

# Options for Women

pregnancy help clinic

## Transforming Fear into Confidence

2017 Summer Newsletter

# Facts for Life

### From the Executive Director

What an amazing year it has been! I am still so humbled and grateful that God chose to place me as the Executive Director at Options for Women.

We hit the ground running, and surrounded by our incredible staff, board and volunteers, we worked to bring new services and events to our community. We are pleased to partner with local colleges to offer STD testing and counseling for students, and a new wellness program that can offer eligible women a FREE check-up with a local OB-GYN.

We were excited to offer our first of yearly legislative breakfasts with our pro-life representatives, as well as a wonderful 40 Days for Life celebration.

Because of each and every one of you, we were able to serve 325 women last year and are blessed to announce that we saved 259 lives in 2016.

2017 is shaping up to be our best year yet, and we are so grateful to everyone who is a part of that. We are truly blessed with the most amazing donors and volunteers!

Together for life,  
Marilyn Paul



### 2016 numbers at a glance:

- \* We served 325 women.
- \* 303 had positive pregnancy tests.
- \* 378 ultrasounds were performed.
- \* 199 STD tests were performed.

**\*259 women  
chose life!**



Our incredible staff and volunteers worked hard this year to help 259 women transform their fear into confidence!



We're so grateful to the staff and volunteers who work hard behind the scenes (and in the attic!) to help our office run smoothly!

*Mission: To erase the need for abortion through effectively serving pregnant, at-risk women, by transforming their fear into confidence.*

## Patient Story

Every day, women come to us scared, confused, and often convinced that abortion is the right answer for them.

In January, we had a 19 year old patient come to us who stated that an abortion was what she felt was the right choice for her. She was in a difficult situation and did not have a job, so abortion seemed like the only answer for her.

We listened to her, taking the time to get to know her so we could better understand her situation. Working with the medical staff, she completed a health questionnaire so we could better understand her health history. She wasn't sure of the date of her last menstrual period, so she wasn't sure how far along her pregnancy might be.

We were all surprised to see a 12 week ultrasound! The patient told us how hard it was to see the image on the ultrasound, and once she was in the counseling room with her advocate, she resolved not to have an abortion. We guided her to Medicaid to help her apply for insurance, and provide her with a resource list containing contacts for services she would need throughout the pregnancy.

She left our office knowing she wasn't alone, and that we would help however we could. Through our services, her fear was transformed into confidence and hope for

## Steps to Sexual Integrity

Sexuality is a vital part of who we are. Not many are comfortable talking about sexuality and many taboos surround the subject, making it even harder for people to share and learn. Bust statistics show the need for education and open communication about sexuality. Without them, we see unplanned pregnancies, STDs, and sexual abuse, misuse and trauma surrounding poor decision making.

But it is never too late to educate yourself, and our Steps to Sexual Integrity program can do just that. You can break the cycle of unawareness and have a healthy sexuality for yourself and a legacy to pass down to future generations. It is such a privilege to facilitate these sessions and see how empowered people become when given the right tools. The first session always gets the same reaction: "I never saw it like that!"

The class discusses abuse, trauma and misuse, as well as the proper use of sexuality. The women who have taken the class work hard to learn and stretch themselves, setting positive goals for their future.

Past participants have said the following about the class:

\*I would recommend this class and I will say it is a freeing experience and it will help with future relationships and the present ones. I personally loved the affirmations, they made me feel like a new person just saying them.

\*This class gives you confidence, it gives important information all women especially young women (teens) should know.

\*Thank you from the bottom of my heart, you are a God send, I'm healed of sexual trauma.

Class can be done as a group or individually and are available by calling our office at 863-393-6988.

## Free Women's Wellness Program

We are pleased to be offering a new, free wellness program for women in our community.

If a woman is over the age of 18, does not have Medicaid or health insurance, and hasn't had a women's wellness exam in the last 12 months, she may qualify for the program.

