



### Word from the President of *Healthy Beginnings*, Donna Phelps, CMM

In today's economic environment, if you could get 100% return on your investment, you would be interested, wouldn't you? Well here's your chance! An investment in *Healthy Beginnings* would mean:

- ➔ The life of a child could be saved because of an ultrasound,
- ➔ A mother could be saved from a lifetime of heartache from the loss of an abortion,
- ➔ A baby could be born healthier because of early prenatal care,
- ➔ The life of a mother could be saved because of early detection of a medical problem,
- ➔ A mother comes to know Jesus because of her "friends" at *Healthy Beginnings* who shared with her the light, the truth and the way.

Can you think of a better return on your investment? I can't. Currently we are looking for corporate sponsors for our banquet. If you or someone you know would like to have representation at our Annual Banquet on September 24, 2010, we would love to talk with you about the benefits.

**Please contact me at 513-559-3412, extension 6. This year's event promises to be the best ever. We have some exciting things happening that you will not want to miss.**

## Inspired Philanthropy

By Chris Flores

Give a gift that costs nothing during your lifetime! By the numbers...

- 200** = The average difference (multiplied) between the impact of a normal cash gift and a bequest to an organization.
- 70** = The percentage of Americans, regardless of wealth who do not have a basic will.
- 8** = The percentage of total giving that was represented through bequest giving (according to Giving USA's 2009 estimated report).
- 1** = The number of known individuals/families that have listed *Healthy Beginnings* in their will in 2010.

Would you consider helping grow the amount of future mothers and children that can be served by creating a bequest legacy gift? **To learn more contact Elaine Beeler at 513-559-3412, extension 5.**

If you haven't yet, please visit our new website at [www.healthybeginnings.org](http://www.healthybeginnings.org)! You can learn so much more about *Healthy Beginnings*, all the current news and plans, AND you can now make your donations on-line, register for the Banquet on-line and more – quickly and conveniently.

### SAVE THE DATE



**Friday, Sept 24th, 2010** Doors open at 5:30 pm

**New Location:** Savannah Center in West Chester

WEB [www.healthybeginnings.org](http://www.healthybeginnings.org)

EMAIL [healthybeginning@aol.com](mailto:healthybeginning@aol.com)

PHONE 513.559.3412, extension 1



Special Guest: Singer / Speaker  
**Julie Nickell**

Visit her website at:  
[www.julienickell.com](http://www.julienickell.com)

**Cross the Bridge for Life 2010:** What a great event!  
Thousands of people standing up for **LIFE**.

# A different perspective

By Pam West

Most of my stories are written about the mother-to-be. This time, though, I thought a different perspective might be nice. This story involves the GRANDMA-to-be.

Earlier this year I received a call to do a scan for a young lady in Forest Park. She came to the appointment with the father of baby and HER MOTHER.

It was obvious this was a tight-knit family. Though the mom-to-be felt unready for a child, one of her biggest concerns was how an abortion would affect her mother. Mom had recently become a widow, and was going through some severe depression. Originally she had not planned on even telling mom, but, by some twist of fate—or should I say, by God's providence—a piece of literature came to the house from the abortion clinic. Mom is a very devout, conservative Christian woman. She knew right away what the implications of the mail meant.



So, out of respect for her mom's wishes, instead of a visit to end the life of her unborn child, one was scheduled at *Pregnancy Care of Cincinnati*. They then called us.

The scan revealed a wiggling, very much alive little pre-born baby. During the scan, I could see the distress level increasing in the grandma's face. If her daughter chose to end her grandchild's life, she would not be able to bear the pain.

Fortunately, after seeing the baby, and the appropriate education on risks, and possible physical and emotional side-effects, the mom-to-be chose life for

her child. I know this because I received a big vase of fresh cut lilacs from grandma-to-be. She realized fully the efforts put forth to save her grandchild, and was so thankful that she sent flowers to *Pregnancy Care* and ask them to deliver mine to *Healthy Beginnings*, which is right upstairs.

I've been told the mom-to-be is receiving prenatal care from *Healthy Beginnings* and is taking parenting classes from *Pregnancy Care*. Most recently I discovered that mom-to-be and father-to-be are now taking pre-marital classes...seems a wedding lies in the close future!

Abortion affects so many more people than one would initially think. In this case, the client's mom had lived through a world full of pain. You could see it in her demeanor. Praise God that this child's life was preserved, and that she does not have to add this loss to her list of heartbreaks.

**THANK YOU to the "Go Cincinnati" Group  
for our beautiful landscape.**

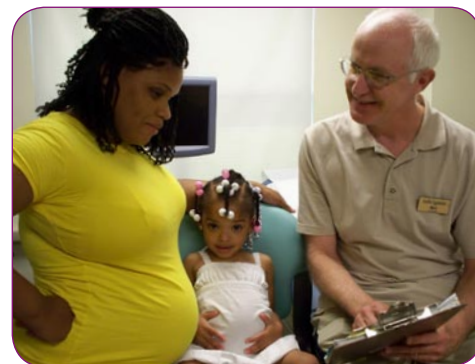
# Healthy Beginnings offers new classes in cooking and nutrition

By Elaine Beeler

Did you know that patients with problems like anemia and obesity can potentially give birth prematurely to babies that have less of a chance for a healthy life? Recent studies are finding that mothers who are obese during pregnancy have a higher risk of infants born with heart defects, for example.

Because of this, *Healthy Beginnings* has developed several new programs. The main thrusts of these projects will be:

**First;** we will increase the delivery and effectiveness of services currently being provided by our licensed dietitian, **Rick Slavinski**.



**Second;** we will implement a comprehensive series of nutrition/culinary classes that will teach mothers to:

- Plan and prepare nutritious meals; Obtain knowledge about food and nutrition
- Manage their food dollar; Shop wisely
- Handle food safely and teach their children good nutritional practices

**Third;** we will study the results of our services in the area of nutrition. We will interview those patients and provide counseling to those who have problems especially with anemia or weight, and analyze the impact our services have on their pregnancy outcomes.

The funding for these projects is the result of two grants received from Clinical and Translational Science Awards (CTSA), administered by Innovations, Inc., our local "think tank." The purpose of CTSA is to bring community health groups and organizations like ours closer in touch with the academic research community within the University of Cincinnati, Cincinnati Children's Hospital and Veteran's Administration. We are very thankful to have received this opportunity to improve our care for the women of Greater Cincinnati.

Doing what  
we do best!

{Caring for babies!}



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