



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

www.keepingpace.org

ANNUAL REPORT 2024



Mothers' Milk Bank Northeast
Share the Health
Safe • Trusted • Lifesaving

**United
Way**



**United Way of
Greater Plymouth County**



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

Happy 2024! What a year we had at Keeping Pace with Multiple Miracles. In response to the post-pandemic world we are living in, we have been able to offer more classes and support groups to meet the needs of our families in order to help them navigate the challenges they are facing developmentally, physically, mentally and emotionally. We've added Post Partum Support Groups to bolster our mamas who are struggling with anxiety and depression. We've added Speech Classes to help our little ones who were born during the pandemic and now are experiencing speech delays. Moms have been sharing with us their need to get out, gain confidence in their new role in Motherhood and figure this all out. We have heard their voices and have added playgroups for our working Moms, stay at home Moms, and the Moms who do both.

We've experienced a ton of growth in the number of families we are able to serve and have been able to utilize every inch of our building space to better serve everyone who comes in. Our Facebook page grew to 20,900 members, enabling us to reach even more families and increased our phone sales. Thanks to a grant awarded to us from United Way of Greater Plymouth County, our resale boutique was able to go paperless with a new Square POS system. We were able to give our Tiny Table Baby Food Pantry an overhaul, bring in speakers and add more classes! We were voted Best Non-Profit Charity and Best Dance Studio by Best of the Best in 2023. We also received a grant from Dunkin Joy Childhood Foundation and were able to enhance our focus on teaching our families about healthy Nutrition. Thank you to our community donors, volunteers, staff, and board members as well as United Way and Dunkin Joy for giving us the ability to better serve our community. It is our sincere pleasure and honor to be able to do what we do and we are so excited to continue to grow our programming and to help our families!

- POSTPARTUM SUPPORT
- SPEECH & LANGUAGE
- BABY & ME YOGA
- PLAYGROUPS
- BABY BOOKWORMS
- MUSIC CLASSES
- DRUMS ALIVE

HELPING THE COMMUNITY

- We gave away \$3,790.00 in scholarships for families to attend our classes or workshops free of charge.
- Thanksgiving Dinners were given to 11 families
- Christmas was delivered to 51 children (over 350 wishes granted!)
- Our Birthday closet brought birthday wishes to over 50 children!
- Our Tiny Table Baby Food Pantry served 4,523 families in the surrounding communities and gave away a total of \$249,188.00 of baby food and formula to those in need.
- Our Milk Depot has taken in over 19,584 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.

***Served over 20,500
in the community!***



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.

***In 2023 we served 4,523
to give away \$249,188!***



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.

Over 500 Moms have been served!



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.

***19,584 ounces of breastmilk
has been donated!***



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**

765

Music & Dance

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



**Number
Served**

2173

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**

511

Postpartum Support

- Postpartum Group
- New Mom Playgroup
- After 4th Trimester
- New Moms Coffee Chat



**Number
Served**

1041

Fitness Classes

- zumba & Yoga



**Families
Served**

225

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**

794

Speech, Language Literature Groups

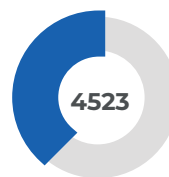
- Baby Bookworms: weekly
- Toddler Language: weekly
- Baby Language: (two groups weekly)
- Baby Language and Feeding Class: weekly
- Teddy Bear Tea Party: (two groups every other month)
- Free Speech Screenings: monthly



**Number
Served**
(Since November)

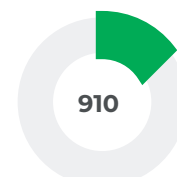
365

FREE SERVICES



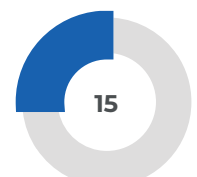
TINY TABLE FOOD PANTRY

4523 were served
in 2023



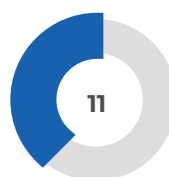
MULTIPLE BIRTH DIAPER PANTRY

910 cases were given
out in 2023



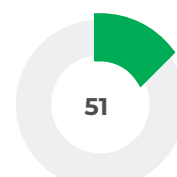
FREE BREASTPUMPS FOR LOW INCOME FAMILIES

