



InnerVisions Welcomes Heather Schmidt as Director of Outreach

Helping women make the best choices for themselves and their child is the purpose of InnerVisions HealthCare, and Heather Schmidt, the new Director of Outreach, is excited to be a part of it. Known for her positive and relentlessly upbeat attitude, Heather looks forward to helping serve clients with “the special care and counseling we provide” and bringing “passion and excitement to the mission of the clinic.”

“It isn’t just another pregnancy center, we are doing something special here.”

Originally from Iowa Falls, Heather lives in Ankeny with her husband Jared and their three children Jada, Tatem and Gavin, where they attend Prairie Ridge Church. With a bachelor’s degree from Wartburg College, a Master’s from Minnesota State University, and successful and varied professional experiences,

Heather had a lot of options as where and what kind of work she could do, but she came to InnerVisions because of the clinic’s mission to “empower and support women and value the life of the baby.” This mission she says “is important and valuable to the Des Moines community. I am hoping to talk with as many donors and potential donors as possible to get the word out as to all the services we are able to provide to our clients.” Services like pregnancy testing and counseling, referrals for OB care and social services, limited obstetrical ultrasounds, STD risk assessments, testing, diagnosis and treatment as well as Sexual Integrity Workshops for all ages make InnerVisions unique. “It isn’t just another pregnancy center, says Heather, “we are doing something special here.”

As for the pro-life mission of the clinic, Heather says simply, “That is a life which has been given as a gift...Difficult times for one person could end up being a blessing for someone else.” Every life is a gift and “we need to cherish the life we are given.”

We are grateful to Heather for joining the InnerVisions team and look forward to working with her. If you have ideas for helping grow the foundation of the clinic, please contact Heather at 515-440-2273 or heather@innervisionshealthcare.org

Our Gift from the Giving Tree

For the last ten years at St. Francis of Assisi in West Des Moines, “Advent Angels” have helped others have a Christmas to remember. Children and adults have a chance to choose a tag from one of the Giving Trees and to purchase the gift written on it for the participating organization. InnerVisions had the honor of being sponsored by the Respect Life Committee at St. Francis.

According to Mary Purtle, who, with Wendy Solowetz, helped coordinate the project, the participating organizations were contacted in November for a list of items they could use. InnerVisions’ list

contained items that could be used by our clients. The two trees, one with gifts adults might buy and the other with gifts children might enjoy purchasing, were placed in the parish gathering space. There, parishioners are able to choose a gift they would like to buy for an organization they want to support. Once the gifts had been collected, they were distributed to the participating agencies.

InnerVisions, along with several other groups, benefited from the generosity of the parish. More than 120 items were purchased, including gifts for mother and baby, as well as items for other

children a mother might have. Because of the generosity of St. Francis of Assisi parishioners, InnerVisions will be better able to help support a woman facing a difficult situation. By helping alleviate some of the material needs of a woman facing a crisis pregnancy, women are given hope and able to see options that can be obscured by concerns about necessities.

If you are a part of an organization which is interested in supporting InnerVisions in a similar manner, please contact Marguerite at marguerite@innervisionshealthcare.org 515-440-2273.

Finding Self-Worth in Sexual Integrity

Shopping for clothes with your “tween” daughter can be hard. Buying your teenage son music he likes can be near impossible. It has little to do with the differences in taste between generations and a lot to do with the messages conveyed by many of today’s fashions and much of the music. At a time when our youth are inundated with lies about the meaning of sexuality and their own self-worth, it is important that they learn the truth about who they are and how they are created.

InnerVisions HealthCare has put together a Sexual Integrity Program for youth and teens that addresses participants in an age appropriate manner and teaches them the beauty of abstinence-only and the truth about sexuality. Knowing that we are created in the image and likeness of God, recognizing our call to be reflections of His love, InnerVision’s Sexual Integrity Program helps students see the very great dignity that is intrinsic to them.

