



From the Director's Home Office  
Linda Barry, Executive Director

## The Journey

**WHEN I WAS A CHILD, OUR FAMILY** traveled cross-country from upstate New York to visit my grandparents in California. Our Rambler Wagon drove through many miles of spectacular scenery and made numerous stops at historical sites, but my only memories are of endless hours of boredom, and nausea (no air conditioning combined with my mom's two-pack-a-day smoking). I know I drove everyone crazy by constantly asking, "Are we almost there?" As I think back on that time, I regret being so focused on surviving the discomfort that I missed the blessings and opportunities along the way.

At times, this COVID-19 journey we have been on seems like an endless trip and many of us are wondering if we are almost there yet. I certainly hope we are, although there is much uncertainty about what "there" will look like, and the timeline for arrival seems quite fluid. What we do know is that we are here now and there are good things to be found in the "here" as well as along the journey.

On March 13th, as we locked the doors at Real Options, we had no idea what to expect. It quickly became apparent that we

were going to have to find some new ways to do things if we wanted to continue providing our vital services to our communities. With guidance from our Medical Director and Care Net National, we began to formulate a plan for how to move forward that included:

- Transferring phones so we could answer calls 24/7 from home.
- Searching for PPEs (so sad that I don't need to explain what that stands for), appropriate cleaning supplies and digital non-contact thermometers.
- Countless hours of webinars, Zoom calls and research.
- Editing forms and learning how to send them digitally for signature through text.
- Offering virtual consultations, including options education—limiting the amount of time a woman would need to spend on-site for her pregnancy test and ultrasound.
- Finding safe ways to distribute diapers and other necessities to our clients and families in the community.
- On the business side—transitioning from our traditional Walk for Life to a Virtual Event with a kick-off on Facebook live.

As we are now in the Reopening process, expanding our hours and our ability to see more clients on-site, we can't help but look back over the past few months and marvel at the good things that have come from the challenges we have faced.

Being available 24/7 to answer every phone call turned out to be incredible. As we re-

ceived calls from those who were feeling isolated, frightened, and sometimes on the verge of desperation, just having a caring person pick up the phone and listen to their story made a huge difference. During this time of crisis, there has been an unprecedented openness to spiritual discussions and opportunities to share the Gospel message of hope.

A surprising number of women have called looking for information about RU486, the abortion pill. There has been a common thread that the prospect of an unexpected pregnancy during a pandemic was more than they could handle. We have been grateful to have the tools in place to provide a compassionate, listening ear as well as options education and a free ultrasound.

Women have loved being able to receive paperwork through a text message followed by a virtual consultation in the safety of their own homes, and because an immediate connection is made, there has been 100% follow-through in appointments kept.

In order to kick-off our Virtual Walk for Life on Facebook live, we needed to create a new Facebook page for friends and supporters. This is something we have talked about doing for years and it is wonderful to have another way to connect and communicate with our partners.

These are just a few of the unsuspected silver linings we have discovered in the COVID-19 cloud. God always has a purpose. He is able to bring good out of the most difficult situations, and if we look past the crisis to Him, we will learn and grow through the journey.

### IN THIS ISSUE:

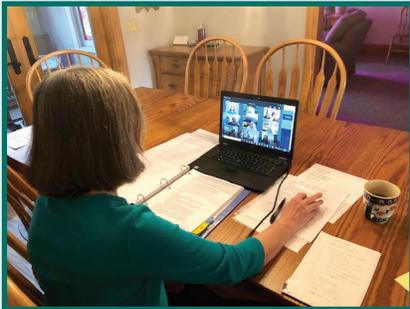
- Serving Our Clients & Community during COVID-19
- Virtual Walk for Life!
- CARES Act Information

# Ministry Updates

## SERVING OUR CLIENTS AND COMMUNITY DURING COVID-19

### Virtual Volunteer Training

TEN PARTICIPANTS were two weeks into our annual Volunteer Training Class when the stay-at-home order was issued. Virtual meeting technology made it possible for the group to continue and although meeting on a computer monitor is not ideal, we had the highest attendance record ever.



Executive Director Linda Barry meets virtually with Volunteer Training Class

WE HAD BEEN RECEIVING CALLS from moms looking for larger-sized diapers and our supply was nearly depleted. Then, on the same day, we received donations of large-sized diapers from two different families. We love seeing the generosity of God's family and the way

He uses them to meet specific needs.



Nurse Manager Andrea Almquist

### We Are Available

THROUGHOUT THE PANDEMIC, we have been able to meet on-site with crisis pregnancy clients, providing free pregnancy tests and limited OB ultrasounds. This has required hours of training and research by our staff to insure that the highest standards of safety are maintained as we work to minimize risk while providing important services for women facing unexpected pregnancy during a difficult time.

### Diaper Delivery!



### Staying Connected!



THIS HAS BEEN A difficult time of economic uncertainty for many families and we have been blessed to be able to help with diapers, formula and other necessities. To keep everyone safe, our staff put together special-order care packages and arranged pick up times. We have missed seeing our regular clients and it has been wonderful connecting with them as they have picked up diapers and other items.



Staff packaging diapers

# Happenings



**WALK FOR LIFE**  
KICK-OFF  
WITH FACEBOOK LIVE EVENTS  
MAY 2 10AM  
MAY 9 10AM

**Real Options**  
PREGNANCY HELP SERVICES  
A Care Net Center

**W**HEN WE CHOSE the graphic design for our 2020 Walk for Life, we never dreamed that the prominently displayed V would take on such significance—almost as if it was a foreshadowing of Real Option's first ever Virtual Walk for Life. All of the original promotional literature, sponsor forms and even a newsletter announcing the Walk had been mailed in early March, before we had any idea that gathering at the park would be eliminated as an option for May. Fortunately, with a lot of help from our friends, we were able to shift gears and move to a Virtual Event.

