

Alternatives

YOUR QUARTERLY NEWSLETTER FROM CARE NET
SPECIAL 25TH ANNIVERSARY EDITION



Where Are They Now?

Deanna's story ... "I moved out of my parent's home at the age of 17 and became pregnant at the age of 18. I didn't know what to do or where to turn. The father of the baby did not want anything to do with me unless I had an abortion. So, I made an abortion appointment. I felt like I had no other option. The morning of my appointment, I just couldn't go through with it. I canceled my appointment and contacted Care Net instead. I walked in to Care Net feeling very ashamed and bewildered and walked out feeling very positive and empowered. Though the road would be hard, I knew I was making the right choice to keep my baby.

"My daughter, whom I gave birth to a few months later, is now 17 and a junior in high school. Next year, she plans to go to college. She is beautiful inside and out. I am now married and have four children. I work at a local church. I can honestly say that I do not know where we would be without Care Net. Thank you, thank you, thank you from the bottom of my heart for all you did for us and for all the other women in need."

Sarah's story ... Sarah was abortion vulnerable when she came to Care Net eight years ago. Care Net did an ultrasound, but Sarah wanted to go elsewhere for additional information on her options. When we did a follow up call, we learned that she had decided to choose life.

Fast forward eight years: Sarah is now married to a medical doctor and lives in another city. But she writes in a recent email: "I love having three kids. To me it's easier than two was. Gianina is a doll! She gets so much loving from all of us. Molly is in second grade already!! She devours books, loves writing, art, and cleaning/organizing. Eric is 3 1/2, loves preschool and is such a BOY---do I have to elaborate? Look in the dictionary under "boy" and you'll find his picture. Love him!!"



Deanna and Emily - beautiful inside and out



Sarah's joy-filled family

CARE  **NET**®

Pregnancy Center Of Dane County

We love stories with happy endings. In a way, that's what our ministry is all about.

From My Heart

25 Years of Growth

Throughout 2010, we will be celebrating our 25th anniversary as a ministry. We've grown in many ways - from one part-time staff person in 1986 to 16 full- and part-time staff in 2010. Along the way we've also grown in our understanding. For example, when I started, I was focused on "save the baby." Well intentioned as that was, I soon learned that saving the unborn meant ministering to moms. We became more woman focused than we had been, adding services to offer each woman help and support throughout her pregnancy and even as she begins to parent. Over time, we realized the birth father's role was critical in affecting positive outcomes, so we developed programming to reach out to the birth father, turning his heart toward his child.

As our ministry continues to grow, I expect the next 25 years will lead to a deeper understanding of how to best meet critical needs in a changing culture. Thank you for being part of this journey!



Liz Osborn
Executive Director
(A photo from the archives)

Liz Osborn

Help for a New Mom

It was time for a new beginning. After discovering that she was pregnant, Amanda* and her boyfriend climbed on a Greyhound bus and made their way from Denver, Colorado to Madison, Wisconsin. Leaving behind abusive and unhealthy family relationships, she started a new life here in Dane County.

But the road to this new start was bumpy. When temporary housing fell through, Amanda found herself homeless, staying in a temporary shelter. Lacking adequate nutrition, her health began to suffer. Her doctor informed her that her unborn baby also was not growing well. Six weeks later, Amanda was again able to line up temporary housing. But her symptoms intensified. Her hands and feet were swelling. Her vision was blurred. Pain and nausea swept over her body.

Although she tried to ignore the symptoms, they only got worse. One day she could no longer read the numbers on the clock. At the emergency room, she was diagnosed with preeclampsia. Doctors informed her and her boyfriend that her condition was very grave, "life or death," requiring an emergency C-Section.

Ten weeks before her due date, Amanda gave birth to a baby girl weighing just 3 pounds 6 ounces. While Amanda searched for some stable living arrangements, her daughter spent the first month of her life in neonatal intensive care. About this time,

a friend recommended Care Net. "I never dreamed they would take me," Amanda says, "but I prayed they would."

Those prayers were answered on January 18, 2010, when Amanda's baby was discharged from the hospital and the two of them entered The Elizabeth House program.

What has life been like at The Elizabeth House? Amanda describes it this way: "This is a holy house with holy people." She is grateful for a safe place to start over with her daughter. She is growing closer to God, learning parenting and practical life skills. "I never really knew how to cook before coming here," she says. Amanda's daughter, as of early March 2010, is nine pounds and healthy. With support from staff, Amanda is actively searching for work and making plans for a real new beginning.



Amanda's little one

*Fictitious name to protect privacy



Clinic Vignettes

Young mom chooses life

Brittany* was leaning strongly toward abortion when she came to Care Net. However, over the course of two visits, and with the intervention of a friend, Brittany’s heart began to change. She made the decision to carry her child to term.

Your prayers answered

In our last issue, we highlighted a client whose heart was “set” on abortion when she left our clinic. Your prayers have made the difference! She recently called, stating that she had made the decision to carry her baby to term and make an adoption plan. Thank you!

