



## Together We Save Lives!

*Picture this... babies smiling at the starting line, each ready to crawl to victory!*

Until recently the idea of rolling over was big news, but NOW nothing can stop them... they can crawl! No longer do they have to sit still and watch excitement around them, they can be a part of the action and strut their stuff across the finish line! Mommies and Daddies are thrilled and anxiously wondering “*will my baby take the first step?*” There is nothing more beckoning than family at the finish line and these babies are ready to crawl or toddle to victory!

Are you excited? This is just a taste of the thrills waiting at the Walk for Life walkathon and Tri for Life triathlon, June 13 at South Albany High School! As fun as little ones are to watch, you can't help but be inspired by the passion of athletes putting it all on the line for Life. Lives need saving and every step at the Walk for Life and Tri for Life gives hope to the unborn.

This is a fun day for the entire family and an *important* one. Join us to raise awareness and give hope for a future. Your participation will make a world of difference in the lives of so many.

Registration is fast and easy at [www.optionsprc.org](http://www.optionsprc.org). All participants are given the opportunity and encouraged to gather sponsors through a customized Fundeasy page online, or with the attached pledge form right inside this publication!

Prizes will be awarded in **EACH** event. All participants receive tickets for numerous drawing prizes and the top three fundraisers will win an Apple iPod 32GB, Fitbit or a \$100 gift card. 🎁

Here is a breakdown of the events Saturday morning, June 13 at South Albany High School.

**Sprint Triathlon:** 500 Yard Swim/12 Mile Bike/5K Run  
\$55 – Individual  
\$85 – Team (Up to 3 participants)  
Race Times start at 8:00 am

**Check in** for Diaper Dash/Toddler Trot & Walk for Life  
9:00 am

**Diaper Dash:** 10 foot track  
6 months to about one year (Child must still be crawling)  
FREE to participate!  
9:30 am

**Toddler Trot:** 10 foot track  
For young walkers up to two-years-old  
FREE to participate!  
9:45 am

**Walk for Life:** 2 mile walk through surrounding community  
This event is FREE to participate.  
10:00 am

Register at [www.optionsprc.org](http://www.optionsprc.org)

Pledge Form inside!



## Local and National Strong

— **Karen Tameling**

Options PRC was established almost 30 years ago with the purpose of addressing the needs of women facing a pregnancy for which they hadn't planned. We are an independently operating pregnancy resource center with two locations, one in Corvallis and one in Albany. From these two offices, we serve women primarily in Linn and Benton Counties. Having local individuals – staff, volunteers and Board – making decisions at a local level helps us deliver better services to the women in the communities in which we live and work.



Options PRC also networks with other pregnancy centers in our state. As an executive Director, it's valuable to me to be able to draw upon the expertise of others who serve in a similar role in their community. It can be challenging at times to manage a ministry that also seems to catch the attention of organizations like Planned Parenthood. If you've been part of the Options family for a while, you no doubt are aware of legislative activity that we've lobbied against. Activity from organizations like Planned Parenthood and the National Abortion Rights Action League (NARAL) have resulted in Oregon Senate and House bills being proposed that would deeply affect how we do our work.

With the legislative activity affecting all the pregnancy centers operations in our state, we have found it beneficial to network together on a regular basis. Last September we held our first state-wide mini Summit. Pregnancy center employees, volunteers and Board members from around the state gathered in Salem and spent a day networking, praising God and sharing a meal together. We also formed the Oregon Pregnancy Center Association (OPCA) with a vote that day. The OPCA, along with networking opportunities, will provide an avenue for us to communicate and mobilize quickly if needed to defend the work of our local pregnancy centers.

One additional level of networking and support we use is at the national level. Options PRC is part of a larger network of pregnancy centers through affiliating with Heartbeat International and the National Institute of Family and Life Advocates (NIFLA). These national organizations provide training and support for us. We subscribe to a common Commitment of Care of our clients. For a nominal annual affiliation fee, Options PRC has access to all kinds of helpful resources, including legal expertise.

Having a local organization has its advantages, but we really can't succeed without the bigger picture. Pregnancy Centers all over this country are helping women at their most critical point of making a decision about an unplanned pregnancy. The types of services offered at each center can vary, as each local center determines the best way to provide help. But it's reassuring to know we are part of a larger network that cares about the larger picture.

