

Like to schedule a presentation by our staff at your church, non-profit, business, club or organization? Call us!



Appalachian Pregnancy Care Center

193 Main Street, Pikeville, KY 41501

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Volume 5, Issue 1
Spring 2012

Coming Soon

Baby Bottle Drive Near You!

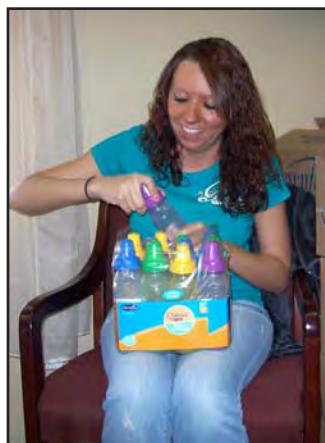
The Appalachian Pregnancy Care Center's Baby Bottle Drive is a great ministry project for Sunday School classes, small groups, Bible study groups, cell groups, youth groups, men's and women's ministries or entire congregations.



L-R: Payton Mills, Kristi Hunt and Cesilee Newsome sort through boxes of baby bottles.

Yes, you too can take part in a vital ministry that saves the lives of preborn children and makes an eternal difference in the lives of families. It's easy! Just send a bottle home on Mother's Day, May 13, with each member of your group. Instruct them to fill the bottle with change, bills or a check and return it on Father's Day, June 17. Once the bottles are collected, you can bring them to the Appalachian Pregnancy Care Center, or we can pick them up!

All services offered at APCC are



Trista Robinson is preparing bottles for the annual baby bottle drive.

free of charge thanks to generous donors like you! The Baby Bottle Drive is an easy way to make a difference. When you empty your pockets at the end of the day, drop your change in the bottle! Rejoice knowing you are doing something to help protect life!

All About Us

The Appalachian Pregnancy Care Center provides a much-needed pregnancy counseling service to our region. Our center is located at 193 Main Street in Pikeville and was established to offer services and support for women, teens and families facing the uncertainty of unplanned pregnancies. By making help and services available to those who need it, coupled with a sense of care and compassion, the center aims to offer a viable alternative to abortion.

Last year's "Baby Bottle Brigade" was extremely successful. Thanks to the many contributions from churches, organizations, businesses and individuals, the drive yielded approximately \$48,000 to be used by the center for many of its monthly expenses and other activities conducted for our clients.

To date, the center has served 397 clients, from nine counties and three states, and has had over 100 babies born under the blanket of APCC.

Elizabeth Smith and Ashley Madden to Lead Pace Program

In 2008, 4,269 legal abortions were reported in Kentucky; the statistics reveal that 74% were performed on females under the age of 29. Worldwide, one in five pregnancies ends in abortion. Having an abortion has been termed "a common experience" yet it is rarely spoken about openly by the women who have experienced it. Women who have had abortions may face emotional numbness, guilt, depression and a variety of other psychological symptoms. Our society

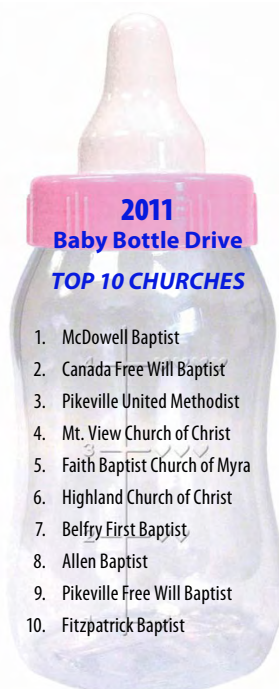


Elizabeth Smith and Ashley Madden

has left these women few safe places to discuss their post abortion grief and the realities of the impact it has had on their lives.

The Appalachian Pregnancy Care Center seeks to offer hope and healing to individuals affected by abortion. Not only does APCC provide a safe place for women to discuss the realities and pain of abortion, but also offers guidance about the for-

PACE PROGRAM-continued on Page 4



**2011
Baby Bottle Drive
TOP 10 CHURCHES**

1. McDowell Baptist
2. Canada Free Will Baptist
3. Pikeville United Methodist
4. Mt. View Church of Christ
5. Faith Baptist Church of Myra
6. Highland Church of Christ
7. Belfry First Baptist
8. Allen Baptist
9. Pikeville Free Will Baptist
10. Fitzpatrick Baptist

APCC Offers Hope and Compassion

Kay Hammond
Executive Director



Imagine yourself as a college freshman, newly away from home. Perhaps you are an international student who has traveled thousands of miles for graduate studies. Maybe you are a freshman in high school and looking forward to a new chapter in your life. You discover you are pregnant! How will the father of your baby react? What about your parents? How in the world will you get through midterms or get to class when you are always feeling sick? Where will you live? Can you afford school now? What about your internship, your graduation, your career or your future?

