

OPTIONS FOR WOMEN EAST

Pregnancy Medical Clinic St. Paul MN

ANNUAL IMPACT REPORT 2018



EXECUTIVE SUMMARY

Jennifer Meyer ED

Blessings Blessings Blessings is all I can say about the last year. I am so eternally grateful to be a part of such an incredible organization. We have advanced in our medical testing, life coaching tools, community awareness, and communication. Our clinic has seen growth beyond what we could have imagined 28 years ago. This small center has become a leading pregnancy clinic that gives women an opportunity to understand their options, see their baby's heartbeat, receive medical prenatal care, learn parenting skills, and be surrounded by the best team of caring individuals I have ever had the privilege of working with. Thanks to my staff, board, and volunteer doctors, we have been able to accomplish feats that only God knew was possible.

Thank you!



Jennifer Meyer

STAFF

Jennifer Meyer CLCP | Executive Director

Sydney March | Registered Nurse

Abby Layer | Registered Nurse

Kacey Jetter | Registered Nurse

Lori Niesen RDMS | Sonographer

Sue Kremer | Life Coach

Gina Lokken CLCP | Life Coach -
Partner Development

Debi Spadino | Receptionist

Nicole Beliveau | Receptionist

Sammi Meyer | Receptionist

Abby Picht | Receptionist



CONTACT US

Options for Women East

891 White Bear Ave, St. Paul MN 55106

edjm@optionsforwomeneast.com

www.optionsforwomeneast.com (client)

www.ofwepartners.com (partners & donors)

Hours - M & Th 11-6 T & W 11-7

ABOUT OPTIONS EAST

For the past 28 years Options for Women East has faithfully served a diverse, low-income community of St. Paul by providing women and their families with free alternatives-to-abortion services. Our guiding principles since our inception in 1989 has been to support, encourage, and assist women in carrying their pregnancy to term and caring for their baby after birth while building a culture that every life matters in our community.

We serve women and their families through our medical and educational programs. Our prenatal care programs give women the medical services they deserve from life-affirming volunteer doctors and midwives. Our nursing and ultrasound staff use best practices to provide excellent care. Our life coaches work hard to meet clients at their reality so they can help them reach their personal goals. Our support staff keep the atmosphere warm, supportive, and client-centered.

MISSION

To empower women to make wise-educated choices during their entire pregnancy journey.

VISION

To create a community where women feel loved and supported enough to be the healthy foundation for their family to thrive.

ORGANIZATIONAL BELIEFS

We uphold the belief that every life matters from conception to natural death and deserves to be treated with dignity and love.

We believe that women and men considering abortion deserve truthful information in a respectful and compassionate way.

We believe that each woman should have comprehensive information to understand the importance of fertility awareness and using natural forms of family planning.



DONOR FINANCIALS

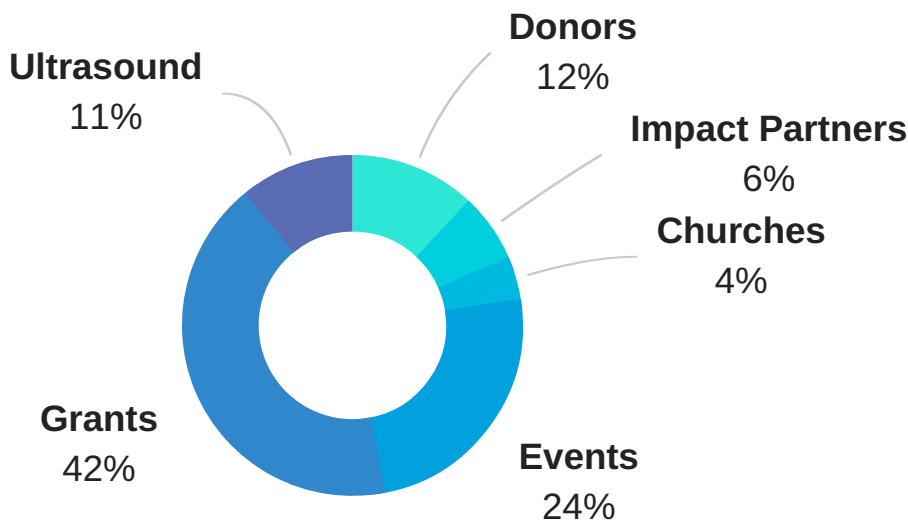
Options for Women East had a successful year for donor relations. We ended the year with \$277,491 in revenue.

CLINIC REVENUE HIGHLIGHTS 2017

- Raised donations to purchase new ultrasound
- Chosen by Power of 100 to receive funds
- Participated in area church events
- Successful Banquet and Walk for Life
- Awarded new PA Grant
- Over 2,000 volunteer hours

CLINIC REVENUE GOALS FOR 2018

- Increase revenue by \$32,000
- Add 300 new names to our mailing list
- Participate in more community awareness events
- Increase monthly impact partners
- Engage more community partners



DONOR STORIES

Ultrasound travels from MN to the Philippines

One of the highlights of our past year was raising money with the help of the Knights of Columbus Father Finley Council to purchase a new ultrasound machine. We are so excited to share that our old ultrasound machine was donated to the Foundation for Philippine Medical Missions. The volunteer doctors, nurses, and dentists were able to provide medical care to around 6,000 poor patients who would otherwise not have access to such services. They used the machine to screen candidates for surgery ahead of their visit. It is a blessing that God opened this door for us to continue much needed medical care to others.



