

# Friends for Life

CARE♥NET

RETURN SERVICE REQUESTED

Pregnancy Center of the Hudson Valley  
226 Church Street/PO Box 2118  
Poughkeepsie, NY 12601-0218  
845.471.9284

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## Save the Dates:

### Sanctity of Human Life

January 24, "Sarah's Choice"

### Bowl-a-Thon

Saturday, February 20

### Pancake Breakfast

Saturday, March 20, Meyer Barn

### Basketball Tournament

Saturday, March 27, Lourdes High

### Annual Banquet

Friday, April 23 with Abby Johnson



## A Word from the Director

# Praising the Lord for 2009

With all the economic problems of 2009, it was a challenging year for Care Net as well. But God has once again proved

Himself faithful as He has provided our manna for each day and we have so much to be grateful for.

More than 90 babies have been born through the Center this year and each mom has received a layette filled with clothes and goodies needed for newborns as well as ongoing counseling and support! Twenty-five of those babies have been born to mothers who were abortion-minded when they first came to the Center. They changed their minds once they saw their babies during the ultrasound. What a tremendous blessing that machine is! We did twice the amount of ultrasounds in 2009 as compared to the year before. The word is getting out and we're praising God as we see hearts and lives changed!

We're thrilled to have more volunteer client advocates join us this past year and are excited that some are younger and can really relate to our clients. Our Baby Basics Program has grown with a number of fathers of the babies taking the class. What an encouragement to see these families working together in the midst of challenging circumstances.

God has also grown our Board this year, recently answering our

prayers to send us a lawyer. We've really enjoyed reaching out to supporters through our new sports fundraisers: basketball, golf and softball tournaments.

We faced serious roof problems on the house and garage caused by leaks and squirrels. What a joy it was to see the team of volunteers come together to fix our roofs and kitchen damage. We are so thankful to all who helped us through such a difficult time.

As we look forward with anticipation to 2010, we expect to see a continuation of the increase in client visits for at-risk women that we saw last year. We already have Sexual Integrity Workshops scheduled in churches and hope to grow that program even more. We had our first co-ed Abortion Recovery group in 2009 and have plans to increase the male participation in the groups in the coming year. We look forward to our Banquet in April that will feature Abby Johnson, former Planned Parenthood Director, as our keynote speaker. And I hope you will join us at Faith Assembly of God on Sanctity of Human Life Sunday to see Rebecca St. James starring in "Sarah's Choice".

Thank you for all your continued prayers and support. You are such a vital part of this ministry and we thank God for you! Happy New Year! *Gratefully yours, Deb*

# Friends for Life

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Pregnancy Center of the Hudson Valley

Winter 2010

## Inside:



Wade for Life!

## Sanctity of Human Life Sunday Movie

Starring Rebecca St. James

Sunday, January 24th  
2 pm at Faith Assembly  
of God, 254 Spackenkill  
Road, Poughkeepsie



Sarah Collins is a young woman on the rise. As a junior account executive at a major advertising agency, Sarah is poised to get it all: executive promotion, new car, fabulous apartment and first-class travel. There's only one thing that's going to keep her from getting it, her unborn baby.

But Sarah has a choice. Her friends and co-workers insist that she has the right to choose a path that offers a successful career and material rewards. But according to a mysterious stranger, and a series of three nocturnal visions, Sarah has another choice – a choice that will not only change her life but also the lives of her loved ones now and forever.

A love offering for Care Net will be taken. For more information, please call the Center.

To schedule a  
speaker for Sanctity  
of Human Life  
Sunday, January  
17th or 24th, please  
call the Center at  
471-9284.

## Prayer & Praise

**Pray:** For wisdom for client advocates as they meet with at risk clients.

**Pray:** That college students will use our services for pts.

**Praise:** For donated gifts for moms at our annual Christmas party.

**Praise:** For our faithful weekly volunteers and client advocates.

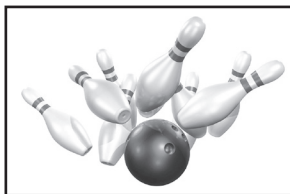


## 24th Annual Banquet

Our 24th Annual Fundraising Banquet on April 23rd will be held at the Grand View in Poughkeepsie and will feature Abby Johnson, former Planned Parenthood Director, as our keynote speaker. Abby had a dramatic change of heart when she viewed an ultrasound-guided abortion. Save the date to hear her powerful testimony!

# Friends for Life

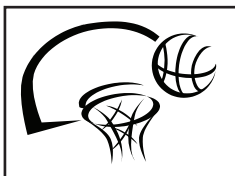
## Winter Fun & Fellowship



**Bowl-a-Thon**  
**Saturday, February 20, 1 - 6 pm**  
**Southern Dutchess Bowl**  
**629 Route 52, Beacon**  
 \$10 for three games, including shoes  
 (or \$4.00 per game, also including shoes).