No young parent should have to find these answers alone. That's why we are here. The Appalachian Pregnancy Care Center is committed to building partnerships with local churches, organizations, businesses, boards of education and university departments to provide a life-affirming safety net for students facing crisis pregnancies.

I invite you to look at our mission and vision and consider joining our program. Doctors, nurses, teachers, counselors, receptionists, office workers, pastors, and prayer team members can unite to form a community of support that encourages parents to make life-affirming decisions such as parenting or adoption. Consider the rewarding option of volunteering with us so that you can share firsthand in miracle moments.

What the Center Means to Me

Heaven isn't so far away

by Brittany Stevens

A true miracle and success story of the Appalachian Pregnancy Care Center, Nevaeh (Heaven in reverse) was born three months early, weighing only a pound and seven ounces and managed to survive and thrive.

Once her mother began having regular labor pains, she immediately went to Whitesburg ARH. She was then sent to UK Hospital. There, she learned a hole had formed in her embryonic sack and was causing Nevaeh to lose fluids. Though the baby's delivery was smooth and fast, doctors kept her in the neonatal unit for two and a half months. While there, little Nevaeh slowly gained weight and somehow managed to only lose minimal weight after the

cardiovascular procedure she had to endure. Brittany Stevens, her mother says, "With little to no help from family, The Appalachian Pregnancy Care Center furnished us with pretty much everything we needed: diapers, toys, books, clothes, shoes and wipes... pretty much all the necessities." She also states that because of the CPR classes she had taken at APCC, Nevaeh was able to come home two and a half months before her



Proud mother and father, Brittany and Bo, hold little Nevaeh, whose name is Heaven spelled in reverse.

planned release date. With the help of the Pregnancy Center, many prayers and the heart of a fighter...Heaven isn't so far away.



APCC Presented at Twenty-Fifth Annual East Kentucky Leadership Conference

Appalachian Pregnancy Care Center's Director, Kay Hammond presented at the East KY Women in Leadership Session at the Annual East Kentucky Leadership Conference. The conference was held April 26-27 at the Mountain Arts Center in Prestonsburg, Kentucky.

During the presentation, Hammond explained that APCC offers a comprehensive system of support and service for women experiencing unplanned pregnancies and their newborns. Some of the services include pre and post-natal education resources, counseling on financial and educational

options and connection of clients to support agencies.

Through this difficult, as well as frightening period, the clients receive compassionate and confidential care. Director Hammond expressed, "We help the clients make positive health choices for themselves and their babies. Also, we work with the clients to build stable relationships within their families. The center's primary focus is to offer viable, non-abortive alternatives in situations of unwanted pregnancies."

For more information about the East Kentucky Leadership Foundation, visit the website at www.eastkentuckyleadership.org.

APCC Graduation Ceremony set for May 8 at Garfield House

The American College of Osteopathic Obstetricians & Gynecologists (ACOOG), National Osteopathic Women Physicians Association (NOWPA) and Kentucky College of Osteopathic Medicine at the University of Pikeville (KYCOM) will host a graduation celebration for 25 APCC clients and their babies at the Garfield House on May 8. The women and their babies have been clients at the pregnancy center for a year.

Over one million unplanned pregnancies occur to single women. These unplanned, often unwanted pregnancies, result in a large number of single parents who struggle with finances, interrupted or indefinitely postponed education, unstable relationships, and a host of challenging health, educational and social consequences for their children.

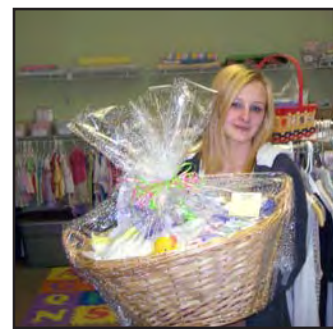
APCC has served over 1,000 participants in nine counties and three states. Our mission is to provide a network of care to anyone experiencing a pregnancy related crisis. The Appalachian Pregnancy Care Center strives to promote awareness of unhealthy relationships, specifically their effects on children, promote higher education and job training skills. The center provides high quality information and training programs that enhance clients' personal, social, educational, as well as financial needs in a safe, friendly, family environment. APCC also provides free assistance and materials, in addition to counseling and mentoring to expectant mothers and their families.