I don't think I can conclude without asking you to consider your involvement with Options PRC, the local organization that addresses life-critical issues each day we open the doors for business. We see heartbreak, for sure, but we see miracles so often. Don't let fear of the unknown keep you from being used by God in a mighty way and receive some amazing blessings! We would love to hear from you. ☺

—Karen can be reached at [karen@optionsprc.org](mailto:karen@optionsprc.org)

### Mission Statement

Options Pregnancy Resource Centers provides comprehensive information to those facing unplanned pregnancies. With the love of Christ we encourage life-affirming choices through free pregnancy tests, ultrasounds and community referrals.

### Staff

Karen Tameling, Executive Director  
Tina Mills, Director of Outreach  
Vicki Eick, Executive Assistant  
Amy Stutzman, Client Services Manager (Corvallis)  
Amanda Da Rosa, Client Services Manager (Albany)  
Betsy Boren, RN, Nurse Manager  
Athena Jennings, RN, Staff Nurse  
Sarah Andresen, RN, Staff Nurse  
Sarah Curcio, Administrative Assistant

### Board of Directors

Rick Herbert, Chair  
Kim Simmons, Vice Chair  
Teresa Burcham, Secretary  
Bob Wrightson, Treasurer  
Josh Carstensen  
Kristen Guzman  
Linda Keller  
Bill Magedanz  
Sarah Rowley

### Medical Director

Dr. Linda Fox

### Medical Advisors

Dr. Shane Gjesdal  
Dr. Jen Massara  
Dr. Rodney Wren

### Options Pregnancy Resource Centers

1800 16th Ave SE  
Albany, OR 97322  
Phone: 541-924-0160  
Fax: 503-719-8200  
*(note: this is also our administrative office)*

867 NW 23rd St  
Corvallis, OR 97330  
Phone: 541-758-3662

*Heartbeat is published twice a year by Options Pregnancy Resource Centers. Find us on the web at [www.optionsprc.org](http://www.optionsprc.org)*

*Additional information on services provided by OPRC is available at [www.possiblypregnant.org](http://www.possiblypregnant.org)*

*If you wish to have your name removed from our mailing list e-mail [vicki@optionsprc.org](mailto:vicki@optionsprc.org) with your request. We do not share or sell our mailing list.*

## Teens Make a Difference for Life

— **Aimee Gay**



*Aimee Gay is one of the founders of the Options PRC Teen Advisory Council. This is a group of young women who are passionate for life and want to help others in difficult situations.*

With my 6<sup>th</sup> and final year on the Teen Advisory Council coming to an end, I can't help but look back on what the group has done for Options PRC and its members. The TAC's "younger eye" has helped to give the Options family the means of reaching out and connecting with the young women in our area. From helping with events like the Tri for Life, to providing input on advertising, the TAC does all that it can to extend the reach of Options PRC. I pray daily for the future of TAC and all it could become with more young people who are passionate about life and how precious it is. Looking at the Teen Advisory Council you see all that the next generation of Pro-life young adults can offer—a group truly capable of making an impact on the community it serves daily with joyful hearts.

If you would be interested in being part of the Teen Advisory Council, contact Amanda DaRosa at [amanda@optionsprc.org](mailto:amanda@optionsprc.org).

## My Calling

— **Athena Jennings**



I joined the Options team in February as Staff Nurse and I'm so excited to see God's plan unfold.

My husband and I moved to Corvallis two years ago and had been commuting to work in Eugene where I was working at another Pregnancy Resource Center. After giving birth to my son, I could not imagine being an hour away from him while at work, so I prayed that God would open a position at a PRC close to home. My time working at my other job has come to a close, but I can already see God using me here for His Glory. My time working at pregnancy resource centers has been a growing experience and helped me realize this is something I want to do for the rest of my life.

Would you like to make a difference for Life  
as an Options PRC volunteer?  
Contact [vicki@optionsprc.org](mailto:vicki@optionsprc.org)

## Why I Walk

— **Tina Mills**



There is a lot of excitement swirling around the Options PRC Walk for Life and Tri for Life with the addition of the Diaper Dash and Toddler Trot this year! So much is happening it can be easy to forget why these events are taking place.