After attending some of our workshops, teens have come into the clinic for testing and received further information on how to turn their lives around and re-establish their sexual integrity. Appropriate for schools, both public and private and church groups, with programs for boys and girls, InnerVisions’ Sexual Integrity Program has the potential to save our youth from the heartbreak that comes from living the lie our society tells them. Contact the clinic for more information.

If you would like more information on our Sexual Integrity Program, please contact Jenny at the clinic, 515-440-2273 or jenny@innervisionshealthcare.org

Partnering in Medicine

It’s been our pleasure to host senior nursing students from Grandview University’s school of nursing this semester. Each week we’ve hosted three new students where they have received credit for their community health clinical experience. It’s been a joy for us and based on feedback from the students a successful experience for them. We are grateful for the opportunity to help new nurses realize that there is room for their skills and pro-life beliefs in the world of medicine. It’s opened our hearts to praying for all medical students as they enter a very difficult profession within a difficult culture.



EMPOWERING WOMEN, SAVING BABIES

THE VISION

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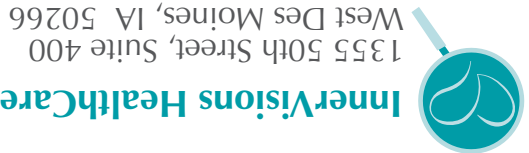


Photo FUN! With the Babies WE Saved Together

After more than three years in ministry, InnerVisions has empowered more than 250 women to embrace their womanhood AND their motherhood. In celebration we recently sponsored a free baby photo shoot at Grandview Park in East Des Moines for clients and babies to enjoy a delightful afternoon of play and photographs. Kris Gaspari (director of our post-abortive ministry) and local photographer devoted an entire Sunday afternoon to shooting baby after baby after baby. It was fun to reunite with the mothers and babies. Each mother received free photos. The photos taken that afternoon will be used by the clinic for marketing and outreach materials to donors and sponsors. “We hope the supporters enjoy seeing what has come from their giving,” says Jenny Condon, the clinic’s director. Jenny goes on to say, “what better way for us to connect with everyone who trusts and prays for this ministry, but to share the smiles of these babies with all of you.” The mothers were

extremely grateful for the opportunity and the free photos. “Something tells me many of our babies’ pictures arrived in Christmas cards to their family and friends this past holiday season.” It was a Christmas miracle!

VISION FOR LIFE BANQUET
“Seeing is Believing”
InnerVisions HealthCare is pleased to announce its
4th Annual Fundraising Banquet
Featuring Co-Chairs
Lt. Governor Kim Reynolds
&
Senator Joni Ernst
June 1st at the Airport Holiday Inn Des Moines
Exciting sponsorship opportunities are available.
Please contact Heather Schmidt at heather@innervisionshealthcare.org for sponsorship information



FROM THE DIRECTOR:

Important Partnerships Are a Blessing



In this ministry we often find ourselves on an emotional roller coaster. As a staff we need all the encouragement we can get, and we rely on others who share the same challenges. Last spring we teamed up with Ruth Fennessey, Executive Director of Ic Clinic in Stuart, Iowa. Ic Clinic is a medical clinic much like ours. Ruth and three of InnerVisions' registered nurses came together for a comprehensive ultrasound training program. Combining our resources, we shared a professional trainer who spent about 3 days in the clinic educating the nurses on limited prenatal ultrasounds. Following that training, the nurses then met several evenings and weekends to fulfill the practical experience component of their training by providing approximately 50 free ultrasounds to pregnant women who volunteered as models. The nurses were able to 'practice' their new skills in preparation for serving abortion-minded clients. Our nurses benefited greatly by spending this time with Ruth and her staff, sharing scenarios and encouraging one another.

