

From the Executive Director

Dear Friends,

As many of you are aware, I am retiring from my position as Executive Director of Options for Women, effective July 1, 2016.

I was a volunteer when I was asked to consider the directorship. I was due to become an empty nester, and I had different plans. No one could take the job, so I said yes. On my first day of work, I was surprised when I realized that God had been preparing me for this job since 1974, when I first became involved in pro-life work. I experienced the overwhelming feeling that I had arrived HOME! I have not looked back since that day. What a magnificent 14 ½ years this has been.

God has provided donors, board members, staff and volunteers who share the belief that God is the Author of all human life, and so they have offered their gifts to help save the lives of unborn babies.

Together, we have seen a simple pregnancy help center become a true medical clinic, offering free professional medical services to women facing unplanned pregnancies. **Together we have saved the lives of over 3000 unborn babies.**

While much has been accomplished, there is still much to do. Under the expertise of our new executive director, Marilyn Paul, we will continue to see more women in Polk County choosing life, and we will continue to offer the best care for every woman who comes into our clinic.

Thank you for your support and prayers during my tenure.

Together for life,

Mary C. Rutherford

Mary C. Rutherford



2015 numbers at a glance:

- * We served 336 women.
- * 302 had positive pregnancy tests.
- * 291 were at risk for abortion.
- * 376 ultrasounds were performed.
- * 217 STD tests were performed.
- * 190 Gospel presentations given.
- * **243 women chose life!**

It is with mixed emotions that we have accepted Mary Rutherford's announcement of retirement as of June 30. We feel joy, that she has fulfilled the American Dream and can enjoy her time with her husband, Dr. Richard.

We feel sorrow, in that we will all sadly miss all that she has accomplished in creating one of the most wonderful organizations in Lakeland.

How many people could claim that they participated in saving 3000 babies lives? God bless her for such an amazing achievement.

Under Mary's leadership Options for Women moved into its new location and became a medical clinic offering ultrasounds. Last year she partnered with the Dream Center to bring Medical services to one of the most underserved neighborhoods in Lakeland.

Mary has worked tirelessly with little compensations, she truly is a walking Angel, may she have a wonderful retirement.

-the Options for Women board of directors

OUR MISSION: To erase the need for abortion through effectively serving pregnant at risk women by transforming their fear into confidence.

Introducing our New Executive Director

It is with enthusiasm that we anticipate Marilyn Paul taking over as our new executive director upon Mary's retirement at the end of June. Marilyn has been in prolife ministry for a long time. She and her husband Tim have conducted a major youth ministry from their home for nine years. In some of her responsibilities she has built an amazing network of contacts in the business and political spheres. Her deep commitments to traditional Christian principals and her welcoming personality become evident immediately upon spending time with her. We are truly excited to bring in Marilyn Paul as our new executive director to carry on the great program and ministry developed by Mary over the years. Join us in welcoming and get to know Marilyn for yourself.

-the Options for Women board of directors

Get to Know Marilyn Paul

I am honored and humbled by the opportunity the board at Options for Women gave me to lead the pregnancy help clinic into the next phase of growth.

Mary Rutherford is truly a woman of God that has devoted her life to preserving the life of the unborn, and given so much of herself to this amazing mission. Mary's example of leadership in this ministry will be difficult to match. We are all grateful for the work she had done to bring Options for Women to this point. It has been a wonderful experience to be able to work together with her for a few weeks as she graciously trains me.

I look forward to the future where together, we can reach more abortion-minded women, save more and more babies, and partner together with churches so these mommies and daddies can be cared for and taught about the ultimate healing, which is in having a relationship with Jesus Christ.

Another goal would be to reach into the community and inspire more individuals, businesses and churches to fund our clinic, so we can be ready to follow where God leads us in the years ahead. We will continue to excel in providing the best counseling and medical care to these young mothers in need.

Together by the grace of God and led by his Holy Spirit, we will continue to serve our pregnant at risk mothers for such a time as this.

Marilyn Paul,
Executive Director,
Options for Women



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Options for Women Pregnancy Help Clinic, Inc.

