



Congratulations on the exciting new additions to your family! Raising twins, triplets or more is quite an honor and a blessing, but can also be very overwhelming at times. Keystone Mothers of Multiples is a resource to give you and your family support, advice and friendship as you embark on this new journey.

WHAT IS KMOM?

Keystone Mothers of Multiples (KMOM) is a service and support group for mothers like you. It's a way to meet other moms who are expecting multiples, or who already have infants or school-aged children, as well as those more "experienced" moms who've raised their children through infancy, school and beyond. Our group is diverse, made up of working and stay-at-home mothers of varying ages and different backgrounds.

Becoming a member of a group that has experience raising twins, triplets or more offers you the support and camaraderie of moms who have experienced the joy of raising multiples, as well as the day-to-day challenges. We want to be a resource for you no matter what stage you and your children are going through.

WHAT CAN I EXPECT AS A NEW MEMBER?

Once you join, you will be connected with a KMOM "mentor" who can help you get acclimated to the club and answer any initial questions, as well as those you may have along the way. You will also be connected to all of our members on our private and very active Facebook page! It is a place where members seek advice about a wide variety of topics, learn about upcoming activities and events in our community, as well as receive updates about the club. If you don't have a Facebook page, you can also be updated through our email group and our monthly newsletter.

The best way to learn more about what is happening with our club and to connect with other members is at our monthly meetings. KMOM meets the first Wednesday of each month (September through June; expect for the December and May banquets which are held at local restaurants) at **St. Paul's Lutheran Church located at 530 Bridge Street, New Cumberland, PA**. Our time together kicks off with refreshments and social time at 7:00 p.m. and the official meeting begins at 7:30 p.m. Parking is located behind the church. Upon entering the church, take the elevator or the stairs to the basement. Directions to St. Paul's can be found on our website: <http://www.keystonemom.org> under Contact Us.

Whether you are expecting multiples or have already had them, we provide our members support and services through the following ways:

- Networking with moms who have experience with the local NICUs; premature births; children with special needs; and a variety of organizational and management tips
- Access to a lending library with books and videos specific to raising multiples as well as general parenting and family topics
- Ability to borrow baby equipment for free or minimal charge
- Delivered meals for new moms or members with medical issues
- Scheduled play dates for infants to school-age children
- Annual scholarship(s) for college assistance awarded to members and/or immediate family members
- Ability to sell clothing and equipment at our spring and fall consignment sales (open to the public).
- Participation in community events and special projects
- Holiday banquets
- Mom's night out
- Opportunity to attend annual POMOMC convention and network with other mothers of multiples across the state (www.pomomc.org)

HOW DO I BECOME A MEMBER OF KMOM?

Membership is open to a biological or adoptive mother of multiples. Please fill out the attached KMOM application. Annual dues are \$15 per year, which includes membership to the Pennsylvania Organization of Mothers of Twins Club (POMOTC), access to our members-only Facebook page and email group, listing in our membership directory, monthly meetings, as well a subscription to the KMOM newsletter that is published 10 times a year and lifelong friendships. If the cost of annual dues is prohibitive, confidential arrangements can be made to waive this fee.

Please make check payable to KMOM and mail application and check to:

Keystone Mothers of Multiples
Attn: Kim Lehman
P.O. Box 291, New Cumberland, PA 17070

CONTACT INFORMATION:

If you are interested in becoming a member of KMOM and would like to speak to someone directly, please contact:

NEW MEMBER CHAIRPERSON: Grace Gustafson at gracegustafson@hotmail.com OR
KMOM PRESIDENT: April Jacobson at alj0823@yahoo.com.

We look forward to meeting you!



MEMBERSHIP APPLICATION

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Please complete the following information and return it to Keystone Mothers of Multiples, Attn: Kim Lehman at P.O. Box 291, New Cumberland, PA 17070 with a check made payable to KMOM for \$15.00. Your contact information including your children's names and birthdates will be listed in the annual KMOM directory, unless otherwise specified that you do not want this information to be included in the directory.

Name _____ Address _____

Mailing Address (if different) _____

Home Phone _____ Mobile _____

Email Address _____

Member's Birth Date _____ Partner's Name (if applicable) _____

Multiples: Twins Triplets Quadruplets Identical Fraternal

Information for your multiples

<i>Name</i>	<i>DOB</i>	<i>Gender</i>	<i>Weight</i>	<i>Length</i>

Information for your additional children

<i>Name</i>	<i>DOB</i>	<i>Gender</i>

Specific areas of interest or need where KMOM may be able to provide information and assistance to you and your family: