



From the Director's Desk
Linda Barry, Executive Director

Humbled and Grateful

It has been a great honor to have been involved in the life-saving work of Real Options for the past 17 years. In my role as Executive Director, I have been privileged to have a front row seat to the work that goes on in our centers as we meet with moms and dads who are struggling with an unexpected pregnancy. Many who were initially thinking abortion was their only option have chosen life instead and we often have the opportunity to walk alongside them, building relationships throughout their pregnancy and after their baby is born. One of my most precious memories is that of a new mom bringing her baby into the center to show her off. She turned to me and said, "Thank you for helping me. Can you believe I ever considered not having her?"

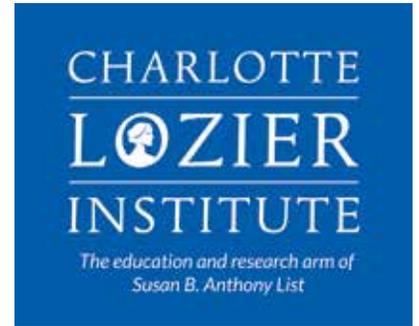
Overseeing the business office, I have been humbled by the generosity of our supporters. I have been brought to tears many times as I have looked through the checks and online donations we receive and realize how many individuals and churches are faithfully, often sacrificially supporting Real Options each month. I have also shed tears of joy and thanksgiving as unexpected gifts have arrived at our exact time of need.

As Executive Director, I have been blessed by relationships with church leaders and faithful individuals who serve as liaisons to their churches for Real Options. I've gotten to know a group of men who are passionate about Life and make it their mission to find ways to support local pregnancy centers—

the Knights of Columbus. I work shoulder-to-shoulder with the finest women and men imaginable. Our volunteers give their time and their hearts to work within our centers—donating more than 4,000 hours each year. Our Board of Directors oversees the ministry by sharing their particular gifts and areas of expertise for a cause they are passionate about. And it has been an honor to work with a staff that has clearly been hand-picked by God.

Now, a new season is upon us. This past January, I let our Board of Directors know that 2020 would be my last year as Executive Director of Real Options. I have loved this job, but I knew it was time for me to move on to a new chapter in my own life. I wanted to give them plenty of time to look for a new Executive Director and said that I would "complete the year and take us through all of our events and fundraisers." (I can only chuckle as I think back on that statement—who would have ever thought a worldwide pandemic would sweep in and move us to a virtual world!)

In September, the Board hired Lindsay Hyvonen as incoming Executive Director and we have worked together during a transition period. Watching her grow into this role over the past few months, I am usually grinning from ear to ear—under my facemask. I firmly believe Lindsay is the woman God has chosen to lead the ministry of Real Options into the future and I know you will love getting to know her.



RECENT RELEASE

The Charlotte Lozier Institute recently released an exciting new report revealing that in 2019, U.S. pregnancy centers provided nearly 270 million dollars of free services to 2 million clients! The report is based on national survey data provided by 2,700 pregnancy centers including our REAL OPTIONS centers in Manchester and Nashua, NH.

Some of the highlights of the report include:

Vital services provided:

- 732,000 pregnancy tests
- 486,000 free ultrasounds
- 1.3 million packages of diapers
- 2 million baby outfits
- 291,000 clients attended parenting and prenatal education programs
- 21,000 clients received after-abortion support
- More than 881,000 students attended sexual risk avoidance education presentations

Personnel facts:

- 68,832 staff and volunteers served in pregnancy centers
- Eight in ten of these workers are volunteers, including 6,400 licensed medical volunteers

This report is such an encouragement as it clearly illustrates how the pregnancy help movement is great for America and is making an impact on the millions of lives it serves each year.

To access the full report, type: "Pregnancy Centers Stand the Test of Time" into your search engine of choice.

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Ministry Updates

MEET LINDSAY HYVONEN • Incoming Executive Director



I am thrilled to be on the staff at Real Options, and truly humbled that God has called me to continue to be a part of this ministry as Executive Director.