We've also partnered with Pathways of Pella, a pregnancy center in Pella, Iowa. Pathways has entrusted a number of their clients to us over the past 3½ years. They have referred clients for lifesaving ultrasounds, options counseling, STD testing and Sexual Integrity education. We are blessed to call them friends and partners. In October, Pathways of Pella hosted their annual fall fundraising banquet and invited me to serve as their keynote speaker. In working with the director, Marilyn Van Mersbergen, we settled on a message of hope — first discussing the sanctity of life and the journey our nation has been on for the past 150 years. I closed my message by challenging the guests to a 'greater call to serve' in the prolife movement encouraging them to take their passion to help women in crisis to the next level...whatever that may be for them. Thank you for being our partner...for trusting us with your children...and for standing strong to defend the sanctity of life in Iowa.

God Bless,

Jenny

Jenny Condon, Executive Director

Listening to My Heart and Finding God

There's an adage that says "If you want to hear God laugh, tell Him about your plans." Melanie Froyen, the clinic's new Director of Nursing had plans to enjoy retirement. After more than 25 years of nursing and raising two children, Melanie was ready to spend more time with her husband Scott, her hobbies and training for her first marathon. But those were **her** plans...

When asked by Jenny Condon to consider becoming the clinic's Director of Nursing, Melanie knew, after some prayer and discernment, that it was what she was being called to do.

Melanie smiles when she talks about her work at InnerVisions HealthCare. "It can be a hard emotional ride," Melanie says, but "it is so good. You see you can help people



Melanie Froyen, Dir of Nursing, right, works with a Grandview University nursing student for her community health clinicals — a partnership between Grandview and InnerVisions.

her to InnerVisions HealthCare. "It has been really wonderful working here," she says. Retirement? It will have to wait. The marathon? It became a half marathon, but she doesn't regret her choice to come back to work. Now she knows she's following **His** plan.

If you want to hear God laugh, tell Him about your plans.

At home in Ankeny, Melanie joined a women's prayer group. A discussion about "inspired service" brought the group to tour InnerVisions, where Melanie was "inspired" to look into volunteering here. Melanie, a graduate of Grandview with a B.S.N. and an extensive background in N.I.C.U. (Neonatal Intensive Care Unit) and pediatric nursing in both home and clinic settings felt called to volunteer at InnerVisions. Again, that was **her** plan...

every day." In her work, Melanie coordinates the nursing care of clients and serves and counsels them as well. By maintaining strict professional standards, Melanie serves not only the clients of the clinic, but also the volunteers and donors by assuring that their gifts of time and treasure are used to serve our clients to the very best of our abilities.

What some may see as a series of coincidences and happenstance, Melanie sees as the straight line God drew to bring

Choosing LIFE...Sharing LOVE

When she first walked into InnerVisions HealthCare, Susan was looking for information on an abortion she didn't want to have — but felt she had no choice. She escaped an abusive boyfriend, was unemployed and recently evicted from her home with two young children to care for. Afraid to tell her parents, Susan, like many of our clients, felt abortion was her only option. She was tired, she said, of being a disappointment.

Coming to InnerVisions changed how Susan saw her options. With the love and support she received from the staff at the clinic, Susan was able to see another way out — a way that included life for her baby.

With support of her family, Susan chose adoption for her baby. Support and counseling from the InnerVisions staff has helped Susan see ways to work around and through many of the obstacles that she felt made an abortion her only option. Through the generosity of some of InnerVision's donors many of Susan's

financial hardships were alleviated. In addition, the staff continues to support Susan in her search for work and housing.

Susan continues to be amazed and grateful for the support she received not only that hot June day, but ever since. Regular phone calls and visits from Jenny and volunteer staff to see how she is doing have helped Susan keep her spirits up during an undeniably tough time in her life.

Now, Susan sees herself as a strong young woman who, by choosing life for her baby, knows she is answering the fervent prayer for a couple unable to have their own. She feels good about that and rightly so. She has hope for the future as obstacles are turned into opportunities and looks forward to supporting herself and her other two children. She hopes to further her education and wants to help others who are dealing with circumstances similar to those she found herself in a few months ago. She credits InnerVisions with helping her get to a point where she can

look to the future with hope and her head held high.

