

**multiples**  
OF AMERICA

support  
education  
research

65TH  
ANNUAL  
CONVENTION

JULY 23-25, 2026

CROWNE PLAZA  
PROVIDENCE-WARWICK

WARWICK,  
RHODE  
ISLAND



RIDING THE WAVES



TOGETHER



# WELCOME TO WARWICK, RHODE ISLAND!



Our 2026 convention home is in Warwick, Rhode Island, a historic city in Kent County, known as the "Crossroads of Southern New England".

Warwick is home to 39 miles of the Rhode Island coastline with many beaches and historic lighthouses.

If shopping is more your speed, Warwick is also known as the "Retail Capital of Rhode Island." It has major malls and numerous shops along their Route 2.

## 5 "MUST-SEE" PLACES IN RHODE ISLAND:



### Block Island

Sitting just 13 miles off the coast, this little island is only 10 square miles, but it's home to stunning beaches, coastal bluffs, a quaint downtown, nature trails, and gorgeous scenery. Grab the ferry (traditional or hi-speed) in Point Judith for about \$20 or \$56 roundtrip. *(Uber from the hotel is about \$55 one way.)*

### Newport

Without a doubt, the most popular destination in Rhode Island is Newport, and there are plenty of reasons for that. Some may say it's overhyped, but between the amazing Gilded Age mansions, beautiful waterfront downtown, historic houses, incredible restaurant scene, and lovely beaches just a short drive away, it offers much to its visitors. *(Uber is about \$60 one way from the hotel.)*



### Bristol

Located just 35 minutes north of Newport, this charming, historic town sits right on the water and has so many fun and varied things to do – everything from historic estates and a cute downtown to a scenic bike path and lovely parks. For those looking for a smaller and less crowded version of Newport, that's Bristol.

### Narragansett

Definitely one of the best beach towns in Rhode Island, Narragansett is known for having multiple beaches to explore, a cute downtown area, and a laid-back coastal vibe. Narragansett has at least five beaches that are open to the public, and is also home to Point Judith Lighthouse and harbor, fun nature walks, great restaurants, and is also a fantastic destination for surfers. Town Beach, located in the heart of Narragansett's town center, is a popular surf spot and scenic coastal area. *(Uber is about \$60 from the hotel to Scarborough State Beach).*



### Providence

Providence, the capital, is easily one of the best places to visit Rhode Island thanks to its arts scene, nationally-recognized dining, a very walkable downtown – making it easy to soak up city vibes while not feeling overwhelmed. For a quick break from the hustle and bustle of the city, Roger Williams Park is one of the best places to see during your visit, offering a very fun zoo, gardens, and swan boats. Providence is also a culinary powerhouse, long-known for its independent restaurant scene and chef-driven concepts. Landmark restaurants like Al Forno helped put the city on the national food map, and Federal Hill remains a go-to for classic Italian dining. Award-winning chefs, farm-to-table spots, and fabulous bakeries make it feel far bigger than its size – and it's perfect if you're looking for a foodie getaway. Make sure you visit our favorite restaurant, Avenue N Providence, with its chef de cuisine, Andrew Simonich. *(Uber to the restaurant from the hotel is about \$33 one way.)*



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# CONVENTION SCHEDULE

## ~ AT A GLANCE ~



### Thursday, July 23

- 9:30 AM - 5:00 PM Newport Tour with admission to The Breakers (lunch on your own)
- 6:00 PM - 6:30 PM Welcome Table
- 7:00 PM - 10:30 PM Meet & Greet | Sing-A-Long | Raffles



Newport Mansion Tour



Crowne Plaza Providence - Warwick

Workshops & Keynote Luncheon



### Friday, July 24

- 8:00 AM - 9:30 AM President's Meet-Up
- 9:00 AM - 10:00 AM Welcome Table
- 10:00 AM - 11:00 AM First-Time Attendee Meet-Up
- 11:30 AM - 2:00 PM Keynote Luncheon
- 2:30 PM - 3:30 PM Workshops (Cooking Demo OR Internet Safety)
- 3:45 PM - 4:45 PM Workshops (Book Discussion OR Card Crafting)
- 4:45 PM - 6:45 PM Dinner on your own
- 7:00 PM - 10:00 PM Music Bingo and Silent Auction



