

THE VISION

THE NEWSLETTER OF INNERVISIONS HEALTHCARE

SPRING 2020, ISSUE 1

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Theresa Welch, RN
Executive Director

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Medical Director

Dr. Susan Beck, DO
Dr. Tom Mallisee, MD
Dr. Sandy Ruhs, MD
Lacy Lundgren, ARNP
Volunteer Medical Staff

Sammy Brabson, BSN, RN
Brooke Van Bruggen, BSN, RN
Clinic Managers

Amanda Finneseth, BSN, RN
Ceci Flood, BSN, RN
Marybeth Hillaker, BSN, RN
Rachel Prohaska, RN
Katie Weidner, BSN, RN
Staff Nurses

Bryan Gonzalez
Director of Development

Liliana Grace
Director of Marketing

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Lori Staver, MPH, BSN, RN
Staff Training Consultant

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Volunteer Nurses

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Melanie Froyen, BSN, RN
Jo Helling, RN
Marcia Konrad, RN
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Jessica Lyon, BSN, RN
Kim Mallisee, BSN, RN
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InnerVisions South is Open for Business

At long last, we inaugurated our *new* clinic in late October 2019! We had two full days of tours and open houses, and are so grateful for all of the volunteers, donors, vendors, and staff who worked long hours to help us achieve this significant milestone in our short 9-year history!

But, when all was said and done, our nursing staff was eager to start serving patients and building rapport with abortion-minded women! Since our South doors opened, we've seen more than 75 patients, both for STDs and pregnancies, and have helped empower more than 23 women to choose parenting or adoption! Praise God!

We've also learned a thing or two about the southside: they are fiercely loyal to the businesses in the neighborhood. Thankfully, we have a warm relationship with St. Vincent de Paul, who paved the way for us, and that has lent us some credibility. However, we do have to earn the respect of southsiders and we're excited at the chance to do that.

If you've not yet had a tour, or would like to just pop in and see us, we're open Tuesday through Friday on the southside (still Monday through Thursday in WDM). As patient traffic picks up, know that we're so grateful for each of you, who has prayed for or donated time, talent, or treasure to make this a reality!

Want to Volunteer? Our new southside clinic could use a couple of dedicated volunteers to answer phones as a receptionist, and to see patients as a nurse.

Call us today if you're interested:
(515) 440-2273 and ask for Sammy.



Staff & volunteers at the ribbon cutting. (Photo courtesy of D. Davidson.)



Clinic Manager for InnerVisions South, Sammy Brabson, BSN, RN, shows a supporter the newly donated ultrasound machine.
(Photo courtesy of D. Davidson.)

FROM THE DIRECTOR:

The Influence of InnerVisions at Home and Beyond



As many of you know, we've never been active in the political world, leaving that to other local organizations who have that as their mission. However, recently, I was asked to provide "expert medical testimony" on a bill HSB 672, on posting information about the possibility of APR (Abortion Pill Reversal) inside abortion clinics, notifying women who have begun the chemical abortion process, that there's the possibility of reversing it. Since InnerVisions offers the APR protocol (and we currently have patients under our care), we advocated medically and legislatively for the protocol as an opportunity to fully inform women if they choose to change their minds after starting the chemical abortion.

Moreover, one of our nurses, Katie, has become FEMM Health trained. FEMM Health is a comprehensive women's health program that teaches women to understand their bodies, chart their cycle, and encourages them to make informed choices about their healthcare. We advocate for women to be informed about their bodies, and this is something that's even bigger than NFP (Natural Family Planning), often used to delay a pregnancy or conceive. If you or a group of women would be interested in Katie coming to speak to your group, give us a call today: (515) 440-2273 or visit here: www.ivhcare.org/femmhealth/

Finally, to highlight the national impact that InnerVisions recently has, our director of development, Bryan, has been asked by Heartbeat International to join their ranks of "on the ground" consultants who train boards of PRCs. He offers board training workshops and strategic planning sessions and shares some of the good work that we do with those sites...but also brings back some good ideas to share with us at IVHC!