It was almost 25 years ago when I heard God's call to become involved in pregnancy care ministries and signed up for training to become a volunteer client advocate. Becoming a volunteer was a tangible way to have an immediate impact on the lives of the unborn and their families.

The Bible tells us in Proverbs 24:11 to "Rescue those who are being taken away to death." I view this verse as an explicit command to rescue the unborn, who are the most vulnerable in our community. My plea has been, "Show me how to do this, Lord! How can I rescue them?" What a blessing indeed that God has provided me with opportunities to do this over the years. At times that opportunity has looked like volunteering, being a prayer partner, financial partner or more recently a board member with Real Options Manchester/Nashua.

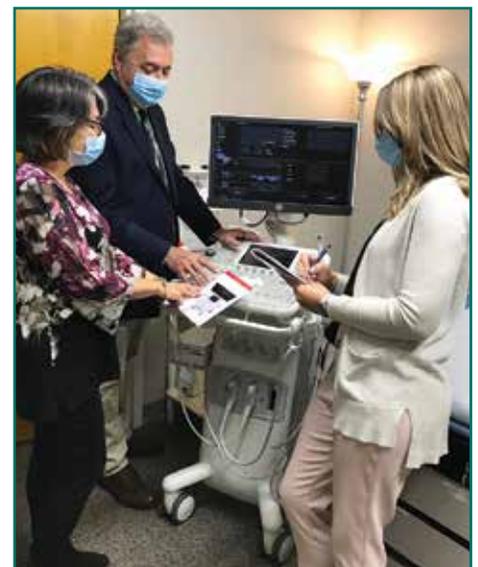
Since those early days, God has expanded my vision to include the implicit need that

families of the unborn have for being rescued as well. Real Options walks alongside women and men facing unplanned pregnancies and offers them practical help, as well as the hope that only a Savior can give. I am so grateful that God has directed my path here to Real Options, and I ask for your prayers as I step out in faith in this new role.

Over the past few months of training, I have been blessed to see the work God has been doing in this ministry. It has been encouraging to visit churches, read letters, answer emails, and take phone calls from many of you who partner with us in prayer, financially, or other appreciable ways. Each one of you is an integral part of this ministry. Thank you for answering God's call to rescue the lives of the unborn and their families. Together we are the hands and feet of Jesus to those facing unplanned pregnancies. Please know that you are saving lives and impacting God's kingdom in the process.

NEW ULTRASOUND MACHINE

As is often true, events that seem to be disastrous may lead to great blessings. When our nurse manager opened the door to the medical office at our Manchester center and was greeted by water pouring out of the ultrasound machine, it was difficult to see anything good coming from it. An assessment confirmed what we feared – the machine was a total loss. Providing free ultrasounds for our clients as they are making life and death decisions is critical to our mission. We immediately began to look at our options for replacement. After much negotiation, our insurance carrier agreed to cover total replacement cost under our property insurance clause. Praise God! And while the details were being worked out, we were able to refer our Manchester clients to our Nashua center for ultrasound services. The blessing is that we now have a brand new ultrasound machine that offers an even clearer image and is able to detect a heart-beat at an earlier gestational age. Those images will help moms (and dads) begin the bonding process as they meet their little ones for the first time.



Real Options nurses Andrea Almquist and Rachel Teague receive training from Jim Scheffler, RDMS, from Innovative Imaging Technology.



Even with Covid-19 restrictions in place, representatives from Real Options have been invited to speak in several area churches. Pictured above: incoming Executive Director Lindsay Hyvonen, Volunteer Client Advocate and church liaison Ron Flynn, and Manchester Center Director Carolyn Pellerin at River of Life in Amherst.

WE NEED YOUR HELP

With the uncertainty of these times, it would be so helpful to have your email address on file so we can quickly communicate any relevant news about events or happenings at our centers. We promise not to inundate your inbox and will never share your email or any of your personal information with anyone.

Please forward your email address to:

businessoffice@realoptionsnh.org

THANK YOU!

Happenings



REAL OPTIONS ENTERS SCARECROW CONTEST

This year, Real Options participated in Nashua's Great American Downtown Scarecrow Contest.



