

healthy beginnings

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*Thank You
To Our Dedicated
Staff and Volunteers!
We Couldn't Do It
Without You!*

Why I'm Grateful for *Healthy Beginnings*

It was 15 years ago when my best friend called me in a panic telling me that her niece, who was three months pregnant, was going to Planned Parenthood the next day to have an abortion. Immediately we started the prayer chain and prayed that God would intercede on behalf of this young woman and her baby.

The next day we went down to PPH to see if we could get a chance to talk to her before her scheduled time. The timing was perfect. We arrived just as she was getting out of her car. When she saw us, she looked surprised and puzzled. We tried to convince her that this was a baby and not a blob of tissue. She was moved by our concern for her and I told her that we could take her to the local pregnancy center

around the corner and talk about it. I told her that I would gladly adopt her baby if she would choose life for him/her. She lifted her head and with a look of surprise she said "You would do that for me?" After reassuring her that I was very serious and promised her that I would, she agreed to go with us to the pregnancy center.

After she spoke with a counselor at the center, a technician with *Healthy Beginnings* was available to do an ultrasound on her. As we were waiting in the lobby, her boyfriend came out with a look of joy and a big smile on his face as he held up the videotape of the ultrasound of his baby. When he saw his son on the screen, he knew they couldn't

go through with the abortion. He also didn't want me or anyone to adopt his son either.

She gave birth to a healthy boy and they stayed together for a while, but eventually they broke up and she wanted him to raise their son. He later married and now his son has a stepmother who really loves him. God had other plans for him and because of the Pregnancy Center and *Healthy Beginnings* that little boy got to live!

So please, if you have never supported *Healthy Beginnings*, please pray about what you can do to support them. This ministry is so unique and vital to help turn the tide of abortion in this country and they can only do this with the help of caring individuals like you!

1ST QUARTER 2011

healthy beginnings

heartbeat

BECAUSE EVERY WOMAN AND BABY DESERVE TO EXPERIENCE HEALTHY BEGINNINGS

Word from Donna

"Honor your father and mother, that you may have a long, good life in the land of the Lord your God will give you."

EXODUS 20:12



Donna Phelps, CMM,
Healthy Beginnings President

Mother's Day is coming up on May 8th and Father's Day will be June 19th. These days are set aside to honor your parents. This year, here at *Healthy Beginnings*, we are giving you an opportunity to take that up a notch. In our executive waiting room at our Clifton office, we have a beautiful "Tree of Life" painted on the

wall. Wouldn't it be lovely to have the name of your mother, father or any other person who was influential in helping you navigate through the trials of life permanently mounted on our wall? For as little as \$150 you can have their name engraved on a leaf that will be placed on our "Tree of Life." What a wonderful way to say "thank you for all you have done for me." Be thankful that your parents chose "life" for you and poured into you, making you the person you are today. Many of the mothers who come to *Healthy Beginnings* have no one who cares for them. Your donation will have a two-fold benefit: Showing honor to your loved ones while helping those less fortunate than you. Listed at the right are the levels of recognition based on the level of donation. Please consider helping this ministry in a way that says to your loved ones: **"We value your LIFE!"**

Please complete the enclosed form and submit your request. We will send a note of recognition to the person you honor, if desired.



TREE OF LIFE GIVING LEVELS

Bronze Leaf	\$150
Silver Leaf	\$250
Gold Leaf	\$350
2" x 4" Plaque	
Black	\$500 to \$999
Bronze	\$1,000 to \$2,499
Silver	\$2,500 to \$4,999
Gold	\$5,000 to \$9,999
3 1/2" x 5 1/2" Plaque	
For donations \$10,000 and Up	

Healthy Beginnings Fun-Raising Banquet Scheduled!



Save the Date: September 27, 2011 at the Savannah Center in West Chester. We are very excited to present our Special Guest - entertainer Mark Lowry! So save the date and we will be updating you soon with information for reservations. If you are interested in

becoming a corporate or table sponsor for the event, please call us at (513) 559-3412, Ext. 1.

New Programs and Initiatives at *Healthy Beginnings*

By Elaine S. Beeler, MA, PCC, Development Director

Healthy Beginnings offers New Classes in Cooking and Nutrition



With a Community Health Grant from CTSA we are able to provide advanced nutritional education for our patients. Recent studies are finding that mothers who are obese or anemic during pregnancy have a higher risk of infants born prematurely or for example, with heart defects. First, we are increasing the delivery and effectiveness of services currently being provided by our licensed dietitian; secondly, we offer classes that teach mothers to plan and prepare nutritious meals; finally, we will study the results of our services in the area of nutrition.

