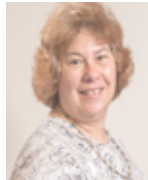




Caring Connection

Helping Kimberly

by Gayle Irwin, Patient Resources Director



Gayle Irwin

Twenty-six-year-old Kimberly had experienced a lot in her young life. Far away from family and friends, she was divorced and had one child from her marriage. She had experienced two miscarriages while married and two abortions in the recent past.

The father of her unborn was verbally abusive. Kimberly had waited to tell him she might be pregnant. When she did, he said, "I'd rather never have kids than to have one with you. Get an abortion!"

"He's no longer in the picture," Kimberly told her Advocate.

Kimberly's pregnancy test was positive, so the nurse performed an ultrasound.

The image of a nearly 18-week-old baby appeared on the screen. She was intrigued by the sight. When asked how she felt, Kimberly said, "It's sweet!"

"I'd rather never have kids than to have one with you. Get an abortion!"

Afterward, she and her Advocate discussed pregnancy options.

"I don't think abortion is an option now," Kimberly said after the Advocate and Nurse explained what type of procedure she'd likely have at this stage. "I've had two already, and I wasn't this far along with either of those pregnancies. I don't think I could do that again, anyway."

Kimberly's Advocate talked with her about adoption and parenting, as well as True Care's Baby & Me Program. Kimberly was also introduced to the Program Director, who explained how she could learn more about adoption with the Adoption Option segment of True Care's program. Our patient said she would seriously consider that.

Before leaving the Center, Kimberly and her Advocate talked about faith.

"I do believe in God and Jesus," the young woman told her Advocate, who encouraged her to become involved in a church where she would find fellowship and support. The Advocate provided a list of churches in the community and introduced her to our Resource Coordinator who helped Kimberly get pre-qualified for Medicaid and gave her a list of community organizations and resources.

"Thank you for all your help," she said. "I came here nervous and scared, and I feel so much better after talking with you all and discovering so much help and compassion."

Although Kimberly left undecided between parenting and adoption, she did leave planning to continue her pregnancy – and we praise God for her choosing life!



Touching Many Lives in 2018

Patients With a Positive Pregnancy Test:	272
	(88%)
Ultrasound Scans: (includes repeat scans).....	341
Sexually Transmitted Disease Tests:	145
Baby and Me Program Participants:	62
Resource Program Participants:	59
Abortion Recovery Program Participants:.....	3
Babies Saved:	208

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.

Inside:

- Pg 1: Helping Kimberly
- Pg 2: A SHIFT in Thinking
- Pg 3: Finding Peace (Resources for Our Patients)
- Pg 4: Top 5 Needs

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.



Terry Winship
President/CEO

From the CEO



Your gifts help us show our patients a world of possibilities. Thank you!

A *SHIFT* in Thinking

As I reflect on the Christmas season we just celebrated, I'm reminded of Mary and what some might call an "unplanned pregnancy." In truth, Mary's pregnancy was the most planned of all time. God foretold this pregnancy through Old Testament prophets, even telling us this Child would be born in Bethlehem.

The challenge however, was shifting Mary's thinking from the natural ("How can this be, for I am a virgin?") to the supernatural ("be it done to me according to your word").

For those of us at True Care we rarely deal with planned pregnancies like Mary's. But we do have opportunities to help shift the thinking of those we see. Those who come in our door often see their babies as anything from an inconvenience to an unfathomable crisis which must be stopped in its tracks.

In a time of confusion and pain, we understand the fear. We understand the desire to get out of what might appear to be a hopeless situation.

But . . . if even in fear we can take a step back and see how God can work, there is hope. And when there is hope, there is always a path to joy.

Our role? To share that God is still at work when we mistakenly toss aside the storybook of our lives. Instead of berating us, God places His arm around us, places the book back on our laps and says, "Let's do this together. There is a new chapter to be written and you'll smile again as the story unfolds."

What we do may not be as miraculous as Mary's situation. Up to the point of her pregnancy, Mary had kept the storybook of her life intact—we see this as the angel Gabriel said to her, "You have found favor with God!"

For those we see, many feel as if they are out of favor with God. Perhaps they are right. But just like Mary, they need a change of thinking. Mary's went from the natural to the supernatural and our hope is that with our patients, their thinking—even in crisis—will shift in the same way.

You are a part of this. Because of you, many who walk in our door will leave with a new perspective and a new way of thinking.

As we begin 2019, we're thankful for you. You're making a difference. Here's to a great 2019, one with more hope, more joy, and new stories waiting to be written.

True Care now open on Tuesday evenings

In an effort to better accommodate test patients and those patients enrolled in our educational programs who are only available after school or in the evening, True Care is now open until 7:30 pm on Tuesdays. The business office is open 9:00 am to 5:00 pm on Tuesdays.

