Seeing Hearts Changed Every Day!

by Gayle Irwin

Nineteen-year-old “Paula” planned to abort when she came into our center recently. “I’m too young, and I don’t want to be pregnant,” she told her Advocate.

She believed her boyfriend would support whatever decision she made, and she said she wouldn’t tell her family.

After a positive pregnancy test, Paula was given an ultrasound. As the nurse explained what they were seeing – her 6-week-old on the screen with a heartbeat – Paula’s expression seemed to soften, and her eyes lit up. She asked the Nurse several questions, seeming surprised to learn the heart of her unborn was already beating. She accepted the ultrasound images the Nurse provided, and when she met again with her Advocate and was asked how she felt about the ultrasound, our young patient said with a smile, “I’m excited! That was so neat! I didn’t realize we’d see a heartbeat!”

Her Advocate explained all of Paula’s pregnancy options, and when she provided brochures on abortion, adoption, and parenting, Paula only took the parenting pamphlet.

“I don’t need or want the others,” the young woman said. “I’m going to parent.”

Touching Many Lives in 2020

Patients With a Positive Pregnancy Test: 234(90%)
Ultrasound Scans (includes repeat scans) ..........285
Sexually Transmitted Disease Tests: .............106
Baby and Me Program Participants: .................45
Resource Program Participants: .......................75
Abortion Recovery Program Participants: ........9
Babies Saved: .......................................................197

Every number represents a person right here in our community that needed our help. Take a look at what you’ve made happen in recent months! Thank you for partnering with us.

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Because of the unique nature of our services, it’s important to protect our patients’ confidentiality. Actual names are changed in our stories unless we are granted permission by the patient to use their real name.

Coming to a Church Near You:
Baby Bottle Boomerang 2021!

Even if you are “doing church” online you can still participate!

- Stop by your church to pick up a bottle
- Drive by True Care and pick up a bottle (bottles are in a large container by the front door of our building—the door facing Poplar Street)
- Give online at: www.TrueCareGiving.net
- Mail your donation to: PO Box 2346 Casper, WY

Return your bottle filled with coins, bills and/or checks to your church or to True Care by President’s Day Weekend, Feb 13/14.
Miracles!

His name pops up in all four gospel narratives, but we don't know much about him. He was wealthy, and a member of the Jewish council. And one more thing: he was a disciple of Jesus, albeit a quiet one.

His defining moment—which placed him in each account of Jesus’ life—came just after Jesus’ crucifixion. His name is Joseph, and he went to Pilate with one request, to take custody of the body of Jesus so he could place Him in his own tomb.

It can be said that Joseph donated the location where the greatest miracle in the history of the world took place.

While nothing compares with the resurrection, miracles still take place today. For example, consider our offices at True Care. Women—many of them thinking of ending their pregnancies—come to us and see their children for the first time through ultrasound and instead choose life. Isn’t this a miracle, too?

It’s almost overwhelming to consider. But literally, lives are saved in these offices.

I am so very thankful for all of you who have supported this work. Last year was challenging, but God provided beyond what we could have imagined through you, His people! Whether your investment here is $10, $100 or $10,000, you are a modern-day Joseph, giving something of yours to create a place for miracles. I appreciate you.

And if at this time you haven’t had a chance to give to True Care in a while, join the Josephs of today. Your investment in this work means a space is created for life to win victory after victory.

To give, click on our website at www.TrueCareGiving.net, send your gift to PO Box 2346 Casper, WY 82602 or simply email us for more information on supporting True Care at info@truecarecasper.org. We look forward to hearing from you and look forward to telling you the stories of modern-day miracles of life.
A Long Journey Home  by Cheryl Flores

“Sixty-seven days!!” These were the first words Kendra said to me, when we finally connected by phone. Thirty-seven days! I didn’t need to hear anything else, I understood completely. Kendra was telling me she was sixty-seven days clean from meth. Unfortunately, we see meth’s grip on our patients all too often.

Although I have never used meth, I did overcome an addiction to narcotics. I am up front with my patients about my experience with substance abuse and my recovery. I have been free from my addiction for more than 13 years. I love sharing my story with patients, encouraging them throughout their pregnancies, and giving them hope that they, too, can overcome their addictions.

