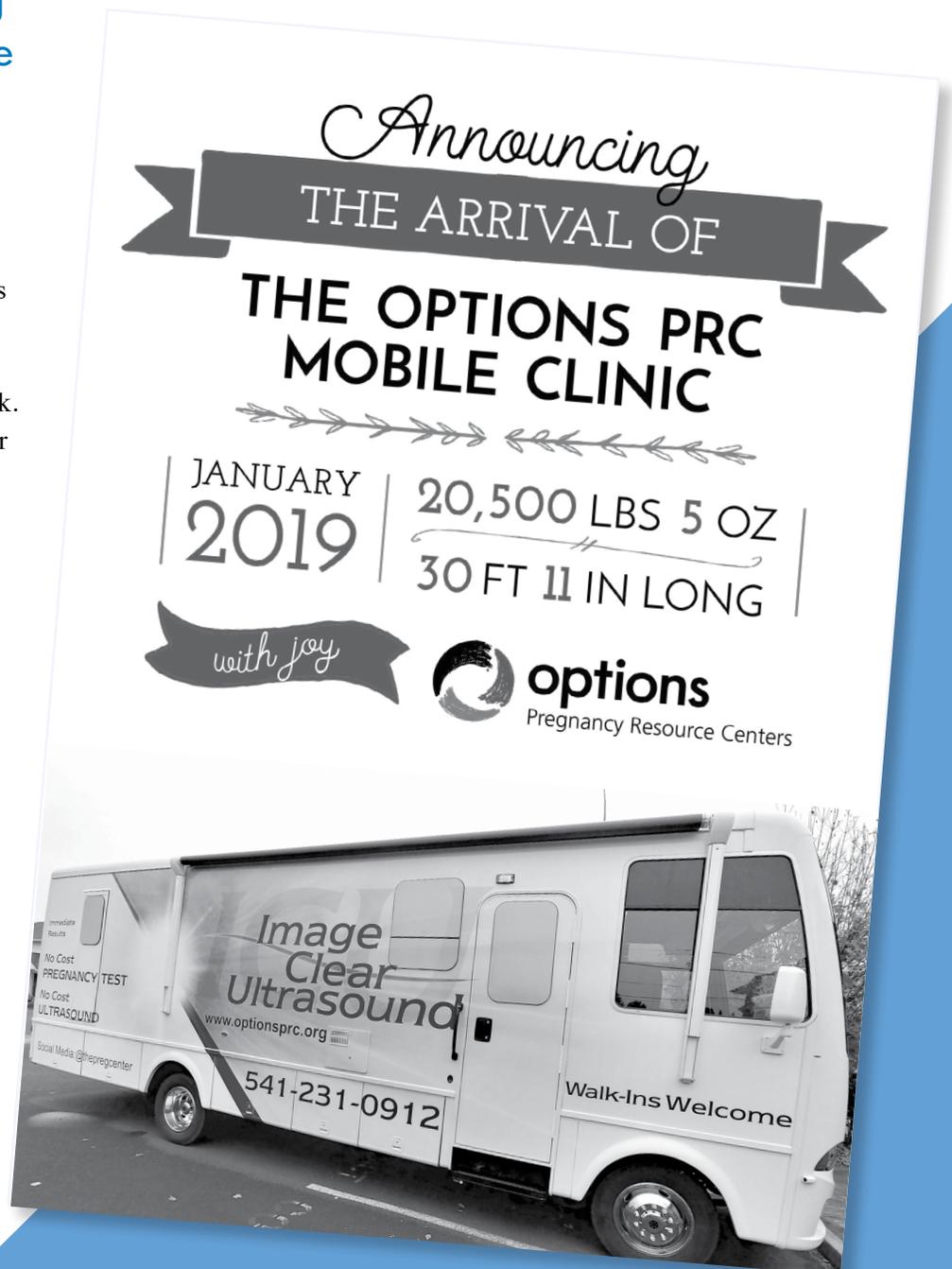


## Birth Announcement

Starting in January, 2019,  
Options will begin offering  
services in Corvallis on the  
new mobile clinic!

There is an air of excitement around the clinic as we anticipate the work God has for us to do on wheels. The desire is to reach more women by delivering services in the places women seek other services. In partnership with ICU Mobile, Options will become strategic about where to park. Please pray for this effort, specifically for wisdom, discernment and protection. *Your partnership is coveted.*

**The mobile clinic will replace the stationary clinic** in Corvallis, which closed permanently on November 20. The clinic in Albany, which also houses the Options PRC administrative offices, will be open additional days until the mobile operations are up and running to better serve patients. (By the way, if you are still using the mailing address in Corvallis for correspondence/support, please take note of the address in Albany. All communication should be addressed to the administrative offices at 1800 16th Ave SE, Albany, OR 97322) 



## From the Director

—Karen Tameling



What traditions does your family have? We all have at least one thing that makes our family “ours”, right? Many of those traditions appear around the holidays, at least in my family they do. One activity that monopolized our time from Thanksgiving through New Year’s Day was baking – mostly cookies. But to this day there is one holiday treat that everyone in the family agrees is a requirement for every family Christmas gathering. It’s a treat called bonket. It’s a delightful almond filled flaky pastry. If you were to ask anyone in my extended family, we have the best (and secret) recipe to be found! There’s various spellings for bonket, but this is how our family spells it and since we have the best recipe, we decided we get to choose the spelling too! One can eat bonket for any meal of the day since it’s typically seasonally limited. And you have to be sure to get enough of it.

