

## 2022-23 Officer Nominees

Cast your vote online during the  
2022 National Virtual Convention.



**Mary Adcock**  
*For President*



**Claudia Contreras**  
*For Communications  
& Marketing  
Vice President*



**Kim Simonich**  
*For Events  
Vice President*



**Gwen Shogren**  
*For Research &  
Membership  
Vice President*



**Anna Jones**  
*For Media  
& Publications  
Vice President*



**Amy  
Bredemeyer**  
*For Finance  
Vice President*



support  
education  
research

# 2022-23 Officer Nominees

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## Mary Adcock *For President*

Hutchinson Area Mothers of Multiples (KS)  
Flamingo Mothers of Multiples (FL)  
Mountain State Mothers of Adult Multiples (AZ)  
Kansas Organization of Mothers of Twins Clubs (KS)

### NATIONAL SERVICE

<b>Nominating Chair</b>	<b>2021-2022, 2017-2019, 2010-2012</b>
<b>EDGE Committee</b>	<b>2019-2021, 2014-2017, 2007-2010</b>
<b>Nominating Committee</b>	<b>2005-2007</b>
<b>President</b>	<b>2003-2005</b>
<b>Executive Vice President</b>	<b>2001-2003</b>
<b>Education Vice President</b>	<b>1999-2001</b>
<b>Education Chairman</b>	<b>1998-1999</b>
<b>Editor/Design Editor</b>	<b>1995-1997</b>
<b>Assistant Editor</b>	<b>1994-1995</b>
<b>Feature Writer</b>	<b>1993-1994</b>

Committees: Grant Committee, Video Committee, Multiple Birth Database Committee, Endowment Committee

**I was honored to be a part of the Board of Directors for nine years, serving as President from 2003 to 2005.** My twins were teenagers then, and I valued the chance to connect with other parents of multiples, sharing stories and information with others who had “been there, done that.” I also gained friendships and skills during those volunteer hours. Given my professional background, I was especially passionate about sharing our “Guidelines on the Education of Multiple Birth Children”. I helped in crafting the EDGE Endowment, and served as Chair of the International Council of Multiple Birth Organizations from 2004 to 2007, coordinating a mid-conference congress for ISTS in 2005. I’ve remained a National Worker since then, holding positions on Nominating and EDGE Committees and in a leadership role as Nominating Chair. I’ve also worked on the state level, serving on our state board and as state President.

**Stepping into the Multiples of America Presidency again is a responsibility that I would not take lightly.** The last few years have brought us challenges with finances, membership outreach, and volunteer retention. The needs of our organization now seem ever-present. The board has guided us through this difficult time and now continues to look for ways to build on our past successes while moving toward new services and new initiatives.

As I consider serving again as President, I know I want to be a leader who listens, a leader who works to continue to build transparency between the board and members, a leader who inspires members to believe in the

possibilities, a leader who helps grow our volunteer and leadership base.

I would enter into the Presidency with more than a notion of just stepping in to fill a seat. I want to help the organization to **connect** and **grow**.

**I see the next term as an opportunity to connect** and further our supports for strengthening clubs. We can consider new ways to connect with clubs and members through in-person and online events. We can enhance our current array of online resources. We can build connections between past and current leaders in order to strengthen our volunteer base. We can look into partnering with multiple birth organizations from other nations in order to share resources and ideas.

**I see the next term as an opportunity to grow** our image, both internally and externally. Multiples of America has long said we are the premiere multiple birth organization, the “go-to” place concerning multiple births. We need to make sure that members and media both know about the work of our organization, the knowledge base we represent, and the benefits we provide for our membership. We need to continue to grow how we share our message, finding a blend of “hold in your hand” materials, “online clicks,” social media, video, and more.

Those are just my daydreams. If elected, I’m hoping that you’ll join with me. **Share your ideas for how we connect and grow our future.**

*“It always seems impossible until it’s done.”*

# Claudia Contreras



*For  
Communications  
& Marketing  
Vice President*

Temecula Valley Moms  
of Multiples (CA)

Southern California Mothers  
of Twins Clubs (CA)

**NATIONAL SERVICE**  
**Marketing Assistant**

**2021 - 2022**

# Anna Jones



*For  
Media & Publications  
Vice President*

Multiples of Kansas City (MO)

Beyond Kids and Family (MO)

Missouri Mothers of Multiples (MO)

**NATIONAL SERVICE**

<b>Media &amp; Publications Vice President</b>	<b>2021 - 2022</b>
<b>Education Vice President</b>	<b>2020 - 2021</b>
<b>Membership Vice President</b>	<b>2019 - 2020</b>
<b>Education Chairman</b>	<b>2018 - 2019</b>
<b>Convention Committee</b>	<b>2017 - 2018</b>
<b>Research Interpreter</b>	<b>2016 - 2017</b>
<b>Nominating Committee</b>	<b>2015 - 2016</b>
<b>District Reporter</b>	<b>2011 - 2015</b>

**Hello All!**

**I am Claudia and as a mom of three boys (singleton and twins).** I am excited about the opportunity to serve in this organization.

