

Speak Life Banquet Overview

This year the Options banquet was the most unique one we've seen! We held a nearly traditional sit-down banquet, COVID style, at Jesus Pursuit Church. Due to the need to keep socially distant, attendance was limited to fewer than 100 people. We did an online "live" version which was broadcast on YouTube. You can watch a replay of the program through the link on our web page www.optionsprcfamily.org. After a brief update of activities at Options in the past year, our keynote speaker, Oregon State Representative Shelly Boshart Davis encouraged us to "speak life" not only wherever we are, but also whoever we are. We all have a role to play in sharing the message of LIFE! 🌱



Executive Director, Karen Tameling, provides a ministry update



Board chair, Colin Hesse, talks about how to get involved in the ministry



Board member Linda Keller visits with guest Dan Wolfe in the buffet line



Guests hear about the impact of Options PRC in our communities



Keynote speaker, State Representative Shelly Boshart Davis

From the Director

— Karen Tameling



A little over a year ago the Options staff met for a few days of retreat. It's one of those activities I look back on and know there was purpose beyond my understanding at the time. None of us could possibly know what the next year was to bring and how it would impact the close-knit team of Options. I believe that retreat was very likely some of the glue that held us together as we began walking the ever-changing path of COVID.

In this edition of Heartbeat, you will once again meet some of the amazing women who make up the team at Options.

We did something similar in the last edition and heard from readers how much they appreciated the stories. Your feedback is an encouragement!

Another thing that encourages our team is the habit we've developed of reading from a little devotional, "Jesus Calling", as we begin our day together. We've often commented after a daily reading how timely the words are for what's happening in our lives that very day. The month of October, for example, has been filled with reminders of keeping our eyes on God and being aware of His presence even when it seems like the problems of the day are more than we can bear. And there are days when 2020 feels like it was more than any of us could bear, doesn't it? I'm so thankful for a God who watches over all we have to navigate and the reminder that He's present with us always. His gentle nudge as written in Matthew 11:28, "Come to me, all who are weary and burdened and I will give you rest," is the perfect invitation for all of us, including the women who walk through our doors every day.

While we work with women locally, there's a bigger picture. Women are invited into pregnancy centers all over this country and the same God watches over all of us, inviting our weary spirits to come and receive rest. In coming to Him, collectively our souls are filled so we can assist every woman who comes to us for help. The Charlotte Lozier Institute regularly surveys pregnancy centers and compiles a report with the results. The most recent report evaluated the effect of our collective work and estimates the value of all the free services offered to be \$266,764,916! Over \$266 million! What an impact our movement has on our nation. You're part of that impact when you support the work of Options. And that is a true investment in the future! Thank you for making a difference. If interested, you can read the entire report "**The Test of Time: A Legacy of LIFE & LOVE Report Series**" at www.lozierinstitute.org and put "2020 pregnancy centers" in the search bar. I hope you find it uplifting.

As you read through the stories from the Options staff in this newsletter, be heartened by the work being done locally because of your investment. Similar stories are being told around the country where the collective staff at pregnancy centers are tirelessly working with the women God brings. And know we can all say the words of Matthew 11:28 to those who come through our doors.

It remains my honor to work with the staff at Options and we are all honored to represent you in this corner of the Kingdom. Thank you for being part of the Options Family! ☺

—Karen can be reached at karen@optionsprc.org

Mission Statement

Empowering Life-Affirming
Decisions

Staff

Karen Tameling, Executive Director
Celia Breedon, Executive Assistant
Brandi Mills, Administrative Assistant
Jemima Geisert, Clinic Operations
Manager
Tay Thornton, Patient Care Manager
Athena Jennings, RN, Nurse Manager
Janie Tebeau, Patient Care Assistant

Board of Directors

Colin Hesse, Chair
Kim Simmons, Vice Chair
Linda Keller, Secretary
Kristen Guzman, Treasurer
Gavin Boldizar
Shane Gjesdal
Shannon Page
Eric Reisdorf
Sarah Rowley

Medical Director

Dr. Shane Gjesdal

Medical Advisors

Dr. Jen Massara
Dr. Rodney Wren, Retired

Options Pregnancy Resource Centers

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

(note: this is also our administrative office)

Mobile Clinic

Services are provided on our mobile ultrasound clinic at various locations in Benton County. Location and hours are updated on the website www.optionsprc.org. Additional information about services provided is also on the web site.

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



Thank you!