When 22 year old Kendra came to True Care for her first appointment she was visibly upset. She was tearful and anxious. She said the father of her baby was not involved and “out of the picture.” She also stated she did not have custody of her 6 month old daughter because she tested positive for meth when she delivered little Maria. Kendra felt she had no other option but to abort. She asked True Care staff how she could get an abortion and was told there are no abortion clinics in Casper or the surrounding area. She got up and immediately walked out. Kendra’s True Care advocate asked me to follow up with Kendra, to explain how the Center’s Resource Program could help her, and to share my story of addiction.

It took about a month of making phone calls and leaving voicemails before I was able to connect with Kendra. I shared my experience with addiction, and we bonded right away. I helped her with several of her most urgent needs. The first item on the list was to find affordable housing through the Casper Housing Authority. This was a big deal for Kendra. She desperately wanted to get her daughter back, but first she needed a safe and secure home where she, Maria, and her baby yet to be born could live.

Throughout the 8 months I met with Kendra, she was always open to me praying with her, and sometimes her life was very overwhelming. She reconciled with the father of her baby but he was in jail for most of her pregnancy. There were many times when Kendra felt like she was drowning. At those times the only thing-- the best thing-- to do was pray. So we did. I remember the day we met in the parking lot at True Care and cried out to God, asking Him to help Kendra rise above the waves and to place her in the center of the storm, where it is calm. We prayed for Kendra to have the strength to continue to put one foot in front of the other and push forward.

My favorite part of our conversations was hearing the excitement in her voice as she let me know how many days clean she was. It warmed my heart. Sixty-seven days……99 days……144 days. I would share this with the True Care staff and we would all pray for Kendra.”

During this time she progressed from no visits with her daughter to supervised visits, to unsupervised visits. Maria is now back full-time in Kendra’s care. Her boyfriend was released from jail and is very supportive. She is always grateful and often tells me, “You have made my life so much easier.”

Every day matters. Steps forward matter. Counting those steps of progress in our lives matters to God. Proverbs 16:9 says “We can make our plans, but the Lord determines our steps.” Sometimes those steps are uphill, hard and slow, but if we stay close to the Lord we will always know we are going in the right direction.

“If I hadn’t come to True Care for this pregnancy I probably would still be doing drugs. I wouldn’t have continued with my counseling or worked with DFS and probably wouldn’t have gotten my daughter back. I am truly blessed to have you in my life. What you do for women is amazing. This new baby, (Eva), helped me find the broken pieces of me, and you helped me put them all back together.”

I am so proud of Kendra. During my most recent call she shared that she was 252 days clean! I continue to encourage her and we all continue to pray for this precious little family.

The Resource Program is open to all True Care patient and officially began in January 2013. During this time Cheryl has enrolled 923 patients in the program and made more than 6119 patient contacts. She has completed 956 Medicaid applications. So far, 679 babies have been born to women who enrolled in the program.

What Our Patients Say about us:

I liked that I was treated with respect and care.

I was comfortable and my advocate and nurse talked me through the appointment.

The staff were very reassuring and answered all my questions and concerns.

I loved all the resources I was given.
### Top 5 Needs

Friends of True Care are always asking how they can help. Here we’ve highlighted five specific needs that we could use a little help with so we can serve our patients well:

**Volunteer Baby and Me Advocates and Follow Up Specialists**
We are in need of Baby and Me Advocates to meet with women enrolled in our long-term patient care program. Right now these meetings are taking place via Zoom. Follow-Up Specialists contact patients throughout their pregnancies. Contact our Patient Resources Director, Gayle Irwin, for more information about these volunteer opportunities. 307-472-2810 or gayle@truecarecasper.org

### Vision Tour Hosts

Need an idea for your next small group meeting? Invite a few friends or associates to a Vision Tour—a one-hour introduction to True Care. Or—we can come to your office or church! Contact Lilly for more information at 472-2810 or lilly@truecarecasper.org.

### Housekeeping Essentials

Paper towels, toilet paper and garbage bags. Call 472-2810 for the best time to drop off these items.

### Bottled Water

All patients and their guests are offered a bottle of water, so we go through a lot of it! Call 472-2810, ext 10 for the best time to drop off this item.

### Spanish-Speaking Patient Advocates, Follow-Up Specialists and Baby and Me Advocates

Are you fluent in Spanish? If so, we need you so we can serve Spanish-speaking patients. Contact Gayle at 472-2810 or gayle@truecarecasper.org for more information.