**I am true believer in the community feeling and having a “village” that supports each other.** As parents or caregivers, we strive to be the best that we can for the children in our lives and having support and guidance is key.

Even though I do have a long resume, academic background, and might be labeled as a full-time working mom, raising good humans is by far the most important, challenging, and rewarding job I have done and continue to hold. I do believe that each of us can make a difference on each other regardless of who we are, our background, and whether we are starting or in a later stage of our journey as parents or caregivers of multiples. Making connections with each other is so important and so is to spread the word about our organization. We all need to know that we are not alone in this journey and having some cheering on our sidelines also helps!

I know that with your help, we can share more resources, achieve better sense of connections, and even drive more engagement out there. I look forward to being able to add my little grain to spread support and helping parents and caregivers of multiples around of all states, cities, and areas to make them feel welcome and that they have found their “village” through Multiples of America.

**Sixteen years ago, I unexpectedly fell into a community that I had no idea would impact my life in so many ways.**

An ultrasound to find out the sex of my baby turned into a life changing visit with the craziest six words I have ever heard: “Do twins run in your family?” It was at that moment that I became part of a group that would change the trajectory of my life in so many ways.

**Being a mother of multiples has been challenging, rewarding, chaotic, frenzied and almost every adjective but calm.**

The same can be said about my time on the Board of Directors. Multiples of America is in a tough spot. We are living through those same adjectives: challenging, chaotic, frenzied, but oh so rewarding. I volunteer because being a member of a local club when my kids were little, saved my life. Literally and figuratively speaking. I hope that by volunteering, I can help sustain this organization so that future parents of multiples can gain that same sort of support.

Getting there isn’t going to be easy and navigating those decisions is something that I am willing to do. Tough decisions need to be made and my history on the board places me in an ideal position to help get through these next moves with the historical knowledge of where we have come from and the ability to help us get where we need to be to not only sustain but once again thrive as an organization. We need to find the balance of roots and wings. Having the presence of mind to keep our history and all that entails while moving forward to our future so we can survive.

I would certainly appreciate your support as your Media and Publication Vice President.

# The *Volunteer* Sing-along

to the tune of "Hokey Pokey"

You put your right foot in  
You take your right foot out  
You put your right foot in  
And you shake off any doubt

**You do the volunteer dance**  
**Agree to "come on down"**  
**That's what volunteering's all about**

You put your left foot in  
You take your left foot out  
You put your left foot in  
Find the form and FILL IT OUT

**You do the volunteer dance**  
**Choose a job and jot it down**  
**That's what volunteering's all about**

You put both hands in  
You take both hands out  
You put both hands in  
You'll make friends, there's no doubt

**You do the volunteer dance**  
**Turn a smile into a frown.....**  
*(Oh, no! turn that around...it's "turn a frown into a smile" even if that doesn't rhyme)*  
**Turn a frown into a smile**  
**That's what volunteering's all about**

You put your whole self in  
You take your whole self out  
You put your whole self in  
You'll help MOMs (breathe) week in, week out

**You do the volunteer dance**  
**Help MOA become world renown**  
**That's what volunteering's all about**



## Gwen Shogren



For  
**Research &  
Membership  
Vice President**

OOMPA (PA)

Mountain State Mothers  
of Adult Multiples (AZ)

### NATIONAL SERVICE

Events Assistant	2021 - 2022
Convention Committee	2018 - 2021
Membership Vice President	2017 - 2018
Executive Vice President	2015 - 2017
Treasurer	2013 - 2015
Research Chair	2012 - 2013
Nominating Committee	2010 - 2012
Membership Committee	2008 - 2010
Treasurer	2006 - 2008
Nominating Committee	2004 - 2006
Convention Chair	2001 - 2004
Membership Committee	2000 - 2001

**I have held several positions during the past 30 years of my involvement in local, state, and the National organizations.** My desire to help educate and support other multiple parents keeps me active in all clubs and their activities. I continue to hold various positions in order to assist in many ways, to offer my experiences and education/knowledge of the ways we may help each other while raising our children, and to be a part of a support group who are there for each other during the happiness and struggles.

**I enjoy working with volunteers to provide Multiples of America with efficient and willing support to all those needing assistance.** I would appreciate the opportunity to serve the organization as Research & Membership Vice President during the 2022-23 term.





