

OPTIONS FOR WOMEN EAST

Pregnancy Medical Clinic St. Paul MN

Winter 2020

ANNUAL IMPACT REPORT 2020



EXECUTIVE SUMMARY

Jennifer Meyer ED

"If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it."

1 Corinthians 12:26-27

We are reminded that we are all a part of this amazing community that God has created. If one of us suffers, we all suffer. Our passion at Options East is to make sure that we show the love of Jesus Christ by walking alongside women throughout their entire pregnancy journey. We experience their joys and sorrows because we are not meant to be alone. No one should ever face this difficult situation in silence.

We exist to hold a woman's hand when she is broken. We exist to love a women even when she cannot love back. We exist to embrace a woman and her baby as if they were our own.

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

Nicole Beliveau | Education Life Coach

Leah Lyman | Office Admin

Sammi Meyer | Office Admin



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 10-6 T & W 10-7

ABOUT OPTIONS EAST

Since 1990, Options for Women East has faithfully served the diverse, low-income community of St. Paul by providing women and their families with no-cost life-affirming medical services.

Our guiding principles have 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. Our nursing and ultrasound staff use best practices to provide excellent care. Our life coaches work hard to meet clients at their present reality to 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 and give support 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.

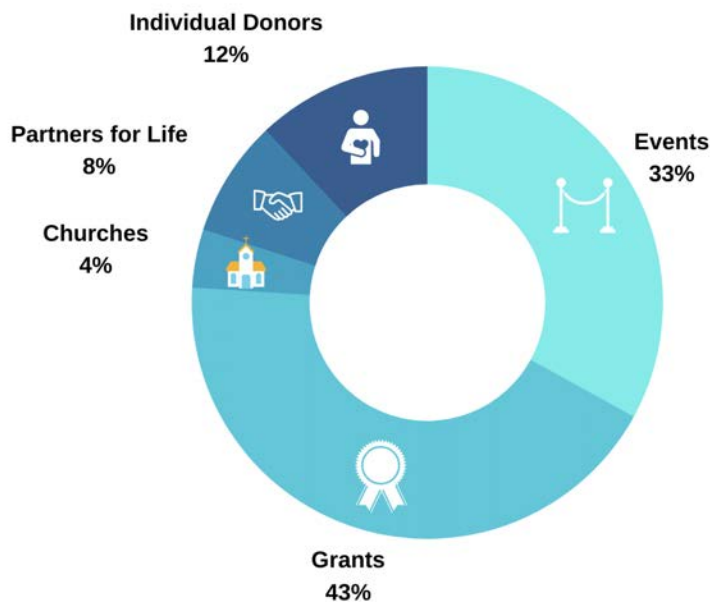


DONOR FINANCIALS

Options for Women East had a successful year for donor relations. We ended the year with \$337,012 in revenue.

CLINIC REVENUE HIGHLIGHTS 2019

- Received donation for AAAHC Accreditation
- Gifted money for new lights
- Gifted movie event for Unplanned
- Participated in new area church events
- Successful Banquet and Walk for Life
- Over 2,200 volunteer hours



CLINIC REVENUE GOALS FOR 2020

- Raise an additional \$35,000
- Add 500 new names to our mailing list
- Expand community awareness
- Increase monthly impact partners
- Engage more community partners
- Increase tours and donor events

Save the Date

Annual Celebrate Life Gala
April 30th, 2020
The Royal Golf Club

11455 - 20th St N Lake Elmo, MN 55042
11-12P Social | 12-2P Lunch or
6-7P Social | 7-9P Dinner



at www.ofwepartners.com



Keynote Speaker

Melissa Ohden

Happy 30th Birthday

Celebration Year

We are celebrating our 30th Anniversary of serving women and families in this community. Thank you to all of the wonderful people who made this clinic a reality. Join us as we embark on our next 30 years!

