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 Patient Advocates and Baby and Me Advocates

We are in need of advocates to be part of the initial pregnancy test appointment as well as Baby and Me Advocates to meet with women enrolled in our long-term patient care program. Contact our Patient Resource Desk, 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 church!

Contact Lilly for more information at 472-2810 or lilly@truecarecasper.org.

Housekeeping Essentials

Toilet paper, toilet seat and paper 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 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 to serve Spanish-speaking patients. Contact Gayle at 472-2810 or gayle@truecarecasper.org for more information.

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.truecaring.org

MISSION STATEMENT

We exist to meet the prenatal needs for abortion in our community through effectively serving pregnant, at-risk women, transforming their fear into confidence.

STAFF

Lilly Zimmerman, Administrator
Gayle Irwin, Patient Resource Director
Dr. Dunn Wendland, Medical Director
Sally Hoyts, Nurse Manager
Amber Zuniga, Staff Nurse
Sara Boen, Staff Nurse
Rebecca Tharp, Program Director & Staff Nurse

Megan Bergeaud, Staff Nurse
Mary Sandborgh, Receptionist
Cheryl Flores, Resource Coordinator
Jackie Malakula, Scheduler
Saba Sadow, Scheduler

Toni Speiser, Scheduler
Leahanne Motz, Development Assistant & Receptionist
Jennifer Stoffelshagen, Patient Advocate

BOARD MEMBERS

Matthew Shipman, Chairman
Aaron Reddick, Vice Chairman
Lisa Scott, Secretary
Jim Timm, Treasurer

Brenda Aasen, Town Clerk
Troy George

INSIDE

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.

What Our Patients Say about Us:

“Very interpersonal and loving. Great team!”

“I loved the calm and peace I felt and all the education I received.”

“I liked how helpful everyone was. I didn’t feel alone and got many resources.”

“I was very pleased with my partner.

“I liked the overwhelming love I felt here!”

COMMENDED TO PARENT

by Gayle Irwin, Patient Resource Director

“She gave up her partner for the sake of her unborn child.”

Despite her firm decision not to have an abortion, Rachel possessed several factors to make her vulnerable to such a decision. Single with two children already, our patient was sharing a house with friends and working at a minimum wage job. One of her children lived with a relative because of her living situation and low income. She needed a lot of resources to help her continue her stance not to abort . . . and to make a better life for herself and her children should she really be pregnant.

Which she was. Her pregnancy test came back positive, however, when the Nurse performed the ultrasound, a small gestational sac could be seen but no heartbeat. Rachel thought she was nearly seven weeks along, but the ultrasound revealed she was earlier. Therefore, the Nurse scheduled Rachel to return the following week.

Her caring Advocate provided a list of community referrals to help Rachel find a better job and possibly her own apartment. She was also given resources for job-training programs and physicians. The Advocate also told her about our Resource Program through which she can sign up for many different community programs to help her and her children. Rachel thanked her Advocate and reaffirmed her plan to parent. We look forward to serving this brave and committed young woman, who, unlike many, courageously gave up her partner for the sake of her unborn child.

What is True Care?

We are a Christian-based advocacy for pregnant women and their children.

How can I help?

We are always in need of volunteer advocates, staff nurses, and office workers.

If you would like to volunteer or learn more about True Care, please contact our staff nurse, Gayle Irwin, at 472-2810 or gayle@truecarecasper.org.
The Mission Continues at True Care Women’s Resource Center!

I am thrilled to announce that our mission grows as we find opportunities in this unprecedented time. Here is how:

• Our schedulers continue to answer calls and texts from those seeking our services and scheduling appointments for women who see abortion as their best or only option. As of the week of April 1, all initial appointments are being done using telemedicine. Patients are then scheduled for an in-person appointment for pregnancy testing and ultrasound. We have seen 14 at-risk women in person for pregnancy testing and ultrasounds in the past 4 weeks. (March 16-April 10)

• We’ve reached out to patients who have recently had babies, asking if they need material assistance such as diapers or wipes and we are making arrangements to get these items to them.

• We’ve also reached out to current patients. Sadly, many are now unemployed and wondering how they will be ready when their babies come. You can help us be the hope of Christ by donating gift cards from places like Walmart, Smith’s, and Albertsons so these women can put food on their tables for themselves and their children.