### Saturday, July 25

- 8:00 AM - 8:30 AM Pick up Credentials
- 8:45 AM - 11:15 AM General Session I
- 11:45 AM - 12:15 PM Polling (if needed)
- 11:30 AM - 2:00 PM Box Luncheon/Share Shops
- 2:00 PM - 2:30 PM Memorial Service
- 2:30 PM - 5:00 PM General Session II (Installation)
- 5:00 PM - 5:15 PM Photos
- 5:00 PM - 7:00 PM Dinner on your own
- 7:00 PM - 10:00 PM Closing Celebration/Raffles  
Waffle Sundae Bar or Cheese & Fruit Display



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# KEYNOTE SPEAKER

## ~ KELLIE A. BARHIGHT ~

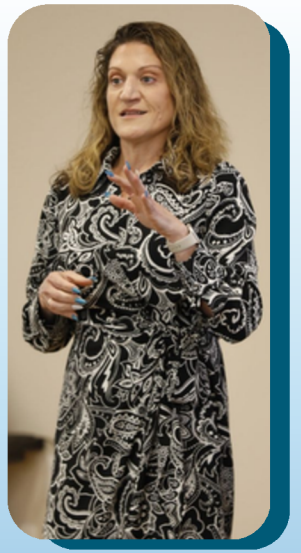
Mom to two sets of twins here! (Yes...TWO sets!), just two years apart. So, if I ever look calm, it's either years of practice, or I've simply accepted the chaos as my personality.

Motherhood has been my greatest teacher—and let me tell you, she is a tough instructor. I've learned patience (mostly because I have no other choice), flexibility (because plans are just suggestions at this point), and that silence is usually suspicious, not peaceful. Raising four kids at once has taught me some of life's most important lessons:

*You can love deeply while also hiding in the pantry for five minutes of quiet.*

*You can be strong and completely exhausted at the same time.*

*And sometimes, the biggest wins are just getting everyone out the door with matching shoes.*



By day, I'm a police lieutenant and motivational speaker—but honestly, nothing has challenged or shaped me more than being a mom. It's where I've learned real leadership, real patience, and how to function on very little coffee... just kidding, there's never little coffee.

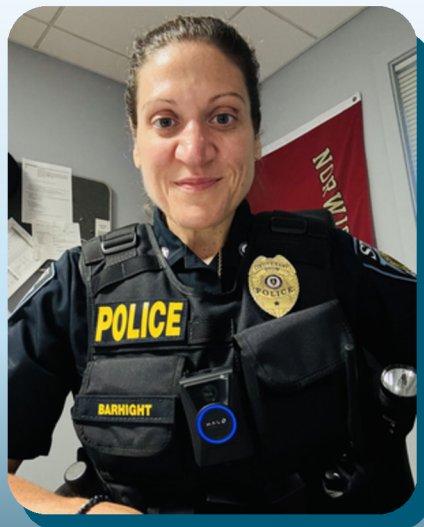
What I've learned most is that grace matters—especially the kind we give ourselves.

Not every day is perfect, not every moment is Instagram-worthy, but showing up, loving hard, and trying again tomorrow...that's what counts.

And truly, I don't do this alone. My village—my fellow moms—are the reason I stay grounded, supported, and *sometimes* sane.

Let's talk about how we can survive this chaos together.

- ~ Graduate of Norwich University ~
- ~ Lieutenant for the Stow, MA Police Department ~
- ~ Keynote & Motivational Speaker ~
- ~ Motivational Influencer for Women ~



### CONTACT INFORMATION:

Please click on any of the links below:

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[Stan.store/MsBPositive](https://www.stan.store/MsBPositive)



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# WORKSHOPS

## COOKING WORKSHOP

~ BITES FOR A DAY AT THE BEACH ~ LED BY ANDREW SIMONICH ~  
(OR THE FAMILY ON THE GO) CHEF DE CUISINE AT

avenue  
providence

Step into a culinary experience centered on the vibrant flavors of the season. In this immersive workshop, our chef will guide you through the art of selecting, preparing, and elevating fresh, in-season produce into memorable dishes.

You'll learn how to identify peak ripeness, balance flavors naturally, and make the most of what's locally available. From crisp vegetables to sun-ripened summer fruits, this session highlights ingredients at their prime—bringing out their color, texture, and taste with simple, thoughtful techniques.

Perfect for home cooks and food enthusiasts alike, this workshop blends practical skills with creative inspiration. By the end, you'll leave with new recipes, a deeper appreciation for seasonal cooking, and the confidence to turn fresh ingredients into dishes that truly shine.



