



# Aid for Women

Empowering Women to Choose Life Since 1978

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August 2002

## THINGS YOU CAN DO TO PROMOTE LIFE

- Promote chastity to teenagers and young adults—expect them to be mature enough to understand the emotional and health benefits of sexual abstinence before marriage.
- Evaluate sex education programs used in your local schools to ensure that they do not promote abortion as the only answer to failed contraception.
- Invite a pro-life speaker to your place of worship (Aid for Women staff is qualified and available for presentations for all age groups).

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## One Miracle After Another

If you ever doubt that God is a God who deeply cares about His creation, please come spend a day at Aid for Women. Those of us who work here have the awesome privilege of seeing God's handiwork every day.

Sometimes we see right away that a miracle has taken place—a client will arrive absolutely abortion-minded but leave seeing God's hand at work in her life and resolved to make the better choice for her and her child.

Other times, the miracles happen without us even knowing about them until a year or more later. So, it was with great delight that in July we welcomed back a former client and her fiancé, Tammie and Brandon, who bought with them this great photograph of their daughter, Alexis Aiyanna Harrison, who was born in January 2001.



*Alexis Aiyanna Harrison*

Tammie first came to Aid for Women at a friend's recommendation.

You can see in their smiling faces just how thankful they are to have this beautiful little girl in their lives. Our faces were smiling, too, at seeing the miracle of life one more time.



*Proud parents:  
Brandon Harrison  
and Tammie Jenkins*



## ...And Another

Mondays at Aid for Women are usually quite busy—many telephone calls and a usually filled appointment book. Kate Berley, volunteer counselor since March 2000 and a board member since January 2002, assists the majority of clients on Mondays.

One of Kate's greatest strengths is her consistency in follow-up with the clients that give her permission to call them. One of these clients is Latasha Hassell.

While Latasha did the work of taking care of herself during her pregnancy, we all get the benefit of seeing another miracle—her beautiful daughter Taché Keshunna Brunt.



Kate Berley (left) holding Taché Keshunna Brunt watched by proud and happy mom, Latasha Hassell.

### Plan to Take A Stand for Life

Aid for Women is an active sponsor of Speak Out Illinois and we're excited that next year's event will be in Washington, D.C., on January 22, 2003, the 30th anniversary of the infamous *Roe v. Wade* and *Doe v. Bolton* decisions.

Even if you're not from Illinois, you may want to make plans to be at the March for Life, too, to represent one of the lives lost or wounded through legalized abortion on demand in the past 30 years.

**Speak Out Illinois**  
*Goes to Washington, D.C.*  
January 22, 2003

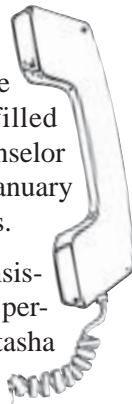
for the 30th Anniversary of *Roe v. Wade*

45 million babies killed -  
30+ million mothers wounded -  
by abortion.

Come stand for one of these lives in Washington.

Save the date.  
Plan to join your fellow Illinois pro-lifers  
at a special morning event followed by the March for Life.

Event details, travel information and prizes to follow.



*"We need to show compassion as if each unborn child were our own and each mother were our daughter or sister . . .*

*and each dying person were Jesus in His Mother's arms at Calvary."*

*Women Affirming Life*

### The Mothers Say, "Thank You!"

Most of the 896 clients who came to Aid for Women in the first half of this year will never come again. But their lives were changed for the better because they were loved unconditionally while in Aid for Women's care.

The courageous and generous women who serve as counselors and mentors make this positive transformation possible.

