

# THE VISION

THE NEWSLETTER OF INNERVISIONS HEALTHCARE —WEST DES MOINES

1355 50th St., Suite 400, West Des Moines, IA | info@ivhcare.org | www.ivhcare.org | 515-440-2273

## Our Clinic Staff

Jenny Condon  
*Executive Director*

Dr. Greg McKernan, DO  
*Medical Director*

Dr. Susan Beck  
Dr. Tom Mallisee  
Dr. Sandy Ruhs  
*Volunteer Physicians*

Jenny Cline, RN, MPH  
*Director of Nursing*

Sammy Freund, RN  
Joni Hansen, RN  
Jan Steenhoeck, RN  
*Staff Nurses*

Melanie Froyen, BSN, RN  
*Assistant Director*

Bryan Gonzalez  
*Director of Development*

Pat Wright  
*Director of Finance*

Tami Bixby  
*Director of Marketing*

Paulette Gardner  
*Accounting Associate*

Kris Gaspari  
*Post-Abortion Healing*

Lori Staver, BSN  
*Staff Training Consultant*

## Our Volunteer Nurses

Jo Helling, BSN  
Terri Kruse, BSN  
Diane McGuire, BSN  
Rachel Prohaska, BSN

## Board of Directors

Justin Doyle  
*Chair*

Rob Stark  
*Treasurer*

Patti Brown  
*Secretary*

Dave Asjes  
Jim Bates  
Brenna Bird  
Colleen Carey  
Jenny Condon  
Cindy Jensen  
*Directors*

## Sometimes It's Not Too Late

The abortion pill, also known as RU-486, is a method used during the first trimester of pregnancy. It is a combination of two medications, Mifepristone and Misoprostol, which blocks the essential pregnancy component, the hormone progesterone. It breaks down the uterine lining and, therefore, the developing baby and tissue are passed through the cervix. The woman is left to endure this process at home, often alone, with a lack of medical and social support. Potential complications are many, and include hemorrhage, severe infection, and long-term psychological effects.

However, now there's hope. RU-486 can potentially be reversed, if attempted within the first 72 hours after taking the medications. Our own Medical Director, Dr. Gregory McKernan, D.O., is in a select group of physicians who are on-call 24/7 to initiate the reversal protocol.

When a woman finds herself regretting her decision, she has the ability to contact us (440-CARE), where our nurses respond 24/7 to calls, texts, or emails, and we'll help her get in touch with Dr. McKernan. To date, Dr. McKernan has assisted three women in Iowa with the process of reversal, one of which was confirmed successful. The challenge is that many



of these women are walked through the process via phone as they are not local, so outcomes are not always known. We're so blessed to have Dr. McKernan on our team offering this new service to our ever-growing number of clients.

LET US KNOW IF YOU  
WANT TO RECEIVE  
OUR ELECTRONIC  
NEWSLETTER  
INSTEAD, TO HELP  
REDUCE OUR COSTS!

**FROM THE DIRECTOR:**

# The Toddler Period



During a child's infancy period, parents are still learning a lot about their children and their cues. As they become toddlers, children begin to walk by themselves, communicate and interact with the world, and enjoy exploration.

Our young, medical clinic is in a much better position now than we were 5 years ago. We've come a long way from our infancy period, and are really beginning to spread our wings. We've still got a lot to learn, but like toddlers, we are in a period of exploration and expansion. As we look to the future, we are grateful for the community support that has put us in a great position to continue our development!

And, we have some exciting news to share. As a result of having recently hired an Assistant Director, we plan to add another evening to our hours of operation in September and increase our services by January 2017 to include First Trimester Prenatal Care. This will require careful planning, but we continually rely on God's grace, as well as on your support, as we expand our reach to help more women and men who find themselves in challenging and at-risk situations.

May God bless the entire InnerVisions family during these exciting times!

A handwritten signature in blue ink that reads "Jenny".

Jenny Condon  
*Executive Director*



By providing for the needs of the mom, we're able to save two lives: mom and baby.

**CLIENT TESTIMONY:**

## Wait...I'm Pregnant?

A single, young woman came in for an STD test, but discovered that she was pregnant. Her response was unforgettable: "I have too many things I want to do yet; I don't want to give my child half a life." At her weekly follow-up appointment, she had an ultrasound to see how far along her pregnancy was. Sadly, when she left the clinic, she was still undecided, and leaning towards abortion.