As you can see, God is using InnerVisions in some really unique and special ways to promote the culture of life throughout Iowa and beyond!

God bless,

A handwritten signature in blue ink that reads "Theresa Welch".

Theresa Welch
Executive Director

Patient Testimonial:

"I knew I had to come to you guys again"

Sometimes patients don't make the choice we'd like for them to make, but we continue to provide our compassionate care no matter what, and hope that – in God's time – it works out. That's what happened in 2017: a pregnant patient had recently left an abusive relationship, and the nurse *poured* herself into the patient. She attended doctor's appts, arranging a meeting with Safe Families, provided our own in-house information and support. Sadly, she terminated the pregnancy.

Fast forward to January of 2020: when she found out she was pregnant, she made an appointment with us, saying "I knew I had to come to you guys again". She's parenting this pregnancy and is committed to making better choices in the future. We're so proud of her!



(Photo courtesy of Lori Mortensen)

One Secret to Our Success

We pride ourselves on the principle of “responding to the needs of our patients”. There’s no “one-size-fits-all” solution for our patients: each woman is unique, her “issues” are specific, and our nursing staff tries to compassionately listen and address those real concerns.

You’ve heard our extraordinary stories over the years: how we’ve helped Alesha with a van; how we’ve paid for a post-abortion patient to receive additional therapy; how we’ve gotten food, clothing, and jobs for our patients to help them in their situation. Our nursing staff has gotten more resourceful, that’s for sure!

Over the past year, those patient needs have increased dramatically. Some cost money (which is why we invite donors to help fund our “New Mommy Birth Fund”), but sometimes we need help in the community. During that time, a volunteer named Ellen has provided some additional assistance to our patients. She has a master’s in social work and has worked in the social work field for over 40 years! What a wealth of information for our nursing staff and patients! Now we just have to help train our nursing staff to use her better!

Additionally, the wear and tear on our nursing staff is significant, so Ellen is helping us develop a program to provide some counseling for our nurses, to give them someone to talk to. A few months ago, a 30 year old patient, who was a victim of a serious domestic assault, came to the clinic because she wanted an abortion. We counseled her, but then we discovered that she was 22 weeks along. So, she was determined to go to another state for the procedure. However, our nurse remained in contact with her, with follow up appointments and phone calls, and now she’s going to parent that baby.

We’re excited that the mother chose life for her precious baby, but our nurse needed some additional counseling. Ellen was able to be her sounding board, and listened and provided some excellent support. Thank you, Ellen, for all you do for our nurses and patients!



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. Questions? Feel free to reach out to Theresa or Bryan at InnerVisions for any planned giving information.

2019 IVHC BABY BOTTLE LEADERBOARD

TOTAL DOLLARS RAISED

1. OLIH (Ankeny)	\$6,842
2. St. Francis (WDM)	\$5,587
3. Sacred Heart (WDM)	\$4,815
4. St. Joe’s (East DSM)	\$4,386
5. Basilica of St. John (DSM)	\$4,182

HIGHEST PARTICIPATION RATES

1. St. Patrick’s (Corning)	86%
2. St. Elizabeth Ann Seton (Carlisle)	75%
3. OLIH (Ankeny)	73%
4. St. Thomas (Indianola)	71%
5. St. John’s (Adel)	67%
5. St. Patrick’s (Cumming)	67%

Save the Dates: Happy Hour & Gala

Last year was the first year we organized a Happy Hour event, intended to provide a more informal InnerVisions experience for young professionals and millennials. It was well-received, so we're continuing that this year, on Tuesday, April 28th. For more info, visit: www.ivhcare.org/cheers-to-life-happy-hour-2020/.

Also, our annual Gala is on Thursday, June 4th and we're moving it to the Iowa Events Center to accommodate the growing numbers of people who want to attend and show their support. Tables will go fast, so be sure to buy one today. Oh, and if you're wondering why they're \$927 a piece – it's because that's the # of babies saved at the end of January 2020. For more info, visit www.ivhcare.org/2020gala/



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!

