



*A non-profit support network for
families & families-to-be of
multiple birth children & beyond!*

www.keepingpace.org

ANNUAL REPORT 2023



Mothers' Milk Bank Northeast
Share the Health



babycafé
USA

What Sets Keeping Pace With Multiple Miracles Apart?

We integrate a fundamental commitment to create community as a way to eliminate isolation and its effects on new families. Keeping Pace is a unique concept with comprehensive products, services and opportunities all under one roof. Through our team of instructors, childbirth educators, and Lactation nurses, we are building a strong professional community simultaneous to a parent community. Our welcoming environment invites many different cultures and socioeconomic levels to be together as one.



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LETTER FROM LEADERSHIP

Greetings to all! What a year...what a COUPLE of years we've had!!!! We moved to our new location March 13, 2020 and then the world shut down. We all went home for a week and then slowly crept back in to fill customers requests of Spring clothing, and whatever else they needed. It was a true "miracle" we survived at all with our rent doubling with the move. We ended up working with a handful of volunteers to fill requests of the Tiny Table, and everything else our families needed. They would call and we would put their order curbside, so that everyone remained safe. The bags lined the sidewalk with requests! Our landlord offered us more space up front that became our now "Infant Room"! It wasn't long before the back space opened up and we were able to take on 1200 more square feet! This enabled us to be able to offer classes, support groups, childbirth education and breastfeeding support. We became a "Baby Café", hired two incredible IBCLC (breastfeeding nurses) and opened as soon as we received the green light to return to work. Parents came with their newborns and children to take a much needed break from being isolated and stuck at home. We cleaned and sanitized before we opened and several times throughout the day to keep Keeping Pace clean and safe for all. Soon after several of our staff members went through training and we became a Milk Depot for the Northeast Mother's Milk Bank and are now able to accept breastmilk from moms and ship it to Newton where they process the milk for sick and premature babies. This November, we experienced yet another growth spurt! We expanded into another space in our building and completely relocated our "Keeping Room" where our team processes the clothing donations that come in on a daily basis. This move allowed us to open up the cutest little play space we call "The Nest" for Moms and Dads of littles age 2 and under. They can enjoy a small, clean environment to bring their budding crawler or early walker and enjoy and explore new toys and friends each week! So while the pandemic and closures occurred since our move here March 13, 2020, we have been able to experience lots and lots of growth and changes to meet the needs of parents and caregivers in our community. In 2023, we are looking forward to bringing in more speakers, add more classes and workshops in the future, such as speech and fitness, nutrition and feeding. We would love to grow our Tiny Table Baby Food Pantry and expand our Breastfeeding Support. Thank you to all of our community donors, volunteers, staff and board members who stuck with us through a very uncertain time. We can hardly wait to serve all of the new parents in our community! So many more classes have been added to the schedule:



SPEECH & LANGUAGE



FITNESS CLASSES



PLAYGROUPS



BABY BOOKWORMS



MUSIC CLASSES

HELPING THE COMMUNITY

- We gave away \$3,286.00 in scholarships for families to attend our classes or workshops free of charge.
- Thanksgiving Dinners were given to 13 families
- Christmas was delivered to 25 local families
- Our Birthday closet was full and ready to help our multiple birth families in need with birthday gifts for their children.
- Our Tiny Table Baby Food Pantry served 3,974 families in the surrounding communities and gave away a total of \$183,845.00 of baby food and formula to those in need.
- Our Milk Depot has taken in over 1,000 ounces of breastmilk since inception. This donated milk goes to the Milk Bank in Newton and is distributed to hospitals to help sick and premature babies.

MISSION & METRICS



Our Vision

Our Vision is to be a leading resource for families meeting a wide range of needs during pregnancy, birth and the early years of childhood. Our unique facility educates, empowers and nurtures families by providing a community atmosphere and an abundance of opportunities for support, encouragement, growth and development resulting in much calmer, happier, healthier families.