Andrew Simonich, Avenue N Providence's new Chef de Cuisine, has just returned to Providence after a six-year run in Boston. Andrew was at the helm of some of the city's most notable restaurants, most recently as the Chef de Cuisine of the legendary No. 9 Park. Chef Andrew is a graduate of Johnson & Wales University and focuses on coaching and education. His mission is transforming the next generation of cooks into Chefs by developing both their skills and knowledge. When he's not in the kitchen he spends time working on his cars and researching different varieties of pastas. Avenue N is thrilled to welcome his talents back home and can't wait to see what he creates next!

## INTERNET SAFETY WORKSHOP

~ STAYING SAFE SURFING (THE WEB) ~  
LED BY MICHAEL KELLY

Security industry veteran of twenty years and father to four, the convergence of security, social media, and raising four teenagers has provided Michael with unique career and personal experiences.

An informational session designed to help parents navigate raising and protecting their children growing up in the social media age. Topics will include online privacy, security and lessons learned as a parent.



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# WORKSHOPS

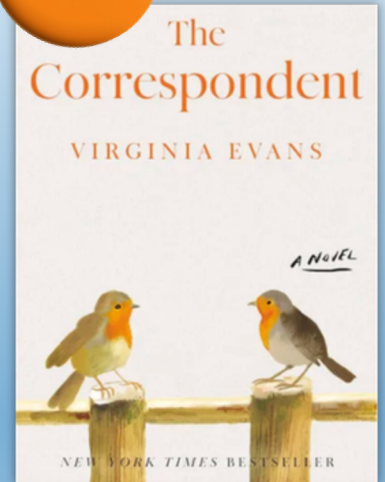
## BOOK CLUB WORKSHOP

MORE THAN A POSTCARD ~ LETTERS FROM HOME

If you're drawn to stories that blur the line between observation and confession, join us as we discuss *The Correspondent* by Virginia Evans. This fictional book is presented entirely in the form of letters written to and from the main character, 73-year-old Sybil. In this well-crafted structure, what is written matters just as much what is left unsaid. This novel explores human connection across decades and long distances – much like our connections through Multiples of America! – and the things we carry with us over time.

If you've navigated friendships that have changed over the decades, had conversations that didn't go as planned, or had moments in life where you've looked back and wondered "what if," this book is for you.

Through a voice that feels both intimate and searching, the story unfolds in a way that asks you not just to read, but to reflect on your own life and relationships. It's the kind of book that sparks questions: about communication, about truth, and about how we understand one another in an increasingly complicated world.



LED BY SARA BARR

MULTIPLES OF THE MIDLANDS (SC)

*Make plans NOW to read it, then join us for a fun discussion during convention. Bring your thoughts, your questions, your curiosity – and maybe even stationary to write a letter of your own!*

## GREETING CARD WORKSHOP

SEAFARING SCENES ~ IT'S ALL ABOUT THE BLING!

~ CRAFTING

WITH

TERRI GILLIS



COST:  
\$5.00

Join us for a workshop where you will create custom greeting cards to commemorate your trip to the shores of Rhode Island. During the session, each attendee will learn how to embellish nautical-themed cards to make them truly unique. You will take home a package of four different nautical greeting cards, envelopes, and envelope seals showcasing your creative work.

You will also hear some interesting stories about life along the shores of Rhode Island during the Gilded Years!

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# PHILANTHROPIC

WE CELEBRATE YOU!

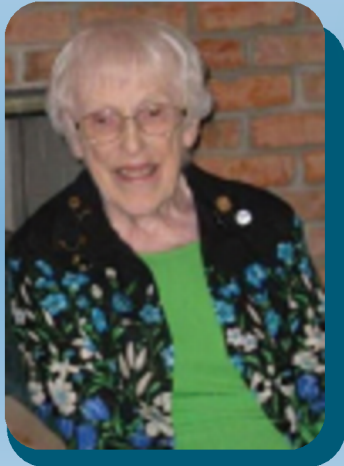
*This year's convention philanthropic project will benefit YOU...our members.*

## THE MARGE AINSWORTH SCHOLARSHIP FUND

&

## THE EDGE ENDOWMENT

*Each one creates opportunities for our members that can last a lifetime.*



### CONTINUE YOUR EDUCATION OR LET US HELP IN EDUCATING YOUR MULTIPLES

In 1960, Marge Ainsworth had a vision of an organization to support multiple birth families. That dream became a reality, and she was the first president of the National Organization of Mothers of Twins Clubs, Inc.