What does bonket have to do with a ministry like Options? If you would have asked me that question a few years ago, I would have been hard pressed to come up with an answer. But today I can tell you bonket has a great deal to do with Options PRC! My sisters all love to bake. My youngest sister asked me what I thought about her trying to sell bonket to raise money for Options PRC, specifically to fund and operate the mobile clinic. Honestly, it sounded like a huge undertaking to me. But her love of baking, along with wanting to do something creative to support Options energized her. I encouraged her to go for it!

She set off on a mission to sell bonket to friends and family, advertising through word of mouth and putting out some information on Facebook. She linked to the Options website so people knew about the cause and waited. To her delight (and of course mine!) she sold a lot. That first time, she presented Options with a generous check which she wanted us to use towards the purchase of the mobile clinic. Several months later, she sold some other baked goods that resulted in another sizable check. We’ve lost track of exactly how much she’s sold, but she knew she had a nice following and a demand for her baked goods.



My sister making bonket.



Ready for the oven!

**“Honestly, doesn’t God want us to use all He’s given us for the advancement of His Kingdom?”**

For the 2018 Christmas season, she purchased her baking supplies for bonket expecting big results. At last report, she’s sold far in excess of 100 orders of bonket! Who knew a family tradition like baking could help fund something like a mobile clinic?

Do you have a passion for something that could creatively make a difference in the lives of women who will come to Options in the year ahead? Let me

encourage you to give it a try. You never know how God will use your gifts and passions. Honestly, doesn’t God want us to use all He’s given us for the advancement of His Kingdom? Even if it’s using something like a “secret family recipe”! ☺

—Karen can be reached at [karen@optionsprc.org](mailto:karen@optionsprc.org)

### Mission Statement

Options Pregnancy Resource Centers provides comprehensive information to those facing unplanned pregnancies. With the love of Christ we encourage life-affirming choices through free pregnancy tests, ultrasounds and community referrals.

### 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  
Wendy Yeager, Administrative Assistant

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### Medical Advisors

Dr. Shane Cjesdal  
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)*

Offering services from the mobile ultrasound clinic starting in January, 2019. The mobile clinic will be parked in various locations in Corvallis and Philomath. Phone: 541-231-0912

*Heartbeat is published twice a year by Options Pregnancy Resource Centers. Find us on the web at [www.optionsPRCfamily.org](http://www.optionsPRCfamily.org)*

*Additional information on services provided by OPRC is available at [www.optionsPRC.org](http://www.optionsPRC.org)*

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



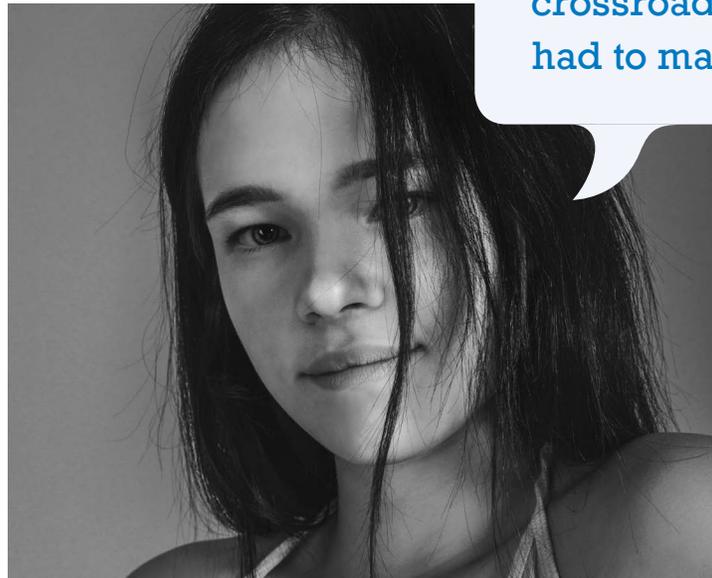
Follow us @[thepregcenter](https://www.facebook.com/thepregcenter) on Facebook and Instagram.

# Pregnant and Scared

When Pam first came to Options, she was pregnant and scared. She was only 14 and had no idea what she was going to do. Pam recently shared her story with guests at the Options PRC Banquet. In her own words “I was so scared and had 50 emotions bouncing all around. I didn’t know what to feel or what to do.” Pam texted her boyfriend the morning she had a positive home pregnancy test to let him know. His first question to her was “how are we going to get rid of it?” Pam’s initial response was agreement with him and she set out to learn how she could get an abortion.

