



THRIVING TOGETHER

WHAT DOES IT MEAN TO 'THRIVE TOGETHER'?

By Rhonda Wrede, Executive Director

With the introduction of self-managed abortion and a 7% increase in overall abortion rates since 2017*, the challenges facing abortion-vulnerable women and men are at an all-time high. The needs of our patients are great and the time to offer life-saving resources and support is now!

The vision of Thrive Medical Clinic (TMC) is to **give every woman and man considering abortion the opportunity to confirm their pregnancy** through an ultrasound (allowing them to see their child for themselves), **to receive information** about their pregnancy options from a source that doesn't profit from or push abortion, and **to learn about the realistic solutions, practical resources, and loving support** that would empower them to parent their child or make an adoption plan.

It's our dream that these precious women, men, and children can thrive, not just survive.

But one person cannot carry out this mission alone. **It takes all of us working together.** As you read the stories contained in this newsletter, you will see how donors, volunteers, board members, staff and, of course, the Holy Spirit are all essential.

The only way for our patients to thrive is for all of us to do our part. Here is a heartwarming quote from a recent TMC patient review that confirms this truth: **"[The staff] was so helpful and gave me so much peace. I am so, so glad I came here. I feel like I have the information and resources I need to make the best decision for me."**

We are truly thriving together! Thank you in advance for your continued support of Thrive Medical Clinic. You are loved and appreciated!

*source Guttmacher Institute June 2022



WE BOUGHT THE BUILDING

AND WE'RE EXCITED FOR WHAT THAT MEANS

For almost 21 years, we have been in this building. Many feet have walked through its doors, many prayers have been said in each room and many have found peace in it's sanctuary.

It may only be a building to some but **to our patients, staff, supporters and volunteers this building means so much more.**

Purchasing the building is something we've dreamed about. We knew this decision would be best for our patient's safety and stability. We knew we needed to be in control of our building. **But we didn't know for sure how this would happen.**

And God said 'YES'! It's amazing how He orchestrated the purchase of the building and we've been just dying to tell you!!

Through your prayers and donations the funds were raised for the down payment. **We could not purchase the building without YOU,** our amazing supporters!

Then, **God dropped the best gift in our laps.** Through a network of supporters, we learned about the Church Extension Fund, a part of the Missouri Synod Lutheran Church in Michigan. They caught the vision of what you have been supporting for years.

The Church Extension Fund **is providing the loan** for our building! They've been great to work with and its incredible how easy they made the process. They have been such a blessing in making our once dream a reality.

It's a miracle and only by the grace of God that we own the building today. We could not do this without you - this is a big deal and we cannot say 'thank you' enough!

Rhonda Wrede
Executive Director
Thrive Medical Clinic



MEET THE TEAM



Peter Bump, MD
Medical Director



Rhonda Wrede
Executive Director



Allie Casteñada
Patient Care Assistant



Ally Breitmeyer
Patient Services Assistant



Amy Pancoast
Thrive Forward Assistant



Bri Visser
Marketing Assistant



Doriz Curry
Sonographer



Jasmine Bower
Patient Services Director



Joanna Law
Marketing Director



Maddy Klingel Smith, RN
Thrive Forward Director



Mary Slick
Sonographer



Natalie White
Patient Services Assistant



Sheila Weber
Financial Secretary



Stephen Scott
Men's Services Director

We're here to love the women and men we serve as much as God loves us by providing compassion, hope, and practical help to them as they face very complicated pregnancy decisions.

WHATS NEW?

THE LATEST AND GREATEST HAPPENINGS



DRUMROLL PLEASE...

Thrive Shop Coming Soon:

A fun new way to support Thrive Medical Clinic! We are excited to announce the launch of the Thrive Medical Clinic shop. Soon enough you can **represent TMC in the form of t-shirts and sweatshirts**. All of the proceeds will go directly to women and men in unplanned pregnancies. Womens and unisex items will be available online and in-person. So, keep your eye on our social media page and website!