Our Mission

Our mission is to support and nurture expecting and new families to create a positive birth experience and a healthy family life from inspiration and partnership. Our beautiful, inviting facility gives parents a place to gather, build their community, learn from one another, experience and share in the parenting journey. We provide a home away from home, where new moms and dads can come and be supported by our instructors, our staff and each other during one of the most uncertain and important periods in their lives. Keeping Pace with Multiple Miracles is a destination that offers a reprieve from isolation as well as the capacity to have multiple needs met in one location. Our network of highly skilled professionals as well as a compassionate and loving staff and volunteers provides access to a wide range of services during the prenatal period into the transition to parenthood. Through education and positive reinforcements in our support and new moms groups, we are setting the family up to succeed.

Our Purpose

Our purpose is to honor and support the work of parenting, to nourish and help build up families by providing education, resources, affordable classes, speakers and workshops so the children and family may flourish. The need for community support and education surrounding the experience of parenting is unquestionable. All new parents commonly experience dramatic and unexpected life changes during the first few months/years after a child is born. For many of them the biggest shift is going from a busy, interactive social life to isolation. Parents often find themselves overwhelmed and exhausted, uncertain as to where to turn for help and support. Keeping Pace with Multiple Miracles serves as a place for both expecting and new parents to explore the extensive needs that a family has, to help prepare for the arrival of their new born, and opportunities to meet and connect with other families as well as educate them in their childbirth and feeding options empowering them to make truly informed choices. Current neurological and child development research shows that the bonding and nurturing of the first year makes a huge impact on a human being's health well into adulthood.

MISSION & METRICS

Keeping Pace with Multiple Miracles integrates our resale boutique, our Baby Café, Tiny Table, The Nest and The Gathering Place. We are a Milk Depot and collaborate with Northeast Mother's Milk bank. All of these elements combined create a unique and nurturing experience for all.

Keeping Pace Resale Boutique

We accept donations from the community of gently used clothing, toys, books and equipment. We have preemie up to teen as well as a very large maternity and nursing selection. Our average children's clothing costs \$2 each, Maternity \$5, toys and equipment goes for less than half of retail value allowing all to partake and be able to provide nice clothes and toys for their children.



Tiny Table

Our Tiny Table Baby Food Pantry provides baby formula and food for our tiniest members of our community. In 2022, we served 3,974 in a total of 66 cities in 3 states and 5 counties. This service is for the community donated by the community, we simply act as a liaison in processing the donations and checking on any formula recalls. We provide diapers and wipes for our multiple birth families for their first year of life. A total amount of \$184,845 was given away in 2022!



Baby Cafe

Baby Café' is Open every Tuesday and is staffed by Registered Nurses who are also IBCLC's (International Board Certified Lactation Consultant) who help support the expecting and breastfeeding mom by hands on help. This is a free service to all who come from our community. This support allows a nursing mother to come even after her breastfeeding questions have been answered and any issues have been overcome. The moms find great solace in sharing with one another and it is not unusual for them to form a very tight knit community. We also offer free breast pumps to those in need.



The Gathering Place

The Gathering Place is where many of our classes, workshops, support meetings and playgroups are held.

These groups are lead by professionals such as our Pediatric Speech Language Pathologist to our Certified Infant Massage Specialist. We offer dance and music in this space as well as our weekly free story hour.



The Nest Play

The Nest Play space provides weekly playtime for our little ones under the age of two. Parents and caregivers can get out of the house several times a week to meet in THE NEST, connect with other parents and relax in a cozy, safe atmosphere. You can bring your coffee and stay for the full hour and a half



Milk Depot

Milk Depot at Keeping Pace is a part of Northeast Mother's Milk Bank. Several of our staff became certified in collecting the donated breastmilk. The donated breastmilk is sent on to the northeast Milk Bank for processing, and then on to sick and premature babies.