VOLUNTEER

One amazing way to help our clinic move forward to change lives, is to volunteer. We are looking for dedicated people who have a passion for creating a culture of life and loving the women that walk through our doors. Open positions are Board Member, Event Coordinator, Receptionist, and Group Class Instructor.



NEXT EVENT

Save the Date

Celebrate Life Banquet
April 7th, 2018
Envision Event Center

Reserve your seat now at
www.ofwepartners.com



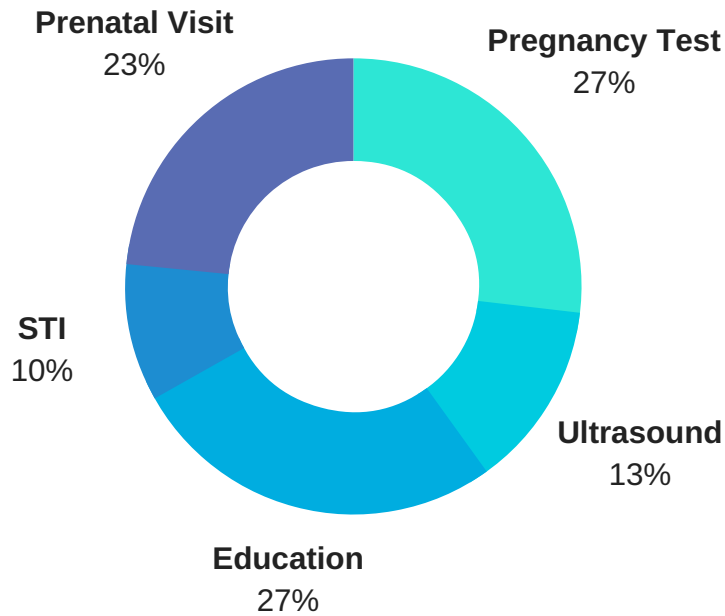
Guest Speaker
Steve Karlen

CLIENT STATISTICS

Options for Women East had a successful year for client engagement. We had 1808 appointments, conducted over 3400 services, and engaged 380 new clients.

CLINIC PROGRAM HIGHLIGHTS 2017

- Hired an additional nurse 2x a week
- Added prenatal medical testing
- Started a car seat program
- Increased ultrasounds to 2x a week
- Revived weekly group classes
- Increased staff to 9 employees



CLINIC PROGRAM GOALS FOR 2018

- Include home visits for each prenatal patient
- Offer interpretation services
- Hire full-time receptionist
- Add fatherhood Program
- Increase prenatal program services

Services 2017 YTD

Pregnancy Tests	331
Ultrasounds	163
Prenatal Visits	289
Education	330
STI Tests	120



DEAR OPTIONS FOR WOMEN

A client's heartfelt letter to us

Dear Options for Women,

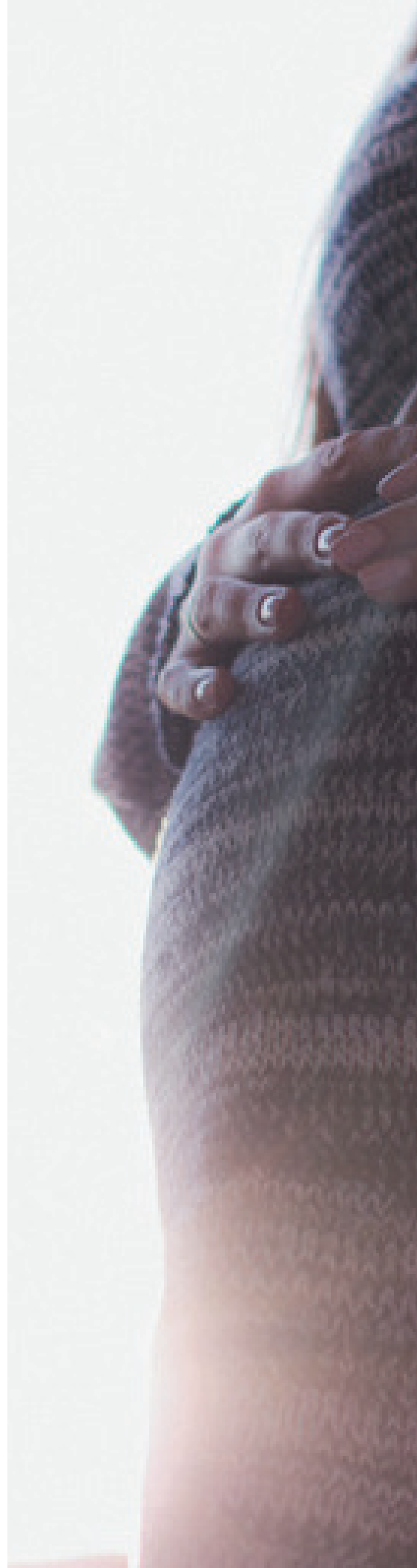
Thank you for helping me a whole lot. If I never signed up for you guys, I would have been stuck for life.

