

multiple Connections

September 2025



The 2025-2026 MOA Board of Directors (from left to right); Dawn Keller, Terri Gillis, Kim England, Pam Edelman, Mary Adcock, Claudia Contreras, Missy Khan, & Kim Simonich

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COMING UP

- September 1**
Labor Day
- September 10**
Zoom Connect; Multiples & Identity Development through the Lifespan
- September 15**
Great Expectations Seminar; The Day Has Arrived! Expecting Multiples, the Birth Partner's Role, NICU Stay, Recovery from Birth, & Heading Home

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Take Another Look

By Mary Prigel Adcock

President



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Following is the message shared by Mary Prigel Adcock upon her installation as President of Multiples of America for 2025-2026.

I remember when we brought our twins, Holly and Noel, home from the hospital. They were just a few days old. I was so overwhelmed for many reasons (as all of you understand from experience). Of course, since Holly and Noel are identical, one of my big concerns was that I would mix them up! Noel was about one pound heavier at that point; that was lucky for me. And Noel seemed to be fussier than Holly, which even though it led to more upheaval was another point of difference. Even so, I did keep the hospital bracelets that identified each by name on their wrists, and I painted Holly's toenails, as an added double check.

As they grew, there were plenty of times, I wished those bracelets still fit, because at first glance, I wasn't completely sure which toddler was Holly and which was Noel! It was at those times I learned the necessity (and the wisdom) of taking another look.

Did you ever have to take another look to tell your multiples apart? Or to determine which multiple was the one who woke up in the night crying? Or to verify which multiple was the one who destroyed the block tower they were building on the floor?

To take another look; it isn't just something practiced by parents of multiples. In fact, you find versions of it mentioned in some fairly famous movies and songs. There's the "Here's looking at you, kid" in the movie, *Casa Blanca* (and, yes, I definitely need to work on my Bogart impression). There's the "Welcome to the 60s" song from the musical, *Hairspray*, that pleads, "Hey, mama. Hey, mama. Look around." And there's that memorable line from the movie, *A Star is Born*, "I just wanted to take another look at you."

Taking another look offers a chance to revisit the past, to gain perspective on the present, to see the pathway to the next summit.

So, as I began to think about the upcoming term, I decided to **take another look** at Multiples of America, to revisit our past, celebrate our present, and consider our future.

There's a famous quote about "standing on the shoulders of giants" in order to see the future. That's certainly true with Multiples of America. We're here today because of some "giants" who were actually just mothers who looked a lot like you and me.

Let's **take another look** at them.



continued...

They were members of twins clubs in Ohio, and they dreamed of connecting parents of multiples across the country into one national organization. They sent out invitations to all the clubs they'd heard about in their state and others. All were invited to meet in Canton, OH to discuss forming a nationwide group. Thirty clubs were represented at that meeting:

- clubs from the East Coast: NJ, CT, PA, NY, FL;
- clubs from the west: CA, WA, NM;
- clubs from the Midwest: NE, IL, WI, MI, IN, and of course, OH.

They approved bylaws, elected officers, appointed committees, and chose future convention sites. And so, the National Organization of Mothers of Twins Clubs, Inc. was born.

They didn't have much in the bank in those early years, **just over \$500**. But take a look at what they accomplished!

They began a publication, called *MOTC's Notebook*, producing each issue on a mimeograph machine. The fourth issue was actually paid for by Walt Disney in honor of the premiere of the movie *Parent Trap*. (By the way, the parents in that movie certainly needed to **take another look** at *their* twins when they switched places with each other.) By the second year, the publication had moved on from a newsletter format to a newspaper design, with production by a printer at a cost of \$56.00 for 600 copies. And that same publication has morphed over the years from newspaper format to a full-color magazine to the electronic ezine we now call *Multiple Connections*.

Connection and support were also a priority from the beginning. Assistance in forming new clubs, the memorial service at convention, and a Cope/Outreach program were developed in the early years as helps for clubs and individual members.

Research was another cornerstone. The first outside research study that members assisted with focused on congenital heart disease. Other studies from outside researchers in those early years centered on glaucoma, premature multiple birth, rubella, car restraints, and fertility drugs. We're still assisting researchers. Recent studies that we've helped promote have focused on parenting autistic children, vanishing twin syndrome, and marriage in twins.

Take another look at the dollars and you'll find member dues have always been the mainstay for finances. But we've also always looked for ways to expand on that funding. In the beginning years, members collected merchandise stamps and redeemed them to earn a mimeograph machine for the Executive Office. Years later, we upgraded that machine to a photocopier through a corporate donation.

And then grants from the March of Dimes, in coordination with local clubs, helped in the distribution of UPLIFT kits to hospitals and doctors' offices, and a grant from the Gerber Foundation provided for the printing and distribution of a booklet about Higher Order Multiples.

continued...

