

# Friends for Life

CARE♥NET

Pregnancy Center of the Hudson Valley  
226 Church Street/PO Box 2118  
Poughkeepsie, NY 12601-0218

845.471.9284

RETURN SERVICE REQUESTED

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
NEWBURGH, NY  
12550  
PERMIT NO. 8604

## Save the Dates

### Walk & Fun Run for Life

Saturday, October 17, Bowdoin Park

### Sanctity of Human Life Week

Sunday, January 17 - Sunday, January 24

## Blessings at Christmas

### Unwrapped Toy Drive

For Infants to 9 year-olds  
Please drop off at the Center by  
Monday, November 30. Thank you!



### A Word from the Director

## Raising Up the Next Generation for Life

With the election of the most pro-

abortion president in American history, there is now a more urgent need than ever to communicate the sanctity of human life message to those around us and to raise up the next generation of leaders who will work to carry on the battle for life. Defending our position in an environment that at times can be extremely hostile is challenging at best. We have been so saturated in a culture of death that abortion is often the first and only choice considered. Our teens today have never known a time when abortion was not legal and encouraged by so many. Speaking out against something that has become so normal and is supported by so many of their peers is not easy for students. It takes real courage.

There are many students who strongly support the sanctity of human life but lack the necessary skills or information to defend their views. Care Net is seeking to meet with youth groups in our area to help teens learn how to uphold the value of human life by educating them in how to defend their pro-life position. This will empower them, give them the confidence they need

to articulate their views, and enable them to stand firm when their godly position is challenged.

There are some excellent websites for teens that provide information, advice and resources to help them take a stand and speak out for life. Teens for Life ([teensforlife.com](http://teensforlife.com)) and Students for Life of America ([studentsforlife.org](http://studentsforlife.org)) are two sites that will help your teens educate themselves and learn how they can be a positive influence to those around them.

I have been contacted by students who are interested in starting a group of teens in Dutchess County who are committed to upholding the sanctity of human life. How exciting it is to see these young people taking this initiative. We intend to do everything we can to assist them. Please pray for these students and encourage your own to join them. Call me at the Center (471-9284) to arrange for a meeting with your youth group or students about how they can be involved.

Serving Jesus with you,  
Deb

# Friends for Life

Fall 2009

CARE♥NET

Pregnancy Center of the Hudson Valley

CareNetPregnancyCenter.com  
ISupportCareNet.org

## Inside:



Summer Fun

## Walk for Life - "Pass It On"

*"And you shall teach them the statutes and laws and show them the way they must walk and the work they must do."*

Exodus 18:20

This year our Walk for Life fundraiser will be on Saturday, October 17th at the beautiful Bowdoin Park in Wappingers Falls. As we focus on passing the baton to our children to support the sanctity of human life, come out with them and help raise funds and awareness for Care Net!

Registration begins at 9 am and the 2-mile Walk starts at 10 am. Refreshments will be served. For more information see your church liaison, visit our website at [ISupportCareNet.com](http://ISupportCareNet.com) or call the Center at 471-9284.

## Prayer & Praise

**Pray:** For protection for all pregnancy centers in this challenging political climate.

**Pray:** For new opportunities for SIW workshops in local schools and youth groups.

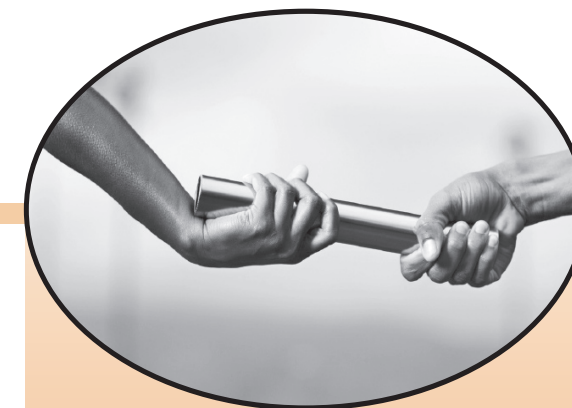
**Praise:** For our garage roof being squirrel-proofed.

**Praise:** For the lovely donations for girls' layettes.



## Schedule a Sexual Integrity Workshop for Your Youth Group or Christian School

Our Sexual Integrity Workshop is an abstinence-only, interactive presentation. God's plan for our sexuality and the risks of living outside His plan are explored from a biblical perspective. Through the use of Scripture, stories, video, statistics, games and discussion, students will learn how to make healthy choices for their futures by examining a biblical view of sex, the components of healthy relationships, and the dangers of engaging in high-risk behaviors. Those who have made past decisions they regret will be equipped and encouraged to change their direction from one of despair to one of hope. To schedule a workshop for your youth group or Christian school, call the Center today at 471-9284.