The word about abstinence

When clients come to Care Net seeking testing for Sexually Transmitted Infections, they also appreciate hearing the message that they have the freedom to save sex, beginning today, for the person who commits to love and cherish them for the rest of their lives. A young woman from a local high school so valued what she heard and received at Care Net that she wanted to spread the word. “The nurse told me everything I needed to know. I would strongly recommend Care Net and I did to two of my friends ... I liked everything ... It made me feel like I’m home.”

**Fictitious name to protect privacy*



The Elizabeth House photos



Even if you've hardly golfed ...

You Can Be a Gold Medal Golfer!!

Care Net's 25th Anniversary Golf Fundraiser
Tuesday, May 18th, 1:00 pm shot-gun start
The Legend at Bergamont Golf Course,
Oregon, Wisconsin

Every golfer who raises \$2500 or more in pledges will be awarded a Care Net Gold Medal Golfer award. Silver Medal awards will be given to those who raise \$1250 and Bronze Medal awards will be given to those who raise \$625 in pledges. If 80 golfers each ask 25 people to donate \$25, we will meet our goal of \$50,000 so that more lives can be saved and changed.

To register or sponsor:

Online: <http://www.carenetdane.org/friends/golf.html>

E-mail: sarahm@carenetdane.org

Phone: 608-259-1606 ext. 218

Early Bird Registration (by April 18): \$150

After April 18: \$175

Pastor's discounted rate: \$75

Registration deadline: May 7

Join our efforts by golfing, sponsoring a golfer, sponsoring a tee or green or donating a prize for the event. Together, we can see more lives saved and changed in 2010!



Sunny day - smiling golf team

Over \$325,000 raised in 9 years of Baby Bottle Campaigns... Let's Make it \$400K in 2010

We invite your church or organization to join us in Care Net's 2010 Baby Bottle Campaign to raise \$75,000 and put us over \$400K in 10 years of this popular and growing fundraiser. Have some fun with us: In honor of our 25th anniversary, consider filling your bottle with \$25 or a check for \$25, \$250 or even \$2500, stuff your bottle with quarters or in your own creative way celebrate 25 years of saving and changing lives.

Every penny stays local. 95% of all donations go toward helping Care Net provide help, hope and healing to women and men affected by an unplanned pregnancy or sexual health concern. 5% of the gifts will go to the Mother and Child Resource Center, a ministry which had its beginnings at Care Net and now lovingly provides baby clothing, baby items and New Testaments to mothers and families in need.

For more information or to obtain Baby Bottle Campaign resources for your church or other group, contact Rhonda at 608-259-1606 ext. 207 or rhondat@carenetdane.org.

Last year was our most successful Baby Bottle Campaign yet. Sixty churches joined together to raise over \$60,000 for Care Net, totaling over 1 1/2 tons of change.



Wow! That's a ton of change!

Abstinence Education Works

by Tanis Jean-Louis, RN, Nurse Manager, STI Presenter

After doing a Sexually Transmitted Infections presentation at a local school, the substitute teacher came up to thank me. She thought it was such a good presentation for the students to hear. She asked if she could tell me her “horror story.” She said that when she was student teaching, the school had a presentation on pregnancy and sexual health. The students were told that they would all become sexually active sometime in high school and that many of them would become pregnant. They were told that abortion would be the best option for them because having a baby would ruin their lives. They were shown how to use condoms and how to stimulate their sexual partner – because they would have to know that. The kids left with the message that there was no other choice ... this was the way it was going to be. She again thanked me for giving the students the message that they could avoid the risk of pregnancy and sexually transmitted infections by waiting until they were in a mutually faithful, lifelong relationship with an uninfected partner as in marriage. Wow, what an opportunity we have to give kids this message!

New research supports abstinence-only education as the best, effective choice for teens. For a newly released study reported in the Archives of Pediatric & Adolescence Medicine, researchers found that 52% of students who were taught safer-sex education reported sexual activity while only 33.5% of those who were

taught abstinence-only education reported sexual activity. The researchers concluded, “Theory-based abstinence-only interventions may have an important role in preventing adolescent sexual involvement.”*

In another study by the National Campaign to Prevent Teen and Unplanned Pregnancy, 60% of sexually active teens said they wished they had not

“We decided we were worth the wait ...”



Worth the wait ...

had sex.** Locally, teens tell us they appreciate Care Net’s message of encouraging healthy life choices and abstinence until marriage. One teenage girl told us this: “[My boyfriend and I] heard your presentation at our school, and we both decided we were worth the wait.”

With this in mind, we were deeply disappointed when the Legislature passed and the Governor recently signed into law a bill that creates roadblocks to teaching abstinence in public schools.

We are pleased to see the latest research showing that abstinence education is the best choice for youth. But regardless of the latest reported trends, Care Net is dedicated to promoting healthy relationships and encouraging teens to save sex for marriage.