During this unprecedented season of Coronavirus, all of us at Options wish to express our thanks for you, our supporters. While in the midst of uncertainty in many forms, we are honored to receive your generous support that helps us minister in our communities. The Board of Directors of Options recently approved the budget for the next fiscal year and for the first time in our history it includes some health benefits for the dedicated staff! With your generosity the hard-working team will be blessed. This added benefit will also aid in recruiting additional qualified team members moving forward. We don't take your generosity for granted and thank you from the bottom of our hearts for investing in the life-saving work of Options! 🙏



Ultrasound Saves Lives!

One of the life-saving tools at Options is the ultrasound machine. Patients who receive an ultrasound tell us seeing their baby is a life-changing experience. For women who say they want an abortion when they first come to us, 70% change their minds and choose to carry their babies to term. The nursing team receives specialized training to perform these ultrasounds at Options. Here's an amazing image of a baby at just over 17 weeks old that was captured recently by one of our nurses. 🙏



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! 🙏

Real-Life Stories

What inspires you? Here are some of the stories that inspire the staff at Options!



In the three months I have been on staff at Options, I have encountered many inspiring stories. I recently followed up with Cora,* a patient who came to Options in the spring. Cora is an independent young woman in a hard situation, sleeping on friends' couches and due to deliver around Christmastime. When I asked her what is on her baby supply list, she said she has nothing. It is very hard for her to ask for help, so I asked if I could make the calls to community resources for her. "That would be awesome!" she said. I have been able to connect her directly with different housing opportunities and organizations that can help her prepare for her baby and get on her feet. Here is a mom in need who doesn't want to say, "I need," and I am so happy we can be the connecting piece for her.

Tay Thornton, Patient Care Manager

For me, the most inspiring stories are about prayer. God is so powerful, and He is always at work here at Options. I had been praying specifically for our new Clinic Operations Manager, Jemima, to have one of those appointments where a patient comes in planning on abortion and then changes her mind. Jemima stopped me in the parking lot one day without even knowing I had been praying for her, and said, "I had one of those appointments!" A patient had told her, "I just can't have this baby," but in their follow-up phone call, she told Jemima she was keeping the baby after all. God answered prayer that day, and I am so grateful for His powerful intervention and the encouragement He gives us.

Brandi Mills, Administrative Assistant



The language barrier made it difficult to connect with Julia,* and we lost touch until she told us she had gone through with an abortion. "We are always here for you," I texted her, and she texted back within seconds, asking for a counseling appointment. When she arrived, her eyes were brimming with tears. For the next two hours, one of our volunteers and I cried with her, prayed with her, hugged her (pre-COVID), and shared the Gospel with her. I have never before seen someone so broken experience so much healing. She walked out of the clinic with a Bible in her language, tears of joy washing away her tears of grief. Even though she chose abortion, she reminded me that Options exists to share the message of eternal life.

Celia Breeden, Executive Assistant

*not her real name

Real-Life Stories (Continued from page 4)

Every day at Options I get to witness stories that inspire and encourage me. One of my favorites is Katie's* story. She has a history of miscarriage and was thrilled to be pregnant but pretty anxious about losing the baby. Her ultrasound went great and as time passed she came back for a couple of model ultrasound appointments. She was so happy to finally have a healthy pregnancy when she didn't think she'd ever have a child of her own. She really appreciated Options' services, most of all the care and kindness she received. "You didn't treat me as fragile," she said. "You encouraged me and gave me hope."

Jemima Geisert, Clinic Operations Manager



Lily* felt she had to have an abortion. Her boyfriend already had a family, and she was not happy about the situation. When we talked, she said she had counseled her sister not to have an abortion, but here she was in the same situation and she didn't see any other option for herself. When she came back for her ultrasound, though, she told me with a smile on her face, "I think I want to keep this baby." She was worried about losing her job, so I encouraged her to talk to her boss and request reasonable accommodation during her pregnancy. I was so proud to see her muster the courage to talk to her boss and most of all to choose life. Now she is the proud mama of a healthy baby girl.

Athena Jennings, R.N., Nurse Manager

Tess* had told us abortion went against everything she was and believed, but her partner was putting a lot of pressure on her to have an abortion. "I don't want this and I'm going back to my ex," he told her. She was feeling very alone and was afraid to tell her mom that she was pregnant again. We talked with her a lot about adoption. Several months later, after getting no response to most of my follow-up calls, I connected with her and learned that she is eagerly awaiting the birth of her baby boy and planning to parent. She was so appreciative of Options' services, and I was overjoyed that the love and support and resources we offered could help her choose life for her little one.

Janie Tebeau, Patient Care Assistant



*not her real name

Save The Date!

Even though we don't have one yet!

We hope to have a return of the Family Fun Day in 2021. Watch for details as we navigate the ever-changing COVID situation to determine if we can safely have this fun family event once again! 🎈

Date
TBD