#### *Weekday Volunteer Counselors*

Nelly Araque	Maria Teresa Rosen
Jean Athey	Rita Vanek
Kate Berley	Carolyn Whalen
Susan Couri	Kathleen Whitfield
Mary Anne Goldberg	

#### *Evening Hours Volunteer Counselors*

Maureen Carson	Mari Heavey
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#### *Weekend Volunteer Counselors*

Shannon Corbitt	Estrella Mancini
Denene Deverman	Erin Neese
Mari Heavey	Pearl Parks
Carey Heintz	Kevia Smith
Nancy Kaprowski	Maggie Wong

#### *Volunteer Mentors*

Susan Couri	Susan Kozicki
Erika Gleeson	Kristina Maker
Mary Anne Goldberg	Estrella Mancini
Beth Grayson	Erin Neese
Peg Hanlon	Marilyn Richards
Nancy Kaprowski	Carolyn Whalen
Mary Konopka	Maggie Wong

### In-Service Training Focus on Contraception

Mary Cummings is the founder of Life Voice, a national nonprofit organization based in Wisconsin.

Mary brought her compelling message on myths surrounding contraceptive philosophy to our volunteer counselors and mentors.

The connection between contraceptive use and abortion is often underestimated. Mary makes the link crystal clear.



Mary Cummings (left) fielding questions from volunteers.

## The Babies Say, Thank You!

The teddy bear is modeling a strawberry hat, one of five beautiful hats knit by Pat Vaughan, a member of the Friends of Aid for Women auxiliary.



These will be assembled with other lovely baby items we've received into layettes similar to those shown behind the hats. Our pregnant clients are very grateful for these special gifts, and each layette offers a tangible sign of her unborn baby's humanity.

Our heartfelt appreciation goes to Ruth Gamber, Mary Anne Goldberg, Heidi Grantham and Pat Vaughan for clothing, blankets and other items. We also thank Erin Neese, Maria Teresa Rosen and Denise Wasserman—and all of their guests—for the wonderful gifts we received from the baby showers they each hosted.

Aid for Women gives between 35 and 80 layettes to pregnant and needy clients each month, so there is a constant need for new, gender-neutral, newborn to six-month items. If you would be interested in hosting a baby shower for our clients, please contact Elaine M. Kindler, executive director, at (312) 621-1100. It's very easy to organize a shower within your place of worship, and it's a great way to introduce your family, friends and acquaintances to the vital service Aid for Women provides.



Rita Vanek (left) learns layette assembly from Sharnina Starling, director of client and volunteer services.

## With Deepest Gratitude

The Aid for Women family extends our sincere sympathy to the family of Sandra Bartyzel on her sudden and untimely death in June of this year, along with our deepest gratitude for the contribution Sandi made to our life-saving ministry.

Sandi was an employee of Aid for Women for a few years in the late 1980's, and had very recently begun her training to serve as a volunteer counselor. She had also served the cause for life as an employee of Americans United for Life.

We will miss her gentleness and sweet nature.

## The Cause for Life Needs YOU

Don't let the long list of volunteers on page two fool you—Aid for Women needs more dedicated women to assist the nearly 200 girls and women who come to us for help each month.

We especially need women 18+ years old who are available for at least two hours on a weekday. A normal day is from 10:00 a.m. to 3:00 p.m., but your schedule will be tailored to fit your available time.

The next Aid for Women volunteer orientation and Level One training will be on Saturday, September 28, 2002. **Don't Miss It!**

After this all day session, you'll be ready to answer the telephones and assist with other non-counseling responsibilities at the center.

Space is limited so make your reservation to attend today by calling Sharnina D. Starling, director of client and volunteer services, at (312) 621-1100.

### Save the Date!

**Aid for Women Boutique  
October 3, 2002**

**Sunset Ridge Country Club  
Northfield, Illinois  
9:30 a.m. to 3:30 p.m.**

**Bring your birthday, wedding,  
anniversary and Christmas gift lists.**

**Call (312) 621-1100 for more information.**

# Is Pregnancy Good for Your Health?

Kim Couri, D.O., Member, Aid for Women Professional Advisors

Contrary to what others may purport, pregnancy is not a disease but part of the natural design of the female body and physiology. It makes common sense, then, that pregnancy may impart health benefits.

