

BAMOM - Support List
updated December 2011

	Member Name	Primary Contact	Secondary Contact	Comments
Feeding				
Breast Feeding/Pumping	Shelley Cathcart	shelley.cathcart@gmail.com		pumped for one and nursed the other
	Amy Drolet	agdrolet@gmail.com		
	Kelly Falls	kelsyb19@hotmail.com		breastfeeding triplets
	Dana Pate	dana.pate@yahoo.com		breastfed twins for 18-months
	Crystal Knezek	crystalknezek@gmail.com	772-349-8463	
	Lora Fanning	lora.fanning@gmail.com	205-617-0539	
	Randi Turner	sunflowyrz@gmail.com	205-410-2216	
	Jenna Bates	jennareneemarsh@hotmail.com	205-910-9029	pumping for quads
Feeding Issues	Jan Shadix	kylejanshadix@bellsouth.net		
Introducing Solids	Catherine Chestnut	catherine.b.chestnut@gmail.com	205-585-3466	
Food Allergies	Jan Shadix	kylejanshadix@bellsouth.net		protein intolerance and special formula
	Tracey Martin	tracey@martinsmail.net		diets for GFCFSF, SCD
	Stacey Phillips	staceyisastamper@aol.com		
	Randi Turner	sunflowyrz@gmail.com	205-410-2216	
Homemade Baby Food	Jennifer Fisher	brandonnjenn@gmail.com		
	Dina Booth	archerethan@aol.com		
	Crystal Knezek	crystalknezek@gmail.com	772-349-8463	
	Randi Turner	sunflowyrz@gmail.com	205-410-2216	
Children's Medical				
Allergies (other than food)	Stacey Phillips	staceyisastamper@aol.com		
Aortic Stenosis	Kate Brand	katewbrand@hotmail.com	205-613-5578	
Aspergers	Tracey Martin	tracey@martinsmail.net	205-862-6802	
Asthma	Margaret Opolka	ropolka@yahoo.com	205-298-0927	
Autism	Megan Douglas	meggiej8@aol.com		works as a autism specialist
	Lisa Godwin	realsuburbanmom@gmail.com		
	Tracey Martin	tracey@martinsmail.net	205-862-6802	biomedical intervention
	Casey Scroggins	casey.scroggins@comcast.net		
Bradycardia	Maria Bellot	bellotmaria@yahoo.com		with feedings as preemie
Brain Bleed	Jan Shadix	kylejanshadix@bellsouth.net		grade 2 and grade 4
Brain Surgery	Jan Shadix	kylejanshadix@bellsouth.net		shunt
Early Intervention	Jan Shadix	kylejanshadix@bellsouth.net		
	Casey Scroggins	casey.scroggins@comcast.net		
Hydrocephalus	Jan Shadix	kylejanshadix@bellsouth.net		
Hydro-nephrosis	Angie Cleveland	augirl75@gmail.com		of the kidney