Her fact-finding mission brought her to Options. Pam has strong memories of that initial visit, down to what the Options staff members were wearing that day, and how kind they were to her. She also quickly realized Options was not a place to help her get what she thought she wanted – an abortion.

Pam continued “they answered all my questions and explained my options. We talked about what it would be like to tell my mom and let me talk about my fear in telling her about the positive pregnancy test. I knew I was at a crossroad in my life and had to make a decision.”



“I knew I was at a crossroad in my life and had to make a decision.”

Pam said she left the visit disappointed and sat outside in tears. Then she saw the Options staff members come out from the building to speak further with her. It was then one of the staff members shared her story of an unplanned pregnancy, one that ended in abortion. Pam learned it was a decision that held regret. In telling her this story, Pam knew it wasn’t about making her feel bad, it was about understanding the pain that decision held. With a little online research she soon learned that due to her age, she wouldn’t be able to get an abortion without her mom’s consent. This brought more tears.

When Pam left the clinic, she met with a friend who asked her what she thought about parenting her baby. Pam’s first reaction was “are you crazy?” But then something clicked for her and she remembers “feeling happy, excited and anxious” all at once. She had a lot to think about. That night, Pam said she did something she hadn’t done in a long time – she prayed. She was led to Psalm 26:20-21 which says “Protect me! Rescue my life from them. Do not let me be disgraced, for in you I take refuge. May integrity and honesty protect me, for I put my hope in you.” For Pam, this was an answer to all her confusion. She felt confident she was to give life to her baby and to become a teen mom.

Telling her mom wasn’t as hard as she thought it would be. But her family did try to talk her out of the parenting decision. Pam stood firm, even when she wasn’t sure how expenses were going to be paid. She again prayed to God and saw lots of answers to her prayers. As the days and weeks passed she had more and more offers of help. To say Pam felt supported is an understatement.

Pam gave birth to a little girl in November, 2017. Pam described her as looking like an angel. Today Pam juggles being a single mom while finishing high school. She tells us she thanks God every day for such a wonderful gift as her daughter. She is grateful for the day she came into the Options clinic with her mind made up about what she had to do. And she’s grateful for the information and support she received and continues to receive to this day. In Pam’s words “even in the rockiest roads, God never leaves you.” 🌟

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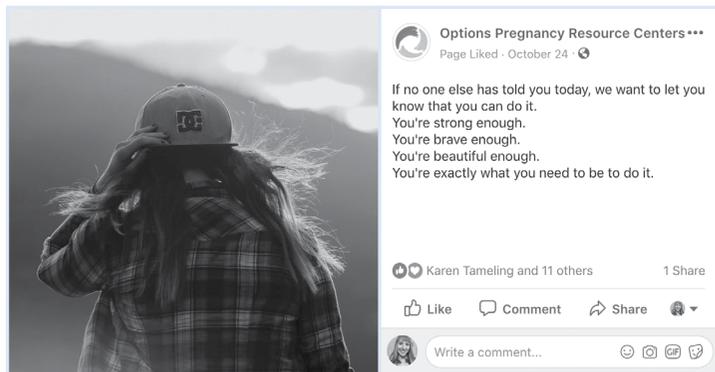
## Thank you!

With the closure of the clinic in Corvallis (soon to be replaced with the mobile clinic in and around Corvallis) Options wishes to thank several businesses for their generous help. **Geoff Davis/Davis Glass, King Office Designs** and **John Ulrich/Ulrich Construction**.

We also want to thank everyone at **Corvallis Feed & Seed** for providing storage parking for our mobile clinic. If you have an opportunity to shop at any of these locations, let them know how much you appreciate their support of Options PRC!

We also want to thank our mobile clinic delivery team, **Bill & Teresa Buckley**. The Buckleys volunteered more than a week of their time to drive the mobile clinic from Ohio! Daily reports to the Options home base were full of great stories. *Thank you Bill & Teresa for getting the mobile clinic to Oregon safely!*

## Options PRC is on Social Media!



In the last edition of Heartbeat, we told you about the Options PRC Facebook page specifically for our Family members. We would love to connect with you through this page. It will help you stay on top of things that matter to the Options PRC Family. Ask to join this secret page and stay connected! All that's needed is the e-mail address connected to your Facebook account and we'll send you an invitation to join! **Send your request to [celia@optionsprc.org](mailto:celia@optionsprc.org).**

Options also has a Facebook page specifically for patients, and information about services offered. You can follow that page **@thepregcenter** on Facebook.

Want to help increase our ratings and exposure online? You can rate us on Google as well as Facebook! **Every 5 star rating we receive makes a difference.**

Options Pregnancy Resource Centers  
4.7 ★★★★★ (17) · Women's Health Clinic  
Albany, OR · (541) 924-0160  
Open · Closes 5PM

Would you rate us today? Thanks!

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## 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](mailto: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!