“We are so proud of our graduates and the efforts they are making to improve not only their lives but the lives of their children. We are grateful to US Bank for the purchase of five toddler car seats and 25 piggy banks to be given away during the graduation ceremony and to ACOOG, NOWPA and KYCOM for hosting the event,” said APCC Director Kay Hammond.

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L:R: Jessica Hackworth and Heather Harris



L:R: Katherine Smith and Rikkia Anderson



L:R: Miranda Tackett and Jessica Hamilton



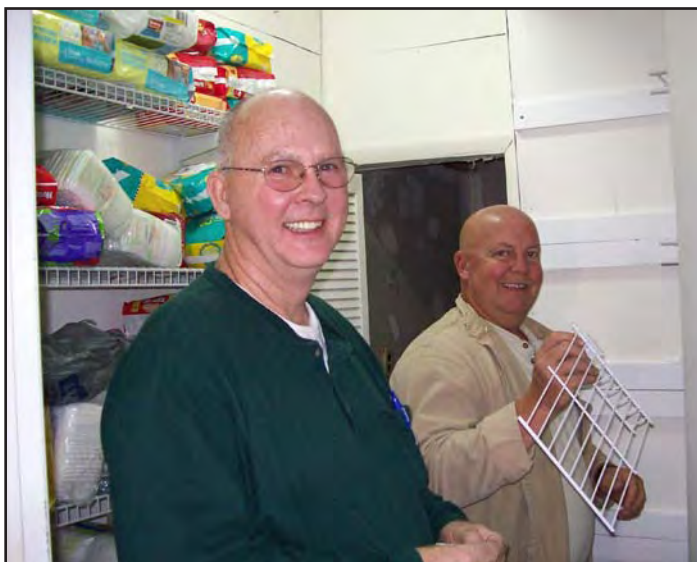
L:R: Tammy Overstreet and Casey Deel

Kentucky College of Osteopathic Medicine (KYCOM) is part of the University of Pikeville and enrolled its first students in 1997. The mission of KYCOM is to provide men and women with an osteopathic medical education that emphasizes primary care, encourages research, promotes lifelong scholarly activity, and produces graduates who are committed to serving the health care needs of communities in rural Kentucky and other Appalachian regions.

The American College of Osteopathic Obstetricians & Gynecologists (ACOOG) is dedicated exclusively to women's health care. ACOOG traces its origins to 1934 when a group of practicing obstetricians in the osteopathic profession met in Wichita, Kansas and formed an association. A D.O.-OB/GYN is committed to the physical, mental and emotional health of women.

National Osteopathic Women Physicians Association (NOWPA) is a service and social organization dedicated to the support and education of women in the osteopathic profession. Founded in 1904 under the name Delta Omega, NOWPA strives to serve and educate its members by fostering a network with other professionals through mentorship programs, community service, social events and guest speakers.

A Labor of Love at APCC



(L-R) Steve Haywood and Ricky Robinson from the Fitzpatrick Baptist Church in Floyd County, recently installed shelves at APCC to hold the center's supply of diapers.

APCC held its first Annual Diaper Drive in February and naturally, staff members and volunteers expected to see a lot of diaper donations. The space for these diapers was extremely limited. According to APCC Director Kay Hammond, two men of God from the Fitzpatrick Baptist Church in Floyd County recently went above and beyond their call of duty.

"When Steve Haywood and Ricky Robinson stopped by the center, we naturally assumed they were bringing diapers," Hammond said. "The men didn't have diapers! Instead they were prepared to build shelves on which to store

the center's diapers! Without this kind labor of love, the Diaper Drive would not have been nearly as successful because there would not have been a place to store the diapers," according to Hammond.

Hammond said, "The act of these men and the Fitzpatrick Baptist Church proves one thing, God does not always send us what we ask for but, more importantly, what we need. However, we readily recognize that without the continuous help from our volunteers and supporters, our services at APCC would be very limited." The Appalachian Pregnancy Care Center

wholeheartedly thanks each person who donates his or her time, money, items, etc. Without you, the pregnancy center would not be able to exist!