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Monoamniotic Twins	Dana Pate	dana.pate@yahoo.com		
Reflux	Maria Bellot	bellotmaria@yahoo.com		
	Casey Scroggins	casey.scroggins@comcast.net		
Sensory Integration	Jennifer Fisher	brandonnjenn@gmail.com		
	Tracey Martin	tracey@martinsmail.net		
Speech	Jeni Parrish	jparrish4@gmail.com		
Tonsillectomy	Jennifer Carden	twins06@windstream.net		
Tubes in Ears	Jennifer Gray	aubie99@hotmail.com	205-903-3975	
	Erin Caudel	erincaudel09@hotmail.com	205-540-1543	
	Casey Scroggins	casey.scroggins@comcast.net		
Diapering				
Potty Training	Julia Elosge	juliaelosge@yahoo.com		
Pre-PG, PG, & Post-PG Topics				
Amniocentesis	Jena Green	jenlgreen@yahoo.com		
Bed Rest	Tamara Shadinger	ctshad@bellsouth.net	205-901-8276	
	Lora Fanning	lora.fanning@gmail.com	205-617-0539	
	Sumner Rives	sumnerrives@charter.net	205-871-0003	7 weeks, babies born at 35.5 weeks.
Cerclage	Monika Tatum	moni.tatum@gmail.com	205-807-5610	
Gestational Diabetes	Jennifer Gray	aubie99@hotmail.com	205-903-3975	
	Margaret Opolka	ropolka@yahoo.com	205-298-0927	
Hemorrhage/Emergency Hysterectomy	Jena Green	jenlgreen@yahoo.com		
High Blood Pressure	Crystal Knezek	crystalknezek@gmail.com	772-349-8463	
Hospital Stays (outside the normal)	Amber Christie	amberchristie@yahoo.com	205-249-6305	
Hysterectomy	Tracey Martin	tracey@martinsmail.net		
Infertility Issues	Jeni Parrish	jparrish4@gmail.com		
	Jennifer Gray	aubie99@hotmail.com	205-903-3975	Sperm Donor
	Amy Drolet	agdrolet@gmail.com		
	Kelly Falls	kelsyb19@hotmail.com		
	Margaret Opolka	ropolka@yahoo.com	205-298-0927	
	Amber Christie	amberchristie@yahoo.com	205-249-6305	
	Jennifer Fisher	brandonnjenn@gmail.com		
	Janet Hughes	auntjantg@charter.net		
	Tamara Shadinger	ctshad@bellsouth.net	205-901-8276	
	Monika Tatum	moni.tatum@gmail.com	205-807-5610	
Loss of a Multiple	Marilyn Knowles	kknowles1308@att.net	205-497-1308	

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	Member Name	Primary Contact	Secondary Contact	Comments
Miscarriage	Amy Drolet	agdrolet@gmail.com		
	Margaret Opolka	ropolka@yahoo.com	205-298-0927	
	Janet Hughes	auntjantg@charter.net		
	Tamara Shadinger	ctshad@bellsouth.net	205-901-8276	
	Monika Tatum	moni.tatum@gmail.com	205-807-5610	
	Lora Fanning	lora.fanning@gmail.com	205-617-0539	
Mono/Mono Twinning	Tina Thrower	tmh_78@yahoo.com	205-218-5685	
	Angie Cleveland	augirl75@gmail.com		
Perinatal/Infant Loss	Jennifer Fisher	brandonnjenn@gmail.com		
Post Partum Anxiety	Jennifer Fisher	brandonnjenn@gmail.com		
	Monika Tatum	moni.tatum@gmail.com	205-807-5610	
Post Partum Depression	Jennifer Fisher	brandonnjenn@gmail.com		
	Monika Tatum	moni.tatum@gmail.com	205-807-5610	
Post Partum Issues	Jennifer Fisher	brandonnjenn@gmail.com		
Pre-Eclampsia	Megan Douglas	meggiej8@aol.com		
	Lisa Godwin	realsuburbanmom@gmail.com		
	Jena Green	jenlgreen@yahoo.com		
Pregnant over 35	Marilyn Knowles	kknowles1308@att.net	205-497-1308	
	Kelly Falls	kelsyb19@hotmail.com		
	Jennifer Fisher	brandonnjenn@gmail.com		
	Janet Hughes	auntjantg@charter.net		pregnant at 40
Premature Birth/Baby	Marilyn Knowles	kknowles1308@att.net	205-497-1308	quads at 25 weeks
	Megan Douglas	meggiej8@aol.com		
	Amber Christie	amberchristie@yahoo.com	205-249-6305	twins at 29 weeks
	Marva Hazelrig-McRae	marvasmarvelousmixes@otelco.net		
	Tamara Shadinger	ctshad@bellsouth.net	205-901-8276	
	Erin Caudel	erincaudel09@hotmail.com	205-540-1543	
	Dana Pate	dana.pate@yahoo.com		2lbs at birth
	Crystal Knezek	crystalknezek@gmail.com	772-349-8463	
PUPPS Rash	Marva Hazelrig-McRae	marvasmarvelousmixes@otelco.net		
Shortened Cervic	Janet Hughes	auntjantg@charter.net		at 23 weeks with Pessarie Insert
Twin to Twin Transfusion	Mary Beth Ingle	mbtpac@hotmail.com		
Educational				
Infant Sign Language	Jeni Parrish	jparrish4@gmail.com		
	Crystal Knezek	crystalknezek@gmail.com	772-349-8463	

