

Multiple Births Canada



Annual Report 2015-16



Our Mission

I wanted to say how thankful we are for your compassion and support. All of the individuals we have corresponded with have been wonderful. MBC is truly made up of a remarkable group of caring individuals!

Uncle to Preterm Triplets, Ontario



For over 35 years Multiple Births Canada has been a part of thousands of families across Canada.

Each year over six thousand new families find out that they are not just pregnant with one baby, but they are expecting two or more. It is the mission of MBC to improve the quality of life for multiple birth individuals and their families in Canada.

We fulfill our mission by providing support, education, research, and advocacy both nationally and internationally to individuals, families, Chapters, and organizations that have a personal or professional interest in multiple birth issues.

The current Board of Directors are committed to upholding this mission and continuing the work of the volunteers who came before us.

Message from MBC Chair



I have always been a volunteer. From raising my hand in kindergarten to offer to read, to now being Chair of the MBC Board of Directors, volunteering has always been a part of my life. I have travelled all across Ontario, and to many places in Canada for different organizations.



Very often I am asked why I do it. When it comes to my work with MBC, that answer is simple. I know how desperate I was for information the day we found out we were expecting twins, and how grateful I was to find MBC and my local chapter. I see the importance of the work of MBC and all our great chapters and volunteers. It is a privilege to work with these people as we work to offer families the most up to date and Canadian information about multiple births.

Each year the amount of information and support online increases and while this means it is easier to find instant answers, it makes it harder for people to sort through and find accurate answers to their questions. MBC strives to find a balance between the online support we offer and publications we produce with facts and figures.

This past summer I travelled to the Multiples of America annual Convention in Cincinnati, Ohio. It was great to meet other volunteers who are as committed to helping families with multiples as our own Board of Directors and national volunteers. It was interesting to see the similarity and differences between our organizations. I continue to keep in touch with this dedicated group, and hope there will be opportunities to work together on a project in the future. In this report you will find a list of all our volunteers and donors for the 2015-16 fiscal year. MBC would cease to exist if it were not people like these who also see the vision and mission of MBC as important to the lives of families across Canada. As we launch one of our most ambitious fundraising and volunteer projects, we would love to see your name on one or both of these lists.

Samuel Dash said, *"When you believe in what you're doing and use your imagination and initiative, you can make a difference."* Every time we give our time to make the lives of others a bit better, we are all making a difference. I am excited to make a difference within the MBC community with our current staff and volunteers of MBC.

Heather McAuley, MBC Chair

H i g h l i g h t s



The fiscal year of 2015-16 was one of transition for MBC. The Board and Office both had changeovers. While MBC has always existed on a very small budget, this year was even more financially challenging. Always staying steady was our commitment to providing information and support for multiple birth families across Canada.

This report contains many links to pages on our website where you can find more information. Each bullet to the right contains links to learn more about MBC and efforts to connect with families.

- Social media connections including creating a new online support group for Loss Support Network and a new online only support for Postpartum Depression and Anxiety. MBC also continued our presence on Facebook, Twitter, and Pinterest.
- MBC continued partnerships with the International Council of Multiple Births Organizations (ICOMBO) and International Society for Twins Studies (ISTS).
- The Board continues ongoing work with national volunteers on our fact sheets, updating older sheets, and developing new ones as well.
- The Board applied for and was successful in receiving a grant from PwC Canada Foundation which was used for Board training and interim
- May 28, 2015 - National Multiple Births Awareness Day theme was Twin to Twin Transfusion Syndrome (TTTS), Early Diagnosis can save lives.
- September, 2015 - Edmonton Twin & Triplet Club hosted National Conference & AGM with the theme Live, Laugh & Learn.
- September 2015 during the Conference, this year's Making a Difference Award Winners were announced. Congratulations to all and thank you for your valuable contributions.
- October 2015 - Theresa Sanders, long-time national volunteer, officially took over as Office Manager from Executive Director Kimberly Weatherall who resigned her position to pursue her private business.



Donors / Sponsors

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Multiple Births Canada would not exist without the generosity of sponsors and donors. While membership dollars allow us to continue, it's the sponsorships and donations that allow us to really connect with families, offering supports and resources and continuing to grow and develop. MBC thanks everyone for your support through the year.