That's just a glimpse of our 64-year legacy, the foundation laid by our "giants." Sure, there were bumps along the way: Hotly debated bylaws, a controversial budget proposal in 1978 that led to the formation of a Ways and Means Committee, debate over a name change, and questions about needed services. But we kept going, learning, and expanding — some years growing in membership; some years adding in services.

So that brings us to the year 2025. Let's **take another look**. Well, our Advisor, Terri, detailed all the triumphs and challenges of our last year on the national level in the wonderful annual report she gave earlier today. (If you missed it, would like to see it again, or share it with your club members, it will be on the website soon.) But as wonderful as that annual report was, Terri just hit the highlights. If she mentioned it all....well, we never would have gotten to elections and I wouldn't be standing here giving this speech.

So, what else could we have noted in the annual report?

- New online forms that allow clubs to quickly share news about their latest projects or anniversaries or connect with our bereavement support.
- New resources for clubs, one called *Count Me In*, filled with ideas to help clubs with member recruitment, another a step-by-step guide to starting a new club.
- Continued resources, like toolkits filled with information on building a dynamic club, expecting multiples, and the education of multiples.
- And continued services, like a speaker support service, and our Invite2Connect project.

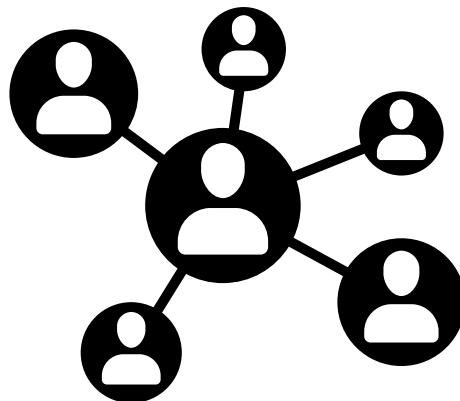
I could keep going, but our mission doesn't just play out through what we provide on the national level. Local clubs and individual members are essential partners in raising awareness about the unique needs of multiple birth children and in making our mission come alive day by day, person to person. So perhaps we need to take a look at what's going on in local clubs.

Like at the national level, two primary concerns of many local clubs are growing membership and expanding the pool of volunteers. So yes, there are challenges there. But there's a lot to celebrate, too.

Take a look at member recruitment.

Local clubs are working to grow membership:

- by hosting family fun days
- assembling bags filled with supplies and goodies that they distribute to families with newborn multiples
- placing brochures in doctors' offices
- upgrading their social media presence
- posting Facebook ads targeted to their local areas
- and the old-fashioned, but tried-and-true, method of getting new members through a personal invite to the next meeting or event



continued...

Let's look closer at supports for parents.

Local clubs are:

- sponsoring clothing and toy exchanges
- holding diaper drives
- offering mental wellness check-ins
- gathering for yoga evenings
- crafting sessions (sometimes complete with wine and cheese)



Take another look and you see club connections with the community:

- clubs assembling school supply bags as back to school gifts for teachers
- joining in walk-a-thons for charity
- building little free libraries and filling them with books
- donating portions of the proceeds from their fundraisers to other non-profits

And just look at some of those fundraisers: Purse bingo, candy sales, raffles, gala nights, and expanding that funding by partnering with business donors: Walmart, 4imprint, Target, fast food restaurants.

How do I know all this? Well, I have to admit I love watching the Facebook pages of local clubs or joining in the Zoom Connects where clubs share their success stories. We can learn so much and get so much inspiration from each other.

So that brings us to this moment, right here in Tucson, standing on the shoulders of “giants.”

And, yes, we can learn a lot from looking back at all that's been accomplished. And taking another look so we can celebrate all that we are today. It certainly gives inspiration to head on toward the next summit. Yet as I look, I also like to remind myself that tomorrow doesn't have to look **exactly** like years past or even today.

So this year, I'm challenging myself and all of you to look again.

First, let's look at how we reach out to prospective members.

In part, that's what the direct membership bylaw is all about. Thank you for seeing that vision and we'll do our best to get that option up and running. But also consider what you can do on the local level:

- to grow membership
- to connect with prospective members in old and new ways –
 - from a phone call or a postcard to video ads and text messages
 - from meal trains to specialized kits for parents with babies in the NICU, complete with sensory toys and books for the multiples (*and if your club doesn't have the budget to create them, get them connected with one of our partners who supports NICU families*)

continued...

Second, I challenge all of us to look again at how we share messages and news with our current members.

