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Human life is of greatest value and indispensable.
It possesses dignity and commands respect.
This service organization dedicates itself to the
preservation of life. Efforts are directed to protect
and help the mother.

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Christmas 2009

The Heartbeat Pulse

A PRO-LIFE publication

'It's a Wonderful Life' breakfast fund-raiser highlights stories of Heartbeat clients

"It was amazing...watching the people pour in," recalls Heartbeat President **Lois Welch** of Heartbeat's breakfast, "It's A Wonderful Life," held November 5 at Gladioux Meadows.

More than 350 people made reservations for the fundraising event to learn more about Heartbeat. Vice President **Carol Clark** served as the emcee and **Deacon Jim Caruso** gave the invocation.

Executive Director **Pat Todak** explained Heartbeat's desire to offer ultrasounds for young women and the need for additional space to do this.

Pat then introduced a video about Heartbeat, *Voices of Heartbeat*, that told the stories of four Heartbeat clients and three current volunteers.

"We chose the theme, 'It's a Wonderful Life,' because of the Christmas movie we all watch every year," Lois said. "In that movie, Clarence the angel shows George Bailey how his life mattered. We wanted to do the same at this breakfast."

One of the stories in the video featured a former client, **Diana Mylek**, who nearly had an abortion 30 years ago, but called Heartbeat instead. The volunteer who answered the phone convinced 16-year-old Diana to allow her baby to live.

Her son, Brandon, is now a decorated U.S. Marine who saved the lives of many in Iraq when his boat was about to be attacked. He has also saved



The breakfast reception was attended by more than 350 friends of life.



two lives as a police officer in the Detroit area.

During the video, Diana wondered, "what if?"

What if she had an abortion years ago and Brandon wasn't here to save those lives? She also talked about how much her grandchildren mean to her.

Another client featured in the video, **Kai'lah Hayes** stepped up the podium to share more about her story. She encouraged the audience to support Heartbeat so it can continue to help young women.

Long-time Heartbeat supporter **Kevin Kelly** closed the breakfast by asking attendees to open up their hearts—and their checkbooks—to Heartbeat.

The attendees responded, giving pledges to the 35 volunteers who served as table captains. To date about \$30,000 was raised at the fundraiser, with pledges for the future totaling about \$40,000. Besides donations, about 20 of those in attendance expressed an interest in volunteering.

"We are so grateful for the outpouring of support," Lois said.

*Every
life
makes a
difference!*



Diana Mylek is a former Heartbeat client featured in our new video, "Voices of Heartbeat."



Heartbeat President Lois Welch explained the mission of the organization.

Registering your Kroger Plus Card

Many Heartbeat supporters have a Kroger Plus Card which helps our organization with a donation, based on a percentage of your shopping. Kroger recently made it easier for organizations to collect on their community reward points. To make sure your Kroger card is benefiting Heartbeat, visit the Heartbeat website and follow the directions.

Volunteer classes—Feb. 6, 13, 20

If you are pro life and would like to make a difference in the lives of unborn children, consider volunteering at Heartbeat! The next volunteer training session will be Tuesday afternoons, February 6, 13, and 20.

Heartbeat volunteers not only help young women with unplanned pregnancies, they also work one-on-one with new and expectant moms in Heart to Heart, our parent learning center.

Although most volunteers work directly with clients, some volunteers prefer to work behind the scenes doing data entry, preparing layettes, sorting clothing and more.

Call the Madison office at 419-241-9131 or **Dawn Weaver** at 419-535-8729 for an application or more information. Applications can also be downloaded from our website, heartbeatoftoledo.org, on the volunteer page.

Heartbeat is high-tech!

Check out our new website www.HeartbeatofToledo.org
It's a great educational resource, as well as the best place to find out Heartbeat's latest news.

Download a volunteer application, watch the video "Voices of Heartbeat" from our fund-raiser, and make a donation through Paypal.

Look for Heartbeat on Facebook, too, and become a fan!

Sharing experiences—Heart to Heart

When a new mother or mother-to-be joins Heartbeat's Heart to Heart program, she quickly realizes that this program is different from any other educational program she's been in.

"The first thing she'll notice is that she doesn't have any classmates," said Marilyn Wolff, one of the Heart to Heart managers.

"All of our lessons are done one-on-one with a Heart to Heart parenting instructor."

Having that time set aside with a Heart to Heart volunteer gives each new or expectant mom a chance to talk and ask questions about her own situation.

"The girls will come to us with questions like, 'Can my unborn baby hear me talking?'" remarked Jeni Hepner, the other Heart to Heart manager.

"Or, 'I'm only three months pregnant, what can my baby do now? My baby's teething, what should I do?' and so much more. We want to have the time to spend with them and talk about how everything is going."

Every Heart to Heart client has a different experience, so "we start where they are at," Marilyn explained. "If they are in their first trimester we have learning modules for that. If they

don't start until their baby is six months old, then we can start them from that point."

Heart to Heart clients earn points for completing each learning module, which can be used to acquire needed baby items, such as cribs, diapers, strollers or clothing.

"We are an 'earn while you learn' program," Jeni explained. "The girls earn the baby items they need, but even more, they learn skills they need to be good parents."