Ricky Robinson installs shelves to hold diaper donations.

Diaper Drive Fills a Need



Michele Horton, a member of the University of Pikeville's Baptist Campus Ministry, donates to APCC's Diaper Drive.

More than one in four children in Eastern Kentucky under the age of five lives in poverty, according to *2011 Kids Count*, a data book that profiles the status of children on a national and state-by-state basis and ranks states on 10 measures of well-being. As a result of this statistic and the fact that food assistance programs do not cover the cost of diapers, The Appalachian Pregnancy Care Center hosted a diaper drive February 14-17. The goal of the drive was to help make sure infants and toddlers did not go without one of their most basic necessities.

APCC clients have the opportunity to earn "Baby Bucks" through our Earn While You Learn Program to obtain diapers. Keeping diapers on the shelf is a constant need at APCC. Our communities have made it possible to remedy the constant dwindling supply of diapers. The Appalachian Pregnancy Care Center would like to offer our heartfelt thanks to all those who participated in our Diaper Drive.

PACE PROGRAM—continued from Page 1

giveness and healing of Jesus Christ.

APCC provides several opportunities for women who are interested in further counseling. The center supports a post abortive counseling education program, PACE, which is led by volunteer counselors Elizabeth Smith, a local business owner, and Ashley Madden who is a teacher. Using the book, *Empty Arms* by Pat Vredevelt, an eight-week Bible study is provided in a group setting. One-on-one counseling is also available for those who find this setting more

comfortable.

Although APCC's main focus is to help women who have had an abortion, the center also offers counseling to other family members who have also been affected by abortion. Through post abortion counseling, whether in a group or individual context, our desire is to introduce women to Christ so that they may find ultimate healing in Him. For more information, you can contact APCC by calling (606) 433-0700 or by emailing apcc@setel.com.

APCC Ministry Highlighted in Kentucky Baptist Convention Video

Area churches looking for an informative, thought-provoking program for their teens, women's groups or congregations need to look no further than the Appalachian Pregnancy Care Center. APCC will soon be able to provide churches or any organization searching for a cause to support, a DVD highlighting the pregnancy center and the range of services it provides. The video is produced by the Kentucky Baptist Convention (KBC) under the direction of Larry Brannin, Media Production Associate.

Brannon brings more than 25 years of video production experience to KBC. He says his desire is to "put a face on missions" and spread the Good News through creative, engaging electronic media. Brannon films, edits and produces audio, video and web productions for KBC.

"We were totally inspired by the heart of APCC, as well as the support we found there," explains Brannon. "KBC is delighted to assist with getting the message out about the Appalachian Pregnancy Care Center. We hope and pray more people become aware of the center and its services through our production."

The DVD is approximately four minutes in length and gives an excellent overview of APCC's ministry. Any church or organization wishing to partner with the pregnancy center in spreading God's word that all life is sacred, including the life newly formed in the mother's womb, may contact the center. APCC thanks Larry Brannin and KBC for their wonderful work in making this project become a viable message of the center's work.



Larry Brannin, a media production associate with Kentucky Baptist Convention, has produced a DVD explaining the services and ministry of APCC.

College Intern's Perspective of Pregnancy Center

by Cesilee Newsome

Despite what you learn during college, nothing compares to firsthand experience. As one of four interns at the Appalachian Pregnancy Care Center, I feel much more equipped to enter into a helping profession in the very near future.

Before beginning my work at APCC, I wasn't aware of what the center actually was. I passed it occasionally while driving through town, I knew where it was located but was

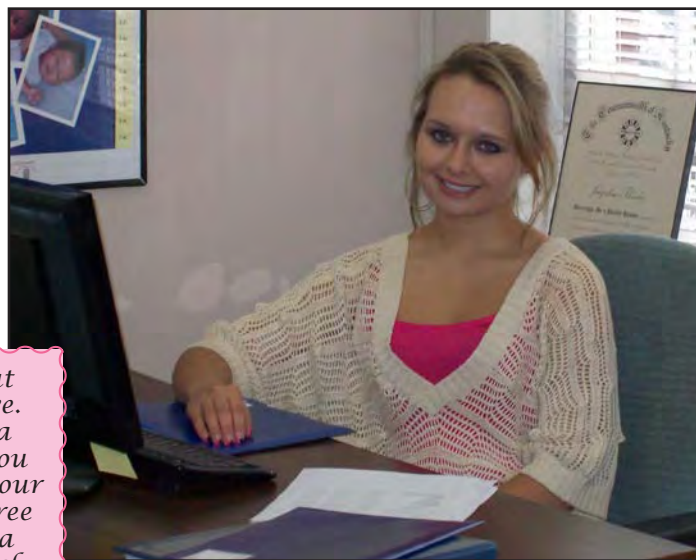
not aware of what went on inside the little brick building on Main Street. At the time, my guess was that the center served as a doctor's office. I soon learned that APCC was