Communication has always been a key. In the 1960's, when the organization was starting, there was no email, only postal mail. There were no computers, just typewriters, carbon paper, and lots of white out (or the dreaded typewriter eraser). And then over the years, there were large mailings that had to be photocopied, assembled, placed in envelopes, sorted, and carted off to the post office. I know we've all moved into the digital age, but I challenge us to keep looking for new ways to harness the power of technology and social media. Let's consider all the ways we can use technology and social media:

- to relay news of our club happenings
- to send out reminders of meetings and events
- to offer connection and support
- to share our stories, perhaps with words, perhaps with video

Speaking of sharing our stories, just to get you started we've reopened the portal on the website for you to [share your MULTItales](#) about parenting and club connections with us. Just what IS a MULTItale? It's your short, personal reflection about parenting multiples or the value of a club connection.

Our stories are powerful ways to offer a glimpse into the world of multiple parenting and to hold out hope and inspiration to others living similar journeys. So please go online to the Members Only section and [share your MULTItale](#) with us and if you already shared one tale with us a few years ago; please share another.

Third, I'm challenging myself and each of you to spread the word about our services and benefits:

- a Facebook post
- an "hello" email to a former member
- a flyer posted in the doctor's office about our Great Expectations Multiplied seminar series
- a note to your multiples' teachers about the resources they can access on our website specific to education of multiples

It's as simple as that famous song says, "Start spreading the news."

Fourth, I challenge you each to volunteer.

Of course, we'd love for you to volunteer as a National Worker or National Ambassador (*and a big thanks to each of you who have already submitted your application*). But there are also volunteer opportunities with state organizations and local clubs. They need you, too! Also look outside the box for yourself as you look to help your club.

- If all you can fit into this year's calendar is a few hours helping to organize the club resale, then raise your hand for that.
- If you have newborn multiples and can't find babysitting, ask how you can help at home, perhaps by assembling welcome bags or calling on local businesses to donate to the club's raffle night.
- If your club needs a Treasurer or President, but you're hesitant to take on that responsibility. Check with national. We can offer support to get you going.

continued...

Last, I challenge you to also participate on the National level.

Choose some ways to show up:

- complete a Research survey
- answer one of the Special Delivery quizzes
- check out our [website](#)
- sign up for our [Leadership Academy](#)
- click into a [Zoom Connect](#) or [Great Expectations Multiplied](#) seminar
- donate to our giving campaign



So, this term, let's **take another look** on the National and local level at:

- member recruitment
- communication
- raising awareness
- volunteering
- participation

That's a lot to think about, but I guess I'm kind of challenging each of us to become a "giant" for others: to join in, give back, pass on resources, offer support, gain friendships, look again, then climb on toward that next summit.

Speaking of "giants," have you ever heard of Jim Whittaker? I hadn't until I was reading over a note written by our first president Marge Ainsworth for the forward of our organization's 35-year history booklet. Jim was an identical twin who is best known for being the first American to reach the summit of Mt. Everest.

Marge made the point that Jim didn't make it to the summit by himself; he was actually just **one** of an entire group of mountain climbers who made that trek.

And then, Marge compared Jim's accomplishment to a mothers of twins club. She explained how similar a group of mountain climbers **is** to a group of club members. She noted how for some, it's the first trip up the mountain; while others are looking for new ways up old mountains and wanting to help others along the way.

But, for Marge, the comparison went deeper (or should I say higher) than that. Marge pointed out that there were six people on Whittaker's expedition crew, just as there is a core Board of Directors, elected and appointed, to lead our national organization. And then, Marge noted the support wasn't limited to just that core.

Marge wrote, "behind the historical achievement of Whittaker and his team on the summit were the efforts of nearly 60 climbers, doctors, scientists and hundreds of porters – and two and a half years of planning, organizing, and fundraising."

Just as with our organization, there are the efforts and expertise of National Worker volunteers, as well as members in state organizations and local clubs, all working toward the same mission.

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Marge went on to explain how pivotal each person was to that mission, how much of what Jim and his team would owe to fellow climbers on the expedition, climbers who were strung out down the mountain in a long chain of camps, committed to the goal, yet not trekking all the way to the summit themselves.

Marge's conclusion was: "And so, we bear in mind always, that without the hard work and enthusiasm of member clubs, some of which have never had the opportunity to attend a convention or to meet a national officer, this organization would not function."

To put it another way, "When you work together, there's a strength that no obstacle can match." "You don't climb mountains without a team."

Yes, there have been many wonderful success stories in the 64, now going on 65, years of our existence. However, even when we have reached one pinnacle; we must take another look and continue dreaming beyond, knowing that there will always be more mountains to climb, more pathways to navigate, and more rivers to cross as we journey on.

In Marge's words, "Let's celebrate how far we've come and look forward to where we're going. Because together, we're unstoppable."

TAKE ANOTHER LOOK

I pledge grow our mission as I...

1. Reach out to prospective members.
2. Spread the news about national or local clubs.
3. Share my story (or advice) about parenting multiples.
4. Volunteer on the national, state, or local level.
5. Join in (participate) in national, state, and local events.