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Special Education	Tracey Martin	tracey@martinsmail.net		advocate for, IEPs
	Casey Scroggins	casey.scroggins@comcast.net		works as a school psychologist
MOMs Topics (Non-Health Related)				
Babywearing	Crystal Knezek	crystalknezek@gmail.com	772-349-8463	
Divorce	Jennifer Gray	aubie99@hotmail.com	205-903-3975	
Kids Close in Age	Candance Mann	candacedmann@gmail.com	205-655-9858	
	Dana Pate	dana.pate@yahoo.com		
	Lora Fanning	lora.fanning@gmail.com	205-617-0539	
	Catherine Chestnut	catherine.b.chestnut@gmail.com	205-585-3466	singleton and twins are 17 months apart
	Sumner Rives	sumnerrives@charter.net	205-871-0003	singleton and twins are 17 months apart
Multiple Sets of Multiples	TaKeshia Dozier	luvtdoz@aol.com		
Quad Mom	Marilyn Knowles	kknowles1308@att.net	205-497-1308	
	Kate Garrett	kategarrett27@gmail.com		
	Tracey Martin	tracey@martinsmail.net		quads plus singleton
Single Parent	Jennifer Gray	aubie99@hotmail.com	205-903-3975	
	TaKeshia Dozier	luvtdoz@aol.com		
Stay-at-Home Moms	Margaret Opolka	ropolka@yahoo.com	205-298-0927	
	Jennifer Fisher	brandonnjenn@gmail.com		
	Erin Caudel	erincaudel09@hotmail.com	205-540-1543	
	Candance Mann	candacedmann@gmail.com	205-655-9858	
	Crystal Knezek	crystalknezek@gmail.com	772-349-8463	
	Stacey Phillips	staceyisastamper@aol.com		
	Randi Turner	sunflowyrz@gmail.com	205-410-2216	
Staying on Schedule	Margaret Opolka	ropolka@yahoo.com	205-298-0928	
	Marva Hazelrig-McRae	marvasmarvelousmixes@otelco.net		
	Julia Elosge	juliaelosge@yahoo.com		
	Randi Turner	sunflowyrz@gmail.com	205-410-2216	
Starting School	Jennifer Gray	aubie99@hotmail.com	205-903-3975	separate classes
	Stacey Phillips	staceyisastamper@aol.com		
Support Group	Tracey Martin	tracey@martinsmail.net		bible study for moms of kids with special needs
Teenage TWINS	Stacey Phillips	staceyisastamper@aol.com		Preteen
Traveling with Kids	Amy Drolet	agdrolet@gmail.com		flying with infant twins
	Julia Elosge	juliaelosge@yahoo.com		

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Triplet Mom	Kelly Falls	kelsyb19@hotmail.com		
	Jennifer Fisher	brandonnjenn@gmail.com		
	Tracey Cameron	tjcameron@att.com	205-586-5204	
	Rachel Parks	rachelparks@hotmail.com		
	Casey Scroggins	casey.scroggins@comcast.net		
Working from Home	Marilyn Knowles	kknowles1308@att.net	205-497-1308	
	Rachel Dodson	rachel.dodson@crowehorwath.com	205-790-2972	
	Brenna Powell	stevenbrenna@yahoo.com	205-631-9458	
Working Outside Home	Jennifer Gray	aubie99@hotmail.com	205-903-3975	
	Kate Garrett	kategarrett27@gmail.com		has quads
	Rachel Parks	rachelparks@hotmail.com		has triplets
	Casey Scroggins	casey.scroggins@comcast.net		
	Brenna Powell	stevenbrenna@yahoo.com	205-631-9458	