Each of these activities is a wonderful way to celebrate life. They are fun, inspiring and invigorating. Celebrating Life is just one aspect though of the Walk for Life and Tri for Life. Your participation **SAVES LIVES**. When someone sponsors a participant the money is used to provide services for women facing difficult circumstances... an unplanned pregnancy. We all know what it is like when something unexpected happens. For many clients who visit Options, this "surprise" can quickly become a life or death situation. Not only can an unexpected pregnancy be scary, but for many women it is a journey they experience alone. As a Medical Clinic, Options PRC can provide valuable information to clients to make an informed decision, but it's more than that. Options PRC is a place where a woman can feel safe, LOVED, cared for, listened to and NOT judged. When we feel God's love just about anything is possible!



Tina and her boys from 2014 Tri for Life and Walk for Life

I walk because it is a way for me to not only "Talk the Talk," but support the women who visit Options PRC with my actions. Will you join my team? My team is called "Happy Feet!" I invite you to walk with me AND make a difference for Life on June 13! If you cannot join us at South Albany High School would you consider sponsoring a participant? Go to [www.optionsprc.org](http://www.optionsprc.org), click on "Support an Athlete" and then read through the moving testimonies of people who are collecting sponsors for the event. Whether you participate, sponsor someone, or volunteer you are touching someone's life. *Thank you!*

—Tina can be reached at [tina@optionsprc.org](mailto:tina@optionsprc.org)

## Shawn Carney—Save the Date

When Planned Parenthood Director Abby Johnson's eyes were opened to the horror of abortion, she knew she had to leave. Where could she go? God directed her across the street from the Planned Parenthood clinic to the office of Shawn Carney.

Shawn is co-founder of the 40 Days for Life campaign which has grown to over 500 cities in the United States and 24 countries around the world!

Mark your calendar for  
**Thursday, September 17**  
**at Suburban Christian Church**

to hear one of the most inspirational pro-life speakers in America!

Additional details for this exciting event will be available soon.



# Walk for Life/Tri for Life June 13 – South Albany High School

*Participate to help women and children. Save babies and change lives.*

Bring this completed form to the event. **Registration for the Diaper Dash, Toddler Trot and Walk for Life begins at 9:00 am on June 13.** You may photocopy this form for additional space or call for additional forms.

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

ST \_\_\_\_\_ ZIP \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Walk       Diaper Dash       Toddler Trot  
Are you participating with a group?\*       Yes       No

Name \_\_\_\_\_

*\*For acknowledgement purposes only*

**If child is under 18 years old, parent signature required.**

I (parent), \_\_\_\_\_ give my child, \_\_\_\_\_ permission to participate in OPRC's Tri for Life/Walk for Life.

**Waiver:** I consider myself and/or my dependent(s) adequately trained to participate in the Tri for Life/Walk for Life. In consideration of being allowed to participate, I hereby agree, on behalf of myself and my dependent(s), heirs and legal representative that I accept and assume any and all risks resulting from attendance and participation in the Tri for Life/Walk for Life and hereby release Options Pregnancy Resource Centers (OPRC) and its agents to any and all liability arising therefrom. I absolve OPRC and anyone else involved directly and indirectly with this event from any liability for injury or illness suffered by me or my dependent(s) in connection with this event. If I or my dependent(s) should suffer an injury or illness as a result of participation in this event, I authorize officials of OPRC to use their discretion to have me or my dependent(s) transported to a medical facility, and I take full responsibility for this action. I also approve of the use of photographs, motion pictures, videotape, or any other recording of this event of me or my dependent(s) taken before, during or after the Tri for Life/Walk for Life for promotional use.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Available Now!

Go to [www.optionsprc.org](http://www.optionsprc.org) to set up your own customized webpage and collect pledges online.

- **Free t-shirt** to everyone who registers online and raises **\$150 or more** in pledges.
- **Free pair of custom socks** to everyone who raises **\$500 or more** in pledges.
- Money for pledges does not have to be collected in advance of the event.
- Prizes will be awarded to top fundraisers.