Although Heart to Heart classes usually are one-on-one, the program encourages mothers to bring the dads or other support people with them to their meetings.

Julie started in the Heart to Heart program when she was four months pregnant. Her son Warren is now 4 months old.

"I love that the people are so friendly," she said, adding that Heart to Heart has been essential in helping her acquire such basic needs for her baby as a crib, baby bathtub, formula, cereal and clothes.

But she likes what she is learning even more. "It's been very educational," she said.

"There were so many things I thought I knew that I found out I didn't really know."

The Heart to Heart learning modules have helped her select a good day care, understand basic first aid and safety, and more.

Samantha, another young mother, agrees. Because of Heart to Heart she feels confident in rais-



Heart to Heart client Julie, with her son Warren

ing her son Aidan, who was born in early November.

"I actually know what I'm doing," she proudly said. "I learned a lot about bonding with your baby. I was worried about bonding. I wanted to be close to him."

Samantha comes to Heart to Heart every other week and meets with the same volunteer, Jill Morse. "I like Jill," added Samantha.

"I can talk to her about stuff that's going on—she's very easy to talk to."

Once the moms have completed all the learning modules appropriate for them, they officially graduate from Heart to Heart.

Although Julie has been coming to Heart to Heart every other week for nine months, she has no plans to stop anytime soon. She still has a list of modules that she intends to complete.

Since its inception in 2006, Heart to Heart has grown tremendously with more than 280 active clients.

Unfortunately, there is currently a six-week wait to begin the Heart to Heart program.

Jeni noted that Heart to Heart will be expanding its hours beginning in January because of additional volunteers serving in the program. This should reduce the waiting time, she said.

Jeanne McVicker retires—at 662!

Jeanne McVicker, who might be considered Heartbeat's official knitter, has decided to retire. It was an article in Heartbeat's newsletter back in 1998 that brought Jeanne to the organization.

"They wanted somebody to make sweaters in yellow or green," Jeanne recalled. "So I made three, and they picked out the one they liked."

Since those initial three, Jeanne went on to make 662 sweater and cap sets for Heartbeat's newborns.

She was soon able to expand beyond the yellow and green to make sweaters in a variety of pastel colors.

Jeanne never used a pattern to make the baby sweaters. "It's all in my head," she added, estimating that it takes 10 to 12 hours to make each set. Jeanne began knitting when she was just 5 years old and rarely goes anywhere without her knitting.

"My knitting basket has been in every state of the union except Hawaii."

This fall, Jeanne gave up volunteering for Heartbeat when she moved into the Little Sis-



Jeanne displays two of the 662 sweater sets she has knitted for Heartbeat babies over the years.

ters of the Poor home and gave up her car.

However, she's still knitting—the Sisters have recruited her to do some knitting for them.

Why an ultrasound?

We've been asked why Heartbeat needs an ultrasound. The short answer is that ultrasounds save lives. Study after study indicates that a woman considering abortion is much less likely to go through with it if she sees an ultrasound of the baby growing inside her womb.

Kimiko is a perfect example. She came to a pregnancy support center in Evansville, Indiana searching for an abortion clinic.

After talking with a pregnancy mentor for about an hour, the volunteer asked Kimiko if she wanted an ultrasound.

"I was a little reluctant to see this, this 'thing' in my stomach, but I agreed to it. I saw the 'thing' in my stomach turn into MY child inside of me. We found that the precious life in my stomach was 11 weeks old and jumping all around in there. This was the point where I realized that I was *not* going to kill this child, but this child was *mine* and I was going to be, dare I say it, a *mother!*"

And that is why we need an ultrasound.

Heartbeat's Christmas wish list

An ultrasound machine

More space

Diapers—newborn through size 6

Powdered formula—Isomil (pink) & Similac (blue)

Crib blankets

Receiving blankets

Afghans and quilts

Hooded bath towels

Newborn clothes 0-3 months

Size 2 and 2T boy clothes

Knitters to make baby sweaters

Can you help with any of these items?
Call 419-241-9131 for more information!

Thank you, friends of Heartbeat, for your generosity!

Honorariums.

In honor of grandsons Noah & Maxwell

James and Teresa Thompson
In honor of Joan Olnhausen's 80th birthday

Mark and Joanne Olnhausen
In honor of Virginia R. Binkley's 82nd birthday

Jeff & Susan Fay

Memorials

In memory of Luke DeRaedt

Bernadette Kissner

In memory of Carol Sattler

Jim & Janet Desmond
Merrie E. Kendrick

Bernadette Kissner
Joyce & Paul Meyer
Marilyn & Jim Wolff

In memory of Diane Wright,
Michael Subleski, Nis Rappaport,
Angela Reinhart, John J.

Machacek, John Erford, Stephen
Krauser, Marjorie Gunther, and

Sheila Heiman

Barb & Jim Rose

A complete list of donors will be printed in our 2010 annual report

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Gift cards make great Christmas gifts — and your shopping is so much easier!

Plus, Heartbeat receives 2 to 18 percent of all orders.

Gift cards for more than 200 locations are available including restaurants, retail stores, gas stations, theaters and many more.

Call Dawn Weaver at 419- 535-8729 to receive an order form.