15 families were served
in 2023



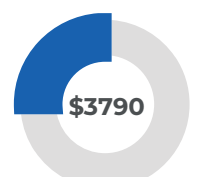
THANKSGIVING DINNER

11 families were served
in 2023



CHRISTMAS FAMILIES

Christmas was brought to
51 children over
350 wishes granted in 2023



SCHOLARSHIPS TO CLASSES

Scholarships \$3,790 were
given to 32 families
in 2023

2023 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.

\$838,792

2023 INCOME

\$748,535

OPERATING EXPENSES

\$54,530

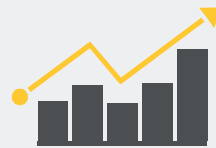
FUNDED PROGRAMS

\$35,727

NET OPERATING INCOME

\$803,065

2023 EXPENSES



TINY TABLE DONATIONS
2021-2023

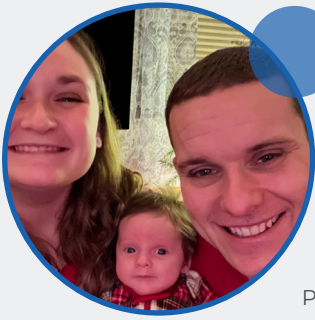
ITEM	2021	2022	2023
Individual Donations to Families	3180	3974	4523
Cans of Formula	5975	6293	8319
Packs of Diapers	624	785	910
Jars of Baby Food	4655	5157	6831
TOTAL	\$181,450	\$183,845	\$249,188



Tiny
Table
Pantry



Diaper
Donation



Tori & Violet

It's pitch black in the room with a noise machine going full blast, you just spent 2 hours trying to get your baby to bed and you feel a wave of frustration hit you. Who do you call, you can see if a relative is up or maybe a friend but you don't want to feel like an annoyance so you don't and just sit in silence. This is how I felt at the beginning of my motherhood journey, frustrated and alone. I spent the whole day in my babies room because I did not know what to do with myself or how to get out of it, I finally reached out to my Doula who said "get to Keeping Pace with Multiple miracles and find your tribe". I was so nervous when I got there and not sure if this was the right move, then Deb came and directed me towards the New mom group. Such a warm welcome awaited me at the door, felt like home. I spoke about my stressful journey of breastfeeding, holding back tears of how hard I have tried to get my baby to eat.

After the meeting Deb brought me over to Pam who owns the wonderful place, she gave me advice I felt like I needed to hear about how to increase my supply and "don't give up your body was made for this". She directed me to Baby Cafe, after one week of going my baby was latching and eating with a device. After another week no device and fattening her up like I couldn't believe. I go to Keeping Pace multiple times a week and stay connected with my tribe, through the rough and the good I have support. I now am able to spread that word to people I know who just had babies to let them know this miracle is there.

Keeping Pace with Multiple Miracles has changed my motherhood journey and I know it can also help others.



Rachel Ross

When I originally learned that I was pregnant with twins, I was lost. Even though I have older children, they were all single babies. How was I going to survive with two babies at once?

From the moment I stepped into Keeping Pace for the first time, I was welcomed into their family with open arms. The owners and employees have given me so much love and support when I needed it most. I've made new friends at playgroups. I've received free diapers and food for my twins. I've gotten gifts for my children at Christmas, when money was tight. I was given a turkey dinner at Thanksgiving so that I could feed my family of seven. I'm able to purchase affordable clothing for my boys who never seem to stop growing.

