



FREE
HAWAIIAN
BBQ!

Hawaiian **FAMILY FUN DAY**

Saturday, June 29th
Starker Arts Park in Corvallis

FUN
ACTIVITIES
FOR YOUR
KIDS!

#OptionsFamilyFun



Join Us!

When: Saturday, June 29th, 11AM - 2PM

Where: Bruce Starker Arts Park
4485 SW Country Club Dr, Corvallis

What: a fun, free, family-friendly community outreach event hosted by Options

Invite your friends and family!

If you would like to volunteer during the event, contact celia@optionsprc.org.



FREE BBQ & SHAVE ICE

HAWAIIAN DANCING

CAKE WALK

KIDS' ACTIVITIES INCLUDING BOUNCE HOUSE AND OBSTACLE COURSE

TODDLER BOOTH

OPTIONS PRC MOBILE CLINIC TOURS

From the Director

— Karen Tameling



Is it about politics?

You have no doubt heard a lot in the news lately about bills going before different legislative bodies in states all across the country. It's hard to miss! One such bill passed into law in the state of New York in January of this year. Many in the pro-life community were stunned to learn abortion is now readily available without restriction in New York through the 24th week of pregnancy. If the life or health of the mother is threatened, abortion could be performed even further into a pregnancy. State legislatures have been lining up to pass or defeat various bills discussing the terms of legalization of abortion in their states.

When the law passed in New York, I began receiving emails and phone calls from people wondering what could be done to fight back, as it were. What I learned is many people were unaware that some of the most liberal abortion laws were in reality right here in Oregon. The Reproductive Health Equity Act was signed into law in Oregon in August of 2017. At the time, and probably to this very day, the law is recognized as the nation's most progressive reproductive health policy. It ensures that Oregonians, regardless of income, citizenship status, gender identity, or type of insurance, have access to the full range of preventive reproductive health services, including family planning, abortion, and postpartum care. The measure requires health insurers to provide birth control and abortion without charging a co-pay. It also dedicates state funds to provide reproductive health care, including abortion, to noncitizens excluded from Medicaid.

Believing that all lives are created by God, I'm troubled by how easy it has become to discard a life. The Options PRC mission statement is "Empowering Life-Affirming Decisions." This clearly means we affirm life in the womb. But it also means caring for the mother and other members of the family. The mission statement drives how we work with every woman who seeks our services. "Life-affirming" includes seeking the best quality of life for mother and baby, which is why we discuss adoption as well as what it will mean to parent a child. "Life-affirming" also speaks to our desire to help women who have made an abortion decision in the past. And it means sharing the reason we have hope for the future as we share about Jesus. All of this can mean stepping into uncomfortable areas of lives to address real needs. It's not about politics. It's about serving real women who are at a painful crossroads in their lives.

So while laws are written and passed, whether in New York, Oregon, or any state in our country, it's clear people still need help. Sometimes it's not about a law. Sometimes it has more to do with letting a woman know she has someone she can lean on, talk to, and get reliable information from. Your partnership is crucial to providing life-affirming support in your community. Your generosity assures Options can continue to offer much-needed free services. Thank you for choosing to make a difference in a world that often casually chooses to discard life. ☩

—Karen can be reached at karen@optionsprc.org

Mission Statement
Empowering Life Affirming
Decisions

Staff

Karen Tameling, Executive Director
Celia Funk, Executive Assistant
Patti Kenney, RN, Clinic Operations Director
Janie Tebeau, Patient Care Manager
Melissa Slyter, Patient Care Manager
Athena Jennings, RN, Nurse Manager
Yvette Wheeler, RN, Nurse Manager

Board of Directors

Kim Simmons, Chair
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Jen Massara
Eric Reisdorf
Sarah Rowley

Medical Director

Dr. Jen Massara

Medical Advisors

Dr. Shane Gjesdal
Dr. Rodney Wren, Retired

Options Pregnancy Resource Centers

1800 16th Ave SE
Albany, OR 97322
Phone: 541-924-0160
Fax: 503-719-8200

(note: this is also our administrative office)

Services are also provided on our mobile ultrasound clinic. The mobile clinic is parked at various locations in Corvallis and Philomath. Call for exact location. Phone 541-231-0912

Heartbeat is published twice a year by Options Pregnancy Resource Centers. Find us on the web at www.optionsPRCfamily.org

Additional information on services provided by OPRC is available at www.optionsPRC.org

If you wish to have your name removed from our mailing list e-mail celia@optionsprc.org with your request. We do not share or sell our mailing list.

Follow us @thepregcenter on Facebook and Instagram.



**401**

Total Patient Visits

**257**

Pregnancy Tests

**250**

Ultrasounds

2018 Significant Accomplishments

**157**

Bottles of Prenatal Vitamins Dispensed

**900+**

Community Referrals Made

**1000+**

Volunteer Hours Logged

Here are photos of our two clinics. We offer services from our stationary clinic in Albany and from the mobile clinic in Corvallis and Philomath. The clinic in Albany is open Tuesday through Friday. Currently the mobile clinic is deployed on Wednesday and Thursday. We hope to add a third day to the mobile schedule soon.

We were privileged to be the recipient of a grant from Focus on the Family to equip the mobile clinic with a brand new, state-of-the-art ultrasound machine. The images from this new equipment are incredible. **8 out of 10 women** who receive services at Options, initially intending to have an abortion or feeling pressure from someone to terminate their pregnancy, **decide to carry their pregnancies to term**.

If you would like to tour either of our facilities, call Karen at 541-924-0160 or e-mail karen@optionsprc.org. We would be honored to show you firsthand what we do at Options. ☺



Electronic Newsletters

Do you prefer to receive newsletters by e-mail? We can send your copy of the newsletter electronically. E-mail celia@optionsprc.org and let her know your preference.

Help save the costs associated with mailing the newsletters by providing us with your e-mail address! ☺



The Mobile Clinic ready to serve in Corvallis and Philomath



Options PRC Clinic in Albany

Save The Date!

Fall Fundraising Banquet

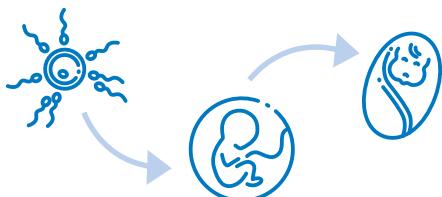
“Defending Life”

Suburban Christian Church

Thursday, October 3

Guest Speaker: **Jim Schultz** will be speaking on pro-life apologetics.

Jim is pastor of Lighthouse Assembly of God Church in Brookings OR and formerly served as youth pastor at Kings Circle Assembly of God in Corvallis. We hope you will consider joining us and bring a friend! ☺



Thursday
Oct. 3