Once qualified for the program, the patient can receive a voucher for the follow services:

- \* Pap smear \* Lab testing \* STI testing
- \* Breast exam \* Flu shot \* Tetanus shot

This program is a wonderful way for us to reach even more women in the community. Appointments can be made by calling our office at 863-393-6988.

**Women's  
Health  
Matters** 

## Thank you to the Life Choice Society Members

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

Dr. Anita Arnold  
Dr. Matthew Mick  
Ms. Becki Bentz  
Rev. Ramon Bolatete  
Ms. Mary Buckler  
Mr. and Mrs. Sal Campisi  
Mr. and Mrs. Charles Chritton  
Ms. Frances Clark  
Mr. Joseph Connors  
Mr. and Mrs. Tom Deardorf  
Mr. and Mrs. Mike DelBovo  
Mr. and Mrs. Scott Demski  
Mr. and Mrs. Nico DiGioia  
Mr. and Mrs. Richard Dobson  
Dr. and Mrs. Francis Drake  
Mr. and Mrs. Judson Drewry  
Mr. and Mrs. Paul Elliott  
Mr. and Mrs. Bob Etthohnson  
Mr. and Mrs. Frank Fulco  
Mr. and Mrs. Robert Gates  
Mr. and Mrs. Richard Grant  
Mr. and Mrs. Stephen Hillis  
Mr. and Mrs. Rick Hubert

Mr. and Mrs. Steve Jones  
Mr. and Mrs. William Joppien  
Mrs. Mary Lou Klockenkemper  
Mr. Thomas LaPointe  
Mr. and Mrs. Thomas Massarella  
Mr. and Mrs. Vincent Miller  
Mr. and Mrs. Chris Montgomery  
Moody Engineering  
Ms. Angela Morris  
Mr. and Mrs. Patrick Murphy  
Mr. and Mrs. Richard Noble  
Rev. Ivan Olmo  
Mr. and Mrs. Richard Palma  
Ms. Christy Paul  
Mr. and Mrs. Tim Paul  
Mr. and Mrs. JJ Phelan  
Ms. Christina Philip  
Mr. and Mrs. Eldon Phipps  
Mr. and Mrs. Ronald Reycraft  
Ms. Shaira Rodriguez-Santa  
Mr. and Mrs. Morgan Roe  
Mr. and Mrs. Michael Rogers

Mr. and Mrs. William Rousseau  
Dr. and Mrs. Richard Rutherford  
Mr. and Mrs. David Sabatino  
Mrs. Luz Santa  
Mr. and Mrs. Daniel Santangelo  
Mr. and Mrs. Jan Sauls  
Mr. and Mrs. Scott Schaal  
Mr. and Mrs. Don Schluender  
Mr. and Mrs. James Spindler  
Mr. and Mrs. Art Stitzel  
Ms. Laura Tenpenny  
Mr. and Mrs. Matt Tompkins  
Mr. and Mrs. Marc Vander Poel  
Mr. and Mrs. Kirk Walden  
Mr. and Mrs. Thomas Waller  
Mr. and Mrs. John Walton  
Dr. and Mrs. Frederic Wehle, Jr.  
Mrs. Christy Wessel  
Mr. and Mrs. Edward Wizda  
Mr. and Mrs. Tommy Wood

## Save the Date!

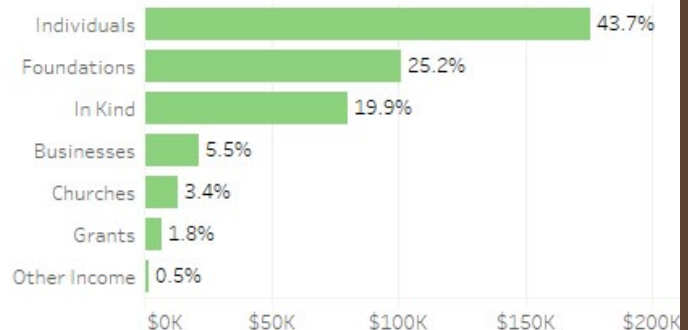
Our 2017 Vision for Life Fundraiser will be held on Thursday, September 14 from 6-8 p.m. at First Presbyterian Church on Lake Hollingsworth. We hope to see you there!