THE HISTORY OF OPTIONS FOR WOMEN EAST

- 1989**
The first meeting for Life Care Center was held at Guardian Angels Church July 11, 1989.
- 1990**
Life Care Center East incorporated-President John Roche
- 1996**
Moved center to 933 White Bear Ave
- 1998**
Started development of Limited ultrasound program
- 2000**
Ultrasound Program started with Medical Director Dr. Hallman
- 2001**
New ultrasound machine donated to clinic
- 2004**
Health East Medical Clinic was for sale-Purchased with a \$100,000 down payment in 6 weeks
- 2010**
New Medical Director Dr. Young
- 2011**
Name change from Life Care Center East to Options for Women East
- 2012**
1st New Ultrasound donated by KC's
- 2013**
First Banquet held at Lake Elmo Event Center
- 2014**
In November the prenatal program was started with 2 volunteer doctors
- 2015**
On May 10th, 2015 our first prenatal baby was born on Mother's Day
- 2017**
2nd New Ultrasound donated by KC's
- 2019**
New Medical Director Dr. Hernandez



CLIENT STATISTICS

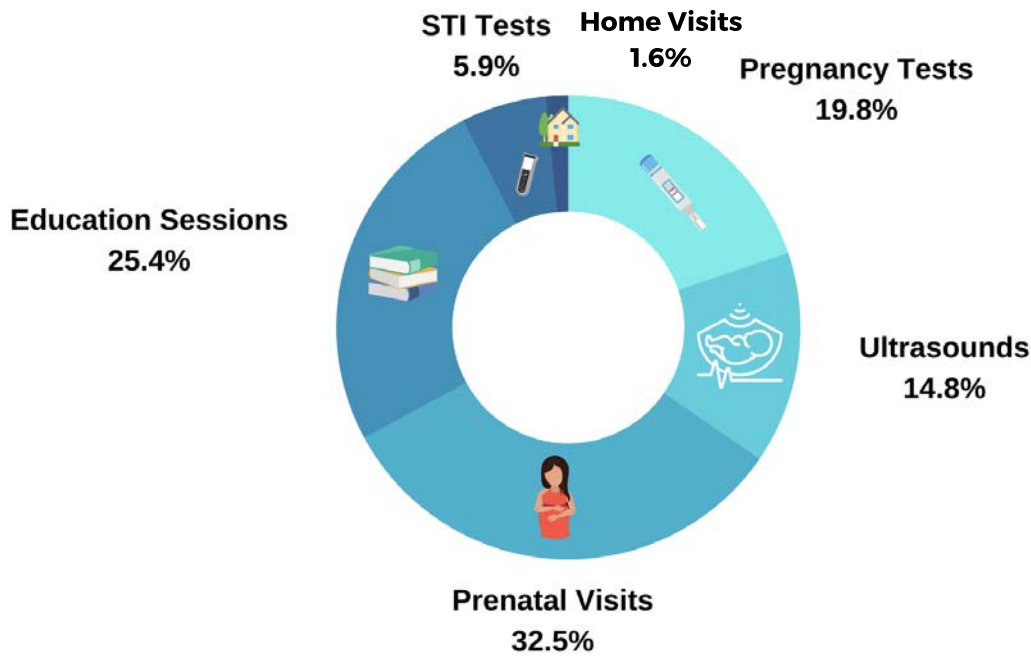
Options for Women East had a successful year for client engagement. We had 2,149 appointments, conducted over 2,000 services, and engaged 307 new clients.

CLINIC PROGRAM HIGHLIGHTS 2019

- Added new Group Classes
- Updated Lab and Education Rooms
- Added Home Visits for all Prenatal Patients
- Increased clinic Prenatal Testing/Labs
- Added education via email/texting

CLINIC PROGRAM GOALS FOR 2020

- Complete AAAHC Accreditation
- Increase our community awareness
- Add new volunteer positions
- Reach out to local community partners



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 who walk through our doors.

Services 2019 YTD	
Pregnancy Tests	257
Ultrasounds	192
Prenatal Visits	422
Education	330
STI Tests	77
Home Visits	20



DEAR OPTIONS FOR WOMEN

A Changed Heart

Psalm 30:5 "God's anger lasts but a moment but his love endures for a lifetime. There may be tears in the evening but there shall be joy in the morning."

A client walked into the clinic one day for a pregnancy test. She stated she wanted an abortion and also to know how far along she was. Her pregnancy test read positive. She shared about her recent trip to Las Vegas and assumed she got pregnant there and did not know the father.

During the ultrasound, she was visibly moved while seeing the tiny heart beating, showing a new life inside her. She agreed to follow up calls as she determined what she would do. After a few attempts to contact her, we were finally able to reach her. She revealed that she had gone through with the abortion and she was no longer pregnant. After hearing these words and expressing condolences, tears were shed for this mom and her aborted baby.