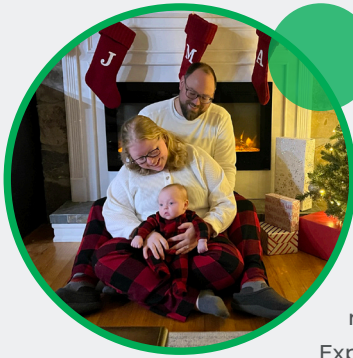
Without Keeping Pace, I would be struggling to get by. Physically, mentally, financially. THANK YOU



Jennifer Fiola

Last year was the best year of my life with having my daughter after dealing with infertility for years! I went through my pregnancy searching for classes and support. I found out about Keeping Pace with Multiple Miracles by the grace of God from my neighbor when I was two months post partum and I could not be any more grateful for her telling me about KPMM. To say KPMM has helped me in so many ways is an understatement. I went from working full time to being a stay at home mother once I gave birth and that was such a tough transition. I felt alone, very isolated and unsure how to navigate this new life post partum. I remember walking into KPMM scared, nervous and not knowing what to expect. Deb Gelman welcomed me with open arms and I couldn't be more grateful for her warmth and support that first day I went in for her Friday post partum support group. She has given me so much more confidence in my new journey of motherhood and is always there to listen at any time. My mental health has benefited greatly due to the support and friendships I've made at KPMM. Every person I've met at KPMM has been wonderful and so helpful. The new friendships I have gained due to KPMM is another thing I am so grateful for. I didn't have many "mom" friends I could relate to and now I have a new tribe of mom friends thanks to Keeping Pace. What they do for their community is so amazing and is such a necessity in so many peoples lives. Not only has the support groups been a life saver for me but Keeping place has also been a place I can go to to get out of the house, whether it's to look around the store or attend the nest playgroup now that my daughter is moving around and playing. I wish I had known about KPMM sooner! The prices can't be beat in the store !

When you walk into KPMM they make you feel like family and I'm forever grateful for this place!



Alexis Cushman

After having my baby my anxiety changed, and in many ways it became crippling. I couldn't eat because anxiety told me I needed to respond to every noise my baby made to soothe him, to teach him, to encourage him. I couldn't shower because anxiety told me something bad could happen on the other side of the curtain if I wasn't watching my baby while he slept in his swing. I couldn't sleep because anxiety told me he could stop breathing in the night, and how would I know unless I watched his chest rise and fall? But even with this new crippling anxiety, Keeping Pace helped me by providing a post-partum moms group.

Exposing me to other moms going through the same things, other moms who helped me get outside for walks, who held me accountable for coming to group, who helped me find a therapist when I admitted to them how much I was struggling. Other moms who continue to help support me, support each other, support new moms.

Keeping Pace helped me by providing a lactation group- baby cafe, so I could continue to bond with my baby despite all the fear and anxiety. So I could provide nourishment for him, and continue to show up for myself and him in the way that I had wanted to all along, especially after my birth experience had been far from what I had hoped and planned for us. And now my anxiety is different again. It still exists, but it's no longer crippling and it's far more benevolent. My anxiety or fear is that there are other new moms who are going through what I was, but don't have the support, education, love, and community like the one I have found at Keeping Pace.

Keeping Pace has profoundly changed my life and the lives of many families throughout New England. Their mission is one of ultimate service to others, to families, and to their community. It is imperative as a community we continue to support organizations like Keeping Pace the way they support us. They are a light and a resource so vital to so many.



Rebecca Casarano

On a Saturday morning after grocery shopping with my husband, I told him I wanted to check out this cute resale boutique across the street for kids and baby items. I was about 5 months pregnant when we strolled into Keeping Pace to check it out. I was eagerly greeted and given a flyer with all the classes and opportunities they had to offer. I then met Pam and she brought me back to the moms group that's as happening to say hello and I saw lots of moms and babies who encouraged me to join some of the groups once my baby was born. A few weeks later I signed up for the childbirth class with Arielle. She was so knowledgeable and made my husband and I feel at ease about giving birth and welcoming our new baby. At the end

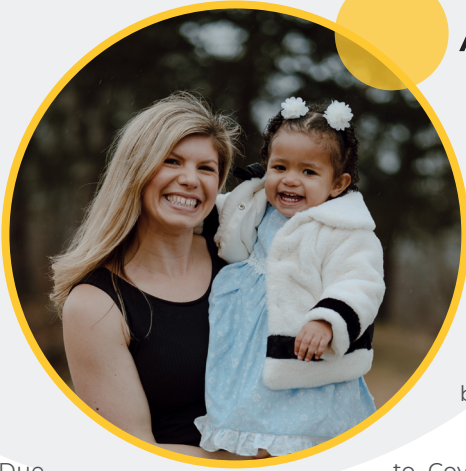
of our class Arielle encouraged everyone to checkout some of the other groups and opportunities that Keeping Pace offers.

