

# Discovering HOPE

A publication of Hope Unlimited Family Care Center

www.hopeunlimitedfcc.org

February 2020

## 2019 NON-PROFIT OF THE YEAR

We are excited to celebrate with you that Hope Unlimited has received the 2019 Non-Profit of the Year Award from the Paducah Area Chamber of Commerce. Our team, volunteers, donors and clients have ALL made this special award a reality. THANK YOU! Hope Unlimited is committed to serving families by walking life with them so they are not just surviving but thriving.



THOMAS DEAN STEWART | The Sun  
Hope Unlimited Family Care Center was named Non-Profit Organization of the Year by the Paducah Area Chamber of Commerce. From left, Daniel Jones, 2019 Chamber board chair; Nicole Farley, Hope Unlimited executive director; and Mardie Herndon, Paducah Bank, award sponsor.



Congressman James Comer with Nicole Farley, Executive Director

### Baby Bottle LOVE



Baby Bottle Time is soon approaching! We kick-off our yearly baby bottle campaign on Sunday, May 10th, on the day we celebrate mothers. Filling a baby bottle with just \$30 is an easy way to help support Hope Unlimited Family Care Center. Your support will help provide free pregnancy tests and prenatal care and education and material support for moms and dads in our community. It also will help with education and guidance for student development. You can also participate by donating to The Community Foundation of Western Kentucky during the Fred Paxton Challenge for Charities that runs from June through August. The Community Foundation will match the funds that Hope Unlimited raises during the Baby Bottle Campaign up to \$10,000! We encourage our local churches and organizations to take part in changing lives and bring hope to the families in our community. Hope Unlimited provides all the materials and bottles you need to get started. Consider requesting a speaker to learn how you can partner with Hope. Call today, in Paducah, contact Autumn at 270-442-1166 Ext. 108. or in Metropolis, contact Bonnie at 618-524-5730 Ext. 203.



### Prenatal Care Clinic

Last year we introduced to you Dr. Amber Savells and Dr. Katie Williamson as new members of our medical team. They have been providing prenatal care from the initial exam through postpartum to our clients for the past year. The love and compassion they give to our clients is what Hope Unlimited is all about. In 2019, we hosted three childbirth classes and one breastfeeding class led by Baptist Health Educators. The medical clinic started offering Hope Dollars and a free car seat to every medical client that qualified. Our medical staff also began visiting patients in the hospital after they delivered. We have recently purchased an ultrasound monitor, which will help moms to view their baby better during the ultrasound. Our doctors have enhanced the excellence of our clinic with improvements in equipment and education.

Our clients are able to choose between either Tuesday afternoon or Wednesday morning to see one of our doctors. Both our nurse manager and sonographer are here full time to see clients and to answer any questions they have. We are also able to offer on-site lab testing rather than clients making an additional trip.

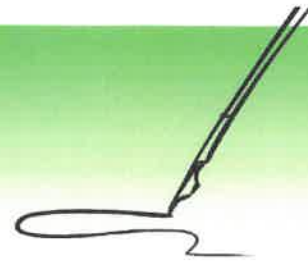
Our Prenatal Care Clinic offers walk-in pregnancy tests and courtesy ultrasounds Monday through Thursday. All tests are FREE and confidential.



Jennifer Johnson, Sonographer



## Director's DESK



Thank you for being a part of the *Legacy* of Hope Unlimited Family Care Center this past year as we have celebrated 30 years of serving the moms, dads, and families of our community.

2020's focus is to let everyone who walks through our doors know that they are not a mistake, an afterthought or forgotten, but that they have been intentionally *Chosen*.

*"You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit will last, so that whatever you ask the Father in my name, he may give it to you." (John 15:16 (ESV))*

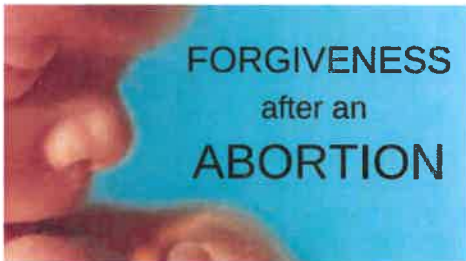
Hope Unlimited is not just Pro-Life but in fact, we are **Pro [Abundant] Life** which means embracing not just all life, but embracing the things that help families thrive. It means celebrating and supporting efforts to spread the Gospel and to promote marriage, motherhood, fatherhood and parenting. That is exactly our heart here at Hope Unlimited.