PROGRAM OVERVIEW

PROGRAMS AND SERVICES KEEPING PACE OFFERS

FREE Classes/Support Groups

- Story Time: Wednesdays
- Curry Story Hour: Fridays
- SPRINT Multiple Moms Support Group: Last Monday
- SPRINT Dads Support Group: First Monday
- Baby Café' Lactation Support: Every Tuesday



Number Served

650

Music & Dance

- Tune Time: (weekly)
- Themed Music Event: once a month
- Dance for Tinies: weekly
- Dance Adventures: weekly
- Shining Stars: weekly



Number Served

492

Childbirth Education

- Expecting A Miracle
- Parenting Multiple Boot Camp
- First Aid
- Infant CPR
- Infant Massage
- Newborn Essentials
- Grandparenting 101
- Breastfeeding 101
- Breastfeeding Multiples



Number Served

470

Playgroups in the Nest

- Rise & Shine
- Tiny Treasures
- Early Birds
- Mini's & Memories



Number Served
(Since January)

45

Fitness Classes (started January)

- "17" classes are offered each week!



Families Served
(Since January)

11

Facilitated Support/Playgroups

- Just Mom & Me (two classes held once a week)
- New Moms Playgroup: (two classes held once a week)
- Working Moms Playgroup: (meets every Saturday)



Number Served

300

Speech, Language Literature Groups

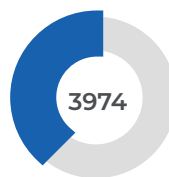
- Baby Bookworms: weekly
- Toddler Language: weekly
- Baby Language: (two groups weekly)
- Baby Language and Feeding Class: weekly
- Teddy Bear Tea Party: (two groups every other month)
- Free Speech Screenings: monthly



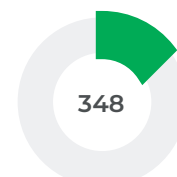
Number Served
(Since November)

92

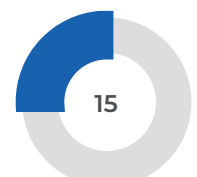
FREE SERVICES



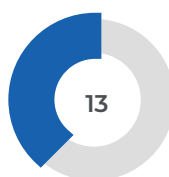
**TINY TABLE
FOOD PANTRY**
3,974 were served
in 2022



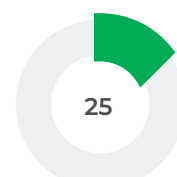
**MULTIPLE BIRTH
DIAPER PANTRY**
348 cases were given
out in 2022



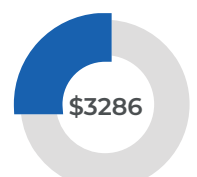
**FREE BREASTPUMPS
FOR LOW INCOME
FAMILIES**
15 families were served



**THANKSGIVING
DINNER**
13 families were served



**CHRISTMAS
FAMILIES**
25 families were served



**SCHOLARSHIPS TO
CLASSES**
31 families were compensated
for \$3,286

2022 FINANCIALS

Keeping Pace with Multiple Miracles is a state-wide non-profit support network for families and families-to-be of multiple birth children. Our Center of Operations is located in West Bridgewater, Massachusetts. Volunteerism is the cornerstone of our foundation with a 'pay it forward' philosophy allowing our mission to steadily expand and meet the needs of our growing membership.

\$607,865

2022 INCOME

\$542,715

OPERATING EXPENSES

\$59,150

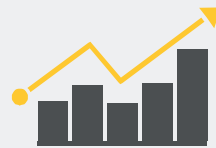
FUNDED PROGRAMS

\$6,000

NET OPERATING INCOME

\$601,865

2022 EXPENSES



TINY TABLE DONATIONS
2020-2022

ITEM	2020	2021	2022
Individual Donations to Families	1551	3180	3974
Cans of Formula	2733	5975	6293
Packs of Diapers	357	624	785
Jars of Baby Food	2460	4655	5157
TOTAL	\$82,147	\$181,450	\$183,845





Jessica & Noelle

New moms were not designed for isolation. Keeping Pace with Multiple Miracles extended their loving hands pulling me out of the dark postpartum days and into the magic of motherhood. Keeping Pace had made it their mission to support new moms like myself throughout the pandemic and beyond when the rest of the world shut down. Despite the unknowns of a spreading virus, KPMM knew the crucial importance of connection, relationships and honest conversations for newly postpartum mothers. The world forced us to stay away from one another when all I yearned for was connection during those first few weeks at home with a newborn. Trying to navigate motherhood solo through sleepless nights and around the clock nursing led to an infinite cycle of exhaustion destined for seclusion, loneliness and hopelessness.