Pin Sponsorships are available as well, to include those who don't or can't bowl on February 20 but want to be involved. Sponsors can commit a certain amount of money for each pin or each strike a bowler bowls. Be creative! Support opportunities are limited only by one's imagination!

For more information visit our website: [ISupportCareNet.org](http://ISupportCareNet.org), contact Donna Robinson at [dsrpsalm145@optonline.net](mailto:dsrpsalm145@optonline.net), or call the Center at 471-9284.



**Care Net's 2nd Annual Basketball Tournament**  
**Saturday, March 27 at Lourdes High School**  
 \$80 / team. Limited to 8 teams.  
 To register, contact Jim Wojtowicz at [jwojtowicz@townofpoughkeepsie-ny.gov](mailto:jwojtowicz@townofpoughkeepsie-ny.gov) or call the Center at 471-9284. Register online at [ISupportCareNet.org](http://ISupportCareNet.org).



## Give a Birthing Bear

The Center has a wonderful new way to encourage our clients who complete our Baby Basics Class. A pastor's wife in Vermont designed the Bella Birthing Bear for new moms as a means of comfort when in labor. The Bella Birthing Bear has a pouch where Baby Bear is

nestled. The client also receives a goodie bag with supplies, like chapstick and hard candy, for use during labor.

Each Birthing Bear is valued at \$25, and donations can be made to purchase them for our clients. Please consider giving towards this new opportunity for blessing a young client facing an unplanned pregnancy and choosing to bring a new life into the world.



## Thanks for your Faithfulness!

We have so many wonderful supporters of Care Net and we just could not do the work we do here without all of you. So from the Staff and Board at the Center, we offer a huge THANK YOU to everyone who helps this ministry. A special thanks to:

**Eric Meyer & Brian Canfield** – redid our kitchen walls and ceiling after our July roof leak

**John Conte** – updated our electrical wiring

**Terry Dunham** – installed new flooring in our entry way

**Jimmy Hardisty** – donates paper goods

**The Women's Bible Group held at Fishkill Baptist Church** – cleaned the Center and wrapped Christmas gifts for our clients

**Our Lady of Mount Carmel** – for the awesome infant clothes and layette items

## Center Needs

**New or slightly used reception room chairs**

**Bassinettes**



## 2nd Annual Pancake Breakfast in a Barn!

Come enjoy delicious **homemade** maple syrup, pancakes, bacon and sausage in a barn.

**Meyer Barn**  
**2327 Salt Point Turnpike,**  
**Clinton Corners**  
**Saturday, March 20th**  
**9 am to 12 pm**

Great family fun for all!

Adults: \$8

Children 6-12: \$6

Seniors: \$6

Children 5 & under: free!

## Wade for Life

What a fantastic day we had for our Walk...er...Wade for Life! Many thanks to all of you who came out to Bowdoin Park and braved the high tide as you waded through part of the trail. Everyone was in good spirits despite the water challenges and we raised over \$12,000 to support the ongoing work of the Center!



## Transitions: Hello & Goodbye

We are excited that God continues to grow Care Net's Board of Directors. Please join us in welcoming our new director, **Karen Khan**. Karen was born and raised in Pakistan where she practiced law. She came to the United States in 2001 and settled in Kentucky. In 2006 she moved to Poughkeepsie and opened her practice where she specializes in immigration and matrimonial law. Karen is single and attends Faith Assembly of God.

It's hard for us to say goodbye to our wonderful graphic designer and administrative assistant, **Julie Hering**. She has had a fantastic opportunity open up for her and will be working full time at the Adriance Library. Thankfully she will still be doing our newsletters and banquet program, but we will miss her sweet presence at the Center. God bless you Julie!

## Care Net Board & Staff

### Board

**Lynda Lee**  
Chair

**Bill O'Neil**  
Vice Chair

**Donna Robinson**  
Secretary

**Jim Wojtowicz**  
Treasurer

**Angelo Della Pietra, MD, DO**

**Karen Khan**

**Chris Pantano**

**Tom Zahradnik**

### Staff

**Deb Townsend**  
Executive Director

**Lois Meyer**  
Director of Client Services

**Pat Velez, RN**  
Nurse Manager

**Sharon Rivera**  
Development Coordinator

**Pat Whalen**  
Bookkeeper

**Helen Tuminaro**  
Receptionist

**Julie Hering**  
Freelance Graphic Designer

### Did You Know?

In Dutchess County, more African-American babies are aborted than are born.