This was one of those situations that hits a pro life worker hard. But through faith and prayer we persevere. A few months later, this same client came in again for STI testing. Some things were happening in her relationship and she just wanted to be tested. When I saw her name on the schedule, I was hesitant to see her again. The last time brought so much pain.

But Isaiah 61:3 promises beauty for ashes. When I called her from the waiting room, she said "do you remember me?" "Yes", I stated. Once in the room, she continues to tell me that she did have the abortion, but with so much regret. "It was the worst thing I went through in my life". In fact, her heart was completely changed about abortion, she is now a pro life advocate; even to the point of flying to New York to convince a relative in a similar situation to go through with her pregnancy.

A baby has been saved through a changed heart. We do not always see the bigger picture. Sometimes God works in ways we have no idea about. Genesis 50:20 says "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." We don't know how many lives will be saved through the sacrifice of this one abortion, but we praise God that His ways are higher than our ways. In the meantime, we keep doing the work we are called to do and let God take care of the details.

That's faith in action. Thank you for your support.
Lori Niesen RDMS



CLIENT SERVICES

All services are offered at no-cost

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.

Our **Holistic Approach** to Healthcare includes

- Experienced Volunteer Medical Doctors 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, specimen collections, and screenings
- 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



CLIENT SERVICES

All services are offered at no-cost

PREGNANCY TESTS

The ability to have a medical grade pregnancy test conducted by a 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.

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.

- Childbirth - Certified Doula
- Newborn Care - RN
- Reproductive Health Intro - RN
- Nutrition WIC -RN
- Breastfeeding Basics - RN
- Infant Car Seat Safety - CPS Certified
- Group Life Coach - CLCP
- Fatherhood Meet Ups-Volunteer fathers



HOW YOU CAN HELP

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

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

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

GOALS 2020

420 Pregnancy Tests
300 Ultrasounds
150 STI Tests
600 Prenatal Care Visits
600 Education Classes

COST OF GOAL

\$12,000 Pregnancy Tests
\$30,000 Ultrasounds
\$10,000 STI Tests
\$124,000 Prenatal Care Visits
\$20,000 Education Classes

GIVING OPTIONS

Make a ONE Time Gift

Become a Monthly Impact Partner

www.ofwepartners.com

Send in enclosed remit envelope



OPTIONS EAST BOARD

A view from the Board

Happy 30th Birthday Options for Women East

St. Francis of Assisi said “Start by doing what is necessary, then what is possible, and soon you are doing the impossible!”

For Options for Women East, that first necessary step happened on January 22, 1990 when a door to a small basement room in a drugstore opened as Life Care Center East. The date chosen was significant because it was the anniversary of the Supreme Court decision of Roe v. Wade.

Our founders had no grand vision of the future. They simply wanted to make a difference right here in St. Paul’s East Metro. Our journey continued from that basement and in 1996 it was possible to move to a rented storefront on White Bear Avenue. Ten years later in 2006, we did what seemed impossible, and purchased the Health East Medical Clinic on White Bear Avenue.

Today we find that Options for Women East continues to strive for the possible! Everything we do is provided at no-cost by our skilled medical staff and YOU are the people that make this miracle possible.

In 2014 we started our Prenatal Program with the help of two volunteer doctors. The following year, on a Sunday in May, our first prenatal baby was delivered by one of those volunteer doctors – and yes, that Sunday was Mother’s Day!

I want to leave you with two numbers 3 and 42.

Three – Is the number of doctors who now volunteer their time at our clinic’s Prenatal Program.

And Forty-two – That’s the number of Options for Women East client babies that were delivered in 2019. All this is made possible because of your generosity. Your prayers and financial support in the past have helped us reach women in our community who are experiencing an unintended pregnancy and are in need of support.

Make plans to join with me as we celebrate 30 years in support of life at our upcoming Gala on Thursday, April 30!

Thank you Founders! Thank you Supporters!

Greg Mencke – Board President OFWE



BOARD

Greg Mencke | President

Sarah Lowrie | Vice President

Tom Melton | Treasurer

Peggy Esch | Secretary

Diane Mencke

Ernie Timmers

Frank Lambert








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-  Instagram-Follow us @optionseast
-  Text-text the word **Life** to **651-964-3892** to be a Prayer Warrior
-  Volunteer-sign up at www.ofwepartners.com/get-involved/volunteer-opportunities/

Donate Now