so much more. Not only does APCC provide alternatives to abortion and counseling for women experiencing unplanned pregnancies, it also provides ongoing pre-natal

as and post-natal assistance. Though the agency does not provide abortion referrals, it does provide post-abortion counseling through Bible studies for both men and women.

During my short time at APCC, I feel as if I've learned a great deal. Though the center is small in a homey atmosphere, there are several areas to work in and learn from. These include counseling, case management, referrals, resources, education, and adoption resources.

Working firsthand at APCC made me realize not only what the center does but just how crucial it truly is. Being the only pregnancy care center in far Eastern Kentucky, APCC has touched more lives than imaginable and is, without a doubt, a real treasure of the area.



Working as an intern at the pregnancy center, Cesilee Newsome learned firsthand how valuable the services are to the community.

"Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve...you only need a heart full of grace. A soul generated by love."

~Martin Luther King, Jr.

Don't Shake the Baby!



APCC volunteer, Judy Lester, explained how to care for infants to avoid Shaken Baby Syndrome.

In April, APCC recognized Childhood Abuse Awareness Month by decorating the center with blue ribbons and pinwheels. Literature on childhood safety was given to the clients.

The focus of the April "Girls' Night Out," was Shaken Baby Syndrome. The clients watched a video and with the aid of an infant model, they were able to see what happens in the baby's brain when shaken. The infant models were provided by the Families First Organization.

The clients learned from the video that approximately 1,300 cases of Shaken Baby Syndrome (SBS) are reported each year. SBS can be prevented with education. Parents and care givers must understand that babies do cry. The video provided several ways to handle a baby's crying, such as checking the infant's basic needs, placing the baby in a safe place and leaving the constant crying for a minute and/or contact a friend or family member for assistance.

When parents and care givers understand the injuries that can be caused by shaking and how to manage stress and frustration, Shaken Baby Syndrome will end. APCC will continue to educate our clients of ways to prevent child abuse!

APCC Appreciates our Churches that Provide Monthly Financial Assistance!

Abundant Tidings, Aflex Baptist Church, Cornerstone Christian Church, Faith Baptist Church of Myra, Forest Hills First Baptist Church, Highland Church of Christ, Jubilee Christian Assembly, Little Paint First Church of God, Marrowbone Missionary Baptist Church, Mayflower Unity Baptist Church, McVeigh Baptist Church, Sidney Missionary Baptist Church and Virgie Baptist Church.

Sisters in Service Help Keep Babies Warm



(L-R) Justine Sullivan and Ermile Robinson, members of Sisters in Service of the Mountain View Church of Christ present baby blankets to APCC.

On Friday, March 23, Justine Sullivan and Ermile Robinson presented 11 beautiful handmade baby blankets to the Appalachian Pregnancy Center. The blankets were made by the ladies group, the Sisters in Service of the Mountain View Church of Christ at Lick Creek, Kentucky. The blankets will be placed in the Bundle of Joy Room and/or in the layettes that are presented to mothers and their newborns.

NOW SHOWING: *Courageous* APCC's Monthly "Girl's Night Out"



The February event for the Appalachian Pregnancy Care Center's, "Girls Night Out," was the movie *Courageous*. The film portrays four police officers fighting daily against violence and criminals, while at the same time, being unable to perform so gallantly as fathers. During the turning point of the film, a tragedy hits close to home and the men are challenged to draw closer to God and step up to what should be their first job, fatherhood.

Five girls attended "Girl's Night Out" and enjoyed the movie. Even though there were no males in attendance, it is APCC's hope that the mothers shared the film's main message with the fathers in their children's lives.