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Convention: Perspective from a First Time Attendee

By Sara Barr

Media & Publications Department

The recent convention in Tucson, AZ, was the first national convention for Karen Scurry of **Multiples of the Midlands (SC)**. Karen, who plans to return for future conventions, said “it was an amazing time and exceeded my expectations!” Read specifics about what she enjoyed and ideas she’s taking back to her local club.

SB: Who was your favorite speaker at convention, and why?

KS: I enjoyed Natassia Williamson's keynote presentation the most. She was really down to earth and comforting. I loved her honesty and her stories. I also found Mary Adcock and the chaplain's messages to be very inspiring.

SB: Which was your favorite activity or evening event, and why?

KS: My favorite activity was the Sabino Canyon tour, the mall, and the miniature museum because it allowed me to see more of Tucson!

SB: Briefly describe an encounter with someone new, and explain why it was meaningful to you.

KS: I had so many great encounters, but here are few that stood out: I met a bunch of ladies from Illinois the first morning waiting for the tour bus. Lori Gallagher, Jodi Kozina, Debbie Reed, and a few others whose names I forgot. They were so sweet, and made me feel so welcome. Jodi even let me finish her bagel – I was starving! We joked and called each other the bagel twins the rest of the convention! I also met Susan Stump the first night by the pool. She graciously donated shirts with fun twin sayings on them and a lovely ink drawing of a mother holding twins.

SB: What ideas did you learn that you can take back to your local club?

KS: Here are several tips I learned:

- Creating a social media schedule (Mary Adcock)
- Avoid using the term "meetings" to appeal to younger generation (Sara Barr)
- Use the talents and skills of members and their families (Claudia Contreras)



Multiples of the Midlands (SC) had three national convention attendees in 2025, shown left to right: Sara Barr, Karen Scurry and Gwen Thomas.

Why Direct Membership?

By Pam Edelman

Research & Membership Development Vice President

At the 64th convention in Tucson, the delegation passed a bylaw amendment to create **Direct Membership**. This new membership was created to boost our membership and further help parents of multiples throughout the country.

Over the past years, membership has declined due to clubs disbanding and non-renewing leaving many members without a club. Thus, members are not able to have the resources that Multiples of America has to offer. Yes, we do have Affiliate Membership, but this was created for researchers, sponsors and other businesses to join our organization

By creating Direct Membership, parents of multiples without a local club or a club that serves their interests in their area can now join. They will receive the same benefits as a member of a club with reduced rate to convention, receive mailings and *Multiple Connections*, volunteer to be a National Worker and access all the information in the Members Only section of our website, just to name a few. However, they won't have voting privileges or be able to run for an elected office.

So, if your club will be disbanding or non-renewing with Multiples of America for the 2025-2026 term – or any time in the future – please consider becoming a **Direct Member**! Or if you know other parents of multiples who live in an area not served by a local club, invite them to join as well.

If you would like more information, please contact the Membership Development Vice President at membership@multiplesofamerica.org.

CONNECT WITH PARENTING POWER!



Are you a parent or guardian of twins, triplets or more? Looking to connect with other parents? Get parenting tips? A parents of multiples club can add power to your parenting journey.

But if there's no club in your area? No problem.

You can join Multiples of America as a direct member.

BENEFITS OF MEMBERSHIP

- Electronic subscription to *Multiple Connections* and other publications
- Access to Multiples of America's specialized support services: Higher Order Multiples, Single Parent, Special Needs, LGBT Parenting, Bereavement Support
- Access to Multiples of America's Research Reports plus opportunities to participate in research studies
- Access to Members' Only Social Media
- Electronic copy of educational information
- Information about products and publications
- Discounted member rate to Multiples of America's annual convention
- Scholarship for parents of multiples and their multiples
- Participate in Zoom Connects, Multiple Match Program, Leadership Academy and Great Expectations Webinars

JUST TO NAME A FEW!

Membership Rates:

New Direct Membership – \$15 a year

Direct Membership Renewal – \$15 a year.

For more information on direct membership, contact us at info@multiplesofamerica.org

Should I Separate My Twins in School?

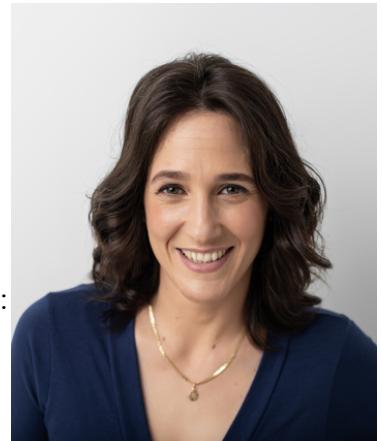
By Smadar Zmirin

Twin Specialist & Owner of Twinful Life

Parents of twins often find themselves wondering whether they should separate their twins or keep them together when beginning school. This is a big decision, and every family should approach it in the way that is right for them. Here are a few things to consider when making this decision.

