



# CARE NET<sup>®</sup>

Pregnancy Services of Northern Kentucky

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carenetky.org

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(859) 282-9878

## Our Greatest Year

by Executive Director Lyndi Zembrodt

Thank you for supporting Care Net’s life affirming mission in 2024. Our combined efforts to promote the sanctity of human life resulted in our greatest year of impact!

Your support allowed us to increase our marketing budget to expand our reach. As a result, we saw a 34% increase in the number of women who chose to have an ultrasound. We provided a record 406 ultrasounds at our three centers in 2024. Of those, 313 showed a viable pregnancy, and 88% of those women chose to carry their pregnancies. To date, the moms of 2,020 babies have chosen life as a direct result of Care Net’s ultrasound program!

The life affirming services of Care Net just begin when a woman makes a life choice. Care Net continues to support, educate and empower each mother and father throughout her pregnancy and their baby’s birth, infancy and childhood. Individuals receiving infant supplies rose 81% over the previous year, and we saw a 25% increase in attendance at our mentoring programs, with parents earning diapers, car seats and cribs as incentives.

We are prepared to increase our impact again this year with a competitive marketing plan and increased staffing to meet demand. We appreciate your financial and prayer support as we proclaim the Good News of Christ to the clients we serve with care and compassion. To become part of the giving community that supports Care Net, please give me a call at (859) 653-8904 and/or visit carenetky.org.

## The Journey to Forgiveness

David described a deceitful enemy this way: “His talk is smooth as butter, yet war is in his heart; his words are more soothing than oil, yet they are drawn swords.” (Psalm 55:21)

A woman who came to Care Net last year understands those words too. She is a casualty of the war and the swords, and she has begun the difficult process of facing and recovering from the damage abortion has done.

Before she came to Care Net for help, she had been carrying the burden of abortion, silent and alone, for more than 40 years. *Forty years.*



She was in her late teens way back then. Overwhelmed, with little guidance and the decision left entirely up to her, she had an abortion. Later, under a weight she couldn’t identify, she would choose abortion again, and then again, and finally again. In those lost years, she turned to drugs and alcohol, what she describes as drowning the pain.

*continued on page 2*

The moms of **2,020 babies (and counting)** have chosen life since Care Net began offering ultrasounds in 2006.

## The Journey to Forgiveness

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If one bit of scripture can capture what God can do with a life, no matter how damaged, that verse is 2 Corinthians 5:17: “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

This woman’s journey has been hard and painful, but she has kept at it, peeling back layers of anger, hurt, betrayal and loss to accept “the new.” She is learning to let God’s love and forgiveness free her to forgive herself. Once fully healed, she intends to tell the truth to as many women as she can.

I want to spare women from years of depression and ‘what-ifs.’ God has forgiven me, but it’s hard to forgive yourself. I want to save babies and women’s sanity.

“I want to let people know abortion screws you up in the head,” she said. “The people at Planned Parenthood don’t tell you that. ‘It’s not a baby,’ they say. I wouldn’t have had abortions if I had known, but they don’t tell you. The emotional trauma is real but they don’t tell you. I want to spare women from years of depression and ‘what-ifs.’ God has forgiven me, but it’s hard to forgive yourself. I want to save babies and women’s sanity.”

### What does the abortion industry say to women instead?

“Over 95% of people who have had abortions say that they mostly felt relief after their abortion.”

The abortion industry loves to trumpet that percentage from a 2015 study,<sup>1</sup> but they don’t define “mostly” or say how long “after” lasts. They also don’t report that “62.5% of [eligible] women refused to participate in the study, at first request, and another 15% dropped out

. . . yielding only a 31.9% participation rate at baseline. . . .

“The reason for non-participation seemed to be a sense of guilt and remorse that they did not wish to discuss. An answer often given was: ‘Do not want to talk about it. I just want to forget.’”<sup>2</sup>

Planned Parenthood’s website offers the smooth butter and soothing oil. “[Other women] may feel sadness, guilt, or regret after an abortion. These feelings aren’t unique to having an abortion. People feel many different emotions after giving birth, too.”<sup>3</sup>

Clearly Planned Parenthood wants women to pretend there’s no difference in emotional responses to ending the life of a child and giving birth to that child.