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**January**
- 1 Jan 7 Thelma Molman
- 2 Jan 9 Keith and Beth Nachbar
- 3 Jan 10 John and Aumi Perry
- 4 Jan 13 Hani Perry
- 5 Jan 15 Anja Perry
- 6 Jan 19 Pat and Ida Mae Jackson
- 7 Jan 21 Rich and Mary Roettcher
- 8 Jan 22 St. Anthony's Catholic Church

**February**
- 1 Feb 4 Sandy Miller
- 2 Feb 14 Norm Brown
- 3 Feb 15 John and Sue Bauder
- 4 Feb 23 Mary Haataja and Lisa Scott
- 5 Feb 24 Gerrie Vignaroli

**March**
- 1 Mar 16 Grace Reformed Church
- 2 Mar 11 Wayne and Stacie Heili
- 3 Mar 7 Fred and Mary Crockett
- 4 Mar 30 Housekeeping Essentials
- 5 Mar 28 Rex & Heather Graham

**April**
- 1 Apr 3 Dan and Crystal Galles
- 2 Apr 13 Kelly and Isaac Kalinowski
- 3 Apr 21 Todd and Denise Murphy
- 4 Apr 20 Alex and Stibyle Smith
- 5 Apr 21 Troy Grange

**May**
- 1 May 1 Mike and Terry Cometto
- 2 May 9 Restoration Church, Mike and Terry Cometto
- 3 May 23 John and Beth Nachbar
- 4 May 14 Brad & Lynn Johnson Kroeker
- 5 May 13 Kelly and Isaac Kalinowski

**June**
- 1 Jun 17 Steve and Megan Boomgarden
- 2 Jun 13 Damon & Sarah Green
- 3 Jun 12 Dave and Donna Shellenberger
- 4 Jun 31 Rob and Angela Hensley
- 5 Jun 4 Gary and Patty Hines

**July**
- 1 Jul 3 Dan and Barb Martin
- 2 Jul 10 Louise and Justin Rogers
- 3 Jul 11 Steven and Brice Perry
- 4 Jul 12 Tim and Lisa Burridge
- 5 Jul 13 Kevin and Julie Murphy; Jeff and Monica Johnson

**August**
- 1 Aug 9 Nic and Michelle Kikew
- 2 Aug 10 Louis and Justin Rogers
- 3 Aug 11 Steven and Brice Perry
- 4 Aug 12 Tim and Lisa Burridge
- 5 Aug 13 Kevin and Julie Murphy; Jeff and Monica Johnson

**September**
- 1 Sep 9 Nic and Michelle Kikew
- 2 Sep 10 Louis and Justin Rogers
- 3 Sep 11 Steven and Brice Perry
- 4 Sep 12 Tim and Lisa Burridge
- 5 Sep 13 Kevin and Julie Murphy; Jeff and Monica Johnson

**October**
- 1 Oct 4 Gary and Patty Hines
- 2 Oct 7 Albert and Becky Sandblad
- 3 Oct 15 Don and Louise Patton, Mark and Beth Aver
- 4 Oct 18 Ron and Julie Catellier
- 5 Oct 20 Don Basko

**November**
- 1 Nov 4 Gary and Patty Hines
- 2 Nov 7 Albert and Becky Sandblad
- 3 Nov 15 Don and Louise Patton, Mark and Beth Aver
- 4 Nov 17 Steve and Mary Sandorh
- 5 Nov 31 Rob and Angela Hensley

**December**
- 1 Dec 7 Albert and Becky Sandblad
- 2 Dec 15 Don and Louise Patton, Mark and Beth Aver
- 3 Dec 18 Ron and Julie Catellier
- 4 Dec 20 Don Basko
- 5 Dec 22 Kent and Sara Capasso, Arlo and Neva Bodin

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**Want to Sponsor A Day?**

See the enclosed response card or call Lilly at 472-2810 ext 17.

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**Top 5 Rated**

Providing resources and life-affirming counsel to women and families dealing with a pregnancy.

The Caring Center, Inc. True Care Women’s Resource Center
PO Box 2346
1746 S. Poplar Street
Casper, WY 82602
307-472-2810

Patient Website: www.truecarecasper.org
Donor Website: www.truecaregiving.net

**MISSION STATEMENT**

We exist to erase the perceived need for abortion in our community through effectively serving pregnant, at-risk women, transforming their fears into confidence.

**STAFF**

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Sally Heyes, Nurse Manager  
Amber Zimmer, Staff Nurse  
Sara Beer, Staff Nurse  
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