* Jemmott, JB. Jemmott, Fong, GT (2010). Efficacy of a Theory-Based Abstinence-Only Intervention Over 24 months. Arch Pediatr Adolesc Med. 2010; 164(2):152-159. Retrieved February 25, 2010 from <http://archpedi.ama-assn.org/cgi/content/abstract/164/2/152>

** Chavex. L. (2010, February 5) Abstinence education works after all. Townhall.com. Retrieved February 25, 2010 from http://townhall.com/columnists/LindaChavez/2010/02/05/abstinence_education_works_after_all

December, January, February Care Net Statistics

Total Client Visits:	160
Careline Calls:	333
Ultrasound Clients:	21
STI Clients:	12
Men:	25
Spiritual Discussions:	44

Expenses:	\$142,374
Income*:	\$182,716

*Capital donations excluded

25 Years of Help, Hope and Healing

Care Net Pregnancy Center started as the Pregnancy Information Center (PIC) in 1985, founded by a small group of volunteers seeking to provide options to women facing unplanned pregnancies and save the lives of unborn babies. This tiny mustard seed ministry was originally located near Odana Road and offered free pregnancy testing, consultations and referrals.

In 1986, Liz Osborn was hired as the Executive Director of PIC and she, along with our Board of Directors, continues to lead Care Net forward to this day. Care Net staff and volunteers provide compassionate and quality services to women, men and families facing unplanned pregnancies or sexual health concerns.

The Pregnancy Information Center relocated to 1605 Monroe Street in 1990 and expanded services and programs to offer a resource room stocked with donated baby and maternity items, shepherding homes for pregnant women, LifeWise abstinence education and Whole Heart post abortion support. PIC became an acronym that, in addition to being an abbreviation for the Pregnancy Information Center, also described our three areas of service:

- Prevention, encompassed in the LifeWise ministry begun in 1994
- Intervention, our primary center services helping women facing unplanned pregnancies
- Conciliation, or reconciliation, referring to Whole Heart post abortion support, which began in 1992

In 1998 our ministry began offering free medical services from trained staff and volunteer nurses. Dr. Michael Wilson began serving as our Volunteer Medical Director. Under his direction, and through a grant from Focus on the Family's Option Ultrasound Program, we began offering free limited obstetrical ultrasounds and testing for Sexually Transmitted Infections (STIs).

As we entered a new millennium, in order to take advantage of national name recognition, we changed our name to Care Net Pregnancy Center of Dane County. Care Net National, our umbrella organization, began in 1975 and now is a network of over 1,100 pregnancy centers across North America.

Recognizing a need in our community for safe housing and ongoing support during pregnancy and while beginning to parent, Care Net's Board of Directors took a huge step of faith and began a pilot program of The Elizabeth House, TEH, at a farmhouse in rural Stoughton. In 2004, a Madison businessman was led by God to buy land on MacArthur Road and then to donate the land to Care Net. Unbeknownst to him at the time, the land was to be purchased by another group to build an abortion facility, but with his 11th hour offer to purchase and his subsequent donation to Care Net, the land instead is now used to save and change lives.

Following this donation of land in 2005, the Madison area community came together in an unprecedented way

to build and furnish Care Net's beautiful facility which now houses Care Net's medical and counseling clinic and The Elizabeth House program. Since relocating to this facility in December of 2005, God has enabled Care Net to serve and care for 37% more women and men facing unplanned pregnancies or sexual health concerns.

While remaining committed to our core services providing options to women and men so they may Choose Life for themselves and their unborn children, Care Net now offers additional free services and support programs to more fully equip women and men to make wise life choices. In addition to free pregnancy tests, consultations and ultrasounds, we now offer parenting and childbirth classes, ongoing one-on-one support with a nurse, support for men, a 24/7 phone line, comprehensive STI testing and treatment for women, LifeWise abstinence and STI education, Whole Heart post abortion support and The Elizabeth House residential program. All of these services are provided to clients free of charge thanks to generous contributions from many individuals, and thanks to a large team of carefully trained volunteers.

In 2010, Care Net is celebrating our 25th Anniversary in this community. We have seen God nurture this tiny mustard seed and have watched it grow to become a many-faceted and vibrant ministry that continues to blossom and flourish with the support of many individuals, churches and businesses in the community. As we look ahead to the years to come, with compassionate care, we will continue to foster healing from the past, provide help for today and build hope for tomorrow for the many women, men and families who come to Care Net.



Melissa Griffin, Nurse Manager, with Care Net's first ultrasound machine, 1998



PIC's former logo

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CARE NET[®]

Pregnancy Center of Dane County

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Open House Celebration!!

When: Sunday, April, 18 from 2 to
4 pm / Celebration of 25 Years Pro-
gram at 2:45 pm

Where: Care Net, 1350 MacArthur
Road, Madison

What: A celebration of 25 years of
ministry! Hear testimonies from
past clients and children. See many
who have been a part of Care Net's
25 year history. For details on spe-
cial anniversary events check www.carenetdane.org/friends/anniversary.html, join our Facebook group or
sign up to receive e-mail updates via
our website!