I'm sorry for missing a day and haven't called to let you guys know that I couldn't make it. I been going through somethings about insurance, and a decision for my son Joseph, I didn't want to come in talking about it.

Gina, you are the best coach in this world! You helped me learn and understand things and ways to be a good mother. I've learned a lot! I'm using every technique you teached me and it is very helpful. Trust me, I will tell all my friends about Options for Womens and you Gina. You guys helped me a whole lot and I appreciate what you guys have done for me and for every woman in this world.

Much love,
Cindy

(Letter from a Coaching & Prenatal Education Client, First Time Mother)



CLIENT SERVICES

All services are free of charge

PRENATAL CARE PROGRAM

We are filling a tremendous need in our community for excellent prenatal care for those who are uninsured, lack support, struggling with addiction, homelessness, and lacking resources.

We offer-

- Experienced Volunteer Doctors and Midwives who uphold the dignity of life
- Trained Registered and Public Health Nurses and a Registered Diagnostic Medical Sonographer on staff
- Comprehensive evidence-based prenatal and postnatal services including in house lab draws and specimen collections
- Physician continuity-based hospital delivery and post-care visits
- Collaborative staff engagement to ensure basic physical, emotional, and spiritual needs are met
- Insurance Assistance along with necessary referrals

PREGNANCY TESTS

The ability to have a medical grade pregnancy test conducted by an RN and a conversation with a Life Coach.

ULTRASOUND PROGRAM

A limited ultrasound performed by a RDMS to witness the miracle of life by seeing the heartbeat of the unborn child.



CLIENT SERVICES

All services are free of charge

STI TESTING AND TREATMENT

Promoting women's health by offering a limited number of STI tests while providing treatment and education.

EDUCATION/LIFE COACHING

Our individual classes are taught by certified Life Coaches who work with clients to help them find the answers inside themselves while preparing for childbirth and newborn care. Clients earn incentives to support their needs.

GROUP CLASSES

Our Group Classes are open to any family in the community anytime during their pregnancy journey.

We offer-

- Childbirth - Certified Doula
- Newborn Care - RN
- Reproductive Health Intro - RN
- Breastfeeding Basics - RN
- Infant Car Seat Safety - CPS Certified
- Group Life Coach - CLCP
- Outside Agencies - Job Placement, Nutrition, Wellness



HOW YOU CAN HELP

We need your financial assistance all year long to continue to give love and support to women who are facing a pregnancy that they are not fully equipped to handle.

Our prayer is to ensure that every woman receives excellent prenatal care, education, and necessary supplies to support mom and baby,

We need YOU to reach our GOALS to give the gift of LIFE!

GOALS 2018

360 Pregnancy Tests
240 Ultrasounds
150 STI Tests
540 Prenatal Care Visits
600 Education Classes

COST OF GOAL

\$10,000 Pregnancy Tests
\$26,000 Ultrasounds
\$10,000 STI Tests
\$112,000 Prenatal Care Visits
\$20,000 Education Classes

GIVING OPTIONS

Make a ONE Time Gift

Become a Monthly Impact Partner

www.ofwepartner.com

Send in enclosed remittance envelope



OPTIONS EAST BOARD

A view from the Board

In Saint Paul's first letter to the Corinthians he concludes his teaching on love by saying "So faith, hope and love abide, these three; but the greatest of these is love." I believe these three spiritual attributes encapsulate what Options for Women East is all about.

For Options for Women East to be a place of "faith, hope and love abiding" we need an abode! Our medical clinic is that abode for our clients, uniquely placed where it is most needed. Our welcoming building environment and trained, compassionate staff provide a warm safe place for our clients to feel welcome, cared for and loved. The gift of life is the first and greatest of all gifts from our Creator. What we choose to do with that gift is our way of sharing the Father's love, for us, with others. Please join me in sharing your love for others by supporting Options for Women East:

First and foremost please pray for our clinic and our clients. Prayer is the greatest tool at our disposal; we can do nothing without God's help. Second, join me in financially supporting Options for Women East. Please consider becoming a Monthly Impact Partner by giving monthly and automatically. I personally find an automatic monthly gift to be the easiest way for me to support OFWE. Metered monthly giving provides metered monthly income to OFWE which helps eliminate seasonal low spots. Monthly giving is also easy to modify or terminate at any time with a phone call or email.

For more information on becoming a Monthly Impact Partner go to www.ofwepartners.com and click on "Partners for Life" or call Jen Meyer at Options for Women East at 651-776-2328.

As always, thank you for all you do in support of life! With your help this year we will once again make a significant difference in our community.

Greg Mencke, Board President OFWE

BOARD

Greg Mencke | President
Barbara Dries | Vice President
Bill Smetana | Treasurer
Peggy Esch | Secretary
Michele Spencer
Diane Mencke
Ernie Timmers
Frank Lambert



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LIFE



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