## Join in the work of Multiples of America

### Volunteer to be a National Worker volunteer

As a National Worker,  
you can choose the area that is the  
**best fit for your expertise  
or interest:**

education, membership, research,  
finance, convention, and more.

You can also select a position that  
**best fits the time commitment**  
you can offer:

a few hours a month, a few hours a week,  
or more.

To volunteer for a position for  
the 2022-23 term,  
**you or your friend or both of you**  
just need to complete a  
National Worker Volunteer form.

This form can be completed online at:  
<https://www.surveymonkey.com/r/MOA-NW2022>



## Amy Bredemeyer



*For  
Finance  
Vice President*

Space Coast Mothers  
of Multiples (FL)

### NATIONAL SERVICE

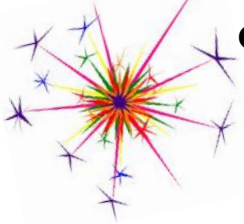
Finance Vice President	2021 - 2022
Research Vice President	2020 - 2021
Research Committee	2019 - 2020

**I am in my third year of service to Multiples of America, currently serving as the first Finance Vice President** in the new leadership structure of the organization. I continue to learn more about the history and workings of Multiples of America and would like to repeat this role for the 2022-2023 term. My experiences this year in the position have been informative, and moving forward I feel I could make a greater impact. Additionally, working alongside other committed members of Multiples of America on the Board of Directors has strengthened my determination to continue assisting the organization as it finds new ways to appeal to today's multiples communities.

**Prior to serving as the Finance Vice President,** I was on the Research Committee and then became the Research Vice President. However, my experiences in my local and state organization have been more varied, which has helped me to understand how many different facets there are to organizations like these. For the Florida Organization of Mothers of Twins Clubs (now Multiples of Florida), I previously served two years as Secretary and four years as a Newsletter Reporter. I am the current President of my local club, Space Coast Mothers of Multiples, after four years as Membership Vice President as well as chairing numerous committees. I enjoy working on improving procedures for optimal efficiency, helping increase the value of an experience, and finding ways to measure how successful different initiatives are. My strengths are in organizing information and examining data in various ways to project what might be expected next.

My first multiples community (Gemini Crickets, now Silicon Valley Twins and Triplets) was an enormous help to me when I was pregnant and navigating the struggles of having two infants, and my ongoing involvement in my current club drive me to want to spend more time helping Multiples of America succeed in its mission to support multiple birth clubs across the country. Even if the types of activities and ways of supporting families have changed over time, the value of these groups has not.

# The Value of Volunteering



## Sparkle

People who volunteer experience health and happiness benefits. Those who volunteer at least once a month report better mental health than participants who volunteer infrequently or not at all, according to "Want to be happy? Try Volunteering," an article published in the Washington Post in July, 2020.

## Savings

An amazing 32 National Worker volunteers supported and strengthened the work of Multiples of America during the 2021-22 term.

So far this term those volunteers have collectively worked a minimum of 1,935 hours.

According to the Independent Sector, the current cost of one volunteer hour is \$28.54.

Did you do the math? That's a savings to Multiples of America of \$55,224.90.

## Spirit

Having been a mom of twins for 30+ years, I have found volunteering at my local, state, and national levels to be most heartwarming. I am drawn closer to those with whom I volunteer...I have found that volunteers working together help one another. (Donna Miller, 2021-2022 Nominating Committee)



## Kim Simonich



For  
Events  
Vice President

Greater Nashua Parents  
of Twins and More (NH)

Massachusetts Mothers  
of Twins Association (MA)

### NATIONAL SERVICE

Events Vice President	2022
Events Committee	2021 - 2022
Special Needs Coordinator	2019 - 2021
Membership Coordinator	2018 - 2019
Site Planner	2008 - 2010
2008 Convention Co- Vice Chair	2007 - 2008
Future Convention Co-Vice Chair	2005 - 2007
Publicity Coordinator	2002 - 2005
Research Committee	2000 - 2002

**Thank you for the opportunity to serve Multiples of America in the capacity of Events Vice President in the upcoming year.** I was appointed to the position of Events Vice President in February, and I have enjoyed the planning and organizing for this year's SUMMIT.

**I have vast experience with planning conventions** as I was the Convention Co-Vice Chair for the Boston convention in 2008. I was the Site Planner for the two years following the Boston convention. My local club has hosted the MMOTA state convention three different times. You could say that planning, organizing and executing conventions is in my blood.

I have been a member of my local club, Greater Nashua Parents of Twins and More, for 23 years, and I have held most committee positions and offices over the years. I'm also a member of MMOTA and have held numerous committee positions and most executive office positions there, too. I have made lifelong friends by being part of these parents of multiples groups and Multiples of America. I want to see our great organization rebound and I am eager to be a part of it. I would appreciate the opportunity to continue in the position of Events Vice President.