Unlike our Spring Walk for Life where we had little notice that an in-person event was not possible, the decision to host a Virtual Fall Fundraiser was made with plenty of time to plan for it. The goal was to clearly present our message in a format that was engaging and respectful of the viewer's time. Our original version, released on October 23rd was 22 minutes long and included a five minute countdown that was a virtual tour of our two centers. The countdown allowed those who had invited guests to their homes to view the event together time to get settled. It was released on Youtube and Facebook and was available to view directly on our donor website: www.TheFriendsOfLife.org.

Over 1,200 supporters did view the event and the link has been shared many times. Feedback has been really positive and if you were unable to watch it in October, no worries. It is still available. You can find it on our website as well as our Facebook page and is now a 17-minute event (no countdown). We encourage you to watch and share it with your friends and family.

Our friend and talented videographer Jared Denaro filmed individual segments in various locations and then put them together—producing an engaging and powerful event.



A few comments from those who watched it:

"Please watch this short video, and give if you can. Such important work is being done—providing love and support to women (and men) facing unexpected pregnancy." –CC

"We are honored to be a part of the ministry and a donor for many years. I encourage you to join in the cause of life in this tangible and highly effective way." –PS

"Something that's very dear to my heart. Please take a few minutes and watch this video!" –MD

A SPECIAL THANK YOU TO OUR VIRTUAL FALL FUNDRAISER SPONSORS:

HERITAGE CIRCLE

Boyd & Boufford Insurance Agency LLC
Meconi Financial Management & Advisory
Doug & Shannon McGinley
Morgan Storage

State Rep. Mark Pearson & Trinity Church, Kingston, NH

ADVOCATE'S CIRCLE

CrossWay Christian Church
New Life Community Church, Groton

FRIEND'S CIRCLE

Agretech Corp.
Bethany Covenant Church
Gagne & Dager Insurance Agency
New Life Christian Church
Northeast Planning Associates
David & Susan Spataro
Trinity Life Community

Typically, we would have been open for the Holiday Stroll, but since that event had been cancelled, we put our creative energy into designing a scarecrow that would be displayed on the light pole directly in front of our 110 Main Street location. We decided to build an entry that would not only look great, but would also express who we are and what we do. The culmination of those efforts resulted in a scarecrow we lovingly named "Carecrow." Though we didn't win the contest, it was a great teambuilding experience for our staff and the exposure with downtown diners combined with the slowed Main Street traffic (created by the outside dining lane closures) provided a unique advertising opportunity.

www.realoptionsnh.org (client website)
www.TheFriendsofLife.org (donor website)

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Real Options Newsletter is a publication of Crisis Pregnancy Center of Manchester and Nashua dba 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

Mark Your Calendar:

- **Mending Hearts Post-Abortion Recovery Group:**
Call either Center for more information.
- **Sanctity of Human Life Sunday:** January 17, 2021
- **Annual Walk for Life:** May 8th, combined Manchester/
Nashua event. Details to follow.
- **Volunteer Training starting soon:** Call either Center
for more information.
- **Baby Bottle Benefit:** Can be done anytime. Call
Centers.

Thriving, Not Just Surviving

In a year punctuated by uncertainty and where nothing has quite functioned as normal, Real Options wants to give God all the glory for continuing to bless this ministry. **All three of our yearly fundraising events were cut short due to COVID-19 restrictions.** Two of our fundraisers, The Walk for Life, and Annual Banquet, were virtual rather than in-person events, and the Baby Bottle Benefit was severely

impacted due to church closings. These three events would typically account for more than half of our yearly income. **The Lord has faithfully covered this loss through our amazing donors** who have found creative ways to continue to give to this life affirming, lifesaving ministry, positioning us to move forward in 2021 with confidence that God will use this ministry to save more lives and impact more families!



Thrive
PROVIDING
A BETTER FUTURE

Real Options 
Pregnancy Help Services
A Care Net Center
Manchester • Nashua

Sanctity of Human Life Sunday
January 17, 2021

HERE ARE SOME WAYS YOU CAN HELP:
Volunteer • Donate • Participate in Our Baby Bottle Benefit • Pray