

REAL CHOICES PREGNANCY CARE CENTER

Volunteer Newsletter

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Message from Mikki

This is me and baby Jesamine. This is her story. One day, Tate Brady, our Campus Director, was at the bank and struck up a conversation with a young pregnant woman. The woman, a student at the University of Northern Colorado, told Tate that it was a difficult decision but she decided to carry and parent her baby even though the father of the baby was no longer in the picture. Tate suggested she visit our Lafayette office. I did the intake but Diane, Regina, Sandy, and Nancy (and many other volunteers) lovingly worked to meet her needs. On October 7th, Jesamine Anya was born and on October 12 Jesamine's mommy went back to class to finish her degree. All because of a place called Real Choices Pregnancy Care Center. -*Mikki*



Diane and Regina's Notes

Real Choices' Adopt-A-Mom event in December was a tremendous testimony of the spirit of giving which comes from our heavenly Father's greatest gift, His son Jesus Christ. Five churches partnered with us in the endeavor. Nativity of Our Lord Catholic Church, St. Louis Catholic Church and St. Thomas Aquinas University Parish included our clients and their families on their Christmas giving trees. Presents then poured into Real Choices providing 24 of our clients and their families (97 blessed people!) with very generous gifts this Christmas. Immaculate Conception Catholic Church and Good News Community Church gathered and

gave our clients many generous gift cards to help supply basic needs in the weeks and months to come.

And that's not all! Many responded to our needs list to help stock our Mary's Closet with diapers, baby clothes, blankets, toys, books, baby monitors, breast pumps, toiletries, laundry soap, etc. These items will go a long way in supplying many of our clients' needs this year.

Volunteers brought the bundles of gifts from the churches in their sleighs to our Lafayette office. And the office then mimicked Santa's workshop for several days as jolly volunteers poured in to help with organizing and wrapping gifts that

needed wrapping and tagging. All went off without a hitch, and Santa was well pleased!

As our clients and their families came to pick up their Christmas presents, we saw many smiles and heard many wonderful comments about how Christmas morning would be so much more wonderful now. Many expressed thanks to us and everyone involved in offering such generosity and joy.

Thank you to all and to all a very Blessed and Happy New Year!

Diane and Regina

Client Services Coordinators

Happy Birthday!

- ◆ 1/12 Tricia Carpenter
- ◆ 1/13 Doris Gray
- ◆ 1/21 Karen Crosby
- ◆ 1/27 Ruth Erk

Calendar

- ◆ 1/16 Offices Closed
- ◆ 1/19 MOMS Group
- ◆ 1/22 Sanctity of Human Life Sunday
- ◆ 2/13-14 Gifts of Love
- ◆ 2/15-16 Mailing Project

Unprotected by Dr. Miriam Grossman, M.D.

Every once in a while a book comes along that must be shared. Several years ago I stumbled upon the book *Unprotected* by Dr. Miriam Grossman, M.D. and felt compelled to share it with other staff members; now it is required reading for new employees.

First published anonymously in 2006, Dr. Grossman has since come out to declare the injustices taking place on college and university campuses across the country.

“Everyone is disturbed about the epidemics on college campuses of sexually transmitted diseases, depression, eating disorders, and suicidal behavior. Dr. Grossman takes issue with the experts who suggest that these problems can be solved with free condoms and Zoloft. What campus counselors and health providers must do, she argues, is tell the uncomfortable, politically incorrect truths, especially to young patients in their most vulnerable and confused moments. Instead of platitudes and misinfor-

mation, it is time to offer them real protection.”

In *Unprotected*, you will be shocked to learn:

- Which popular Ivy League university’s health Web site gives a thumbs up to risky, fringe behaviors such as sadomasochism, ‘swinging’ and bestiality.
- Proof of psychology’s prejudice against people of faith, despite strong evidence of significant health benefits of church attendance and religious beliefs.
- Why campus health centers hound students to stop smoking, eat right, get enough sleep, and wear sunscreen but tacitly approve of promiscuity and whitewash the consequences of sexually transmitted infections and abortion.
- How HIV education is distorted and what that does both to students who are at no risk of infection and to those who are.

Miriam Grossman, M.D. is a board certified child adolescent and adult psychiatrist. She writes and speaks to parents, students, educators and health professionals internationally on the dangers of political correctness in her profession. She is the author of *You’re Teaching my Child What?: A Physician Exposes the Lies of Sex Education and How they Harm Your Child* and *Unprotected: A Campus Psychiatrist Reveals How Political Correctness in Her Profession Endangers Every Student*.

I invite you to read *Unprotected* and bet you’ll want to share it too!