Our Mission

The Appalachian Pregnancy Care Center exists to affirm the value of life by providing a network of care to those experiencing a pregnancy-related crisis and by compassionately presenting Biblical truth resulting in changed lives to the glory of God.

Our Vision

The Appalachian Pregnancy Care Center strives to provide Christ-like compassionate support to families experiencing crisis pregnancies.

Our Services

All Services are FREE

Pregnancy Testing
Earn While You Learn
Baby /Maternity Resources
Abstinence Education
Abortion Recovery
Adoption Education
Bible Studies
Counseling
Healthy Marriage
Healthy Pregnancy
Fatherhood
Parenting
Community Referrals
Community Presentations
And much, much more!

Our Hours

Tuesday - Thursday

10 a.m. - 4 p.m.

Friday 10 a.m. - 8 p.m.

Contact Us

(606) 433-0700

apcc@setel.com

Visit us on the web @ [www.](http://www.appalachianpregnancycenter.com)

appalachianpregnancycenter.com



APCC Clients Sign Up for Scholar House

It just became easier for single parents to better their lives and futures in Eastern Kentucky. The Scholar House program coming to Pikeville is geared toward ending the cycle of poverty by providing single-parent students the support they need to earn a four-year degree. A new 48-unit apartment complex with two- and three-bedroom apartments, in which single parent families may live at a reduced cost or no cost, depending on income, as they attend college. The Pikeville Scholar House will also provide a child care center on site, complete with a classroom area in which parents can work. With the initial push coming from University of Pikeville President Paul Patton, local officials have been working for more than a year to coordinate the project, which will be modeled after

a Scholar House program in Louisville.

Appalachian Pregnancy Care Center Director Kay Hammond hopes to see changes in her clients after the facility is open. "It's going to be a life-changing opportunity for single parents who want to get their college education," she said. "I think everybody wants a better life. Can you imagine what an opportunity to have free daycare, a free place to live and to get a college degree?"

APCC started sharing with clients about the Scholar House program in January. Since then, nearly 50 APCC clients have signed up for the opportunity. "They know that an education can change their life," Hammond said. "We tell every client, single mothers and single fathers who have children or are about to have a baby about the program. We

have not had one person that didn't want to sign up."

Virgie resident, Brittany Denise Stevens is the latest APCC client to sign up for the opportunity. On March 1, the 24-year-old single mother celebrated her daughter's first birthday. Nevaeh Lynn Stevens weighed one pound, seven ounces when she was born premature. She underwent heart surgery when she was only 24 days old. Now that she's healthier, Brittany is excited to have the chance for a brighter future. She currently splits the rent on a duplex with a friend and hopes to soon have a place to call her own while she completes her education. "It would help me be able to provide more for Nevaeh," she said. "I'll be able to provide a better life for her with a stable home and I won't have to worry as much."



Fay Ray Leslie (*shown on the right*) recently presented a check to the Appalachian Pregnancy Care Center. Leslie commented, "You can never do enough for life."

"APCC cannot predict the long term positive effects of this gift to our organization. However, we do know that several women experiencing unplanned pregnancies and their babies will benefit in one way or another," said Director Kay Hammond. She further explained that all monies donated to the pregnancy center make a difference in the lives of our clients and their babies. "Fay Ray Leslie's giving has helped ensure that each child represented at APCC will experience the childhood that God intended," stated Hammond.



Appalachian Pregnancy Care Center
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How You Can Help

Pray

Send a one-time gift

Become a monthly supporter

Volunteer

(counseling, clerical duties,
Bundle of Joy worker and many
other opportunities to serve)



at Bob Amos Park
Participate and place in each event

or

Physique All events and compete for the overall challenge
winner

Come out and show your support on July 28th

All Proceeds Go To:

The



and
Nick Samples
Cancer Fighter

Test your skills!

Vertical Jump	Box Jump
Shuttle Run	Walk
Sit Ups	40 Yard Sprint
Broad Jump	Push Ups
Children's Events	

ENTRY FEE

12 AND UP: \$25 UNDER 12: \$10

Athletes can also take on sponsors
to help raise more money.

Sign Up Deadline: July 18

For more information, email:
fpfitchallenge@gmail.com

Ask to join our Facebook page:
FP Fitness Challenge for APCC and Nick Samples

APCC Motto "Before I formed you in the womb, I knew you; Before you were born, I set you apart." Jeremiah 1:4-5