Restrictions finally started to lift when my daughter was three weeks old. One of the nights of endless scrolling online, a beacon of hope appeared on my newsfeed. "FREE In Person Yoga for the Month of April 2021!" I knew nothing about yoga, was still recovering from unplanned birth surgery but I needed to see someone, anyone, this was my opportunity.

And so, our beautiful journey began with KPMM.

With still scrunchy babe in tote, I went to yoga, complete with that fresh new-mom daze and baggy eyes. Now mom of a thriving toddler, I am so proud and thankful to my scared and lonely postpartum self for taking that leap of faith to show up. From there we were plugged into both free and extremely affordable programs such as Baby Café, Infant CPR & First Aide, Mom & Me Music Classes, Book Studies, and most prominent still today, our New Mom & Me playgroups. Now we have a strong village of moms and children to walk through all stages of life with. We continue to shop, swoon over the affordable clothing and equipment and support the mission and vision of Keeping Pace, always recommending them to new and expectant mothers. Keeping Pace dares to show up when needed most and swings wide the doors to healing. The staff went above and beyond to navigate and utilize outside partnerships and resources for postpartum counseling, speech therapy and nutritionists when I could barely form a single thought. When they say, "Come find your tribe," "We're here to help," or, "We love you," they mean it. Solely from the deep love and support of KPMM's village and formed community was I able to push through those first years of motherhood.

You have done so much for us, far beyond what meets the eye;
For that and so much more, we are eternally grateful.

**Keeping Pace dares
to show up when
needed most and
swings wide the
doors to healing.**

IMPACT STATEMENTS



Kim Gamache

We are so grateful to have found Keeping Pace with Multiple Miracles. It has been a safe haven for my twins and me for the first year of their life.

How scary to live through a formula shortage, thank goodness we had KPMM. On several occasions, we couldn't find our brand and were so relieved KPMM had it! During a time when we were paying out of pocket (our prescription was useless because they were out of stock) KPMM saved us money and allowed us to feed our hungry babies!

From free diapers to affordable toys and clothes, KPMM allowed for the financial possibility of buying for two. We were also blessed to receive many beautiful gifts for the holidays. What an incredible generosity. Most importantly, KPMM has built an incredible community of kindness. KPMM has built an incredible community of kindness. KPMM gave me a destination, and helped me practice getting out of the house with my twins. Starting at the age of 2 months, I would make the 30 minute trip to KPMM because I knew I would be welcomed with open arms. As I walk through the store, employees always greet me, help me find things, and even ask how I'm doing (AND actually care about the answer). Many share their own personal stories and encouragement. If my kids cry or get fussy, no one glares at me or gets annoyed by the noise. Instead, workers often help, sympathize, or encourage me to use the Baby Cafe for a private moment to calm my kiddos down. Even the fact that there are changing tables in every single bathroom makes me feel even more welcome.

We've loved attending classes and playgroups as well. This is where everything I just said above applies.

1. The classes are affordable (a huge deal when you have two)
2. It gave me a destination & helped me practice going places with the twins
3. It helped me meet other moms
4. Again, a mom friendly community. When my daughter, struggling with stomach pains, started screaming at my first class, I was MORTIFIED. However, a few minutes in, Pam Pace popped in, came right over and asked if she could help by holding her. She then picked up my daughter and began rocking her. She even stayed until Mia calmed, allowing me to better participate in the class conversation. That moment made it clear that this was not just a store, but a community.



We're SO thankful for Keeping Pace With Multiple Miracles. It is an incredible organization, impacting countless families with its generosity and community.