Medical Director

Jeffrey L. Puretz, M.D.

Staff

Executive Director - Marilyn Paul
Director of Medical Services - Jennifer J. Judge, MA, RN
Sonographer - Mary Drewry, RN, BSN, RDMS
Sonographer - Kathleen Sabatino, RN, BSN
Sonographer - Anna Wehle, RT
Director of Patient Resources - Debbie Phelan
Director of Clinic Operations - Nicole Wood
Advancement Associate - Becky T. Murphy
Financial Manager - Emily Massarella
Bi-lingual Admin. Assistant - Shaira Rodriguez-Santa
Receptionist/Advancement Data Entry - Barbara Venable
IT - Jane Moskal

Come by and visit us sometime!

We would love to show you around, answer your questions and give you an inside look at what we do. After all, this is your ministry - you are helping us change and save lives every day.





Life Impact Network

Surrendering the Secret™

Heal the Heartbreak

Abortion can be one of the most traumatic experiences in a woman's life. Surrendering the Secret is a powerful, 8-week study that helps hurting women find the path to healing through honest, interactive Bible study. With compassion, women are encouraged and supported as they allow God into rooms in their hearts that may have been sealed for too long. Through the study, women learn to let go of shame, and accept His forgiveness and healing. All faiths are welcome to participate in this powerful program.

Transforming Fear Into Confidence

A 28 year old woman was referred to us by her mother and came for her first appointment in 2014.

This was her 4th pregnancy and she reported a history of 3 abortions. She was happy about her current pregnancy, but wasn't sure what decision the father of the baby would want to make. She had good support from her family who was encouraging her to continue the pregnancy, and also felt that her boyfriend would support her decision to parent.

At her first appointment, she reported having negative physical and emotional side effects from her previous abortions. She was concerned that she may have complications with her pregnancy because of the previous abortions. An ultrasound confirmed the viability of her pregnancy, during which she and her mother were both able to view the baby's heartbeat and learn her due date.

Although her intent was to parent this baby, our patient had several risk factors leaving her vulnerable to abortion: she was single, had a history of abortion, and had recently lost her job, leaving her financially unstable. The relationship with her boyfriend was unhealthy, as he had trouble with the police and substance abuse.

We take a holistic approach in serving each patient and want to be sure that she has the physical, emotional and spiritual support that she needs to feel confident and supported in her decision to continue her pregnancy. Physically we provide the pregnancy test and ultrasound confirmation; we determined that she had the emotional support of her family and friends.

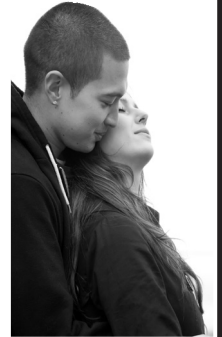
This young woman stated that she had no religious affiliation and did not attend church, although she did welcome the opportunity to have our advocate pray with her. At the conclusion of her first appointment, the advocate gave her a list of community referral including doctors, insurance information, food pantry and WIC, and other material assistance. The advocate also provided information on post abortion counseling and our Steps to Sexual Health Sexual Integrity Program.

We offer follow up support to our patients throughout their pregnancy and immediately after the baby's birth. At the time of her 8 week follow up call, she expressed interest in our Sexual Integrity Program and subsequently started the 10 session series in August (midway through her pregnancy) and completed the series at the end of October.

Sexual Integrity Program Success

In 2014 we began offering a Sexual Integrity Program to patients who were interested in taking back control of their sexuality and creating a groundwork from which they can make better, healthier decisions. The program is a comprehensive approach for dealing with sexual trauma, sexual abuse and sexual misuse (which is any sexual behavior outside of marriage).

Sexual Integrity is a foundation for how to build healthy relationships. Participants are introduced to the idea that our sexuality is more than "sex." It is an integral part of who we are and is nothing less than a unique thread woven throughout each part of our lives – emotional, physical, social, intellectual and spiritual. Sexuality is about who we are, not just what we do with our bodies.



This is one patient's experience in the program.

