webpage.

The membership form can be found attached to this newsletter. Renewal is \$20. If your multiples are kindergarten or older AND you have been a member for at least one year, than the renewal is only \$15. Those of you who have been a member for over 10 years- your membership renewal is only \$10.

Make sure you have a few flyers and business cards to pass out to those multiple moms that you meet when you are out and about. Don't forget to pass on any information that you may get from new moms that you meet. I will be happy to contact them to give them more information about the club and personally invite them to one of our upcoming meetings. You can reach me at 216-210-4749 or noahark6405@yahoo.com.

PO Box 30433
Middleburg Heights, OH 44130

Welcome to Sarah Mink, our newest EVMOMC member who joined us at the September meeting. Sarah and her husband, Ryan, live in Brunswick with their 5 children. Lauren, Lilah, and Grayson are 3 years old, Emily is 8, and Josh is 13. Make sure to introduce yourself to Sarah at our next event!

Treasurer - Katy Baddorf

smylz89@yahoo.com

You can send payments for the Fall party at Ramseyer Farms to the PO Box. Membership dues, receipts (originals only, please) & other correspondence can be given to me at meetings or can be mailed to:

EVMOMC
PO BOX 30433
Cleveland, Ohio 44130

Keep using our Amazon Smile account when making purchases on-line through Amazon. Use the link <https://smile.amazon.com/ch/34-1248997> to get directly to our club's page. Feel free to share it with any friends and family that shop through Amazon. Our group gets a percentage of qualifying purchases sent directly to our bank account each quarter.

Secretary – Sheri Bickerton

sheri.bickerton@yahoo.com

Each month's meeting minutes will be emailed out to all members within one week of the meeting date. Rikki will then publish them on our club's website. You can find them by visiting www.evmomc.org We encourage each member to come to the monthly meetings on the 1st Tuesday of each month but we all know that sometimes we just can't make it. And that's ok! Visit the website to catch up on the latest EV news and information so that you are always in the know of what great things have happened as well as any upcoming scheduled events & activities.

Alumni Advisor – Rikki Price

rikki.price@icloud.com

Hey everyone! I still have not heard back from every board position regarding the updated procedures. Please email me if you note any changes you think are necessary so that I may update the document to reflect the changes. I will be sending attaching the updated procedures with the newsletter. Please take a look and let me know if you would like anything added to your board position and then email me at: Rikki.price@icloud.com. Helping with this will help future board position holders understand their responsibilities and deal with any issues that come up with their position and will ease the transition for future members to take on board positions! Thank you for your assistance!

Fundraising (Secondary) – Kelley St. Clair

kelstc@aol.com

Stay tuned! There will be some great Emerald Valley Fundraisers coming up. Details to be sent out when available!

Historian – Kimberly DeGross

kimberly.r.degross@gmail.com

Please be sure to send me any pictures you have taken from Emerald Valley events, playgroups or get togethers of any kind so they can be included in the end of the year slide show. I will also be using pictures posted to our Facebook page.

Mentoring – Jeanette Louis

noahark6405@yahoo.com

Thank you to those of you who signed up to be possible mentors for any new members that join this year. If anyone else is interested in becoming a mentor, please let me know and I will include you on the contact list. All new members will be given a mentor that is willing to guide them through the various aspects of what our club has to offer. This mentor can be of help with any questions pertaining to the daily life of raising multiples, a supportive and understanding friend to remind these moms that they are not alone, and a friendly face to make them feel comfortable and welcome them at meetings and events. Feel free to text or email me with your interest or any questions that you have. **216-210-4749** or noahark6405@yahoo.com.

Mother of the Year – Katy Baddorf

smylz89@yahoo.com

Please fill out the Mother of the Year Informational Form by November 15, and then bring it to a meeting, send it to the PO Box, or email it to me at smylz89@yahoo.com. This will make the nomination process easier in January. I will bring extra forms to our meeting in October and November.