Without her dedication and hard work to bring local clubs together from across the country and forming new clubs, many of us would not have found the support and friendships we have had throughout the years with our local, state and national connections.

Named in her honor, the Marge Ainsworth Scholarship was established in 2015 to identify qualified students from multiple birth families, recognize their accomplishments, and help them achieve their post-secondary education goals.

### GROW YOUR CLUB THROUGH AN EDGE GRANT

The **EDGE (Enrichment, Development and Growth Endowment) Fund** allows for future growth of our organization so we can continue to support our research and education mission. If you are looking for a great philanthropic endeavor where you can support thousands of parents and families for years to come, this is where your funds can best support that vision. No donation is too small. We welcome individuals as well as organizations to give.



*Donations will be collected throughout Convention.*

*You can also present your club's donation during the General Session.*



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# SPECIAL EVENTS

## ~THURSDAY EVENING~



### WELCOME TABLE

Looking for a chance to meet up? Questions about the schedule?  
Want to chat about volunteering for Multiples of America?  
Need information about a club or member benefit?  
So many questions, but we've got answers!  
Stop by the Welcome Table and we'll connect.  
Check the schedule for times.

### SAY "HELLO" WITH A SONG

#### MEET & GREET | SING-A-LONG | RAFFLES

Our Thursday evening event promises plenty of excitement, plus some raffles! There will be time to say "hi" to friends new and old and to join together in song. Staying on key is not required, but having fun is! Led by Past President Ruth August and Tara Thomas.



## ~FRIDAY MORNING~

### CATCH THE WAVE

#### FIRST TIME ATTENDEES MEET-UP

If you've never been to a Multiples of America convention before or if it has been several years, please be sure to attend our First Time Attendees meetup. You'll meet board members and other volunteers and get the inside scoop on what not to miss during convention. Learn all about Multiples of America and what we do for our clubs and members. You will also meet some friendly faces you'll see throughout your time at convention! Come and join us for a fun and informative time!



### BEFORE YOU WIPE OUT

#### PRESIDENT'S MEET-UP

Feeling stressed when only a few members show up to club activities? Wondering how to encourage members to volunteer to be part of the board? Before you wipe out, President Mary Prigel Adcock invites you to meet up with her and a few other board members for a special club and member share shop. Share your club's triumphs and challenges over the past year. Network with other club leaders and members. Discuss ways in which Multiples of America can better support you and your club. You'll come away with ideas and connections to help you and your club be amped up to move into the new term. All are welcome!



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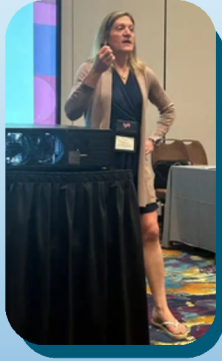
# SPECIAL EVENTS

## ~ FRIDAY AFTERNOON ~

### KEYNOTE ADDRESS

**Kellie A. Barhight**

Mother to  
two sets of twins  
&  
Lieutenant  
for the Stow, MA  
Police Department



### ~ FRIDAY LUNCHEON ~ ~ GOOD VIBRATIONS ~



### OPENING CELEBRATION LUNCHEON



Join us as Mary Prigel Adcock, President of Multiples of America, kicks off this annual convention in Warwick, Rhode Island with memories and good vibrations. We'll celebrate 65 years of "riding the waves together" as an organization. We'll recognize the volunteers who have dedicated their time and talents to Multiples of America over the past year. We'll learn about our philanthropic endeavors at convention for the EDGE and Scholarship funds, and we'll hear from our Keynote speaker, Kellie Barhight.

*Hosted by: Mountain States Mothers of Adult Multiples (MSMAMs)*

#### Serving:

Sautéed Chicken Francaise Lemon Butter OR Grilled Salmon with Lemon Pepper Sauce

Caesar Style Salad with Herbed Croutons and Shaved Parmesan Cheese, Roasted Seasonal Vegetables, Garlic Mashed Potato, Rolls and Butter, Chocolate Cake, Starbucks Coffee and Teavana Tea

## WORKSHOPS

Workshops 1 & 2

2:30 - 3:30

"Stay Safe Surfing (the Web)" OR "Bites for a Day at the Beach (or the Family on the Go)"

Workshops 3 & 4

3:45 - 4:45

"More Than a Postcard - Letters from Home" OR "Seafaring Scenes"

## ~ FRIDAY NIGHT ~

### BINGO WITH A BEAT



Join us Friday evening from 7-9 PM as we play some music bingo, hosted by RI Music Bingo, with chances to win great prizes!