Search *abortion regret* and Google will return articles that say regret from abortion doesn’t last. But past the first page of results, you find quotes such as these from Support After Abortion:<sup>4</sup>

*I am feeling overwhelming sadness, depression, and guilt that hasn’t improved even though it’s been four years since my abortion. I am not sure how to heal.*

*I’m the one who swayed her. I felt relief that day, but the next day it hit me so hard I couldn’t forgive myself. Things got worse including bad friendships, alcohol abuse, drugs, acting out, poor decisions with more girlfriends, just complete destruction for over a decade.*

*At first . . . I just pushed it down and didn’t want to think about it. But now I feel depression, anxiety, anger, and guilt. I’m having dreams and flashbacks.*

### There is hope.

For those suffering after abortion, Care Net offers Project Hope, a program to guide women and men toward healing. Here’s a sample of what women have said after completing Project Hope:

*I’m so thankful for abortion recovery. I can breathe again.*



*I wasn’t the only one I needed to forgive. Forgiveness goes deeper than just letting go of the guilt I felt towards myself. I had to forgive everyone involved in that decision. Even . . . the abortionist. And that was hard to do!*

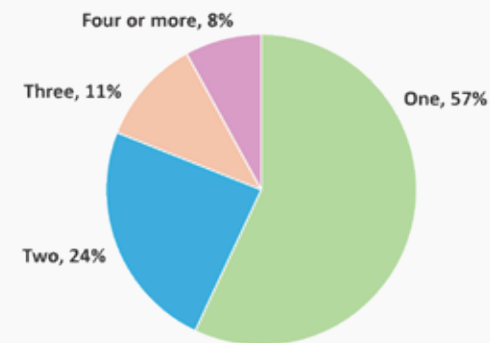
*I thought I was alone in my guilt and shame and then I got help and realized I wasn’t alone.*

**If you know someone struggling after abortion, we’re available at (859) 760-6717. All calls are confidential.**



Scan to read comments from a program leader and more from women who found healing through Project Hope.

Citing the CDC, a Pew Research Center report for 2021 revealed the percentage of women who had had more than one abortion: 43%.



1 <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0128832#sec013>

2 <https://afterabortion.org/study-claiming-women-dont-regret-abortions-doesnt-settle-the-debate/>

3 <https://www.plannedparenthood.org/learn/abortion/considering-abortion/what-facts-about-abortion-do-i-need-know>

4 <https://supportafterabortion.com/blog/grief-after-abortion-10-things-everyone-should-know/>

## Dedications *To dedicate a gift in someone's memory or honor, write a note on your check or follow prompts on the online giving form.*

### IN MEMORY

Baby S by Bill & Valerie Bays  
Nicholas by Michael & Julie Crossen  
Preborn babies by Bill & Valerie Bays  
Unborn babies by Del & Jeanna Burchell  
Mom & Dad by Gayle & Wanda Clayton  
Paul Arbogast Jr. by John P. O' Brien Jr.  
John & Janet Arlinghaus  
by John & Debbie Arlinghaus  
Joe Barket by Dorothy A. Grothaus  
Brenda Kaye Boone  
by Stephen & Dianne Allen  
by Joe & Cindy Allgeyer  
by Terrill Broshear  
by Sharon Heidt  
by Rich Linnoir  
by Ludlow Historic Society  
Irene Bernard, Cindy Blankenship, Judy  
Bramble, Ruth Clinton, Patti Grooms,  
Gary Hart, Sharon Tabler, Sandy  
Wladysz, & Martha Zimmerman  
by David Marks  
by Dee Meyers  
by Charles & Kay Murray  
by Lynne R. Pickrell  
by David & Cindy Schachere  
by William & Diane Waite  
by David Ziser  
Kathleen Cahill by Sheila Harmeling  
Robert Cetrulo by Eliane Cetrulo  
Walker James Daniel  
by Ed & Yvonne Masters  
Katy Renee Davis by Dan Davis  
Louise Dawson by Mark & Donna Freihofer  
Richard Detzel by Bob & Maryann Grimm  
William Dobbling  
by Mark & Teresa Babey  
by Kay Macke  
by Charles & Ann Ulbricht  
Ed & Kathryn Eviston  
by Edward & Pam Grout  
Renee Fagel by Daniel Fagel  
Herman & Elizabeth Franxman  
by Emily Franxman

Fred & Pamela Freifer  
by Mark & Donna Freihofer  
The Frilling family by Joan Frilling  
Don Gerding by Judith Gerding  
Jenna, Jacob & Jordan Goins  
by Don & Kristi Goins  
Robert Greene  
by Gregory & Mary Ellen Meier  
by Emily Walters  
Jack Grothaus by Dorothy A. Grothaus  
Bill & Mary Grout by Edward & Pam Grout  
Francine Hall by Edward Hall  
Axl Heltman by Tom & Nancy Ward  
Daniel Huser by Gerald & Andrea Hardcorn  
Nancy Rae Ifcic by Michael Ifcic  
Jack Kalker by John & Jeanine Kalker  
Tim Kennedy by Sharon Kennedy  
William J. Lonneman by Mary Loneman  
James Manning by Joseph & Linda Manning  
Laura Annear McGreevy  
by Jerome & Karen Landwehr  
by Shirley Lunsford  
by Michael McGreevy  
by Erin & Kyle Brandon, Bryan & Megan  
Butler, Marty & Sandy Butler, Beth  
Dusing, David Dusing, Paula Fritz, Mark  
& Amanda Kolar, Mary Reitz & Emily  
Weaver  
Thomas John McMahon III  
by Amy Bernhard  
by Mark & Stephanie Brockman  
by Richard Flesch  
Francine Miceli by William Duvall  
Arlene Palmer by Dan & Cynthia Briggs  
Mr. & Mrs. James Ratterman  
by Russ & Janice Barlow  
Gilbert & Jim Reis by Ruth Reis  
Joan Robinson by Don Harvey  
Kenneth Roeding by Theresa Roeding  
Irene Ruberg by Nancy Toether  
Christopher Smith by Mary L. Smith  
Gena Spaulding by David & Jane Spaulding  
Rosalice Sumpter  
by Larry & Mary Jo Locknane

