

OPTIONS FOR WOMEN EAST

Pregnancy Resource Clinic St. Paul MN

WINTER 2017



BECOME A MONTHLY IMPACT PARTNER

SPONSOR A MOTHER AND BABY

INSPIRING CLIENT STORIES

GRANT A CHRISTMAS WISH



Isaiah 9: 6 For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

CHRISTMAS APPEAL

Welcome

A View from the Board

On behalf of the Board of Directors, I wish to thank the Lord for His providence in the many blessings our Clinic has received, not only this past year, but also for the 28 years of our continuous service to women and their families, first as LifeCare Center East, and now as Options for Women East.

It is important, as we count our blessings, to remember the women who come to our clinic seeking help and hope.

THANK YOU:

To all who have worked through the years to support our mission - Founders, Staff, Volunteers and Supporters

To those who enabled the purchase of our medical facility from Health East Systems 13 years ago

To our professional staff led by our Executive Director, Jen Meyer

To our THREE volunteer Prenatal Doctors

To the Knights of Columbus for the donation of our new Ultrasound machine

To our many volunteers

To our dedicated Board Members who share their time and talent

To all who support the mission of OFWE – Today and every day we are thankful for YOU!

Let's all join in thanksgiving for the blessings God has given us!

Together we will make a difference, right here and right now! God bless you all.

Happy Thanksgiving and Merry Christmas,
Greg Mencke, Board President OFWE

STAFF

Jennifer Meyer CLCP | Executive Director

Syndney March RN | Registered Nurse

Abby Layer RN | Registered Nurse

Lori Niesen RDMS | Sonographer

Andrea Ulland RDMS | Sonographer

Sue Kremer CLCP | Life Coach

Gina Lokken CLCP | Life Coach - Partner Development

BOARD

Greg Mencke | President

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Diane Mencke

Ernie Timmers

Frank Lambert

Peggy Esch

JOB OPENINGS

Part-Time Registered Nurse

Apply at www.ofwepartners.com

CONTACT US

Options for Women East

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edjm@optionsforwomeneast.com

www.optionsforwomeneast.com (client)

www.ofwepartners.com (partners & donors)



Monthly Impact Partner

You have the opportunity to give monthly and keep our **Mission** alive all year long

Give Monthly

Diamond \$150+
Platinum \$100-\$150
Gold \$75-\$100
Silver \$5-\$75

Thank you to all our Monthly Impact Partners who continue to **Bless** us with their monthly giving



give at
www.ofwepartners.com



Please
Prayerfully
consider
becoming a
Monthly Impact
Partner

*Luke 2: 10 And the angel said to them,
"Fear not, for behold, I bring you good
news of great joy that will be for all the people*



LESLEY'S PREGNANCY JOURNEY

NEW MOTHER

By Lesley, OFWE Prenatal Care & Education Client

My name is Lesley, and I am 33 years old. I moved to Minnesota from New York to be with my husband after our wedding. Like most new couples we were excited when we found out we were having a baby. I didn't know anything about having a baby since this was my first, so I decided to search online for a place to do a pregnancy test. I wanted to confirm my pregnancy and get information about being pregnant, what to do, what to expect, and what not to do. I came across Options for Women East during my search. After going through their overview online I called in to book an appointment, not certain if I really wanted to go there but my husband suggested we give it a shot.

I got to the office for my appointment a little skeptical about what Options for Women East had to offer me. I found the environment was serene and very private. I met a lady at the reception desk who welcomed me with so much care, like she's known me for years and was ready to help me with whatever I may need.

I did my pregnancy test and it was official, I was indeed having a baby! My confidence in Options East began to grow as they took me through every process with such great care. I booked a second appointment for my scan (ultrasound), and after I couldn't stop talking about Options For Women East as we drove back home.

"This is the place!" I told my husband in excitement, "The staffs get me like they know exactly how I feel, what I want, and they would do anything to make me comfortable."

I stayed with Options for Women East because I found not just the best resource center, but a village of women who were ready to take care of me and my baby to make my experience a wonderful one.

The staff is kind, supportive, caring, and diligent. My initial worries of having all the right and necessary information to care for my baby were all gone as I began my educational classes and prenatal visits.



NEW MOTHER

Continued...

Surprisingly everything was FREE! What I needed most was information/knowledge on how to have a healthy pregnancy and baby, and assistance with baby stuff. I got everything I needed from Options East, including great support from my coach.

The clinic is rich in resources be it in knowledge or materials, that's why I kept going back there every week. They provided me with all I needed before my baby was born and continue to do same even after delivery. One of the most amazing classes during my pregnancy was the video of all the changes taking place in my body, how my baby was growing inside me, healthy foods I needed, and for postpartum was in understanding my baby's cry/sound. I never would have thought the sounds meant anything. That resource really helped me understand my baby and provide her with what she needs.

What I love most about being a mother is that pure joy I feel every time I look at my daughter knowing that I brought a beautiful life into this world. I find joy in her smiles and laughs with me. It just makes me so happy that I'm a great mum because Options For Women East helped me.

I look forward to growing with my little one. I would recommend Options for Women East to anyone and everyone. I would definitely use Options for Women East as my resource center when I'm pregnant again.

I want to specially say thank you to Jennifer, Sue, Gina, Abby, Sydney, Dr. Young, and my wonderful Dr. Hernandez. Best Team Ever!!

Much thanks to you, sponsors & donors. God bless you all richly.

We love you.