What IS "music" bingo, you may ask? It is played in the same way as your typical bingo game, but they are run either by music genre (70's, 80's, etc.) or by other themes such as Sing Along Songs (with catchy hooks), TV Themes, Turn Up the Heat (all song titles have "hot" things in the title), etc.

### TIMELESS TREASURES SILENT AUCTION



During Music Bingo, and through 10 PM, we will be running our **Silent Auction**, which will be filled with special one-of-a-kind-creations, many of them made by parents of multiples, and other precious items.

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# SPECIAL EVENTS

## ~ SATURDAY ~

### ~ SATURDAY LUNCHEON & SHARE SHOPS ~

#### SAPPHIRE DREAMS

Grab your boxed lunch and choose the topic that best fits the dreams you have for your club. Superstar volunteers will be on hand to share success stories and lead discussions on a variety of club challenges: fundraising, growing membership, getting the message out, and more. Select a spot (or two) to spend your time as we help each other learn and grow.

**Hosted by:** *Superstar volunteers*, experts from clubs and state organizations around the country ready to share their best ideas and lead discussion.

#### Serving - Boxed Lunch:

- Roast Beef and Boursin Cheese Wrap **OR**
- Grilled Seasonal Vegetable Wrap with Hummus **OR**
- Turkey, Smoked Gouda, Hot House Tomato on a Brioche Roll

Plus, assorted Cape Cod Chips, market stand whole fruit, oven dried tomato and brie pasta salad, freshly baked cookies, assorted soft drinks and bottled spring water



### ~ MEMORIAL SERVICE ~

Join us as we pause, reflect, and celebrate the lives of our members, spouses, and children who are no longer with us.

#### Hosted by:

The Research and Membership Development Department

## ~ SATURDAY NIGHT ~ CLOSING CELEBRATION & RAFFLES

### ENCHANTMENT UNDER THE SEA

Get away to a land of enchantment under the sea!  
Dance the night away to the sounds of a live band.

Celebrate with friends. Enjoy fruits and treats:  
"We'll have no troubles, life is the bubbles" under the sea.

#### Hosted by:

MMOTA (*Massachusetts Mothers of Twins Association*)  
& Southcoast MOMs

#### Serving Stationary Hors D'oeuvres:

- Cheese and Fruit Display **OR**
- Waffle Sundae Bar - *Make Your Own Sundae Creation*
- Vanilla and Chocolate Ice Cream Served with Assorted Toppings:
- Warm Chocolate Fudge, Caramel, Assorted Nuts, Chocolate Sprinkles, Cherries, Cookie Pieces and Whipped Cream.
- In your choice of a bowl or on top of a warm Belgian waffle.



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# THURSDAY TOUR

## OCEAN STATE EXCURSION

NEWPORT:  
~ SPECTACULAR CITY BY THE SEA ~



Come away with us to one of America's most special places! On this trip your host will take you on a journey through early American history and the stunning wealth of America's Gilded Age. You will travel by tour bus along breathtaking Ocean Drive and Bellevue Avenue where you will see and hear the stories behind the marvelous summer homes of many famous Americans, including the Kennedys, Vanderbilts, and modern day celebrities such as Jay Leno and Judge Judy. During this day you will also explore the cobblestone streets of colonial America, enjoy the picturesque inner harbor of the sailing capital of the United States, visit the famous Cliff Walk, take an inside tour of the incredible Breakers mansion, and more. Filled with interesting stories and fantastic sights, plus free time to explore on your own, this is the best way to experience Rhode Island's spectacular city by the sea!

### ~ TOUR HIGHLIGHTS ~

- 🚢 America's Castles on Bellevue Avenue
- 🚢 Brick Marketplace  
(free time for restaurants & shops)
- 🚢 Colonial Newport  
largest collection of pre-Revolutionary war homes in America
- 🚢 Eisenhower and Kennedy Summer Homes
- 🚢 Newport Harbor  
sailing capital of The United States
- 🚢 Ocean Drive
- 🚢 The Breakers  
tour of mansion and grounds



### ~ WHAT'S INCLUDED ~

- 🚢 Admission to The Breakers
- 🚢 Narrated Tour
- 🚢 Round-trip transportation

TOTAL COST: \$100  
LUNCH ON YOUR OWN

WHAT TO WEAR: Sunscreen and sensible footwear for walking around Newport



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