FIRST THURSDAY OF EVERY MONTH FROM 8 AM - 6 PM

Re-Supply Thrive Essentials Day:

We would like to extend a HUGE thank you to our TMC Shoppers, who keep Thrive Essentials full of the things that families in our area desperately need. You are making such a difference in your community! Please know that the families we see **rave about how incredibly grateful they are for your generous hearts**.

It has been such a treat to get to meet so many of you in person and be able to show you the Thrive Essentials room. I hope that it has helped bring the same sense of awe that I feel every day seeing the Lord work through this huge team of people willing to give so much. We would love to invite more of you to take part in this amazing opportunity to provide these supplies to families. **Re-supply Thrive Essentials Days happen on the first Thursday of every month.**

We are open to receive maternity/baby item donations on those days from 8 am - 5 pm. Every month, we have an updated and printed list of items that we are currently low on for you to take with you. We also post this list on the "Shop TMC" page of our website, friendsoftmc.org/shop-for-tmc. If you would like to receive monthly emails about Thrive Essentials and the things we are currently in need of, sign up at the bottom of the same web page.

Maddy Klingelsmith, RN
Thrive Forward Director
Thrive Medical Clinic





BROOKE'S STORY

WHAT SHE NEEDED TO THRIVE

After getting a positive pregnancy test, *Brooke made an appointment for an abortion. **She felt conflicted** about what she should do regarding her unplanned pregnancy and wanted to talk things through, but she also **faced serious pressure from individuals encouraging her to go through with her abortion.**

After making the abortion appointment, she chose to come to TMC to get a confirmation ultrasound, ask questions, and verbally process **in a safe and private setting.** Brooke openly expressed the conflict she felt inside and said, **“Honestly, I want to keep my baby; but I know it would be hard. I think I’d regret getting an abortion, though.”**

When Brooke saw her baby’s heartbeat on the ultrasound machine, she said **she felt “protective” of the life inside of her** and said, “I know I need to do what’s best for me and my child.” She **courageously canceled her abortion appointment** and, for the first time, allowed herself to feel **excited about being a mom!**

She is now being **surrounded by beautiful support and practical help** that she didn’t even know existed originally.

Brooke has repeatedly expressed so much appreciation for this ministry and the support she is receiving from so many in the community... **“If it wasn’t for this place, getting to talk to someone, and seeing the ultrasound, I’m convinced that I would’ve been coerced into having the abortion.”**

Praise God for what He is doing through both of these lives! And thank you for providing this brave mom and her little one with the chance they needed to thrive and know how incredibly valuable they both are.

“I am so, so glad I came here. I feel like I have the information and resources I need to make the best decision for me.” - Brooke

**Patient names and photos are changed to preserve confidentiality*



Jasmine Bower
Patient Services Director
Thrive Medical Clinic





VIRTUAL EVENT RECAP

A REASON TO CELEBRATE

We want to take the time to celebrate YOU, our supporters. **Your sacrificial gifts provide a safe place and life-saving services** to women and men facing an unplanned pregnancy to make pregnancy decisions with **courage and confidence instead of fear and desperation.**

During this event, we provided crucial information concerning the latest risks to abortion-vulnerable women such as “**self-managed abortion**” and how **Thrive Medical Clinic is prepared to reach as many of these at-risk women as possible.**

Because of your help and intervention, Thrive Medical Clinic **will be providing additional ultrasound appointments, online scheduling, mobile intake, Abortion Pill Reversal and virtual consultations for our patients.**

By removing barriers and providing additional services, more women and men will have the opportunity to connect with Thrive and be **provided with life-saving services.**

We want to give a special shout out to Christian Family Financial, Absolute Building Solutions, Jade Rentals and other anonymous matching donors! **Altogether, over \$85,000 was raised!! We are blown away by your generosity!**

I wish you could see the many faces that come through our doors. Many **enter visibly weighed down** and burdened by the many decisions swirling around in their head. After their appointment, many have a different posture and **look like a weight has truly been lifted.**

You are DIRECTLY impacting women and men when you give to Tmc by paying for their appointment, creating a welcoming environment through renovations, keeping the lights on, and so much more!