Abundant Life is the mom that has been coming for several months and tells us that she has gotten a job and her kids are doing great. It's the dad that will do whatever it takes to get his children back home and proved that by selling a generator for the cost of a ride to class, or the grandmother that is now raising her granddaughter and embracing the opportunity but is also fully aware that she needs support, a mentor and a little laughter in her life. It is parents from all lifestyles sitting around a table having a meal together, listening to each other and encouraging one another in a Parent Café.

Ask yourself this very question, "Do you feel *chosen*?" *Chosen* by a great God that chose to create you and has a purpose for your life. The moms and dads we serve through our parenting classes, Prenatal Care Clinic or through our various support classes, all need to know that they too are *chosen, chosen* to live a life of abundance.

God has *chosen* you, me and the team at Hope Unlimited to serve those that need to know the One who created them. Thank you for walking this journey with us.

Nicole Farley, Executive Director



## Forgiveness after an Abortion

Abortion is a word that we are hearing more and more these days, especially after the premiere of the movie "Unplanned, The Abby Johnson Story." Abortion was a thing no one talked about, or at least not openly. It was a secret that most women buried deep down inside them, never to be spoken of again, the unforgivable sin. What most people don't realize is that 1 in 5 women have had an abortion. Think about it. It could be the woman checking you out at the grocery store, the

woman cutting your hair, or even the women sitting in front of you at church. Twenty-five percent of women who have had an abortion attended church weekly at the time of the abortion. So why do they feel that their sin is unforgivable? Here at Hope Unlimited, we DO NOT perform nor refer for abortions. We do let our clients know that they have choices, hoping they will carry and either parent their child or choose adoption. But not all women have the option of a good support system or have a place such as Hope Unlimited to walk life's journey with them. Here at Hope, we want moms and dads to know that we are here to help them find healing and forgiveness from a past abortion. There is much guilt and heartache from having an abortion. No one should suffer the effects alone. The bible tells us: *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness, 1 John 1:9 (NIV), and In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace, Ephesians 1:7 (NIV).* This is why we offer a post-abortion class called SaveOne to anyone that has been affected by an abortion. We want moms, dads, and couples to know that their past does not define their future and there is grace after an abortion.

References:

Person. (2020, January 6). How 1,000 Women Who Aborted Feel About the Local Church. Retrieved from <https://www.christianitytoday.com/ct/2015/december/how-women-who-aborted-feel-church-care-net-survey.html>.

Harper, S. (2008). Saveone A Guide to Emotional Healing After Abortion. Morgan James Pub.

# Parent STORY

When asked to write a paragraph about how Hope Unlimited has helped me and my family, I thought to myself, "How can someone fit THAT into a single paragraph?!" In a nutshell, I have been a client of Hope in Metropolis for several years. During that time, they have been there for me through abuse, divorce, pregnancies (planned and unplanned), and more.

When I lost my faith in humanity, I could go there. When I went through every trial imaginable, I could go there. At my lowest and loneliest points, they were there for me. It's hard to find words to describe my gratitude to God for them.

As the name itself states, Hope was once again restored in some of my darkest days, and I have been given Unlimited resources to grow and grow some more. Grow my education, my family unity, my coping skills, my abilities to do more and do better, and grow with my children together to also reach others with our story, and make a difference in someone's world like Hope Unlimited did in mine.

- Rebecca



Rebecca with her twin boy and girl with mentor, Bonnie

## Give Hope

Connie Bachuss is one of our many volunteers here at Hope Unlimited. She has been volunteering in Hope's Closet since March 2019. Connie felt that since she retired, she had extra time and knew she wanted to give back. She asked God to place her where she could be the hands and feet of Jesus. That prayer



Connie Bachuss

landed her here at Hope, serving clients every Monday. Her favorite part about volunteering is interacting with the clients and seeing her regular customers and the blessings she receives from them. Connie has even gathered her husband and friends to work alongside her, especially on Mega Bag Monday, when we are busiest. Connie states that she wants them to know the blessings she gets from volunteering.

