Julie’s Decision by Gayle Irwin

Julie was at a party and went for a drive with a guy she knew – or thought she knew. She awoke later in a hospital, suffering from hypothermia. Several weeks later, she discovered she was pregnant. A family member told her about True Care, and she came to our center.

As she talked with her caring Advocate, Julie’s emotions overwhelmed her. “I admit I was drunk that night, but why did he leave me in the cold? I thought I knew this guy and now I’m pregnant and he’s pressuring me to abort!”

Our compassionate Advocate reassured her that, despite what happened, she was loved and cherished by God, and that True Care would help her with resources as well as pregnancy options education.

After the ultrasound, which revealed Julie’s seven-week-old on the screen, our young patient was again rocked emotionally. “Everything is more real now,” she said between tears. “I’m still shocked and overwhelmed.”

Her Advocate carefully reviewed all three of Julie’s pregnancy options. Our patient said she really didn’t want to abort, but the situation, and the pressure from the father of her child, caused her to consider that option. She also said her sister had made an adoption plan with one of her children several years ago.

“It was a beautiful experience but also very emotional for her,” Julie said. “I’m not sure I could do that. Nor am I sure I could give a baby a good life – my own isn’t that great right now. I’m just not sure what I’m going to do.”

The Advocate provided Julie with information on True Care’s various programs and the ways our Resource and Baby & Me Programs could help her. Julie agreed to talk with our Resource Coordinator, and an appointment was made for her to speak with Cheryl.

Julie left undecided as to the outcome of her pregnancy but leaning toward continuing. We are seeing more women who are abused in some way and are left in emotional turmoil when they discover they are pregnant. Couple that with pressure to abort, and the chaos within them increases. We pray for Julie, and other women we’ve seen lately, who are left to grapple with this major decision and feel alone and afraid.
Unity

We hear it in television and radio public service announcements all the time: “Our strength is in our diversity.” The thinking, I suppose, is that when we bring varying backgrounds and cultures together, multiple perspectives help us solve problems and build a better society, a better “us.”

I won’t argue the point, but when I look at True Care I wonder if there isn’t a better word which launches our strength.

We’re a diverse bunch here. We bring different faith backgrounds and denominations to the table. Our socio-economic circumstances—if we paid attention to things like that—are likely diverse, too.

But here, we focus not on our diversity, but on what brings us together. In one word, Unity.

We choose to unite behind the simple belief that God creates life and values each person He creates. We believe the woman who comes in our door is a life, precious to God. So too, is the child she carries.

We choose to unite behind Jesus Christ. He is our master, leader, good shepherd, savior and friend. We may not all worship Him in the same places or in the same ways, but He is the One we follow.

Third, we choose to unite under the banner of love. Jesus commanded us to love God and love our neighbor. Those who come in our door—no matter their circumstances or the decisions they’ve made—are our neighbors. We love them, without preconditions.

So, when I hear about diversity, I’m reminded that yes, our team is diverse. Our empowerment, however, comes from our unity. United through just a few core values, (a fighting spirit, relevance, accountability, and being Christ-centered), we reach out to the wounded, the questioning and the afraid. And it works.

If you’d like to join us, we have several volunteer opportunities available from behind the scenes positions to working directly with patients. The first step is to come to a Vision Tour, a one hour tour of True Care from the patient’s perspective. Call 307-472-2810 or email, info@truecarecasper.org, for dates of upcoming tours.

Here, we stick together. We’re unified. And there is always room for one more person to join the team.
“Who ya gonna call?” “GHOST-BUSTERS?” No… just me, the Resource Coordinator at True Care.

I have had the most wonderful experiences serving my patients since my time here began in January 2013. I have met with nearly ONE THOUSAND women! I find it a little hard to wrap my brain around that number.

I have also completed more than 970 Medicaid applications. I follow up with my patients about once a month throughout their pregnancies. I have a caseload of between 40-50 patients on average. I help them find providers such as physicians and counselors. I put them in touch with other organizations in the community that can help with alcohol, tobacco or substance abuse, as well as housing, food, employment, and many other resources.

In general, my time with these women ends after they deliver. At that time I get the privilege meeting and holding a cute baby! I also address any resource needs at that time, such as breast feeding, postpartum depression, or finding daycare.

One thing I always tell all my patients is they can reach out to me anytime, day or night. If they need prayer, just need to vent, or have a resource question, I am here for them. Most of them prefer to text me. I get a wide variety of inquiries. They may decide they are finally ready to seek counseling, or find themselves in a domestic violence situation and want help.

When my patients “graduate” from the Resource Program and reach out to me later, this is most often the first thing they tell me, “I knew who to call,” or “I knew you would know.” This is followed by questions like, “How do I file my taxes?” or “How do I renew my child’s Medicaid?” or “How do I seek child support?” or “How do I prove paternity?”

This is sage advice for anyone: Keep a list of people to call when faced with life’s many decisions—a person to ask about parenting or breastfeeding tips, or a person you could call when you are down in the dumps.

We are not meant to live this life alone. Ecclesiastes 4:12 says “Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” It is hard to pick up the phone and ask for help at times. We often suffer in silence. It is important for these young women to have a person they trust. I am honored that I can be that person. So who ya gonna call? Ghostbusters? No… just me, Cheryl Flores.

The Resource Program is open to all True Care patient and officially began in January 2013. During this time Cheryl has enrolled 938 patients in the program and made more than 6356 patient contacts. She has completed 973 Medicaid applications. So far, 692 babies have been born to women who enrolled in the program.
## Thanks to the More Than 100 True Care Partners Who Have Sponsored A Day

| Month   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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| January | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| February| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| March   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| April   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| May     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| June    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| July    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| August  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| September| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| October  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| November| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| December| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

### 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:

1. **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.
   - Call or email 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 (all kitchen & large black 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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**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](http://www.truecarecasper.org)

Donor Website: [www.truecaregiving.net](http://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

- **Terry Winship**, President/CEO
- **Lilly Zimmerman**, Advancement Director
- **Gayle Irwin**, Patient Resources Director
- **Dr. Drew Woodward**, Medical Director
- **SallyHeyes**, Nurse Manager
- **AmberZimmer**, Staff Nurse
- **SaraBeer**, Staff Nurse
- **RebeccaTharp**, Program Director & Staff Nurse
- **MeganBoogram**, Staff Nurse
- **Jaynegrance**, Receptionist
- **CherlyFlores**, Resource Coordinator
- **JackieMelander**, Scheduler
- **SashaSnaidow**, Scheduler
- **ToriSpeiser**, Scheduler
- **LaKneNeyMeYer**, Development Assistant & Receptionist
- **JenniferSteffenhausen**, Patient Advocate

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- **ReedAviazan**, Vice Chairman
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- **JenTitus**, Treasurer
- **Teresadick**
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- **BenLeeper**
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**Want to Sponsor A Day?**

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