Centering Pregnancy Program



We are pleased to be working together with the Women & Infant Vitality Network in the Centering Expansion Program and with the support of the CareSource Foundation to bring CenteringPregnancy® to *Healthy Beginnings*. This model of group care includes improved birth outcomes, increase in breastfeeding rates, and making social connections. It will improve the quality of care we provide to at-risk women in our clinics, empowering them to make healthy decisions. Traditional care will continue to be provided as well. The first group is scheduled to begin June 7, 2011, for women due in November and December.

Quality Improvement



In partnership with the Women and Infant Vitality Network of greater Cincinnati, we have received the services of a quality improvement specialist associated with Cincinnati Children's Hospital to initiate "Early Access" in our Price Hill Clinic. This will be part of a larger system wide study in coordination with Dr. Elizabeth Kelly of University Hospital and the Cincinnati Health Department.

Teen Parent and Infant Success Program



The Andrew Jergens Foundation provided a grant to support a focus on services to our young teen parents (under 18); first, to do more outreach in the community, and secondly to be sure that each young mother is connected to all of the services that we and the community can offer. In order to make a difference, and really provide the encouraging, life-affirming environment we believe in, this extra effort is indispensable.



We love our babies here
at *Healthy Beginnings*!



Junior Achievement Day

On March 4, 2011 we had the pleasure of hosting 13 wonderful young ladies from The Academy of World Languages for Job Shadow Day.

Krista Rohdenburg and **Blake Huelsman** were the hosts from *Healthy Beginnings*. They introduced the students to all the different aspects of what we do here at *Healthy Beginnings*. Each student had the opportunity to see how a business can successfully run. This was done by group activities and individual job shadowing. **Donna Phelps** shared key principals of "preparing for success."

We are so thankful for the opportunity we had to share in the Junior Achievement's "Groundhog Job Shadow Day." We look forward to a new experience next year!



Cross the Bridge for Life

This annual event will be on **Sunday, June 5, 2011** from 1pm to 4 pm in Newport, Kentucky crossing the Purple People Bridge. Please join us in raising awareness for "LIFE."

DESIGN: GREG ECKEL // DESIGNCREW INC.

We Appreciate Everyone Who Donates to *Healthy Beginnings*!

2010 Grants and Foundations

Amerigroup Charitable Foundation
Archdiocese of Cincinnati, Family Life Office
CareSource Foundation
Clinical Translational Science Award: Community Health Grant and The Community Leaders Training Institute Grant
GE Foundation Matching Gifts Program
The Trust Estate of George B. Riley
Greater Cincinnati Foundation
Greater Cincinnati Foundation and the Ellen Hollister Memorial and Maternity Society Fund
Knights of Columbus Charities, Inc
Kraft Food Foundation Matching Gift Program
Renaissance Charitable Foundation Inc.
Ruth J. and Robert A. Conway Foundation
The Andrew Jergens Foundation
The National Christian Foundation Grant
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Kroger Cards



A great way to donate that doesn't cost you a dime! Kroger has made donating to *Healthy Beginnings* easier with Kroger Neighborhood Gift Cards. Just fill your gift card at the Service Counter or right at the checkout lane prior to your transaction and *Healthy Beginnings* will receive 4% of the purchase! If you would like for us to send you Gift Cards, please contact us at (513) 559-3412, Ext.1. We also have an on-going four page list of gift cards available that will donate a percentage back to *Healthy Beginnings*. Call us if interested.

Spring Cleaning Special



Our wonderful friends at **Cincinnati Maintenance**, a "green company," are offering a Spring Cleaning Deal! For any rug cleaning service performed, 10% of the cost will be donated to *Healthy Beginnings*! Make an appointment today to clean the winter dirt out of your rugs! Be sure to let them know that your requested service should be applied to this deal! Call **(513) 827-6150** or visit **www.cincinnati-maintenance.com** to make an appointment!



"Friend" us on Facebook to see updates and photos of all that we do here at *Healthy Beginnings*!

Send your donation online. Visit our website at: **www.healthybeginnings.org**



A special thank you to our partners at TriHealth and their continued support of our Ministry.