We have amazing volunteers here at Hope Unlimited and would love to have you. If you would like to know more or sign up to volunteer, contact Stacy at 270-442-1166 Ext. 107.

# By the NUMBERS

## 2019 YEARLY NUMBERS

Moms.....	499
Dads.....	85
Pregnancy Tests.....	222
Courtesy Ultrasound.....	103
Babies Born.....	28
Court-Ordered Parenting Students.....	122
Positive Potential School Students.....	1,981

## Positive PARENTING

### Eat Dinner Together

Sit down at the table to eat, 15 minutes together can make a big difference

No electronics, teach them about electronic etiquette

Ask questions about their day or tell them something funny that happened to you today

Finish by discussing what tomorrow looks like



# Ways You Can Help



**WE NEED**  
 Pull Ups  
 All Sizes  
 Diapers Size 5 & 6  
 Laundry Detergent  
 Gas Cards  
 Various \$5-\$10 Gift Cards  
 McDonalds, Laundromat, Bus tickets, Dollar Tree

**Hope's Closet**  
 Community Thrift Store  
 Paducah and Metropolis  
 Monday - Thursday  
 10 am - 4 pm

Clothing for the Entire Family  
 Toys, Games & Housewares

## Hope's Closet

# Save the DATE

[www.hopeunlimitedfcc.org](http://www.hopeunlimitedfcc.org)

### PARENT CAFE @ HOPE UNLIMITED

**Paducah**  
 Wednesdays, March 4<sup>th</sup>,  
 March 18<sup>th</sup>, and  
 April 1<sup>st</sup>  
 12:00 PM - 1:30 PM



### Metropolis

Wednesdays, March 18<sup>th</sup>, April 1<sup>st</sup>, and  
 April 15<sup>th</sup>  
 11:00 AM - 12:30 PM

### ANNUAL BABY BOTTLE FUNDRAISER

MAY 10<sup>TH</sup> - JUNE 21<sup>ST</sup>  
 CALL TO RESERVE YOUR BOTTLES



### ANNUAL GALA: YOU ARE chosen

Tuesday, September 22, 2020  
 6:00 PM-8:00 PM  
 Doors Open at 5:15 PM  
 Dinner served at 6:00 PM  
 Paducah Convention Center



**SAVEONE**  
 Post-Abortion Support Group  
 Call to register for a class



**EMBRACE GRACE**  
 Single, young pregnant moms support group  
 Call to register for a class



# CREATIVE Contributions



Give while saving! Did you know that every time you use your Kroger Plus card to save on your groceries that Kroger gives back to your favorite local charity? Kroger donates a percentage of your bill if you choose Hope Unlimited Family Care Center as your charity of choice. Hope Unlimited received \$189.97 in 2019.

Here's how to add your favorite charity:

- Go to: [kroger.com/account/enrollCommunityRewardsNow](http://kroger.com/account/enrollCommunityRewardsNow)
- Click "Create an Account" - only your email and zip code are required. Submit the form.
- Click "Enroll Now" Submit the form.
- Under your "Account Summary," scroll down to "Community Rewards"
- Click "Enroll"
- Enter " Hope Unlimited Family Care Center" in the field provided and save.

If you don't already have a Kroger Plus Card, you can request one online or in any Kroger store.

# OUR Mission

HOPE UNLIMITED Family Care Center empowers families and supports our community to grow stronger through biblical principles.

**PADUCAH**  
 1101 Jefferson Street  
 270.442.1166  
 Monday-Thursday 9-4 PM  
 Tuesday Open Late until 6 PM

**METROPOLIS**  
 305 Lincoln Street  
 618.524.5730  
 Monday-Thursday  
 9-4 PM

[INFO@HOPEUNLIMITEDFCC.ORG](mailto:INFO@HOPEUNLIMITEDFCC.ORG)  
[WWW.HOPEUNLIMITEDFCC.ORG](http://WWW.HOPEUNLIMITEDFCC.ORG)



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