## Ways You Can Support the Walk

1. **Commit to walk** and ask family, friends, neighbors and/or co-workers to sponsor you. Ask your Church Liaison for a Registration Form, or call the Center at 471-9284.
2. **Sponsor someone** who is walking.
3. **Pray** for the success of the Walk.

# Friends for Life

## Summer Fun Fundraisers



### \$1,014 Raised at 5K Run & Kids' Fun Run

It was a perfect day as the runners and kids gathered for Hyde Park Baptist Church's 2nd Annual 5K Run and Kids' Fun Run to support Care Net. Many thanks to Pastors Buccio and Nargi and all the wonderful people of Hyde Park Baptist who work so hard to make this event so special! You're such a blessing to us!

### Cabaret Raises \$1,879

On Sunday August 9th, the Solid Ground Cafe at Calvary Chapel turned into a Cabaret for the night, featuring the music of keyboardist **Ed Holz, aka Ed Rocks**. The audience enjoyed a variety of musical styles as Ed wowed us with his amazing talent. His "Dueling Banjos" was nothing short of incredible and what fun it was as he tried to stump us with old television theme songs. Many thanks to Ed and all those from Calvary Chapel who donated and served the delicious refreshments, did all the sound, and hosted a fantastic evening. And a very special thanks to all those who came out to the Cabaret to support Care Net. We appreciate all of you!



### Softball Tournament Raises Over \$1000

We wrapped up the summer fun on Labor Day weekend with Care Net's 2nd Annual Softball Tournament. It was a gorgeous day and lots of family and friends turned out to watch the teams from Hyde Park Baptist Church, Full Gospel Center, New Life Bible Church, New Beginnings, Calvary Chapel, the Vineyard Community Church, Hopewell Reformed Church, and the Lourdes Warriors play. Congratulations to **The Vineyard Community Church** for winning the tournament and to Hopewell Reformed Church for coming in second. And a very special thanks to all of you who played and all of you who supported the teams and Care Net!



### \$2,518.87 Raised at Care Net's 1st Golf Tournament

On August 13th Care Net held its first Golf Tournament. Despite the rain, 30 golfers braved the weather to come out to the beautiful New Paltz Golf Course to play 18 holes and support the Center. It ended up being a fantastic day and lots of fun for all who participated. Congratulations to the team of **Bob O'Neil, Cody Valley, and Jesse and Sean Kenny** for their first place win, to Zack Helmer for winning the Closest to the Pin and to Bill O'Neil for winning the Putting Contest. We look forward to next year's tournament!



## Real Options Business Cards

Help spread the word about Care Net to those who may need our services or would like to support us. We have created a new easy to carry business card that lists our services and contact information. If you would like some to hand out, please call and we will mail you a stack. Thanks for your help!



### A Network of Care

- Services free & confidential
- Free pregnancy tests
- Referrals for on-site limited obstetrical ultrasounds to confirm pregnancy
- Accurate abortion facts
- STI / STD information
- Abortion recovery support
- Adoption info & referrals
- Material resource program
  - Relationship based
  - Individual care plan
- 24-hour HelpLine: 1.800.395.HELP



## Garage Blessings

The garage at Care Net is an important place where we store all the donations of cribs, car seats, strollers and other things. The squirrels were getting in through some sections of the roof that were rotted out and making quite a mess. Eric Meyer, our new volunteer maintenance coordinator, got to work with his pastor, Mike Gerhardt from New Beginnings, to recruit a team of volunteers to fix the roof. What an awesome sight it was to see this team of guys working together to make the necessary repairs. God granted us a perfect day, Madison's Pizza Cafe in Pleasant Valley donated pizza and a huge sub for lunch and the guys got the job completed in one day. A very special thanks to all of you who worked so hard! The roof looks great and the squirrels are not happy!

## Abortion Recovery Bible Study

Our abortion recovery Bible study, Forgiven and Set Free, will begin on **September 22nd** and run for 9 weeks. If you have experienced emotional problems dealing with a past abortion, this study is for you. It's completely confidential and will be the first steps to peace. For more information, please call the Center at 471-9284. For a list of symptoms of Post-abortion Stress, visit the Abortion Recovery page on our website: [CareNetPregnancyCenter.com](http://CareNetPregnancyCenter.com).

## Care Net Board & Staff

### Board

**Lynda Lee**

Chair

**Bill O'Neil**

Vice Chair

**Donna Robinson**

Secretary

**Jim Wojtowicz**

Treasurer

**Angelo Della Pietra, MD, DO**

**Chris Pantano**

**Tom Zahradnik**

### Staff

**Deb Townsend**

Executive Director

**Lois Meyer**

Director of Client Services

**Pat Velez, RN**

**Sharon Rivera**

Development Coordinator

**Pat Whalen**

Bookkeeper

**Helen Tuminaro**

Receptionist

**Julie Hering**

Graphic Designer &  
Administrative Assistant

**Since January,  
9 mothers  
whose minds  
were changed  
by ultrasound  
have given birth  
and received  
layettes!**