A study involving 40,951 Swedish women, over a forty year period, showed that having more than one child (multiparity) was protective against breast, ovarian, cervical and uterine cancer (1). The age of the mother at the time of her first birth also plays a role in health.

These observations are especially significant in relation to breast cancer. In a collaborative study by MacMahon *et.al.*, it was observed that women who had first births at the age of thirty-five or older had three times the risk of breast cancer than women who had first births before age eighteen (2).

Estrogen is a stimulus for growth of healthy breast tissue as well as cancerous breast tissue. During the first trimester of pregnancy, the estrogen levels in women rise causing growth of breast cells that will eventually allow

for lactation. These cells are susceptible to becoming cancerous because they are less specific and have potential for change. These cells are called undifferentiated cells.

In the third trimester, these same cells become more specialized so they can produce milk and thus become more resistant to cancer changes. This change in the cells helps to protect women from breast cancer in the future.

Another condition in which pregnancy can be helpful is endometriosis. Endometriosis occurs when the tissue that normally lines the inside of the uterus grows outside the uterus. It can grow almost anywhere in the pelvis including ligaments, fallopian tubes, ovaries and bowel. Endometriosis can cause significant pain and sometimes infertility.

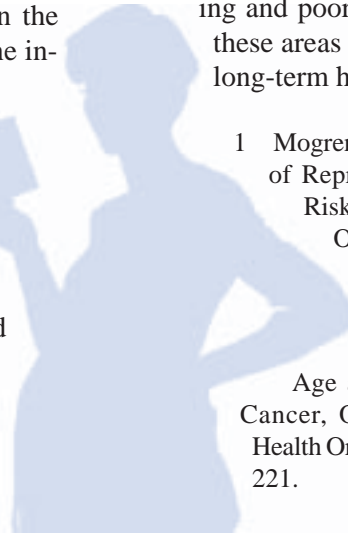
Endometriosis is stimulated by cyclical estrogen. If a married woman has en-

dometriosis, her doctor may suggest that she try to get pregnant. The hormonal changes of pregnancy interrupt the cyclical highs and lows of estrogen normally found in a woman's menstrual cycle and it causes an increase in the levels of progesterone. Both of these changes cause the endometriosis to shrink with a significant reduction of pain after the pregnancy. Sometimes symptoms can reoccur.

Finally, a more subtle health benefit is the opportunity for a woman to reevaluate health risks such as smoking and poor nutrition. Changes in these areas can impact tremendous long-term health benefits.

1 Mogren *et.al.*, Long Term Impact of Reproductive Factors on the Risk of Cervical, Endometrial, Ovarian and Breast Cancer, *Acta Oncology* 2001, 40 (7) 849-54.

2 MacMahon *et.al.*, Age at First Birth and Breast Cancer, *Org mond Sante, World Health Organization*, 1970, 43, 209-221.



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## Perspective

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Elaine M. Kindler, Executive Director

New research verifies what pro-life doctors have been saying for decades: motherhood is good for a woman's health.

On July 19, 2002, the *Chicago Sun-Times* reported results of a new study published in *The Lancet*, a British medical journal equivalent to *The New England Journal of Medicine*. The analysis was of 47 different studies investigating 150,000 women worldwide to compare the number of children a woman has and the length of time she breastfed her children.

Oxford University epidemiologists concluded that the earlier a woman has her first child, the more children that she gives birth to, and the longer she is able to breastfeed her children all contribute to reducing her risk of getting breast cancer later in her life.

This and other studies confirm what we at Aid



for Women have known for the past 24 years: abortion is not good for women.

It is why we stretch ourselves to do more outreach to the most abortion-vulnerable women, college-age students, to empower them to choose life and the best for themselves and their children.

It is why we continue to educate our clients and the many groups to whom we give presentations, to spread the good news that girls and women do not need to choose abortion, and that choosing motherhood or making an adoption plan for their baby is better for their health now and in the years to come.

Please help us in this important work.

Please pray with us. Please consider being a volunteer in some capacity. Please send the most generous gift that you can at this time.

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