Our nurses followed up a week or so later. Surprisingly, she answered her phone, and went on to thank our staff for their patience and caring attention. She shared with us that she was going to parent the baby, and said the information and ultrasound were key in her making a life-affirming decision.

This is why we do what we do. We're so proud of this client for being empowered to parent!

# Prenatal Vitamins to Pregnant Women



As part of our standard of care, we give prenatal vitamins to our pregnancy clients. It's so important for these women to receive important nutritional information during those first weeks of fetal development, and unfortunately, many of our clients live in less-than-ideal circumstances, and don't have the best diets or nutrition. That makes these prenatal vitamins and supplements so important!

For years, the Knights of Columbus at St. Joseph's Parish, Council #10980, have donated supplements to the clinic. We're so grateful for their collaboration, as

they've donated over 300 bottles to the clinic!

This spring, when the number of pregnancy clients surged, we discussed ways in which we could spread the resources. Our nursing staff discovered an organization called Vitamin Angels which donates prenatal supplements to clinics like InnerVisions HealthCare! Thanks to a grant we received, combined with our continued partnership with the St. Joseph Knight's Council, we'll have plenty of supplements for all our pregnant clients, especially the most at-risk ones. A special thanks to Wain Main for his dedication to this cause!

## ANOTHER PARTNERSHIP:

# *Once Upon a Child*

So many friends have wanted to donate children's clothes to us over the years, but due to limited space, we haven't been able to accept them. Additionally, our mission is to empower mothers, and we can't save the life of the baby without providing for the needs of the moms, which sometimes includes baby clothes.

But guess what: now we can! We've partnered with the great folks over at *Once Upon a Child*, a consignment store in Urbandale. Here's how it works:

- Bring your new or gently-used children's clothing and gear (sizes Preemie to Youth 20) to InnerVisions HealthCare as an in-kind donation;
- We'll deliver the items to *Once Upon a Child* for redemption;
- We'll receive a store credit in the form of gift cards;
- Then, when our at-risk mothers and children come to the clinic, we'll give them gift cards to *Once Upon a Child* so they can get exactly what they need.



One of our moms benefits from this new partnership!

Talk about a win-win-win! Our donors receive a tax deduction for their in-kind gift! *Once Upon a Child* receives some great children's clothing! But, most importantly, our clients will be taken care of in a way that they feel empowered! Call the clinic for details or questions!



# Honoring the Heroes Among Us

Thank you! We're so grateful to the many friends, supporters, volunteers, staff, benefactors, sponsors, and guests who made this our most successful banquet to date! On June 16th, nearly 500 friends gathered to celebrate the 5th anniversary of the clinic. We had such a lovely evening, thanks in no small part to Abby's powerful testimony and to the display of 382 onesies. (Thanks, Marguerite and Circle B Hardware!) Well, in the months since the Gala, we've added another 30 babies saved; more than 412 mothers have been empowered to choose life!

In addition to the many individuals who made sacrificial financial gifts, this year we're grateful for the many sponsors who have invested in the future of the clinic and the expansion of its services. Please support those organizations who support as!



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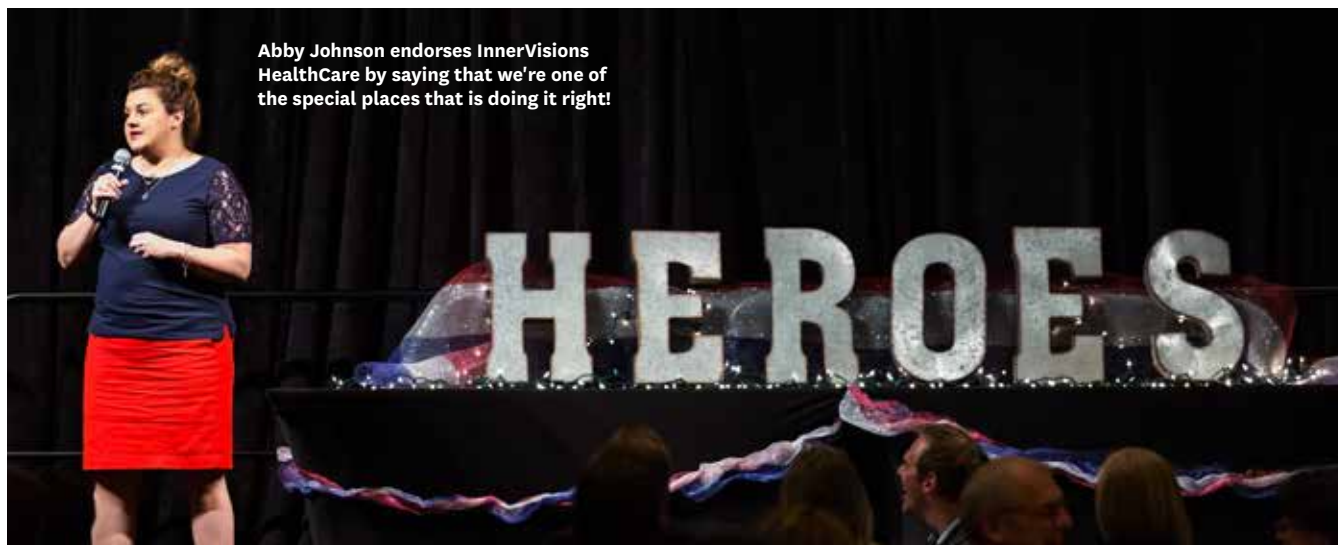


