

THE VISION

THE NEWSLETTER OF INNERVISIONS HEALTHCARE

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Relationships Program Revamped

PREPARING YOUTH FOR HEALTHY REALTIONSHPIS

The goal of InnerVisions HealthCare's Relationship Education program is to ensure students receive accurate information with the end goal to decrease unplanned pregnancies and STDs.

In our relationship education classes, we begin by developing intrinsic motivation for making healthy life choices. This begins by helping the student to understand themselves. We strive to help students cultivate healthy and safe relationships and expand their concept of intimacy far beyond mere physical interaction.

We also provide medically accurate information about anatomy, STIs, and pregnancy. Moreover, we discuss the social and emotional impacts of technology in relationships and conduct interactive strategies designed to weave the concepts together to create actionable, realistic steps for students to make healthy life choices.



In a lesson recently presented to young adults, participants took a quiz on their affirmation styles (or love languages), followed by a visual showing how others can see when someone is filled with love! One participant with their primary love

language being "words of affirmation" put on the red "Love Tank" t-shirt, while the rest of the participants wrote words of affirmation on balloons. Some of them said, "I love your smile", whereas participants that knew the woman wearing the shirt wrote more intimate statements such as, "You're a great listener and have a lot of wisdom, I love being friends with you". Learning how one receives love and how to offer that to others helps to support healthy relationships.

In a different lesson presented to 8th grade students about the harmful effects and dangers of pornography, nurses Mallory and Brienne used a comical illustration demonstrating the analogy of reality becoming distorted. This powerful analogy allows for a transition to begin a discussion about pornography and how it distorts our views on sex which can have lasting effects on current and future relationships.

If you're interested in learning more about our revamped Relationships Program, visit ivhcare.org/education or reach out to speak with Mallory or Brienne.

"The knowledge gained through the Relationships Program would be valuable to any individual and in all kinds of relationship building. Yet, after observing one of the modules (as a participant!), I am so encouraged for the students who will be engaged in the process, because they will come to know themselves better, know what to look for in a relationship, and know what their boundaries are with others."

Testimony from M.B.

FROM THE DIRECTOR

An Update on the Heartbeat Bill



The past 14 months – since the Iowa Supreme Court reversed the 2018 decision and since the Dobbs decision reversed Roe vs. Wade – there has been much jockeying back and forth on the issue of abortion. At times, it feels like “two steps forward, one step back”.

Since the recent passage of the Heartbeat Bill during the Special Session of 2023, we await the Iowa Supreme Court decision on the bill’s constitutionality, probably in the summer of 2024.

One of the main constants that we’ve been asked, though, has been: “how does this affect InnerVisions?” While we have addressed this many times at previous events and in individual conversations with many of you, it’s probably a good topic to discuss in a newsletter, especially as it touches at the core of our mission: the heartbeat.

At InnerVisions, we remain committed to providing excellent medical services and information to abortion-minded and vulnerable women. Even though this Heartbeat Bill is intended to create additional protections for the life of the unborn baby, it doesn’t strictly apply to PHOs (pregnancy help organizations), since it’s intended for providers of abortion. Since we do not provide abortions – merely abortion information – the law doesn’t apply to us.

With that being said, we also know that a Heartbeat Bill is going to create a sense of urgency among our patients – they will only have until 6-8 weeks to obtain an abortion. Fortunately, in 2022, more than 70% of our patients came to us for their first appointment before 7 weeks gestation. That means we remain relevant to our patients during this vulnerable period.

And, we also know that abortion tourism and getting pills online are two ways Iowa pregnant women may try to circumvent the law, we need to address these risks during our in-person and telehealth appointments.

What you should know, however, is that our mission of providing accurate and truthful medical information to pregnant women in need does not change. Thank you for standing alongside us on this mission to empower women and save babies!

God bless,



Theresa Welch, *Executive Director*

PATIENT TESTIMONIAL

“The Biggest Blessing in All of This”

In her mid-30s, divorced, and with a teenage son already, Crystal found herself pregnant and overwhelmed. Depending on who the father of the baby was, would impact her decision. She was temporarily relieved when the “good” man was the father, until he said “I don’t want anything to do with it”. The nearby abortion clinic recommended that she

come to us for an ultrasound before returning for the abortion. So, when she came to us, there were lots of obstacles. We let the life-affirming ultrasound speak for itself. It showed what became her “biggest blessing in all of this”. Crystal has decided to move out of state to be closer to supportive family and friends, and we’re cheering her on from afar.

A Doctor as a Volunteer?

A LOOK AT OUR MEDICAL AMBASSADOR



Over the years, we have had hundreds of volunteers who have helped us in a variety of different ways. During that time, we have had doctors serve as our Medical Director, read our ultrasound scans, and volunteer in other ways, but about a year ago, one particular doctor reached out to inquire about volunteering as a receptionist.

Initially, we were confused - why would a retired physician want to volunteer as a receptionist? First, this shows how noble the role of “volunteer receptionist” is! But, secondly, this shows the servant heart of Dr. Shannon Hood, DO, and retired physician from the MercyOne system.

Dr. Hood – or Shannon, as she prefers us to call her - has faithfully served weekly as a volunteer receptionist, and, starting in 2023, has represented InnerVisions as a Medical Ambassador. She attends monthly and quarterly doctor/physician meetings to share about the life-affirming medical services that our nursing staff provides to help educate the broader medical community about us. She also encourages them to

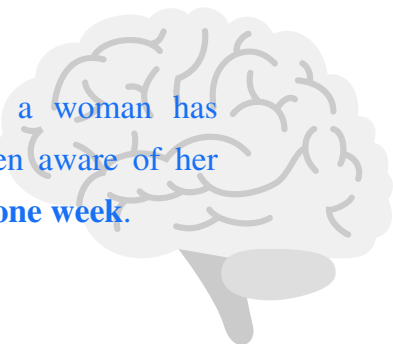
include InnerVisions as a referral for their at-risk pregnant patients.

“When I was practicing, I only had 15 minutes with patients, and sometimes I needed more time to help educate them on their situation,” says Dr. Hood. “Volunteering at InnerVisions makes me wish that I had a place to send the vulnerable pregnant moms who were considering abortion. So now I hope to educate other providers on what InnerVisions offers, for the sake of these confused moms and precious babies.”

Thanks, Shannon, for sharing your many gifts with the women and babies of InnerVisions!

In the **fourth** week, the embryonic heart starts beating. The neural tube, which becomes the brain and spinal cord, forms.

At this point, a woman has likely only been aware of her pregnancy for **one week**.



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.

Gala & Dinner Dance Update

As you know, our clinic is donor-supported, so it's critical to have opportunities for our donors to engage in the life-affirming work through fundraising. This year, we were blessed to have two successful fundraising events! On June 1, nearly 1,100 guests welcomed Dr. William Lile to the Iowa Events Center for a wonderful keynote address, where his mantra was: "A patient is a person no matter how small!" His remarks helped open our eyes to the advances in medical technology which help unborn babies survive even life-threatening illness. With your gracious support, more than \$540k was pledged or donated through the Gala!

Just a few weeks ago, more than 232 guests gathered at Christ the King for the annual Knights of Columbus Dinner Dance benefitting InnerVisions. We raised just over the \$50,000 goal that we had set, but it's not too late to make an additional gift for that event!

We appreciate all of our donations, large and small, as they all contribute to our ability to empower women and save unborn babies!

WANT TO VOLUNTEER?

We could use a couple of dedicated volunteers to greet patients and clinic needs as a volunteer receptionists and advocates. If you're interested, contact Brooke, our Director of Patient Resources at brooke@ivhcare.org.



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 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.