Lesley, A.J., & Baby Zoey

“ I stayed with Options For Women East because I found not just the best resource center but a village of women who were ready to take care of me and my baby and make my experience a wonderful one. ”

Lesley, Baby Zoey's Mom



“ I'M A GREAT MUM BECAUSE OPTIONS EAST HELPED ME ”



SPONSOR A MOTHER AND BABY IN 2018



James 1: 17 Every good and perfect gift is from above

One GOD - One Mom - One Baby - One Pregnancy

What is ONE Baby WORTH?

Each Baby is priceless!

We need your help to ensure each Baby has a chance at LIFE

Every Prenatal Pregnancy Receives
Pregnancy Test - Ultrasound - Prenatal Care
Doctors - Nurses - Labs - Delivery - Education
Life Coaching - Group Classes - Baby Supplies
Love - Support - Friendship - Community

Diamond Sponsorship

\$1,800 One Time Donation

\$150 Monthly Donation

Covers ONE Pregnancy Plus Prenatal, Doctors, Ultrasound, Education, Life Coaching, Group Classes, and Material Goods

Platinum Sponsorship

\$1,200 One Time Donation

\$100 Monthly Donation

Covers ONE Pregnancy Plus Ultrasound, Education, Life Coaching, Group Classes, and Material Goods

Gold Sponsorship

\$900 One Time Donation

\$75 Monthly Donation

Covers ONE Pregnancy Plus Education, Life Coaching, Group Classes, and Material Goods

Silver Sponsorship

\$600 One Time Donation

\$50 Monthly Donation

Covers ONE Pregnancy Plus Group Classes and Material Goods

A SEASON OF UNCERTAINTY

Trang's Pregnancy Journey - Interviewed by Gina Lokken CLCP

What can you tell me about your background?

I was born in Vietnam and English is my second language. My husband sponsored me to come here under the family reunion policy after 3 years living apart. I've been staying here for nearly 2 years and we just had our daughter Gia, who is now 6 months old.

How did you hear about Options for Women East and what was your initial thought or reaction when you walked in the doors?

I was pregnant and we did not have budget for baby basics and accessories. My husband and I were both students at that time; therefore, we were so nervous about having our first child. I looked for help on the Internet for anyone that offered donated baby stuffs (diapers, clothes, wipes, etc). Finally, I found Options for Women East. The benefits that I gained was not only adding up knowledge of my healthy pregnancy, of learning how to take care of newborn/baby, but that I could earn credits for baby stuffs (clothes, wipes, and toys).

My initial thought that was my doubts on whether they were willing to help us. So many questions spinning around my head:

"Do they look down on me because I come here for things?" "Are they nice? understandable? Helpful?..." "Do I have to pay anything?..." But I felt relaxed and confident when I met with my coach and found that I could trade my credits for baby stuffs. This made me feel comfortable and I knew that if I studied hard and made frequent presence at the site, I would have many stuffs for my baby, I could end my worries about the baby things.

What were you most scared about with this being your first pregnancy and living in a new country?

Scared about my first pregnancy. Worries about baby -Healthy? Abnormalities? Nutrition? Weight Gain? Insurance for pregnancy check-ups? How to take care of a newborn - physical development? mental health? How to afford baby stuffs - clothes, diapers, wipes, breastfeeding, formulas, birth plan, insurance for delivery? Most scared about living in a new country: finances - where to get money for daily expenses - electricity, gas, rent, food, ... for basic things of humans

What did you feel you needed the most help with during your pregnancy? How did Options for Women meet those needs?

I felt lucky to find you guys to release my stress on baby stuffs. I felt so happy at every each time of coming to the center to study and to receive points for my baby. You and Options center really mean alot to me and my baby. I felt not alone and felt confident because I deserved to get stuffs for my baby traded by my efforts and hard work. Until now I always think that you and center really do great work for those who need helps and supports for the baby, especially first time mom and really meaningful for new immigrant like me.

Why do you continue to come back each week for your education and coaching sessions?

My motivation is my baby, and I do love all the stuffs that I get from your center: nursing pillow, clothes, diaper bag, highchair, wipes, toys, etc. Besides, I love to come back each week because I do love to talk with people, love to share my stories and need someone talk with. I do live here alone (of course with my husband but I do not have my family here). My sister, nephew and parents are all in Vietnam. I felt lonely and scared of being first time pregnancy, first time mom. Even I cannot ask for advice or help from my husband's side because they mostly do not have children or they tell me to fight my own battles.

Would you ever recommend us to other people?

Sure, I love to share my story and your place with other people. I hope other people who are in need can find the center for support. I know how the feelings would be if you feel stuck and get doubts about everything of pregnancy, and finding baby stuffs. I also know how happy you are when everything gets easier and done because of Options for Women East.

What do you love most about being a new mother?

Seeing my daughter healthy and develop everyday. Capturing and creating moments with my daughter Gia.

Trang - OFWE Prenatal Education & Coaching Client



Options | EAST
for Women
A TLC PREGNANCY RESOURCE CLINIC

891 White Bear Ave
St. Paul, MN 55106
www.ofwepartners.com

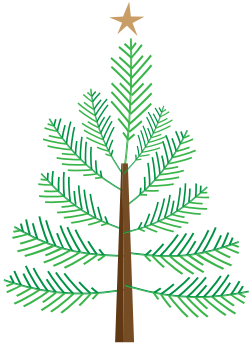


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Save the Date

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APRIL 7TH, 2018
ENVISION EVENT CENTER



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