

OPTIONS FOR WOMEN EAST

Pregnancy Medical Clinic St. Paul MN

Winter 2019

ANNUAL IMPACT REPORT 2019



EXECUTIVE SUMMARY

Jennifer Meyer ED

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Matthew 7:7

Over the past year, Options for Women East has been blessed beyond measure. We have seen God open doors that we thought were closed. We asked for guidance and He gave us answers. We sought out new clients and donors, and He brought them to our doorstep.

For 2019, we are asking for prayers for God to place a protection on our clinic, staff, volunteers, and clients. Let us continue to give loving and abundant care to everyone that walks through our doors. Thank you for the gift of Life.

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

Gina Lokken CLCP | Life Coach -
Education Team Lead

Nicole Beliveau | Education Coach

Leah Lyman | Receptionist

Abby Picht | Receptionist

Sammi Meyer | 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 10-6 T & W 10-7

ABOUT OPTIONS EAST

Since 1989, 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 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 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.

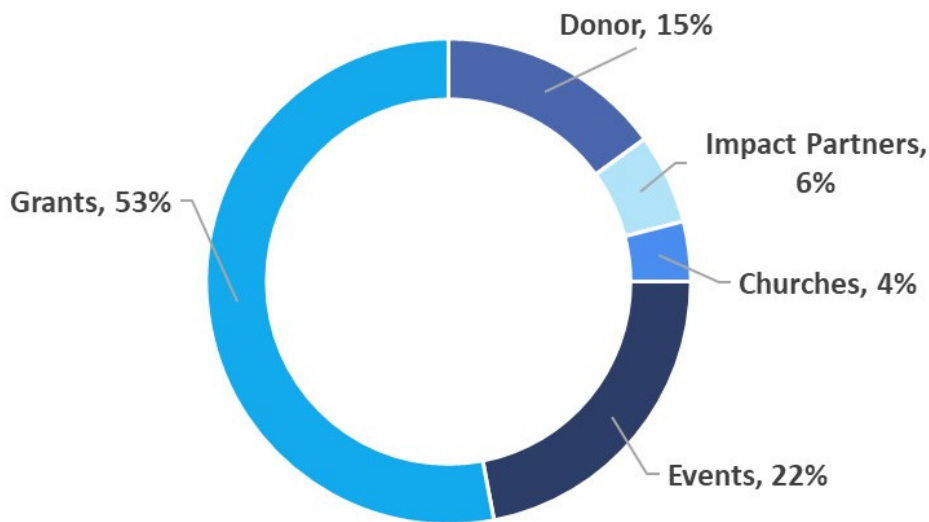


DONOR FINANCIALS

Options for Women East had a successful year for donor relations. We ended the year with \$313,992 in revenue.

CLINIC REVENUE HIGHLIGHTS 2018

- Received donations for new client and donor websites
- Gifted sidewalk lift and new concrete walkway
- Awarded Order of Malta Grant
- Participated in new area church events
- Successful Banquet and Walk for Life
- Over 2,000 volunteer hours



CLINIC REVENUE GOALS FOR 2019

- Increase revenue by \$37,500
- Add 300 new names to our mailing list
- Participate in more community awareness events
- Increase monthly impact partners
- Engage more community partners



DONOR RECOGNITION

Special Thank You

We are so grateful to all our donors and supporters who continue to stand by with financial support, manual labor, and spiritual renewal.

A special thank you to the following individuals and businesses.

C.M. & A.M.

Ecolift Concrete Raising Inc.

Frank Zamora Concrete Inc.

Big Steer Meats

Nothing Bundt Cakes-Woodbury

Griffith Printing

To the Penny Bookkeeping

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, and Group Class Instructor.