My entire pregnancy I was so determined to breastfeed and imagined it would come naturally. Boy was I wrong. When I was in the hospital my baby really struggled to latch and stay awake while nursing. Many tears were shed, from both of us. And I was terrified to go home and no longer have the support of the lactation consultants at the hospital. After a few sleepless nights and constantly doubting myself, I emailed Arielle and asked for some suggestions of lactation consultants in the area. She sent me a list of suggestions, but ended her email by encouraging me to go to baby cafe. I reached out to one of the lactation consultants Arielle had suggested. She came to my house and was extremely helpful with getting me started with pumping and getting a good plan in place to help my baby. She mentioned she used to work at baby cafe and strongly encouraged me to check it out. When my baby was 3 weeks old I took the advice and left the house with my baby alone for the first time and strolled into baby cafe. Sherri and Liz greeted me and worked closely with my baby and I and listened to all my concerns. I met other moms struggling the same way and a few of them mentioned the postpartum group on Fridays.

Fast forward a few more weeks when my husband went back to work and I was struggling. I got my baby packed up and we went to Keeping Pace on a Friday afternoon. I met so many amazing mothers that were so welcoming and kind and they all just got it. In my short 10 weeks of being a mom...

Keeping Pace has already given my family so much. If I hadn't stumbled into the "cute resale boutique" on a Saturday afternoon I'm not sure I would still be breastfeeding my baby and I know I wouldn't have gained this amazing group of mothers in my life.

Averie Vieira



In July 2021, when my daughter was just a few weeks old, I found myself in a state of exhaustion. Continuous sleep deprivation had been my reality since her birth, and although breastfeeding was going relatively well, I grappled with feelings of insecurity in my role as a mother, compounded by a sense of isolation. That morning, I entered Keeping Pace to join Baby Cafe, a free weekly breastfeeding support group. Nestling onto a plush couch with my newborn, I witnessed other mothers breastfeeding for the first time since becoming a mom.

Due to Covid restrictions, I couldn't attend prenatal classes in person, and being new to the area meant I lacked local mom friends or family. Loneliness, anxiety, and the search for my tribe characterized my experience during those initial months. Finally, after 10 long months, I found myself surrounded by other moms in a room where some were seasoned and confident, while others shared my insecurities. Despite our diverse experiences, we were united by the shared season of struggle.

While many believe new moms want meals or breaks (which we do need at times), what we often crave is someone to empathize with and understand our challenges. Leaving Keeping Pace that day, I felt a newfound confidence in my breastfeeding journey and a sense of connection with the friends I had made.

Over the years I've attended various classes at KPMM, including postpartum support, music class, first milestone class, speech therapy, first aid, and CPR. I've also enjoyed shopping in the store itself! That same group of moms I met at Keeping Pace back in 2021 still remains some of my closest friends today. We engage in daily conversations, our children play together, and we continue to support one another, many of us now navigating the journey of motherhood with our second or third little one!

Keeping Pace not only provided crucial support during my early days as a mom but also inspired me to be a source of support for the next generation of mothers. Last fall, I began leading my own support group at Keeping Pace, facilitating discussions on topics such as mom guilt, the invisible load, and budgeting tips.

Walking through those doors was a transformative experience, and I am eternally grateful to Pam and all the staff at Keeping Pace with Multiple Miracles for their unwavering support!



Keeping Pace not only provided crucial support during my early days as a mom but also inspired me to be a source of support for the next generation of mothers.