So, be encouraged, **your dollars are making a direct impact.** We could not continue this forward movement without you - **so from the bottom of our hearts THANK YOU!**

Bri Visser
Marketing Assistant
Thrive Medical Clinic



JENNA'S STORY

FROM ABORTION TO ADOPTION

Jenna came to Thrive Medical Clinic for an ultrasound certain she was pregnant and convinced neither she nor her boyfriend were prepared to care for another child. They had **a medical abortion appointment scheduled** for the following week.

She shared with me that she and her children live with an abusive boyfriend. Jenna also suffers from major depression and most days can barely get out of bed, much less find a way to leave her boyfriend. After already having had several previous abortions, **Jenna seemed very comfortable with this solution to her unexpected new problem.**

As the ultrasound started, it became obvious that this baby was much **further along than she imagined.** Initially, Jenna covered her eyes, tearing up. She was one day short of 14 weeks and the baby was quite active.

The humanity of this well developed baby suddenly caught Jenna's eye. **Suddenly she said, "I can't do it. I can't do that to this baby."**

God's presence is often felt during these patient visits, but especially when vulnerable, broken women come in thinking



abortion is the only answer. It's a **profound grace to witness the change of heart that often happens.**

After **Jenna decided to choose life**, she felt that adoption was the best option. She said she could not manage another child right now, but she could consider adoption. **Praise God!**

Jenna was happy to receive referrals to Christian support groups for pregnant mothers and post-abortion support.

Please pray for Jenna as she navigates the adoption process, pursues healthier relationships and finds healing.

I'd like to thank you for your many prayers and support for Thrive Medical Clinic. I am honored to volunteer here as an advocate for women and their babies.

**Patient names and photos are changed to preserve confidentiality*

Catherine Swaffer
Patient Care Advocate
Thrive Medical Clinic



WE LOVE OUR VOLUNTEERS!

First of all, I want to thank you for your patience and grace as I transitioned into a Volunteer Coordinator role. I've appreciated getting to know you and your hearts for the work at Thrive. **We couldn't do what we do without you!**

I am humbled by the sacrifices of time and talents made weekly by you, our amazing volunteers. Thank you for coming in and helping with electrical and caulking jobs, picking up recycling, hanging decorations, painting rooms, laying flooring and trim, cleaning our facility, organizing our Family Area, and repotting plants. Just to name a few things that you are doing and **we couldn't be more grateful!**

We will have many great volunteer opportunities available so be watching for emails or text messages.

If you haven't volunteered in a while and want to get plugged back in, reach out and let me know by emailing natalie@thrivemedicalclinic.org.

Thank you for your faithful service and for supporting Thrive Medical Clinic. **You all mean so much to us!**



Natalie White
Patient Services Assistant
Thrive Medical Clinic



BOARD MEMBERS

WE'RE SO GRATEFUL FOR YOU

We are thankful for our board members. Please join us in welcoming new members and thanking current board members for their service of time and talent in helping Thrive Medical Clinic THRIVE!

Don Spinniken, *Chair*
Andrea Critchfield, *Secretary*
Wendy Downey, *Treasurer*
Lynette Clark, *Member*
David Croad, *Member*
Gary Peters, *Member*
Rachel Spinniken, *Member*

Thrive
MEDICAL CLINIC

WWW.FRIENDSOFTMC.ORG



We are on all social media platforms
at **Friends of TMC**

GENERAL INFO

Address: 121 South Garfield Ave.
Suite C, Traverse City, MI 49686

Office Hours: 10AM-2PM
Monday, Tuesday, and Thursday

If you wish to be taken off of our mailing list, please let us know by calling our office at 231.929.3488 or by sending an email to info@thrivemedicalclinic.org

WANT TO GIVE?

You can make a one-time donation or sign up to be a monthly giver on our website:
www.friendsoftmc.org

You can also **use the enclosed envelope** and mail it right to our office!