*Congratulations on another fantastic year helping our multiple birth families!
Thank you to all of the hard working volunteers for all you do!*

MBC Donor, Giving Tuesday

- Holly Allardyce
- Wanda Bell
- Beyond Your Office
- Sheila Catto
- Michael & Shirley Combden
- Candi Cuppage
- Edmonton Twin & Triplet Club
- Tim & Nicole Fisher
- Dwayne & Sheri Franklin
- Joshua & Annie Krane
- Christian Martin
- Heather McAuley
- Elizabeth McGee
- Diane Myers
- Karen & Tom Neilson
- Elaine Nugent
- Lori Oldfield
- Claude Ouvrard
- Courtney Price
- Ashira Prizant
- Victoria Riley
- Olga Rosenbloom
- Theresa Sanders
- Telus Communications
- The Storage Zone
- Kimberley Weatherall
- Windsor/Essex Parents of Multiple Births Association



Volunteer Recognition

Multiple Births Canada relies on volunteers to make sure services and supports being offered not only continue, but grow.

Thank you for your support, and hours of service and dedication to MBC.

Board of Directors 2015-16

Cathy Brohman (started Oct 2015)

Shirley Combden

Carolyn Leighton-Hilborn (started Oct 2015)

Heather McAuley

Elaine Nugent

Lori Oldfield

Wanda Bell (ended Oct 2015)

Sheila Catto (ended Oct 2015)

Advisory Board

Dr. Fiona Bamforth, AB

Dr. Cathy Barr, ON

Dr. Jon Barrett, ON

Dr. Alan Bocking, ON

Laura Corbett, RN, Qatar

Jane Denton, UK

Dr. Audrey Huberman, ON

Dr. K.L. Jang, BC

Jean Kollantai, USA

Linda G. Leonard, RN, BC

Patricia Malmstrom, USA

Stephen Moreau, ON

Pat Preedy, UK

Cheryl Wadasinghe, ON

The only experience better than raising my own twins and their older sister has been the extraordinary joy in helping so many others for so many years.