Our yearly MOY dinner will take place on May 7th. If you have any suggestions on where to have this year's MOY dinner, please let me know. If I do not get any ideas, I will look into having the dinner at the same place as last year.

Newsletter – Kimberly DeGross

kimberly.r.degross@gmail.com

The monthly EVMOMC newsletter will be sent out about a week prior to the upcoming meeting. Enjoy reading all the amazing highlights and events Emerald Valley has to offer!

Parties – Courtney Gall

court1305@gmail.com

Thank you all for planning to come out to the Fall Party at Ramseyer Farms on 9/30/18!!!

The Christmas party will be Sunday, December 9th. Place still being determined. It will be a dinner with Santa - Maybe a dinner dancing with Santa, but we will see!

Philanthropic – Christine Mazzeo

cmorcha@gmail.com

In preparation for Veteran's Day, we will be making beautiful homemade cards to send to a veteran at the VA Hospital downtown. You can make as many cards as you would like! We want to reach as many veterans as we can with this project!

Veteran's Day is Monday, November 12. There will be a few opportunities to get your special cards turned in - Fall Party, October meeting, and any other meet-ups that might occur! The last chance to turn them in will be at our November meeting on Tuesday, November 6. Otherwise, I can arrange to pick them up from you. Our Veterans should be thanked every day, but let's help make this day special for our veterans in the VA Hospital downtown!



Publicity – Megan Perkins/Rikki Price

Emerald Valley needs your help with publicity so that we can reach new members and grow our fabulous club! You can help in the following ways:

If you are surfing the web and randomly see Emerald Valley Meetings/Social Events posted somewhere online please either create a screen shot or print out a copy of that posting so that Kelley can use it in her recognition report, this Spring. Thanks for your help everyone!

Also, I can't possibly be in every moms/Facebook group so if you are in a group please share the following message in your private groups to spread the word about our great club:

Hey everyone! The school year is beginning and that means that our group will begin meeting again. If you are a mother of twins, triplets, quads, or more please consider joining Emerald Valley Mothers of Multiples Club for our October meeting on Tuesday, October 2nd, 2018! We meet in the basement of Southwest General Hospital in Anderson Hall. People usually arrive around 6:45-7, meetings start around 7 and usually go until 8:30 or so. The address for the hospital is 18697 Bagley Road, Middleburg Heights, Ohio 44130. Please park in 'Parking Garage D' off Old Oak Blvd. Take the elevator from the garage to HB (hospital basement) then turn left towards the cafeteria. There will be signs pointing you in the right direction! If you aren't sure we are for you check out our website for more information:

<http://www.evmomc.org> or check us out on Facebook: [fb.me/EVMOMC](https://www.facebook.com/EVMOMC)

Hope to see you there!

Megan is also working on t-shirt ideas for promoting our club this year!

Social

We have an exciting approach to social this year! Several MoMs have each chosen a particular month to plan a Mom's Night Out and a Kid's Meet-Up. Please check the shared calendar so you do not miss out on these really fun Emerald Valley events!

October events include:

10/5/18 5:00pm – Spookville @ South Central Park, North Ridgeville

10/10/18 6:45pm – Moms Night Out! @ AOK Fitness

10/13/18 2pm-9pm – Berea Harvest Festival

10/16/18 7:00pm – Moms Night Out! @ The Red Onion in Brunswick

10/19/18 7:00pm – School Age Kids Outing @ Full Blast Arcade in North Ridgeville

10/20/18 2pm-4pm – Halloween Mini Train Ride @ NEOLS in Medina

10/22/18 10:00am – Mom's Breakfast Outing @ Bob Evans in Middleburg Heights

10/26/18 6:30pm-8:30pm Indoor Family Halloween Hullabaloo @ Strongsville Rec Center

10/24/18 12:00pm- Tricks or Treats @ Grace Church in Middleburg Heights



Special Needs – Christine Caudill

cdll@frontier.com

The Chuck E. Cheese in North Olmsted has Sensory Friendly Sunday's on the 1st Sunday of each month. They offer less crowding and noise, dimmed lighting, shows and music turned down or off and limited appearances of Chuck E. Food and games are offered.