The natural ambivalence about separating twins stems from two key reasons:

- Parents don't want one twin to be on their own, feeling it will be easier
- for them to stay together.
- Parents want to ensure each twin gets the opportunities to succeed.



Both of these reasons are completely valid and understandable. However, it is worth taking a deeper look at the underlying emotions driving these decisions and considering early preparations for either scenario.

The Desire to Keep Twins Together

Parents of twins often work hard to maintain an even playing field, ensuring that neither twin feels left out or unfairly treated. Separating them can therefore feel like an unnatural action that will compromise the status quo of fair and equal. Some parents express a concern that their twins have never been apart, and so separating them will be very hard on them. They are effectively each other's "security blanket". However, the separation can, and I suggest should, start earlier, and in different ways than you might think.

Separating twins begins with our interactions with them, our actions, and attitudes towards their sameness and togetherness. When we can mentally differentiate between the two children, we will naturally create opportunities for them to individuate and feel comfortable being different and apart. This will mean engaging in different activities, spending time with different people on their own, dressing differently, and having personal toys and clothes. These big and small actions go a long way to support the twins' sense of self, and empower their sense of identity. When we normalize these kinds of interactions and activities early on (in babyhood and early childhood), we set up the stage for the "big separation" in school.

Should We Separate Twins in School?

The answer to this question lies in your twins' relationship, level of independence, and school policies.

If your twins have never been apart or are unaccustomed to being apart, separating them right from the beginning can be tough. For that reason, some parents choose to start twins in the same classroom for the first and even second year, and discuss with their teachers the idea of separating them later on. If your twins are used to being on their own, pursuing their own hobbies and interests, and having their own friends, starting school in different classrooms can be an easy transition. Bear in mind that some school policies are quite strict about siblings sharing a classroom, and for that reason, do not "allow" twins to be together. Parents, understandably, find this rather challenging.

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Yet, regardless of the school policies, it can be a good idea to prepare your twins for more independence in the school years. While one child may be more receptive to this idea than the other, it is on us, the adults, to support their feelings of insecurity, fear, or unease about being on their own. We shouldn't expect one twin to "stay behind" or compromise their need to branch out because of their twin's struggle. It is not their role to support each other's emotional needs in this way. It is ours.

Offering twins the opportunity to learn and succeed in their own way and at their own pace is invaluable. It ensures each child can get the support they need to advance in the areas of their interest, form friendships, and succeed academically to their full potential.

Many twins feel a bit nervous about the separation in the beginning, and then find many benefits in having their own space and group of friends. It provides them with a much-needed opportunity to be on their own in a non-twin environment, foster their social skills, and form individual memories and experiences. They will have time to be together at home, and will likely value that reunion even more.

Small Steps Towards Separation Before School

To support twins' individuality and prepare them for separation in school, you can consider the following:

- **Separate activities:** offer opportunities for them to do different things, either side-by-side (for babies), or in different places (with older siblings, family members, or playdates).
- **One-on-One time:** Find time in the day/week when you can spend time with just one twin. This can also be a special time with grandma, auntie, cousins, etc. The idea is to normalize space between the twins.
- **Help them foster their hobbies and interests:** identify areas of interest for each twin, and offer activities and resources that can help them cultivate their skills further. This is to be offered to the child who expresses an interest in this particular activity. While the other twin will receive similar attention/resources for their interests. That way, we can help them recognize that they are different, and will receive support and attention according to their needs.
- **Champion their success:** It is ok, and I suggest important, to champion each child's success without feeling "bad" for the other twin. Twins can feel proud and accomplished for their efforts without feeling like they need to "dim the light" on their success for fear of making their twin feel bad. When twins feel confident and comfortable celebrating their own and each other's success, they are more motivated to pursue their interests and passions without measuring their achievements against their twin.

So... Should you separate your twins in school? I say yes. The separation can start right from the 1st year, or a bit later into the school journey. The important part is to set the stage for individuation and separation early. This helps normalize the twins' different needs, feelings, and identities, which are of great importance on their own.

Recognizing our role in supporting twins' reactions to their same-age sibling's experiences, needs, and wants can be challenging at times. Yet the onus of the task isn't on their co-twin. With our help, they can feel comfortable pursuing their passions and interests without fear or guilt, and feel secure to separate in school.