Lynda Haddon, MBC Volunteer

National Volunteers

Jacquelyn Agar

Joanna Benvenuto

Tamara Brittain

Rose Czarnuch

Janice Desroches

Murielle Dietrich

Nicole Fisher

Lynda P Haddon

Patricia Harber

Jenna Kelland

Kim Krueger

Olga Kutikov

Cathy Latouf

Muffy McKay

Tania McNamara

Renee Miron

Gail Moore

Lindsay Patrick

Anna Rendell

Vicki Riley

Jennifer Shelswell

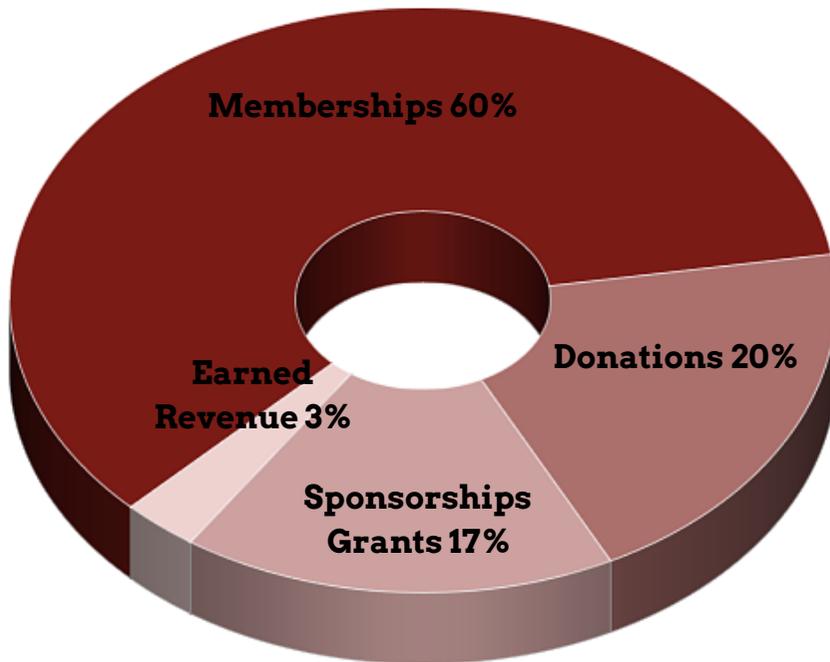
Jennifer Stephens

Kimberley Weatherall

Tania Zulkoskey

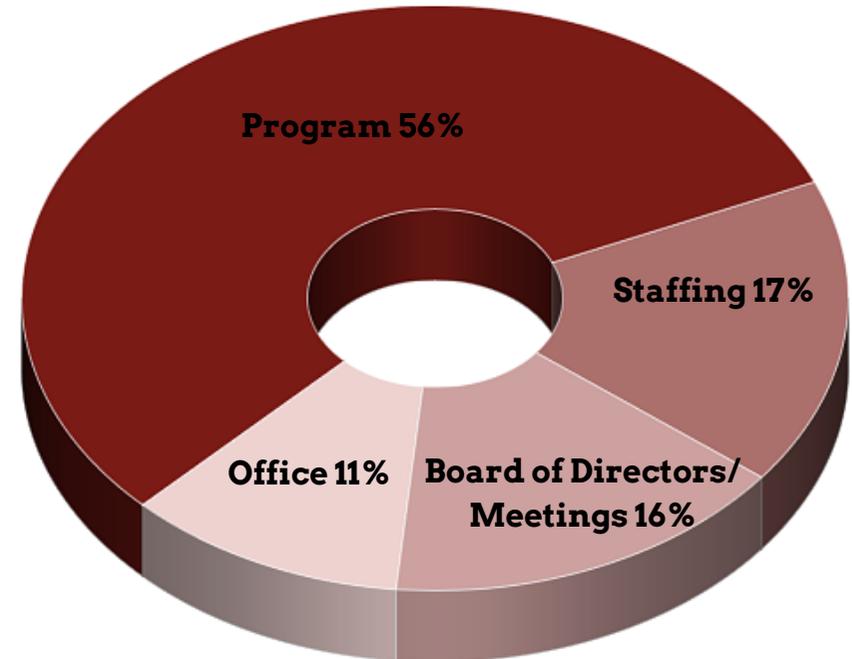
Financials

2015-16 How Funds Were Raised



Multiple Births Canada continues to rely heavily on membership revenue to sustain expenses. Donations to MBC were down this year, but two sizeable grants were received to help offset programming and board costs.

2015-16 How Funds Were Spent



The bulk of MBC's incurred expenses continue to fall under providing supports and services to membership. MBC continues to work to keep other expenses minimal. Full 2015-16 financials can be found on the website.

Looking Forward



The MBC Board of Directors has developed 5 main goals for the upcoming year using the theme *Building Support for the Road Ahead*.

These goals also fall in line with the MBC Strategic Plan priorities of Public Engagement, Connection, Operational Excellence, Growth, and Resources.

- MBC needs more national volunteers. We need to tap into the passion and skills of these volunteers, and give them the motivation and recognition they deserve. Keep watching for more opportunities to volunteer with us.
- MBC will continue to connect with membership, chapters, and international partners as well. Social Media will be used to share information and continue an effective online presence.

- Staying transparent and informing the membership what the Board of Directors and Office Manager are working on provides everyone the opportunity to see the needs of MBC and where they can help.
- MBC has always strived to keep resources up to date and accurate. Many publications will be reworked this year to make sure they are current and complete.
- MBC is working hard to connect to parents that are expecting multiples as soon as they find out, allowing them to access the amazing prenatal and infant resources. We are actively developing a plan, and hope to involve our membership in this process soon.

If you are interested in working with MBC on these goals, and to provide support to multiples and their families in your area and across the country, please let us know ...we will find a perfect place for you!

Multiple Births Canada
PO Box 352 Lefroy, ON L0L 1W0
1-866-228-8824

Registered Charity #895390110 RR0001

Jimmerfield Family Front Cover - Courtesy of Natacha Silber Photography
In order Audrey 5, Zara 8, Paige 13, Nina 5, Sophia 5