## HONORARY SPONSORS

Knights of Columbus Council # 9574



Lutheran Church of Hope



Abby Johnson endorses InnerVisions HealthCare by saying that we're one of the special places that is doing it right!



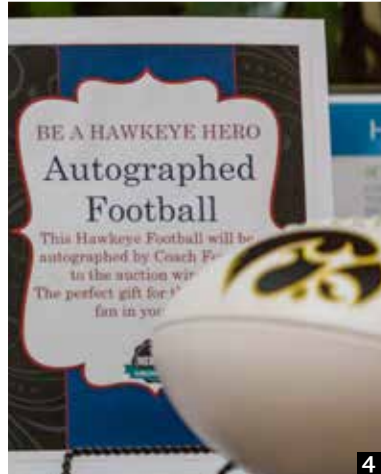
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- 1 Guests gather before the gala in the atrium to celebrate the 5th anniversary of the clinic.
- 2 Molly and Brad Myers pose with keynote speaker, Abby Johnson.
- 3 Pedro and Deb Cortes glance at the program before the Gala begins.
- 4 We had an autographed Hawkeyes football and an autographed Cyclone basketball in our virtual silent auction. Guess which one went for more money?!
- 5 Abby shares her touching testimony which took us on a roller coaster of emotions.
- 6 Jenny Condon (left) thanks the nursing staff for their years of dedication and servant leadership, as she presents them with a gift.
- 7 Guests attentively listen to Abby's talk, while the 382 onesies are in the background.



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# Can and Bottle Drive at St. Pius X Church

Would you like our staff to share with your youth group, organization, or church about the life-affirming ministry at InnerVisions HealthCare or perhaps a talk on sexual integrity and purity? **Call today to schedule a talk or presentation: 515-440-2273**



Council Members George Cockayne (right) and Seth Rowland (back) organize aluminum cans in one bin during their monthly drive. Seth's two sons are helping, too! A great pro-life and pro-family endeavor!

We're always grateful for creative ways to support the clinic, but the Grand Knight of Council #12432 just recently informed us that their council is collecting cans & bottles to redeem the 5¢ deposit, which they're raising for pro-life organizations, like InnerVisions HealthCare. The Knights hold their can & bottle drive every 2nd Saturday from 9-11am in the St. Pius parking lot at 66th and Douglas in Urbandale. Swing by and drop off your cans & bottles in support of IVHCare!

## INNERVISIONS NEEDS YOUR HELP

**Please send your tax-deductible contribution to:**

**InnerVisions HealthCare**

1355 50th St., Suite 400  
West Des Moines, IA 50266  
515.280.4706



Gifts can be made electronically: visit [ivhcare.org](http://ivhcare.org) and click on "Donate"

**We're also grateful if you prayerfully consider making a gift of stock** or including "InnerVisions HealthCare" in your will, in your trust, or as a beneficiary of a life insurance policy or a retirement plan.

**Does your employer participate in a charitable giving program (e.g., United Way) or do they match gifts?** Contact HR at your company and ask them to include InnerVisions.

**Do you shop with Amazon?** Choose InnerVisions as your charity of choice, and a percentage of your purchase will be donated!