Real Choices’ Campus office is working to bring Dr. Grossman to Boulder in April 2012. Her talk will be free and open to the public. Watch for details in the next newsletter.

“Here are important facts you must know about the well-intentioned counselors who are more committed to political correctness than to students’ physical and psychological safety—written clearly and passionately by a dedicated psychiatrist. This books tell all.”

-Nicholas Cummins, Ph.D.,
Sc.D. Former President,
American Psychological
Association



The Real Choice of Adoption

Old habits are hard to change and this is why most people still speak about adoption in negative terms rather than the positive and life affirming words and phrases that we use to present the adoption option. We ask all our volunteers to use the positive words listed below.



Positive	Negative
Make an adoption plan	Give the child away, give up the child, put up for adoption, adopt out.
Choose adoptive parents for your child	Surrender, relinquish, release (implies something out the birthparent's control)
Unexpected Pregnancy	Unwanted pregnancy can imply unwanted child. Illegitimate pregnancy can imply illegitimate child.
Birth mother/father or Biological mother/father.	Real mother/father (adoptive parents are also real parents)
Biological children	Real children/own children (adopted children are also real children)
Single Parenting	Keeping the baby.

Volunteer Opportunities

Two volunteers are needed to work in the nursery during MOMS group on the following nights:
January 19, February 2 & 16, March 1 & 15.
 Volunteers are needed to provide the meal or part of the meal on the following nights:
February 2 and March 15

If you would like to volunteer for either the nursery or dinner please contact Mikki at 303-665-2341 or mikki@realchoicespcc.org
MOMS meets at Boulder Valley Christian Church from 6:30—8p.

Gifts of Love is way we say thank you to community partners and supporters. With your help we deliver decorative plates filled with cookies and candy. Volunteer bakers are need to provide cookies as well as volunteers to wrap and deliver the plates. Cookies are needed by 2/13, wrapping/delivery 2/14.

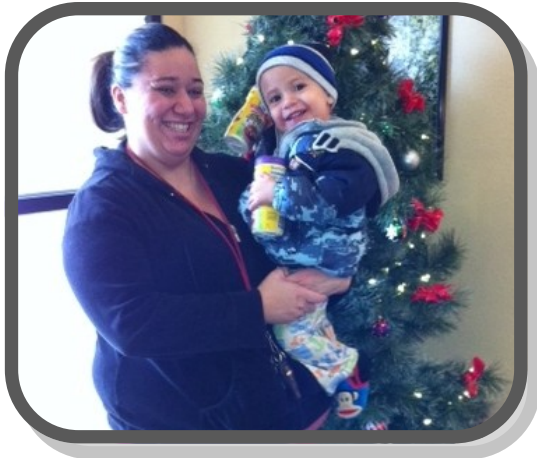
Volunteer Profile - Client Services Follow Up



In my position as Client Services Follow-up volunteer, I work closely with Diane and Regina, the Client Services Coordinators. My position focuses on the needs of each and every client. I concentrate on calling our clients to see how they are feeling and find out if they have any needs we can help with. I listen, love and encourage each client over the phone. We track an average 50 clients each month, so I make about 10 calls a week. Diane, Regina and I share an Excel spreadsheet on which we keep notes of each client contact. This system ensures that clients do not slip through the cracks.

I help Diane and Regina research resources to meet clients' needs. For instance, we have many clients that speak only Spanish. I searched the internet to find an organization that will provide free English lessons in our client's home. Additionally, I help find homes for any unique donated items. We receive items from baby toys to washers and dryers. I also research and find opportunities for the clients to shop at consignment sales. I keep track of sale dates and send reminders to the clients just before the sale. It is fun for me to help with client events such as the Thanksgiving Potluck and Mother's Day Tea—it is an opportunity for me to connect in person with the clients I visit with each week on the phone.

It is a wonderful blessing to work with the women at Real Choices. I am blessed daily by the opportunity to love and encourage clients the Lord sends our way. It amazes me to see how the hand of our God works lovingly through Real Choices and the beautiful people who work and volunteer there, which brings me to my biggest role with RCPCC. I pray for our Lord to bring women in need to RCPCC and I pray for our Lord to provide for the needs of these women and He always does! *Sandy Horton has been a volunteer since November 2008. Sandy lives in Lyons with her husband Roger and sons Samuel and Titus. Sandy was the 2011 recipient of the Barbara Ringjob Memorial Award for Outstanding Volunteer Service to RCPCC.*



Client Candace Williams and her son Nico all smiles for the Christmas camera!



File photo of Client Ginger Short, who graduated in December from the University of Colorado **Summa Cum Laude!** **Congrats Ginger.**