None of this could have happened without the generous financial and prayer support of InnerVisions benefactors. By donating to InnerVisions you help empower women like Susan to choose life for their babies. Through your prayers you help women like Susan stay strong in the face of some very difficult situations. Consider becoming a monthly supporter through our "Bucks for Babies" program or supporting the clinic through the prayer team so that InnerVisions can continue to support women who choose life for their babies.



Baby Blankets Made With Love at St. Luke's

It can go by blankie, silky, booboo, lovey, or another name. Some have been a small quilt pieced together by a loving grandma or an afghan crocheted by a dear aunt. Some are bought, but chosen lovingly, making sure they are soft and will cuddle the new little one. They are symbolic of our love and dreams for the tiny life. No matter what name it goes by or where it comes from, the baby blanket is an enduring and endearing symbol of childhood. Some blankets make it well into adulthood, and as ragged and tattered as they may be, they are cherished all the more.



Unfortunately, for many of the women facing unplanned pregnancies who come to InnerVisions, that is simply not their reality. Hopes and dreams are constantly being challenged by fears and insecurities. Many feel isolated and alone and look to the future with trepidation. They don't always have family support and can be in dire financial straits. Satin edged blankets take a backseat to diapers, formula and paying rent.

That's where Cindy Clefisch and more than seventy-five of the students from Religious Education at St. Luke the

Evangelist in Ankeny decided to help. They knew they couldn't solve all of the problems these women face, but they could definitely help with the blankets.

Clefisch, the Director of Religious Education at St. Luke's, knew of InnerVisions mission to help empower women to choose life for their babies. She knew those babies and their mothers need to know there is a much wider community that supports their life affirming decision. Clefisch also wanted her students to take part in a service project and give something of themselves to those who needed it most. So, they made wonderful, warm soft fleece blankets for mom, for baby, or for an older sibling.

The students, from 2nd to 10th grades, brought in fleece or money to buy fleece. Clefisch said she had explained InnerVisions' mission to the children and they were excited to do their part. It became their Advent Service Project. The last class before Christmas they put on some Christmas music and got to work. "They loved it," Clefisch said. "They took it very seriously. It was really wonderful." Some cut, some tied, but they all worked together to make a little piece of hope for an expectant mom. And then, when they were done, they gave each blanket the most beautiful finishing touch. They blessed them. Every student who worked on a blanket stood together and prayed a prayer composed by Clefisch for the occasion over the blanket they had just made. They prayed for the baby, they prayed for the mom and asked God's blessing be with them both. Then they entrusted the blankets to InnerVisions to get them to those who need them most. They may never know the baby who cherishes their blanket. They may never know the gratitude of a mother who sees her baby warm and snug in their blanket, but they can be sure that in their work and in their prayer they have helped to answer the prayers of a mother.

At InnerVisions we ask God's blessing on all that we do and are so grateful to people like Cindy Clefisch, her staff and students who not only help provide for our clients, but pray for our clients. If you think you or your group would like to help with prayer or baby items, please contact Marguerite at InnerVisions. Call 515-440-2273 or email Marguerite at marguerite@innervisionshealthcare.org

True Empowerment

When the topic of abortion comes up one hears a lot about choice, but much of it is just rhetoric. For one to be able to make a true choice one must be informed about the options and the consequences of those options. Only then is one's decision a truly free choice and only those who are willing to educate about the options and consequences can truly be called pro-choice. Anything else is merely indoctrination. At InnerVisions HeathCare we educate women and give them hope that abortion is not their only option. We support them through their pregnancy and after. We empower them to embrace their *womanhood* AND their *motherhood*.

If you are in need of a Pro-Life Speaker, InnerVisions HealthCare can help. With engaging, thought provoking presentations for youth, teens and adults, InnerVisions can help you spread the pro-life message to your school or church group. By adapting the pro-life message to specific age groups and topics, we can help you effectively reach your audience. From abstinence to euthanasia, our speakers can cover all aspects of the pro-life truth in a way that will touch hearts and equip listeners with thoughtful answers to many of the toughest questions posed to pro-life people.

Contact Jenny at InnerVisions HealthCare to schedule a speaker for your school, youth group or church today.