Taylor McAulay

To start, know that I am one of the many mothers of multiples that have found a home at Keeping Pace with Multiple Miracles. Being a mother of twins is a unique experience, double the love, double the fun people say. What they don't see is double medical issues, double the crying, double the stress, and an increased sense of no one understanding what you're going through. My twins were born two months premature, so we did not find ourselves at Keeping Pace until their second month of life when I decided I needed to get out of the house, and start to dig myself out of the PTSD and postpartum depression hole I found myself in after our journey in the NICU. That day Deb found me in the baby café, feeding my five pound, two month old twins.

She saw that I was having a hard time and sat to talk to me. She spoke with me for a half hour and told me about her triplets and listened to me about the struggles I was facing postpartum. For the first time since having my girls, someone heard me, she understood, and she cared about me, despite never meeting me before that day.

That is what you have when you walk in the doors at Keeping Pace with Multiple Miracles, a listening ear, a shoulder to cry on, and people who truly care and want to help. After that day I found the postpartum support group and discovered my tribe. Without Keeping Pace I would not have the support system I have today. My tribe is an incredible group of women who have all faced their fair share of trials and hardships but we all have each other to lean on. Without them and Deb to lead us all, I wouldn't have found my way out of the darkness I found myself in postpartum.

Due to my girls being born premature, they had a unique set of needs early on when they came home and because of this I was unable to go back to work for months afterwards until they were stable enough for someone else to watch them without problems arising. And even when I went back it was only a couple days a week and for a short time before I was laidoff. My girls are on specialized formulas for their individual medical needs that are very expensive. That along with the cost of having not one but two growing babies, the tiny table formula program and discounted baby clothing and items have been a lifesaver for my family. Keeping Pace won't allow financial hardship to stop them from helping you connect with other mothers and receive the support you need.

I have received scholarship to attend class in the past, which allowed me to continue receiving the support I needed to navigate my way through the roller coaster of motherhood. I am eternally grateful to everyone at Keeping Pace for helping me to find joy in motherhood. You have helped me to laugh at the mixups, to roll with the punches and always get back up again when I fall. You remind me there is no failing, and there is no giving up. The team at Keeping Pace have made my life, and the life of my children so much better. And there is no amount of words to tell you how much that means. I thank you, from the bottom of my heart.

Sincerely,
Taylor McAulay and Family



That is what you have when you walk in the doors at Keeping Pace with Multiple Miracles, a listening ear, a shoulder to cry on, and people who truly care and want to help.



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 Beaulieu - *Secretary*
- Susan Healey - *Treasurer*

EXECUTIVE DIRECTORS & COFOUNDERS

- Donna Baker
- Pam Pace

MANAGERS

- Kimmarie Matchem
- Melinda Fulton

ADMINISTRATIVE ASSISTANT

- Elizabeth Salisbury

STAFF

DONATIONS

- Bonni Mills
- Eva Sullivan
- Brandi Pace
- Benjamin Pace

KEEPING ROOM

- Terri Mason
- Robin Pitcher
- Francine Sheedy

INFANT ROOM

- Deborah Penn
- Beverly Baird
- Kat Caldwell

TODDLER ROOM

- Eileen Kelly
- Catherine Marino
- Heather Bartlett
- Kathy Lamotte

BOOK NOOK

- Kristin Masefield

BABY CAFE

- Amanda Rogers

CONSTRUCTION

- Doug Degeis
aka "Miracle Worker"

COMMUNITY

DEDICATED VOLUNTEERS

Nancy Fletcher-Hambly-Keeping Room
Patti Yule - Keeping Room
Jan Dunlop - Keeping Room
Jennifer Correy - Diapers & Keeping Room
The Gelman Family

CORPORATE & SCHOOL DEDICATED VOLUNTEERS

State Street
Blue Cross Blue Shield
Ocean Spray
Cardinal Spellman
Archbishop Williams
Curry College
Grace Church
Jesus Christ of Latter Day Saints
East Bridgewater High School
West Bridgewater High School
Bridgewater-Raynham High School



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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