Charles Wagner  
by Loretta Hall  
by Karen Edberg  
by Katrina Brown  
Dorothy Weber  
by Dr. Terrence & Jenny Dillon  
Mary Wigger by Joseph & Connie Aylor  
Ed Woeste by James & Teresa Woeste  
Thomas & Terry Zembrodt by Connie Lillard  
Cy & Betty Zembrodt  
by the Zembrodt Family Foundation

### IN HONOR

Mary Finke by Joseph & Diane Hunter  
Joe Fischer by Roger & Sarah Andrews  
Julia Greene  
by Daniel & Cathy Feldmann  
by Michael & Cathy Greene  
by Ronald & Therese Lonneman  
by David & Mary Zirkelbach  
Mike and Katie Greene by Julia Greene  
Douglas Haines by Paula Gleason  
Sandy Lageman by Paul Lageman  
Kim Lampe  
by Mark & Susan Grimme  
by Jeffrey & Beth Hudepohl  
Beverly Meyer by Michael & Katie Meyer  
Frank Monterossa & Maria Schwartz  
by Mike & Mary Beth Griffith  
by Frankie & Anne Maynard  
Janice C. Neltner  
by Marc & Susan Neltner  
by Dr. Scott & Jill Neltner  
Cindy Olive by Margaret Ann Cannon  
Patty Perry by Rodney & Joy Tarleton  
The Reis Family by Ruth Reis  
Evelyn Richard  
by Charlotte Wethington  
by Paula Gleason  
Joyce Haynes Robinson  
by Cole & Rebecca Cuzick  
Kathy Thamann by Paul & Eryn Thamann  
The Thomes Family by Jennifer Danner

## Thank You, Respect Life Month Baby Bottle Campaign Partners!

The churches and ministries at right joined our 2024 Respect Life Month Baby Bottle Campaign in October. Our three annual baby bottle campaigns provide a visual reminder of the importance of standing for life, and filling bottles with coins is a great way to start the pro-life conversation. Any church, school or community group can participate. We provide all materials. Visit [carenetky.org/baby-bottle-campaign](http://carenetky.org/baby-bottle-campaign).

All Saints Parish  
Beechgrove Baptist Church  
Burlington Bible Church  
Divine Mercy Parish  
First Baptist Church Independence  
Holy Cross Parish  
Holy Spirit Parish  
Immaculate Heart of Mary Parish  
Mother of God Parish  
Pure Life Ministries

Riverview Baptist Church  
Sherman Church of Christ  
St. Ann Mission  
St. Anthony Parish  
St. Bernard Parish  
St. John The Evangelist Parish  
St. Philip Parish  
St. William Parish  
Sts. Boniface & James Parish  
Williamstown Christian Church





# CARE NET®

*Pregnancy Services of Northern Kentucky*

PO Box 17688  
Covington, KY 41017-0688

Non-Profit Org.  
US Postage

**PAID**

Cincinnati, OH  
#1167

**Cold Spring  
Medical Center**  
3700 Alexandria Pike  
Cold Spring, KY 41076  
(859) 781-0043  
Monday-Thursday 10a-5p  
Same Day Ultrasounds

**McKinley Family  
Center**  
7129 Price Pike  
Florence, KY 41042  
(859) 282-0029  
Monday-Thursday 10a-5p  
Same Day Ultrasounds

**Williamstown  
Medical Center**  
103 Barnes Rd. Ste. E  
Williamstown, KY 41097  
(859) 824-0123  
Monday & Thursday 3-7p  
Wednesday 10a-5p  
Scheduled Ultrasounds

## MISSION STATEMENT

Care Net is a Christ-centered organization existing to educate, support and empower women and men before, during and after pregnancy, while uplifting the sanctity of human life.

SAVE THE DATE! 2025 ANNUAL BANQUET • MAY 8



OUR BATTLE IS NOT AGAINST FLESH AND BLOOD • EPHESIANS 6:12