Change a Life in Just a Few Minutes

YOU can make a lasting impact for True Care and our vital mission. Here's how: One of the easiest gifts you can make is to name True Care as a beneficiary of one of your assets, such as your retirement plan or life insurance policy. This is a popular gift to give because you can set it up by yourself. There's no need to use the services of an attorney or financial advisor to put your gift in place.

Simple Steps to Follow:

1. **Contact** the administrator of your retirement plan, insurance policy or bank account for a change-of-beneficiary form or download one from your provider's website.
2. **Decide** what percentage of the account you wish to give to True Care and name us, along with the stated percentage, on the form. (Note: our corporate name is The Caring Center, Inc)
3. **Sign and return** the form to your plan administrator or insurance company.

Key Benefit: Beneficiary designations offer built-in peace of mind. Your current budget isn't affected because you make the gift after your lifetime, and you can change your mind at any time.

What our Patients Say about Us:

"They give you good advice!"

"I appreciate that you are friendly and confidential."

"Great all-around support."

"Everyone was nice and caring—and— it was free!"

Finding Peace by Cheryl Flores

When we trust God, He brings peace.

Thank you for helping Abby find peace through your generous gifts to True Care!



Cheryl Flores,
Resource
Coordinator

Approximately six months ago, we learned we would no longer receive the grant that funded my position as the Early KinCare Resource Coordinator here at True Care. I didn't have much hope for continuing my work. There were tears shed and many prayers lifted to God. As a small nonprofit, how would True Care be able to add more than \$50,000.00 to the yearly budget? I decided to march on by faith, believing God would provide no matter what, and He did! To be perfectly honest, once I made that decision I really wasn't worried. Normally, if I knew my job might be ending, I would be working on my resume and applying for as many jobs as possible. But I didn't do that. True Care's board voted to keep me on full-time. They, too, stepped out in faith and put the budget in God's hands. I knew God would make a way. He told me over and over to just wait. He would provide.

My five years with the Early KinCare Program prepared me well for my "new" position here at True Care. I have learned what works best at motivating young women to change. I understand how important early intervention is if we are to impact the long-term health of our patients and their babies.

I am thankful that I will be here to continue to help confused, hurting young women-- women like Abby. Abby fidgeted in her chair the day I met her. She would not make eye contact with me. She was undecided and unable to make a decision regarding the baby she was carrying. "I just don't know what to do," she said. "I have no one to help me, my parents are going to kill me, and I do not think this guy is going to stay around. This is happening at the worst possible time in my life." I shared my own story with Abby of how my abortion changed me. I told her it may seem like the best plan right now, but it could actually cause more stress and harm in the long run.

The thing I love about my job is having plenty of time to talk with each young woman. I can be relaxed and not rushed. I also have time to talk about faith and God and share my story of abortion recovery and transformation through Christ. These are precious conversations and they mean the world to me. I am able to connect my patients with community resources by making their appointments for WIC, applying online for housing assistance and signing them up for tobacco cessation and even cooking classes. And I can help relieve one of their biggest worries by helping them with the Medicaid application. I have completed nearly 750 Medicaid application since 2013!

Abby finally made a decision-for life! She was really concerned about how to juggle a low paying job, a six year old daughter, and being pregnant. I connected her with several resources, including Medicaid, which means she will finally get help for her mental health issues. She has already made a positive change early on in her pregnancy by quitting smoking. I made sure she could get enough to eat through WIC, food banks and food stamps. I also introduced her to programs that will help find her a higher paying job.

I believe that when God gives you peace about a situation you should just go with it. It is hard not to worry sometimes, but I remind myself to trust in the Lord with all my heart and to lean not on my own understanding. God has every part of your life, including the anxious, uncertain parts.

*The Resource Program is open to all True Care patients and officially began in January 2013. During this time Cheryl has enrolled **780** patients in the program and made more than **4,131** patient contacts. She has completed **745** Medicaid applications. So far, **551** babies have been born to women who enrolled in the program.*

Adopt a College Student Program

We have six patients who are juggling new babies and college at the same time. All of these young ladies have been "adopted" by generous True Care donors who have agreed to pray for them and to purchase at least one text book or other item they need for school. Thanks to these donors, our patients are receiving support on their journey to better futures for themselves and for their babies. For more information on the Adopt a College Student Program, contact Cheryl Flores at 307-472-2810 or cheryl@truecarecasper.org.