2024-2025 Marge Ainsworth Scholarship Awards

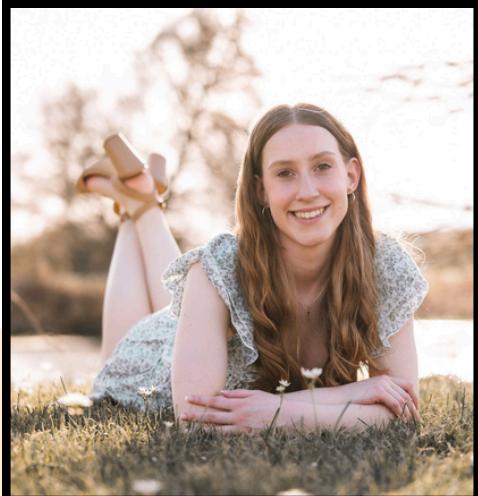
By **Terri Gillis**

Advisor

The 2024-2025 Scholarship Committee received five scholarship applications for this term. Although the number of applications was down from the record number submitted the prior term, the quality did not disappoint. Each application submitted was carefully reviewed and scored to determine our winners. And, the scores were so close, the committee asked the board of directors to approve a third multiples scholarship for this term which was granted. Each year, we offer scholarships to both multiples and parents who are members of our organization through club membership, or through our newest membership opportunity for parents who do not have a club in their immediate area: our direct membership. The next opportunity opens soon and the deadline for submissions for the 2025-2026 term is February 1, 2026. Watch for more information on how to apply coming out soon!

Multiples of America congratulates our newest recipients of the Marge Ainsworth Scholarship and sends best wishes for a wonderful educational experience to all who applied. We encourage those who were not awarded a scholarship this year to reapply in the future as they continue their education.

Here is a recap of our winners:



Emmy Heslip

- Texas A&M
- Business & Finance
- Mother: Kelly Heslip
- **Brazos Valley Mother of Twins Club**



Perrin Thomas

- Clemson University
- Business/International Management
- Parents: Gwen & Arenda Thomas
- **Multiples of the Midlands**



Caleb Heslip

- Texas A&M
- Mechanical Engineering
- Mother: Kelly Heslip
- **Brazos Valley Mother of Twins Club**

MOA Offers Authenticity in a Changing World

By Sara Barr

Media & Publications Department

In an age when technology has replaced human interaction, when texts have replaced friendly conversations, when tweets have replaced human storytelling, when AI has replaced human jobs and livelihood, I crave personal authenticity. The good news: Multiples of America, and its base of local clubs, still offers a wealth of personal interactions.

Those of us who have been around awhile can show the importance of these intimacies through example. By continuing to show up at local club meetings and share stories of friendships that developed years (decades!) ago with other moms of multiples. By signing up for a new mom's meal train and telling that mom during your visit how valuable the local club has been to you. How you remember the impact of having meals delivered, questions answered and fears allayed when your twins or triplets were first born.

Mom's Nights Out are my favorite club activity. There's no stress, no business agenda, just friends – old and new – getting together for a relaxed evening to swap stories, share a few laughs, and find support for whatever troubles that week has thrown our way.

If we use technology as a way to enhance – but not to replace – our interactions with others, there's hope for humankind. The Zoom Connects, for example, allow moms from clubs across the country to see each other's friendly faces each month. You'll often find other moms logged in a few minutes early to share news about kids, grandkids, jobs and other life events. When these joys and challenges are supported by others, it deepens the bonds of friendship, no matter how many miles bridge the friends.

Another example of using technology to build connections is the virtual book club hosted by my local club, **Multiples of the Midlands (SC)**. The regular attendees represent every decade of age from 20s to 60s. Month after month, I feel our intimacy strengthen. During each Zoom, we learn more about one another, and the books open up topics for discussion that extend well beyond parenting multiples.

I prefer a phone call over texting. I value handwritten notes and, thanks to Multiples of America, I still occasionally get them in the mail. Not a bill, not a mass promo, just a thoughtful note penned by another mom. How fabulous! In today's fast-paced world where business – both professional and personal – is conducted over email, there's nothing more genuine and authentic than taking the time to write a note by hand.

I recently read a novel called *My Friends* by one of my favorite authors, Fredrik Backman. A character in the book talks about her best friend as her 'human.' The wording seemed awkward in the beginning but, by the end, I understood how much meaning is packed into that little word. It implies trust, understanding, safety – all the things you build over time with people who 'get it.' And other parents of multiples get it in a way few others could, since raising multiples is such a unique parenting experience. And in today's world, the value of having our 'humans' is oh so much stronger, longer lasting and more valuable.

So keep showing up, mamas. In person (and virtually if needed). Don't let some AI webbot try to replace precious friendships because there's simply no comparison to the authenticity of a real human connection.