Save the Date

Annual Celebrate Life Gala

April 13th, 2019

The Royal Golf Club

11455 - 20th St N Lake Elmo, MN 55042

6-7P Social | 7-9P Dinner

Reserve your seat now at

www.ofwepartners.com



Keynote Speaker

Kristan Hawkins



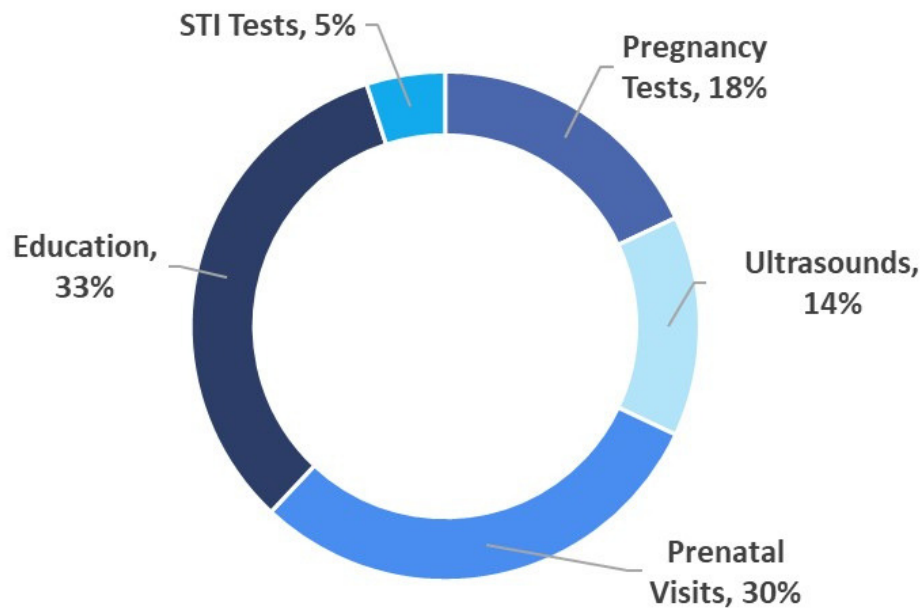
STUDENTS
FOR LIFE
OF AMERICA®

CLIENT STATISTICS

Options for Women East had a successful year for client engagement. We had 2,269 appointments, conducted over 2,102 services, and engaged 347 new clients.

CLINIC PROGRAM HIGHLIGHTS 2018

- Increased Prenatal Patients and Babies born
- Hired an Education Coach
- Added Doula Services for our clients
- Updated Client Lobby
- RN available every day
- Increased clinic Prenatal Testing/Labs



CLINIC PROGRAM GOALS FOR 2019

- Increase home visits for each prenatal patients
- Hire full-time office manager
- Increase prenatal program services
- Add Fatherhood Program to multiple locations

Services 2018 YTD

Pregnancy Tests	256
Ultrasounds	208
Prenatal Visits	445
Education	479
STI Tests	73



DEAR OPTIONS FOR WOMEN

A client's heartfelt letter to us

We are so thankful for all you did for us in preparation for our new baby. We truly could not have done this year without the help from all of you at Options!

From checking to make sure our baby was healthy, to getting us in a better mind state so we could become good parents, to teaching us how the heck to actually take care of a baby!

You have helped us in so many ways and we will forever be thankful we found a clinic that cared for us so much!

We really could not have started this journey without your help!

Forever Grateful,
OFWE Prenatal Patient



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.

We offer at no-cost

- Experienced Volunteer 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 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



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tes

CLIENT SERVICES

All services are offered at no-cost

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.

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 Up's-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 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 2019

- 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.ofwepartners.com

Send in enclosed remit envelope



OPTIONS EAST BOARD

A view from the Board

“Life Happens”

How many times have you heard the phrase “Life Happens”? This remark is most often used in reference to an unplanned event. These events come in different sizes and frequencies and at an alarmingly disproportionate rate in our client base. For whatever reason, we all feel somewhat in control of our lives, in reality, nothing could be farther from the truth. No one knows what tomorrow will bring!

Yes, it is always good to make plans and to work hard to accomplish your goals. The older I get the more I realize that, as much as I want to be, I am not in control. Any single unplanned moment can have a profound effect on my plans and my life’s journey. On my sea of life, the winds that blow can have a profound effect on just where my ship winds up.

The same can be said for our clients. They seek us out when “Life Happens”. Some of their life experiences have been stormy and they come to Options for Women East looking for shelter from those storms of life. In the safe harbor of our clinic they find help, support, love and a time to think.

At Options for Women East our trained staff and volunteer doctors are well equipped to meet their needs and yes, we are in the business of helping “Life Happen”! Next time you hear someone say “Life Happens” (or the more common derivation of that phrase) think of Options for Women East and say a prayer for our continued success.

For twenty-nine years LifeCare Center East and now Options for Women East has been in the business of supporting new life as it happens. Your prayers and financial support are critical to our success. When the storms of life rage and lives hang in the balance, we are there.

Together, with God’s help, we will continue to make a real difference for life right here and right now in the East Metro. Happy Anniversary, Options for Women East! May God bless our efforts in the coming years.

Greg Mencke, Board President OFWE

P.S. Please take some time and look at our new web sites:
optionsforwomeneast.com and ofwepartners.com

BOARD

Greg Mencke | President

Tom Melton | Treasurer

Peggy Esch | Secretary

Diane Mencke

Ernie Timmers

Frank Lambert

Sarah Lowrie





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LIFE



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