

THE VISION

THE NEWSLETTER OF INNERVISIONS HEALTHCARE — WEST DES MOINES

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Executive Director

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Medical Director

Dr. Susan Beck, DO
Dr. Tom Mallisee, MD
Dr. Sandy Ruhs, MD
Volunteer Physicians

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Director of Nursing

Ceci Flood, RN
Sammy Freund, BSN, RN
Jan Steenhoek, RN
Brooke Van Brueggen, BSN, RN
Staff Nurses

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Director of Development

Liliana Grace
Director of Marketing

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Accounting Associate

Lori Staver, MPH, BSN, RN
Staff Training Consultant

Volunteer Nurses

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Giving HOPE Plans for Expansion

In early June, at the 7th annual InnerVisions HealthCare Gala, we announced our plans to open a second clinic located on the south side of Des Moines. Following our third year of continued growth of patient traffic -- especially pregnancy patients, which is currently up 45% from last year, the Board of Directors feels that we're moving in the right direction, that we have stable financial footing, and that there's plenty of unfinished work to be done to help pregnant women of Iowa.

This is a big step in the history of our clinic! It wasn't long ago that we had only an Executive Director and a Nurse Manager! While we've grown the support team, many of them are volunteers, and we could not do what we do without our volunteer nurses and receptionists! But, we need more volunteers who are eager to help!

We're planning on a soft open during the first quarter of 2019. The new clinic will be located at 520 Army Post Road (see photos) and we'll partner with the St. Vincent de Paul Center, as it's an important social

services corridor which will help our staff in overcoming some of the obstacles women are faced with when they come through our doors.

The campaign to achieve this goal is \$400,000 and we hope you plan on participating at some level: whether that's a corporate gift, a gift of stock, or perhaps a planned gift to help with our long-term sustainability. We **hope** that your participation can help us give more **hope** to the thousands of patients -- to those women and men with unplanned pregnancies and STDs -- who come through our doors every day.



FROM THE DIRECTOR:

The Beating of the Heart



Seven years ago, Ken and I signed up to be foster parents. Our only child had just gone away to college, and we weren't quite ready to be empty-nesters. We wanted to help others who were in difficult situations, and so we signed up for the foster care system. Little did we know the profound impact that would have on our lives.

We got Olivia when she was four months old, and she's been an absolute joy ever since! After parental rights were terminated, we filed the paperwork to adopt her, and just after her first birthday, she was officially a "Welch". Her presence in our family keeps our hearts beating daily, and that's why the mission of InnerVisions is so personal to me, as I know the value of a beating heart.

Olivia's birth mother could have easily aborted our daughter. She had no support system and was an "ideal" candidate to terminate the pregnancy. For some reason, though, she didn't, and to say that we're grateful that Olivia is in our lives is an understatement.

And, while InnerVisions didn't play a direct role in the birth mother choosing life or pairing her with us, there's no denying the importance of a beating heart in the lives of the over 710 mothers and babies who are now walking – or crawling! – because of the free programs and medical services that we provide.

I joined the staff in April and every day has been an adventure. We recently transitioned to Electronic Medical Records in preparation for the expansion of the second clinic: that, too, has been an adventure! But, I'm profoundly grateful for the opportunity to lead the clinic in this phase, and to continue to share with vulnerable, at-risk women – like Olivia's birth mom – the importance of a beating heart.

God bless,

Theresa Welch
Executive Director

CLINIC TESTIMONY:

The Ripple Effect of Abortion

A few weeks ago, we had a young man in his mid-20s come to the clinic for STD testing. He was a young professional with a respectable job. He was impressed by the concern and care that our nurses provided, which made him feel comfortable to share his story.

His situation is somewhat complicated: his ex-girlfriend, who had just left him to return to her ex-boyfriend, had previously had an abortion. The effect was profound on our patient, even though he wasn't the father, because he knew it affected her and his relationship while they were together. But, while he's confused why she returned to her ex-boyfriend, he understands better now the importance of building a lasting-relationship with a significant other, making that commitment, getting married, and saving himself for that special person.

After the testing, we recommended to him that he seek post-abortion counseling since he was a unintended victim of abortion, an abortion with which he wasn't even involved.

If you -- or someone you know -- are struggling emotionally or spiritually from an abortion, you are not alone. IVHCare offers confidential and compassionate post-abortion support, whether the abortion was yesterday or years ago. Contact us today and we can get you the help you deserve. Call 440-2273 or text 783-1286 and ask for a nurse.

Is God Calling You to Volunteer?

With the expansion of our services to a south side location, we need more volunteers at both clinics! Some of our current volunteers will be moving to the south side, and others will join our volunteers in the coming months in anticipation of the grand opening!

Would you like to share your time and talent with us at InnerVisions? Reach out to us today to learn more about being a volunteer receptionist or volunteer nurse. Other volunteer opportunities are available, but please reach out to Melanie: melanie@ivhcare.org or (515) 440-2273.



Thank You!

Thanks to all of our friends, benefactors, sponsors, and guests who attended our most successful gala in June! Cal Thomas' message was powerful and your response to the announcement of a second location was a confirmation that we're doing God's will! We feel strongly that God is placing this as a task before us. Even though it's not easy, we know that Christ is helping us along this journey: *"My yoke is easy, and my burden is light"* (Mt 11:30). Thanks, again, to all our sponsors!



Guests of Alison Franz, Gala Committee member, pose after the gala.

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Dance for Life!

Join us for the 8th Annual Dinner Dance, organized by local Knights of Columbus! This year, we'll be enjoying a delicious steak dinner, dancing, and bidding on silent/live auction packages on Saturday, Oct 6th at St. John the Apostle in Norwalk. To join our list of sponsors or to purchase your table, visit www.ivhcare.org/2018DinnerDance. We look forward to you joining us to "Dance for Life"!



Leaving a Legacy and Planning for the Future?

Help build the clinic's long-term sustainability by including InnerVisions HealthCare in your will, in your trust, or as a beneficiary of a life insurance policy or retirement plan. A small percentage for you, makes a big difference for InnerVisions.

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: 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!