### 2016 Vision for Life Sponsors

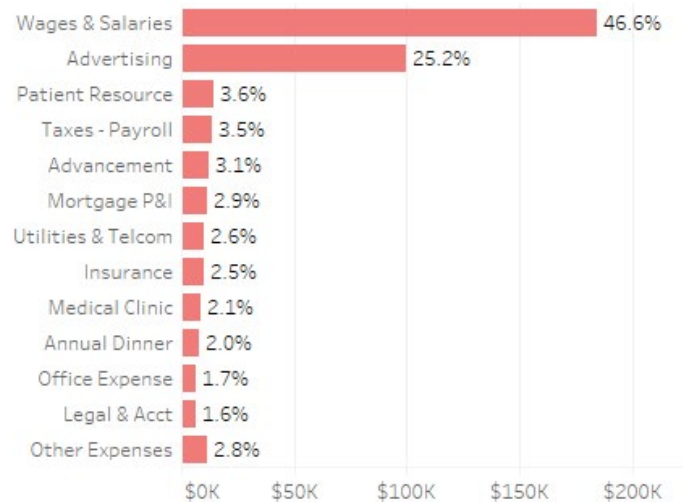
Elite  
Watson Clinic

Al Marshall  
St. Joseph Catholic Church  
Dr. Richard and Mary Rutherford  
Women's Care Florida  
Zaxby's  
Moody Engineering  
Classic Controls  
Mulling Insurance  
The Kevin F. Browne Family Fund  
(within the GiveWell Community Foundation)  
Denis and Mary Grant  
Lakeland OB GYN  
David Ramos, CPA  
Henkelman Construction  
Paul Painting, Inc.  
Bopp Tarver Dentistry for Children  
Jasper Construction  
Dennis Campagnone, Merrill Lynch Bank of America

### 2016 Revenue Sources | Total \$401,833



### 2016 Expense Categories | Total \$396,380



Net Operating Income | \$5,453

Supporting the work of Options for Women PHC is easy - to make your tax-deductible donation today, simply visit [www.optionsforwomeninfo.com/donate-and-save-lives](http://www.optionsforwomeninfo.com/donate-and-save-lives).

Thank you to Representative Dennis Ross and Senator Kelli Stargel for joining us for our first ever legislative update breakfasts.



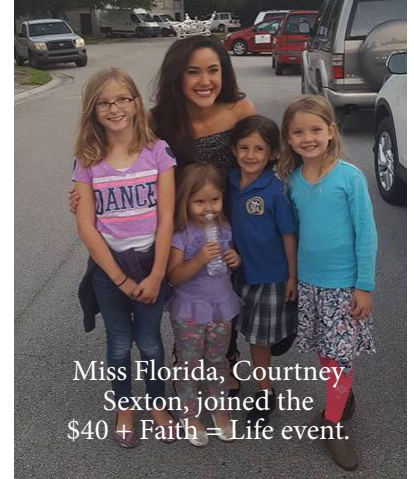
**\$40 + FAITH = LIFE**



Thank you to everyone who participated in our \$40 campaign. We raised \$6,971! We had a wonderful time celebrating the good that can be accomplished with only \$40 but a lot of faith at our event. We look forward to celebrating with you again next year!



This year we began offering tours to youth groups, explaining the services we provide and how they can be advocates in their peer and social groups. We loved sharing our mission with these teens! If you'd like to schedule your group, call us today, 682-5763.



Miss Florida, Courtney Sexton, joined the \$40 + Faith = Life event.

*Options for Women*  
pregnancy help clinic, inc.  
4435 Florida National Drive  
Lakeland, FL 33813  
www.optionsforwomeninfo.com