Book Reviews

By Sara Barr

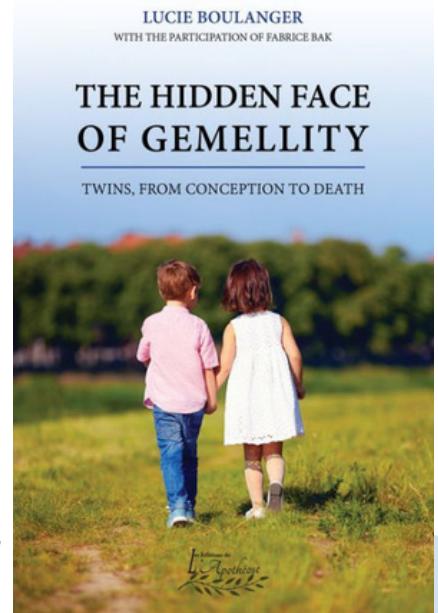
Media & Publications Department

Author Lucie Boulanger is a twin and sociologist who specializes in twin relationships.

The Hidden Face of Gemellity by Lucie Boulanger

This is a non-fiction for adults. The word *twin* stems from the Latin word *gemellus*. Gemellity is the state of being a twin. The author has been mourning the loss of her twin brother, Luk, for more than 20 years. This book is a collection of stories told by 60 different sets of twins (and a few triplets) or their parents. Part 1 of the book shares personal experiences from a variety of family members, including twins themselves. The book is thoroughly researched and covers a wide variety of topics impacting multiples, such as sharing, comparisons, unhealthy dependencies, identity crises, depression, close bonds and much more. Part 2 of the book shares stories from twins or triplets who have lost a twin or triplet brother or sister. A few of the testimonials recount losses that occurred in utero, others tell the stories of a twin who died later in adulthood, and the rest fall sometime in between. The book is filled with emotional, raw and touching testimonials. Some are truly inspiring. All are heartfelt. A difficult read, to be sure, but an important read, particularly for someone grieving the loss of their twin or triplet to understand their grief and feelings are valid. The author writes that the book's "testimonials show that no matter the situation, the sense of time does not seem to exist in mourning twins. At the most, we learn how to live with this absence, constantly looking for this double or this half who has left us. The grief and its long process depend on our development and our own twin experience."

From the Preface written by psychologist and gemellologist Fabrice Bak, PhD: "This sudden separation [death of a twin] must not make the surviving twin forget that life, from now on, will be richer, stronger, more intense, made of more joy, happiness, and sometimes more pain, way more intense because inside they will live their lives for two; for them, and for the one who continues to live within them."

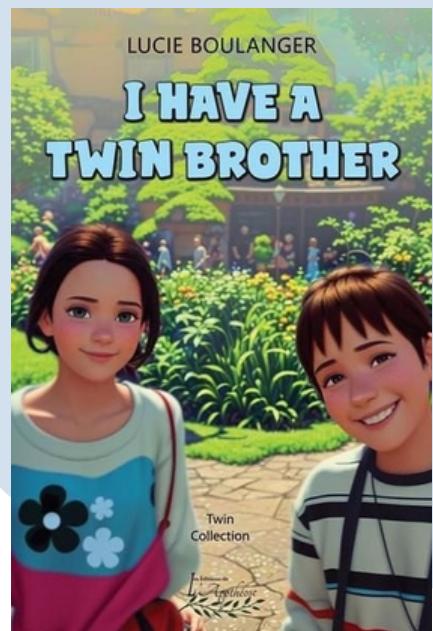


I Have a Twin Brother by Lucie Boulanger

This is a book for children, perhaps ages 4-10 years. It's written in first person from the viewpoint of a 10-year-old girl who has a twin brother. The book mentions both advantages and disadvantages of being a twin. It introduces several vocabulary words, such as puberty and blended family. I admit the writing is awkward in places, but perhaps that comes from the translation from French to English. The book includes lots of nice prompts for you to discuss with your children different aspects of being a twin: separate classrooms, inevitable comparisons, different interests and after-school activities, relationships with singleton siblings, and more.

What makes this book special is that the author will send you an alternate version of the book that includes blank spaces for your child or children to fill in pictures and their own stories. Simply send your request over email to the author at

livrejumeaux@gmail.com.