The AMC theater in Ridge Park Square offers many sensory friendly movies and times. They offer family friendly movies on the 2nd and 4th Saturday of each month and Tuesday evenings for more mature audiences. Check their website for movies offered each month.

Find support for a family member with Down's Syndrome at The Up Side of Downs . 6533 Brecksville Road, Independence, OH 44131. Their phone number is 216-447-8763. They hold their parents night out the 2nd Wednesday of each month from 7:00 – 9:00 pm at Twisted Burgers & Sushi, 985 Boardman Alley in Medina. For questions you can contact Jamie at jamedanielconditioned@yahoo.com or Kelly at kelly@premieraccountingllc.com

The first Thursday of each month - Special Need Day at Scene 75 – Scene 75 wants to provide a fun, free and interactive experience for those with special needs. The program is designed to help improve and develop social and motor skill, hand and eye coordination, reaction time and recognition, all in a safe and controlled environment. Scene 75 is located at 3688 Center Road in Brunswick, OH. This event is held the 1st Thursday of every month from 11:00 am to 10:00 pm. There is no age restriction on the person with special needs. Siblings can and are encouraged to participate to make things easier and more comfortable for the individual with special needs. However, attractions are not free to siblings. Parents and/or guardians are required to stay and help the person with special needs. What the person with special needs get? They get 9 holes of blacklight mini golf, 1 spin zone ride and a \$10.00 game card. Sibling card with the same activities can be purchased at a discounted rate. For more information and to register call the office at 234-803-1100 or check out their website at <http://www.scene75.com> program details are listed under Scene 75 Cares.

Coffee, tea and Autism has a new time and a new location. It is now 5:30 – 6:30 pm at the ESC of Medina County. 124 W. Washington Street, Medina. For more information contact Rachel at krauss618@gmail.com or go to www.AutismAkro.org

Royal Redeemer Lutheran Church in North Royalton is doing a Buddy Break program. This is a free program for kids with special needs can go and have fun, play games, etc. The respite dates are the third Sunday of every month (except April) from 1pm to 4pm. Parents can then have a much-needed break while screened and trained volunteers take care of and play with your special needs child(ren) and their siblings. Who qualifies? Kids with special needs with special needs, which include any physical, cognitive, medical or hidden disability chronic or life-threatening illness, or those medically fragile ages 2- 16 and their siblings 4 years old to 7th grade. For more information please contact Lynn Ebner at lebner@royred.org or 440-237-7958 ext. 151.

The October date is Sunday, October 21st

Messy Sensory Play – Saturday, October 13, 2018 – Brunswick Library – 10:00 am or 11:00 am ages 1-3. Keep your own home neat and clean while giving your child the benefits of messy play. Please register for only one session at 330-273-4150.

Sensory Story time - Saturday, October 20, 2018 – Brunswick Library – 10:30 am – all ages, but best for ages 2-6. A story time in a supportive environment for children with Autism and/or sensory integration challenges. Please register for this event 330-273-4150

If you know of any Emerald Valley members/family members who have had recent hospitalizations, illnesses, deaths, births or adoptions, please contact me at angeladaviski@hotmail.com, 330-524-9967, or find me on Facebook—Angie Tutak Davis;

- As announced at the September meeting, we lift up the Mazzeo family--Christine's Sister-in-Law, Erica, who died suddenly in late August. (She was the wife of Tony's brother, and also a close friend of member, Kim DeGross).
- Continued prayers for the health of Katy Baddorf's daughter, Ellie.
- School is back in full swing! We hope all the school-aged children of the Emerald Valley family are off to a great start! But, we can't forget members too! Jennifer Long just recently began official nursing school, and Rikki Price began her last year of classes for her PhD program in communications and information. Good luck to you Student Moms!