Here’s how you can help:
1. Purchase a gift card to one of these stores and mail directly to True Care.
2. Send a check to True Care and note that your contribution is for “Patient Groceries” – we will buy the gift cards and send them to our patients.
3. Make a monetary donation online at www.truecaregiving.net. Under Additional Information click on I would like to dedicate this donation to someone and type in “A Pregnant Patient” in the Dedication Name box.

Your continued, generous support has allowed our staff to adapt and innovate during this difficult time. Our primary mission to erase the perceived need for abortion in our community through effectively serving pregnant, at-risk women, transforming their fears into confidence has not and will not change. Thanks, to you, we will continue to serve the scared and confused women who come to us while doing everything we can to keep our staff and our patients safe.

The 15th Annual HEROES Walk for Life

What You Need to Know!

Regardless of what happens with the Corona Virus, you can make sure the walk happens! We hope to be able to gather on Saturday, June 6 at the North Casper Athletic Complex, across from the Boys and Girls Club.

But even if we can’t gather as a large group and the park is closed, the walk will still go on! You can register, get pledges, and walk whenever it is convenient for you between now and June 6. Visit www.TrueCareGiving.net to register, create your own fundraising page, and download the sponsor form. A sponsor form is also enclosed.

Thanks to you, True Care brought in more than $68,000.00 last year for this life-saving work. Best of all, your efforts resulted in more than 220 unborn babies have been born to women who have been able to have these babies. During the months of April and May, we had to put on hold the walk due to the pandemic. Now, more than ever, we need YOU to register as a sponsored walker! Please, walk this year and help us raise the vital funds needed to save women and babies from the devastation of abortion.

Why not start NOW? Register today! After you register, you can create your own Hero’s Walk for Life fundraising page. You can email your friends and family and send them a link to your page where they can sponsor you online. It’s a fast, easy way to get sponsors.

Or, use the enclosed walk brochure, fill out the registration form, and mail it to True Care. You can also call Lilly at 307-472-2810 and she will take your registration over the phone. Then, start asking your friends and family to sponsor you.

Don’t wait! Start getting pledges now! Reaching out to friends will make the difference, and we look forward to your participation in this special event. Thank you for your efforts.

How We Adjust for the Pandemic

by Cheryl Flores

Our mission continues and so do your gifts! THANK YOU!

It is probably safe to say that everyone by now has heard the words COVID-19 or Corona Virus. It is a stressful time right now; fear and trepidation can sometimes take over one’s life. Life is crazy enough as it is, but then add a potential pregnancy on top of it, and it feels overwhelming.

We want you to know we are still here and working for our patients at True Care despite everything that is going on in the world. We took some time to evaluate everything we do, from our cleaning procedures to how we serve our patients. I am currently working from home. We are also using technology like Zoom for staff meetings and our nurses are doing telemedicine for all initial appointments. Some of our patients are using Facetime to show their boyfriends the ultrasound part of their appointments. We are limiting the amount of people in the building, so sometimes our receptionists are collecting and distributing paperwork in the parking lot!

I recently, (before I started working from home), met with Leslie, a 31 year patient having twins, who is new to Wyoming. The first words out of her mouth were, “What a terrible time to get pregnant!” During this time of uncertainty she felt reassured that I was able to help her apply for Medicaid. The Wyoming Medicaid office in Cheyenne made some adjustments on their end and are allowing part of the Medicaid application to be done by phone. Leslie is fearful of the virus and anxious about having twins, but she said she felt much better after coming to True Care and was “amazed” that we were able to address all her resource needs.

During a follow up call, a patient stated she had been laid off due to the coronavirus and now is in need of resources. Normally I would schedule an appointment with her and we would fill our applications together. She wanted to apply for food stamps. Instead of mailing her a blank application, I filled out what I could and mailed the application with highlighted parts for her to fill out and sign. It is stressful enough to be pregnant during this time, and we want to do everything we can to reduce anxiety.

We do not want to abandon our patients during this critical time in their lives. They still need to know if they are pregnant and get the resources they need. As long as it is safe, we will continue to serve them.

The Resource Program is open to all True Care patients and officially began in January 2013. During this time Cheryl has enrolled 863 patients in the program and made more than 5190 patient contacts. She has completed 892 Medicaid applications. So far, 620 babies have been born to women who enrolled in the program.