JB came to the program with a history of sexual encounters from early teen years, followed by a series of poor relationship choices. As a result of her pain, she self-medicated for many years with a variety of substances. She was no longer using drugs and alcohol at the time of this pregnancy, but continued to smoke cigarettes. She drastically reduced the number of cigarettes and gradually quit smoking during this pregnancy.

Steps to Sexual health enabled JB to accept and work through her painful history, eliminate the need for the harmful "medication" of drugs and alcohol, and create a plan for healthy relationships.

While participating in Sexual Integrity, she started attending church regularly with her mother and connected with another mom in the church who was at the same stage of pregnancy.

Her baby was born on 1-10-2015; and is named Journey, chosen because our patient said it perfectly fit this pregnancy experience. Journey was baptized in early 2016, surrounded by her mom, aunt, grandma and grandpa (who has been absent from the life of JB for many years). The birth of her daughter has been a bridge to JB's reunion with her own father.

This lovely mother is gainfully employed and raising Journey with the support of her family, friends and church family.

Help women like the patient above by making a secure donation online at www.optionsforwomeninfo.com.

Thank you to the Life Choice Society Members

Through their 5 year pledges, we create a strong foundation for the women we serve.

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Remembering Our Mothers

Thank you to the generous people who made donations
in memory of or in honor of their mothers listed here:

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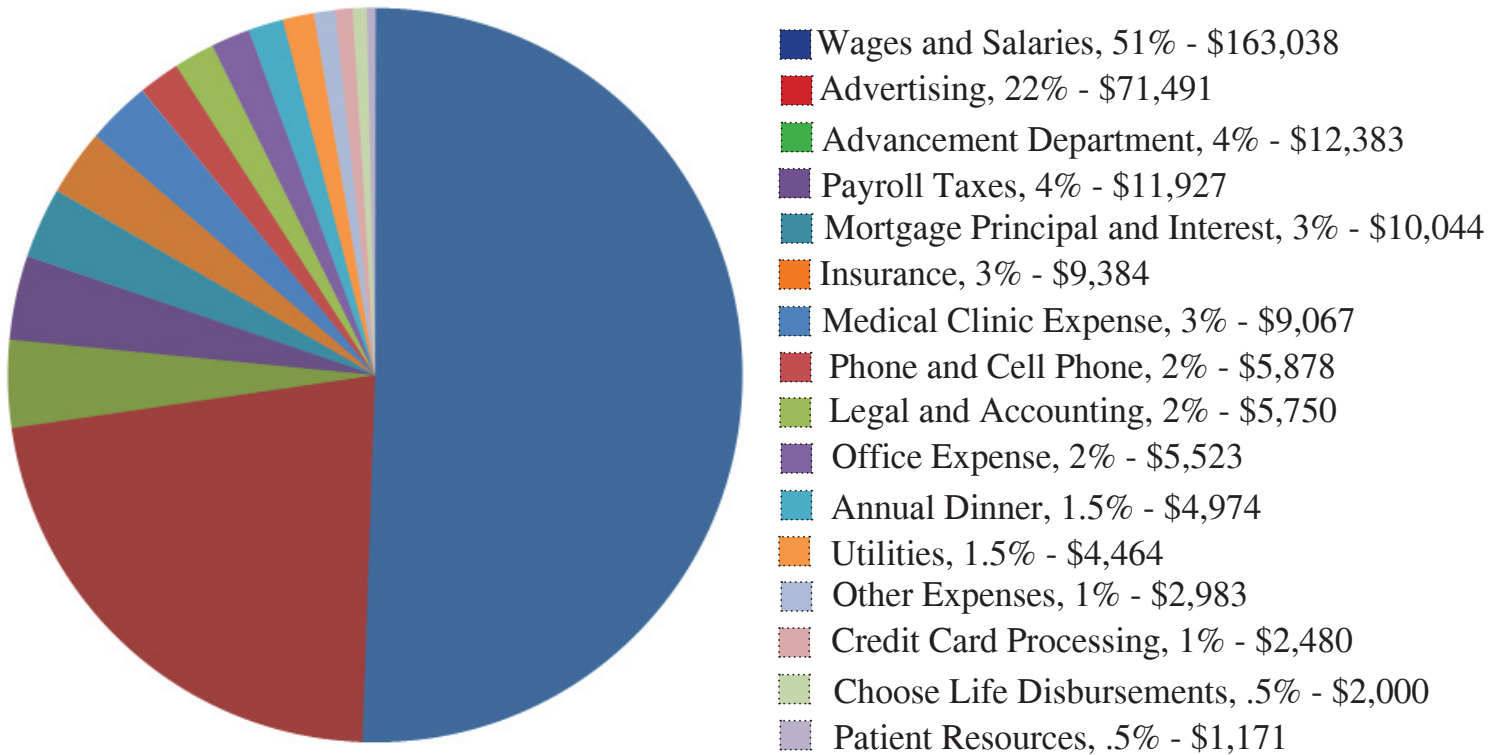
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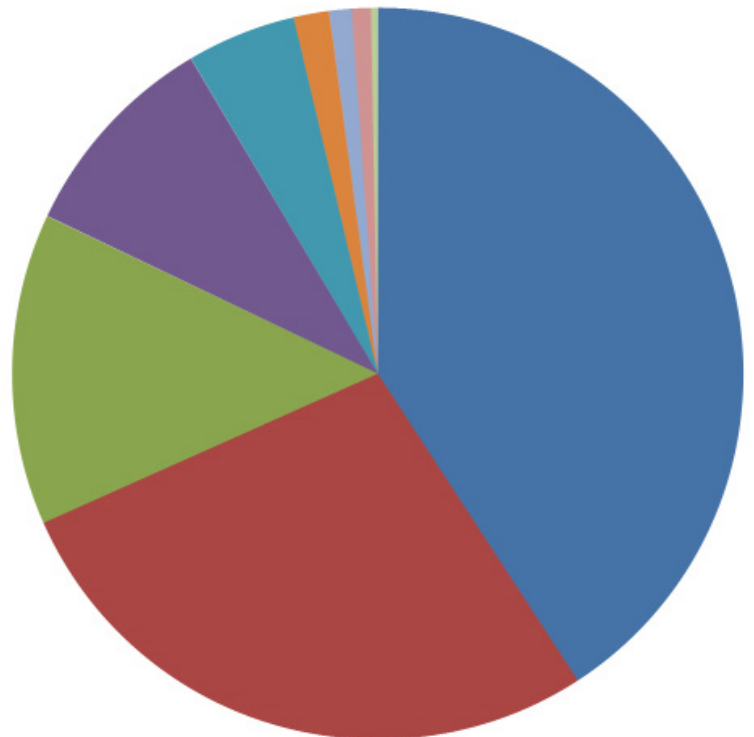
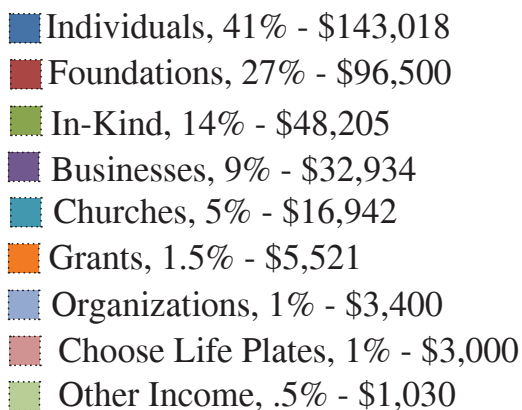
"Every charitable act is a stepping stone toward heaven."

Henry Ward Beecher

2015 Expenses - \$322,557



2015 Revenue - \$350,549



Visions of 2015

Thank you to everyone who supported us through baby bottle campaigns at your church, school or business!



We enjoyed being out and about in the community to share our important mission, and show Lakeland there is support for women facing unplanned pregnancies!



We enjoyed a wonderful evening at our 2015 Vision for Life Fundraiser. Save the Date for the 2016 Vision for Life fundraiser on September 15 at First Presbyterian Church.