Care Meals

What is a Care Meal? Think of it as a Meal Train for a family, but just a one-time event. One prepared meal for: a) families who just birthed multiples, b) families who have a new singleton addition, c) other families, if a time of great need. As for especially the multiples, the Care Meals are a nice, caring touch from members who have "been there" and know the struggle of the chaos of new multiples, endless diapers and sleepless nights, yet are trying to keep the family fed.

As a volunteer, you may only need to make one meal a year, or none! You will likely need to coordinate with the family a good date/time to drop off the food. Angie D. can help coordinate this if you'd like. If you sign up now and then later, when a need arises, find out you can't easily coordinate a good "dinner time ready" opportunity, maybe you can simplify and prepare something in advance that you can freeze and give to the family at any time. This website offers some great tips for giving meals. <http://uniquegifter.com/taking-meals-grieving-celebrating-families/>. Again, if you would like to sign up on the Care Meal Committee, please contact Angie Davis at angeladaviski@hotmail.com. Or, look out for the sign-up sheet at the October meeting.

March of Dimes – Katy Baddorf

I will create a team for EVMOMC to walk in the March of Dimes this year. Watch for a Monsters Hockey game fundraiser in February or March.

Website – Rikki Price

rikki.price@icloud.com

The monthly calendar, newsletters, and meeting minutes are posted in the members only section of our website. Also, if you would like your photos to be on the website, please fill out the photo release form and turn it back in to me. At this point I have only received three of them so if you need to email it to me that is acceptable: Rikki.price@icloud.com, or you can turn in the form at the September or October meetings and I will grab them from Kelley at some point.

OFMOTC NEWS –Sheri Bickerton

sheri.bickerton@yahoo.com

OFMOTC (Ohio Federation Mothers of Twins Club) sheri.bickerton@yahoo.com

Paying your Emerald Valley membership dues means that you are also a paid member of our State club, OFMOTC. Two clubs for the price of one! As an OFMOTC member, you are welcomed and encouraged to attend any or all 3 of the OFMOTC board meetings held in the Fall (Oct or Nov), Spring (March or April) and Summer (June Convention). Meet moms from clubs all around the state of Ohio and enjoy some mom time with other moms that truly get what life is about when you have multiples! The 3 board meetings are held in various locations around Ohio so as to accommodate the drive time needs for each of the 12 multiples clubs located throughout all of Ohio.

This year's OFMOTC Fall board meeting is October 12-13, 2018, at the Hilton Garden Inn – Mason, Ohio. Instead of a speaker at the fall board meeting, we will be making no sew fleece blankets. Should be a fun project! The deadline to RSVP for the board meeting was 9/14/18. I believe there are 4 of us registered to attend. EV will pay approximately ½ of the cost for hotel room, registration and luncheon. Keep this in mind and try to join us for the next OFMOTC board meeting in the Spring. It's always fun to carpool, have a mom's one-night getaway and join forces with our sister multiple clubs from all over Ohio!!



***** MOMS BIRTHDAYS *****

10/01 Kelley Mendoza

10/8 Courtney Gall

10/28 Angela Mahon

10/30 Katie Hardin

***** KIDS BIRTHDAYS *****

10/08 Haven and Harper Davis

10/14 Nolan and Reece French

10/18 Joey Russell

**Emerald Valley Mothers of Multiples Club
Membership Data Sheet**

Name: _____ Husband's Name: _____

Street Address: _____

City, Zip Code: _____

Telephone: () _____ E-Mail Address: _____

Your Birth Date: _____ Anniversary: _____

How did you find out about EVMOMC? _____

Multiples Names and Birth Date: _____

Other Children's Names and Birth Dates: _____

Hobbies, Interests, Special Talents: _____

To be completed by Club Officer:

Amount Paid \$ _____ New Mom's Packet Distribution Date: _____

For Club Year _____ Membership Chair Initials _____

Date _____ Newsletter Mailing List _____

Treasurer's Initials _____ Club Directory Distributed _____