Thanks to the More Than 90 True Care Partners Who Have Sponsored A Day

January							February							March						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31												29	30	31				

April							May							June						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30	31					29	30					

July							August							September						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31					29	30					

October							November							December						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30						29	30	31				

January
 Jan 7 Thelma Mollman
 Jan 9 Keith and Beth Nachbar
 Jan 10 John and Aumi Perry
 Jan 13 Hans Perry
 Jan 15 Anja Perry
 Jan 19 Pat and Ida Mae Jackson
 Jan 21 Rich and Mary Boettcher
 Jan 22 St. Anthony's Catholic Church

February
 Feb 1 Sandy Miller
 Feb 14 Norm and Cathy Brown Terry and Dama Matchett
 Feb 23 Mary Haataja and Lisa Scott Cheryl and Justin Hackett in memory of Edward J. DenHouten
 Feb 24 Gerise Vignaroli

March
 Mar 7 Fred and Mary Crockett
 Mar 11 Wayne and Stacie Heili
 Mar 16 Grace Reformed Church (half day)
 Mar 25 Rob and Anne Boner
 Mar 26 Highland Park Church

April
 Apr 8 Daniel and Crystal Galles Terry and Dama Matchett
 Apr 10 Mark and Lesley Vigneri
 Apr 13 Kelly and Isaac Kalinowski Kendell and Christy Kroeker
 Apr 17 Stuart and Melissa Youmans
 Apr 21 Todd and Denise Murphy
 Apr 23 John and Joyce Ewing

May
 May 1 Johnnie and Rita Dean
 May 3 Mike and Terry Cometto
 May 5 Mark and Lesley Vigneri
 May 9 Restoration Church Scott and Jessica Baxter
 May 18 Dean and Teresa Dick

May 19 Dave and Barb Martin
 May 30 Gene and Marty Robinson

June
 Jun 1 Wayne and Myrtie Peterson
 Jun 5 Chris and Julie Perry
 Jun 9 KC and Shelley LeClerc
 Jun 12 Dave and Donna Shellenberger
 Jun 15 Brian and Jennifer Frausto
 Jun 17 House of Our Shepherd,
 Jun 23 Warren and Elva Malsom

July
 Jul 10 Louisa and Justin Rogers
 Jul 11 Mark and Julie Neese, Steven and Brice Perry
 Jul 12 Tim and Lisa Burrigide
 Jul 13 Kevin and Julie Murphy Jeff and Monica Johnson
 Jul 17 Steve and Megan Boomgarden
 Jul 27 Basic Fellowship
 Jul 28 Rob and Anne Boner
 Jul 30 Kent and Donna Macklin
 Jul 31 Chester and Diana Wallace, Brad and Joia Farmer, Rob and Angela Hensley, Christian Church of Casper

August
 Aug 7 Steve and Terry Winship
 Aug 8 Terry and Dama Matchett
 Aug 9 Githens Family
 Aug 10 Ken and Marilyn Neal
 Aug 14 Ron and Joni Kumor
 Aug 16 Tom and Marilyn Crull
 Aug 20 Randy and Erin Wesnitzer
 Aug 30 Steve and Mary Sandborgh

September
 Sep 3 Robert and Celia Kirkwood
 Sep 5 Bret and Courtney Ladenburger
 Sep 8 Todd and Jen Titus
 Sep 10 Mitch and Lilly Zimmerman
 Sep 17 Rob and Anne Boner

Sep 18 Allen and Lou Bruggman
 Sep 28 Wanda Kliez

October
 Oct 4 Gary and Patty Hines
 Oct 9 Lane and Laura Smothers
 Oct 13 Remy and Mary Larson
 Oct 15 Don and Louise Patton Mark and Beth Ayen
 Oct 20 Don Basko
 Oct 22 Ken and Sara Capasso Arlo and Neva Bodin
 Oct 24 Allen and Christine Frude
 Oct 25 Dr. and Mrs. Sam Scaling
 Oct 28 Joe and Tina Benson
 Oct 31 Josh & Kate Kalinowski Jim and Peggy Price

November
 Nov 1 Becky Duffey
 Nov 3 Restoration Church
 Nov 5 Seth and Ashley Tubbs
 Nov 11 Jim and Sue Glover
 Nov 11 & 12 Cornerstone Church
 Nov 13 John Lichty and Jennifer Gladson
 Nov 14 Greg and Nita Balsar
 Nov 18 Elsa Perry
 Nov 20 Tim and Judy Schenk Sam and Stacia Vigneri
 Nov 22 Ryan and Karen Kelly Bill and Mary England in memory of Ida Jackson
 Nov 23 Willie and Anne Fitzgerald
 Nov 26 Michael and Brittany Houck
 Nov 27 Janice Johnson
 Nov 28 Tom and Marilyn Crull
 Nov 29 John and Jeanne Brodrecht
 Nov 30 Mountain View Baptist Church

December
 Dec 6 Tom and Marilyn Crull
 Dec 10 Peggy Walker
 Dec 14 Lane and Laura Smothers
 Dec 18 John and Sarah Olsen
 Dec 24 Wind City Church
 Dec 25 Casper Alliance Church
 Dec 27 Mark and Lesley Vigneri
 Dec 29 Todd and Jen Titus
 Dec 30 St James Catholic Church

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 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 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.



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.

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 Lilly Zimmerman, *Advancement Director*
 Gayle Irwin, *Patient Resources Director*
 Dr. Drew Woodward, *Medical Director*
 Sally Heyer, *Nurse Manager*
 Amber Zimmer, *Staff Nurse*
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Want to Sponsor A Day?

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