IMPACT STATEMENTS



Alyssa Dancey Beaulieu

My name is Alyssa and I am from Raynham MA. I have 11-year-old twin girls Kenzie and Gwynneth and 9-year-old Parker. In addition, for the past 3 years we have been fostering through DCF. We have had 17 children come through our home in that time. We currently have 3-year-old Cameron and 6-year-old Caiden. Keeping Pace has been a huge part of our lives for almost 12 years- holy cow- 12 years! As soon as I found out I was having twins I attended my first SPRINT meeting. After the girls were born, my husband Craig and I made the decision for me to take the year off of work and be home with the babies. We are both

High

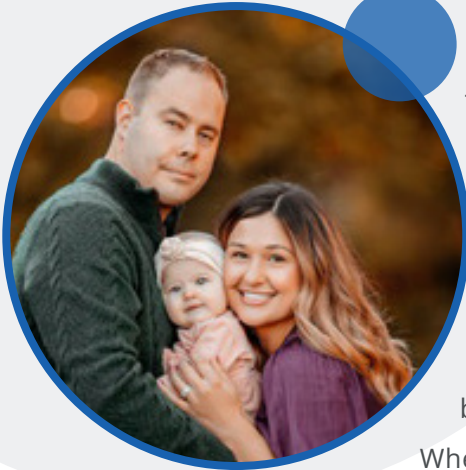
School teachers and once we crunched the numbers, it didn't make sense to send the girls to daycare and work JUST to pay for daycare. It was an amazing year home with the girls, seeing them grow, and attending playgroups at Keeping Pace...but it was HARD! We scrapped by on one salary for the year...but barely!

Two years later when our son Parker was born and we crunched the numbers again and came to the same conclusion- we would be working just to pay the daycare bill for 3, and it wasn't worth it! It was Craig's turn to stay home- he thought it would be more fun and less stress to stay home with 3 kids under 3 than to go to school every day- HUH! Every day he would send me updates that I secretly compiled into a blog for him as a surprise. 182 Days with Daddy is a blog that Craig wrote by accident about his days at home. I am still impressed that he made it to October before threatening to throw someone off the roof...as a joke! It was around November of that year that we realized that we were in trouble financially. The amount of money you make on paper is one thing, but that doesn't consider the mortgage payment, student loan payments, utilities and this and that and on and on until before you know there are weeks when you only have \$20 for food for a family of 5 people. We made 'too much' money to qualify for any assistance but not enough to actually make ends meet. Thank goodness for Keeping Pace and the Tiny Table Food Pantry and diaper donations, without which we would have been in even worse shape! No one at Keeping Pace looked down on our struggle, but they tried to help lighten the load. Formula, diapers, Thanksgiving dinner, Christmas gifts, all so very much appreciated.

Fast forward 9 years and my family is in a much better financial position - one in which we are happy to be able to give back to other KPMIM families in need. This past Thanksgiving, we were able to put together donations of full Turkey dinners to 10 KPMIM families in need. When COVID-19 locked down everything, I had mentioned to Pam that Craig and I wanted to help. She had just the job for us- organizing the Tiny Table Food Pantry- which evolved over the weeks into handing out formula and baby food to families in need once a week until the store reopened that July. Since that time, the Tiny Table Food Pantry has evolved and grown tremendously. We are helping thousands of families each year with necessities for their children and families. I have attached a table that shows how the Tiny Table has grown over the past few years, during the pandemic, formula shortage and Similac Recall!!! The growth is heartwarming and inspirational.

As a family, we have come full circle. It is an amazing feeling to be able to help someone in need and it is even more amazing to be able to volunteer for an organization that has helped my family so much in our journey.

It is an amazing feeling to be able to help someone in need and it is even more amazing to be able to volunteer for an organization that has helped my family so much in our journey.



Susie Jordan

The organization Keeping Pace with Multiple Miracles has been a source of support, safety, encouragement and empathy for my family over the past year and I would like to share the positive impact this has had on myself. I gave birth to my first child Faye in April 2022. After a traumatic labor and delivery experience and a NICU stay for Faye, my husband Tom and I were ecstatic to bring Faye home but emotionally drained and in need of support.