RU aTWIN

A study for adult twin
pairs or multiple sets



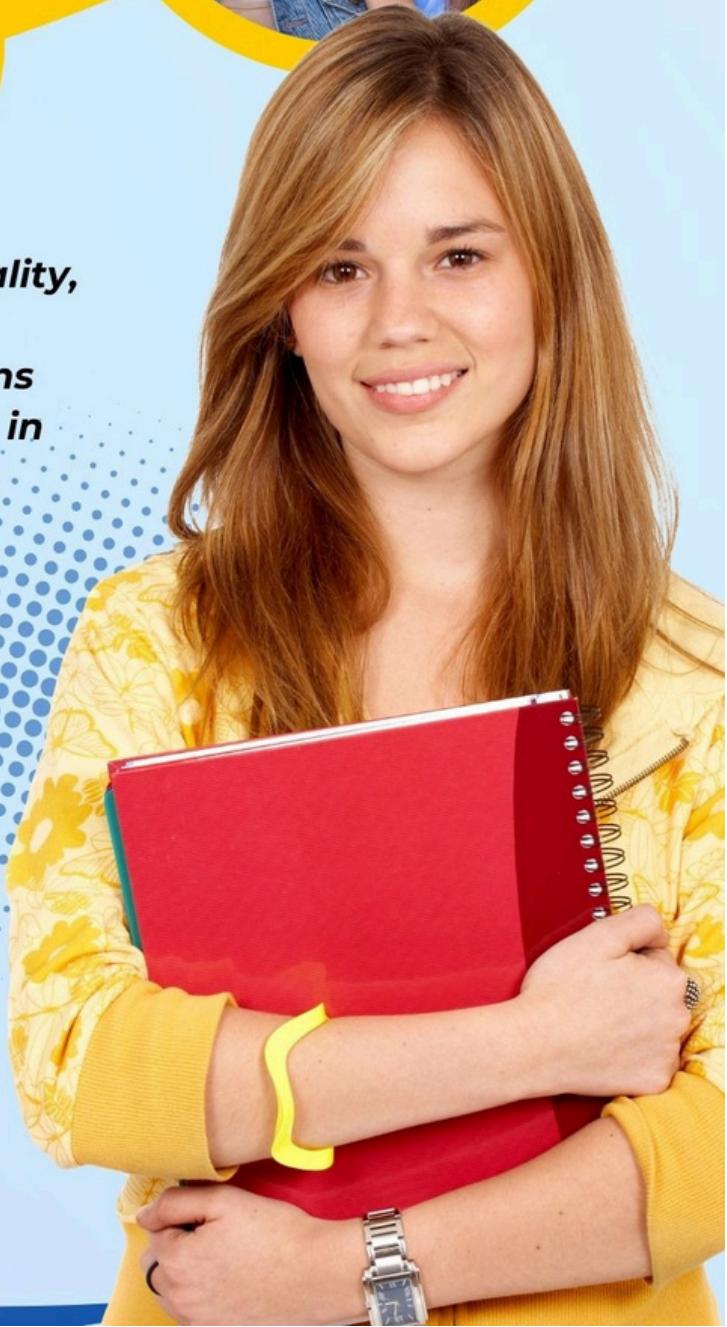
To assess topics including personality, religion and spirituality, altruism, empathy, political interest, opinions on groups and social perspectives in twin pairs

How?

- Complete an online survey.
- Time Commitment:
About 20 minutes
- Sponsoring Institution:
Regis University, Denver, CO

FIND OUT MORE

- <https://www.ruatwin.org/>
- ruatwin@regis.edu





In Memory of..

By Carla Hall

Bereavement Support Coordinator

Multiples of America, a.k.a. NOMOTC, strives to provide a small amount of comfort to families during the difficult times that follow the loss of a loved one. The effect on each family member regarding the loss of each and every loved one varies widely. Our bereavement materials have suggestions on how each individual can work through the grieving process. With the addition of social media, more information on passings have come to light, so if you hear of someone who has suffered a loss, please contact us.

Alfreda Wright, passed away on July 15, 2025 at 94 years of age. Her husband, E. James Wright Jr. preceded her in passing. She is survived by her children, James P. Wright, Arthur J. Wright, Annmarie Fencer (Rick), Robert B. Wright, Noreen P. Bamford and Daniel M. Wright (Trisha) and 10 grandchildren, as well as six great grandchildren. She worked as a telephone operator and also loved reading, sewing, knitting and traveling. She attended her first convention in 1959. She was very active in NOMOTC – having been the Editor for years. She was also active in both the Massachusetts Mothers of Twins Clubs, as well as her local club in which she served in almost every position on the Board. She was also a founding member of TNT, FL. She loved attending both her State and National Conventions where she got to meet up with other moms of multiples at least once a year. Her interment was private per the wishes of her family. She will truly be missed by all that knew her.

Kelly Reynolds, passed away on August 10th, 2025. He is the twin son of Past NOMOTC/MOA President, Bea Reynolds. He was preceded in death by his father Russ, brother, Steven (Skip) and nephew, Chason. He is survived by his mother Bea, his twin brother Kirk, his sister Michelle, as well as daughters, Kyleigh and Shelby and a granddaughter, along with 9 nieces and nephews. He was born in Racine, WI followed by his twin brother, which he reminded all the time that he was the oldest. He enjoyed sailing and weekend regattas and when he moved to Florida, he was involved in gymnastics and added diving, finishing 10th in the Florida State competition. Surfing became his passion and he was also a band member playing the tuba. He owned his own business, Immaculate Window Coverings, but fishing was his hobby. He underwent surgery in June for a cancerous brain tumor. Bea wants to thank all those that helped make his last days on earth so very special. A Celebration of Life will be held in the near future.