On May 2nd, the date of the Manchester Walk for Life, we held a Kick-off event on Facebook live. Walkers participated by walking in their own neighborhoods and some of them shared photos and short videos that we put up on our (new) Facebook page: <https://www.facebook.com/The-Friends-of-Life-107951420876646/>

Then on May 9th, our team filmed another event at Greeley Park in Nashua. Both

events are available on Facebook or on our website: [www.TheFriendsOfLife.org](http://www.TheFriendsOfLife.org).

We certainly missed gathering together at the park to celebrate Life with friends and supporters from many churches, but we are thankful that so many chose to participate and together raised more than \$35,000 for the ministry of Real Options in Manchester and Nashua. (For those who are wondering, our traditional Walk for Life normally raises \$55–60K, so this is more than half that amount with very little notice or promotion.)

We are especially grateful for the following businesses that donated items for our raffle this year. We chose several winners during our Facebook live event on May 9th and then continued awarding gifts throughout the week and posting on our Facebook page.

- |                        |                        |
|------------------------|------------------------|
| Giant of Siam          | Lisa Volante/ Studio X |
| Goedecke Design Center | Trader Joe's           |
| Goodale's Bike Shop    | Uno Chicago Grill      |
| Jacque's Flower Shop   | Vikster's Pizza & Subs |
| Morning Star Bookstore | Walmart                |
| Puritan Back Room      |                        |



## 2020 WALK FOR LIFE TOP 20 CHURCHES (both cities)

Gate City Church	\$ 5,820
New Testament Christian Fellowship	4,150
Grace Lutheran Church	3,420
Church of the King	2,685
Calvary Bible Church, Derry	2,445
New Life Christian Church, Hudson	1,885
New Life Community Church, Groton	1,470
Covenant Christian Church	1,390
Village Bible Church, Amherst	1,360
Movement Christian Church	1,145
Bethany Covenant Church	1,100
Hooksett Christian Fellowship	1,000
Lighthouse Calvary Chapel	1,000
Collinsville Bible Church	600
Parish of the Resurrection	580
Safe Harbor Christian Fellowship	550
Manchester Vineyard Community Church	450
Renew Church	450
Trinity Life Community	450
Manchester Christian Church	400

[www.realoptionsnh.org](http://www.realoptionsnh.org) (client website)  
[www.TheFriendsofLife.org](http://www.TheFriendsofLife.org) (donor website)

**Manchester**  
25 Lowell Street • Suite 100  
Manchester, NH 03101  
603.623.1122  
infomanchester@realoptionsnh.org

**Nashua**  
110 Main Street  
Nashua, NH 03060  
603.883.1122  
infonashua@realoptionsnh.org

**Real Options Newsletter** is a publication of Crisis Pregnancy Center of Manchester and Nashua d/b/a Real Options. Real Options empowers individuals to make informed, life affirming decisions relating to pregnancy, sexual health and relationships, by sharing the practical love of Jesus. All services are free and confidential.

CPC Board of Directors: Michael Danis, Kathy Edelblut, Dick Nagel, David Spataro, Lynn Thieret, Neil Neveu, Wayne Griffin, Lindsay Hyvonen  
 • Medical Director: Dr. Nicole Varasteh • Nurse Manager: Andrea Almquist, RN • Executive Director: Linda Barry  
 • Center Directors: Carolyn Pellerin – Manchester • Deb Moore – Nashua  
 • Editors: Mary Ann & Ed Edman

## MINISTRY NEEDS

**PLEASE NOTE:** At this time we have a limited ability to process donations but are grateful for donations of:  
 Diapers: sizes NB, 2, 3 & 4  
 Newborn baby clothing  
 Formula

New infant car seats always needed

**PLEASE NOTE:** Although we are no longer able to accept large used baby furniture or equipment (cribs, high chairs, strollers), new items are always welcome and appreciated.

## Mark Your Calendar:

- **Mending Hearts Post-Abortion Recovery Group:**  
Call either Center for more information.
- **Annual Fundraising Banquet:** October 23, 2020  
Speaker: Rebekah Hagan
- **Baby Bottle Benefit:** Can be done anytime. Call Centers.



*Thank you for raising \$44,000 in baby bottles so far in 2020! If your church was unable to participate due to COVID-19, we can reschedule when you reopen.*

## CARES Act

### CHARITABLE DEDUCTION INCENTIVE

FOR THOSE WHO ARE ABLE, please take advantage of this new charitable deduction incentive to support this ministry that is saving lives and transforming families:

- Individuals who do not itemize deductions for the year 2020 may claim up to \$300 (\$600 for a married couple) of cash contributions (check, debit or credit) to charities made as a deduction in arriving at gross income. This is an “above the line” adjustment to income that will reduce adjusted gross income (AGI), thus reducing taxable income.
- For individuals who itemize, the CARES Act increases the limitations on cash contributions made to charities from 60% of adjusted gross income to 100%. For corporations, the act increases the limitation from 10% to 25% of taxable income.

Real Options 

# 2020

# ANNUAL Fundraising BANQUET

## October 23, 2020

*Be on the lookout for more information  
right after Labor Day!*