When pregnant I had planned to breastfeed the baby, but with the NICU treatment unfortunately I was not able to do that right away. Looking online for someone who could help, I stumbled upon KPMM and saw they had a weekly Baby Cafe for lactation support. Not knowing exactly what this meant, I called KPMM and spoke with Pam and shared my situation. She spoke to me as if we were old friends and said that yes they could absolutely help me, and I was amazed to hear that this was a free resource available to the community. I went the next morning to my first baby cafe and immediately felt so supported being among other new mothers navigating breastfeeding with the help of the KP lactation consultants. I had one on one time with Lynne, who gave me valuable advice and help to meet me where I was at. I continued going to baby cafe every week, and every week I learned something new and felt more confident in my breastfeeding journey. I now have been breastfeeding for 9 months and counting and I know I couldn't have done it without KP. During this time I realized how KP offers even more than just baby cafe. They host a myriad of classes for moms and babies. Over the past 9 months I have attended classes on Infant CPR, Infant Massage, Tune Time Music Class and Baby Bookworms. Not only have I enjoyed all of the classes (and Faye has too!) but going to KPMM always feels safe and easy with a baby. All of the bathrooms are stocked with diapering supplies and each bathroom has a changing table. Every person who works there is kind, helpful and looking to support mothers. Their boutique is full of gently used toys, clothes, and baby supplies for anything a mom may need. I am so grateful that I have had a place like KPMM available to me this past year. I look forward to participating in the new offerings that have already begun in 2023 such as fitness classes and open play group times as a way to connect with other moms and little ones. Thank you for all you do for the community.

"The organization Keeping Pace with Multiple Miracles has been a source of support, safety, encouragement and empathy for my family over the past year"



KPMM strives to meet the needs
of all mothers & fathers
and to foster a network of
families to offer support in
coping with the challenges that
come with parenting them.



OUR TEAM

LEADERSHIP

BOARD OF DIRECTORS

- Stephen Pace - *President*
- Dr. Fred Kern - *Vice President*
- Alyssa Dancey - *Secretary*
- Susan Healey - *Treasurer*

EXECUTIVE DIRECTORS & COFOUNDERS

- Donna Baker
- Pam Pace

MANAGERS

- Kimmarie Matchem
- Deb Gelman

ADMINISTRATIVE ASSISTANT

- Elizabeth Condon

STAFF

DONATIONS

- Susan Ellis
- Bonni Mills
- Eva Sullivan
- Grace Boville

KEEPING ROOM

- Melinda Fulton
- Terri Mason
- Robin Pitcher
- Francine Sheedy

INFANT ROOM

- Deborah Penn
- Beverly Baird
- Megan Wyatt
- Kat Caldwell

TODDLER ROOM

- Eileen Kelly
- Catherine Marino
- Heather Bartlett
- Lindsey Spina

MATERNITY

- Kathy Lamotte

BABY CAFE

- Amanda Rogers

CONSTRUCTION

- Doug Degeis

COMMUNITY

DEDICATED VOLUNTEERS

- Nancy Fletcher-Hambly-Keeping Room
- Patti Yule - Keeping Room
- Jan Dunlop - Keeping Room
- Jennifer Correy - Keeping Room
- Alley Ginnetty-Books
- Steve Gelman- Dad's Night
- Thomas Gelman - IT
- Tori Gelman - Donations



LOOKING AHEAD

Due to the pandemic and its effects of isolation that our families experienced over the past few years, we are committed to increasing our programs, workshops and classes to allow for more opportunities to support our community. We are excited to add Post-Partum support, NICU and Premie Support groups, Speech, Language and Feeding Groups, as well as having an on site Lactation Consultant! Our Tiny Table Baby Food Pantry has been such a blessing to so many in the community over the past many years and the need continues to grow! We are looking forward to increasing our pantry to be able to continue to support the needs of families in the community.



Baby
Cafe



Book
Nook



Milk
Depot



Tiny
Table



KEEPING PACE WITH MULTIPLE MIRACLES

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