

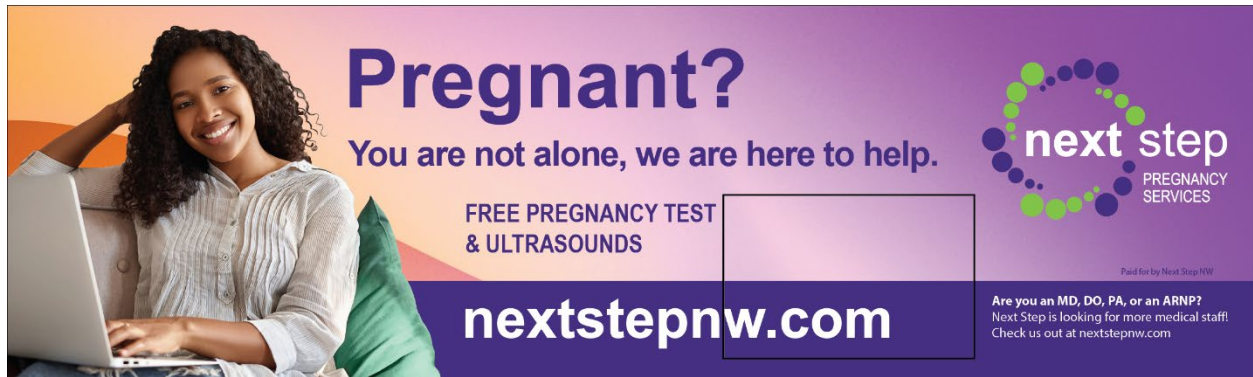


2022 Highlights and Annual Reports

Serving Women and families
in need since 1998



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Did you see our bus ads? They looked pretty great, I think.



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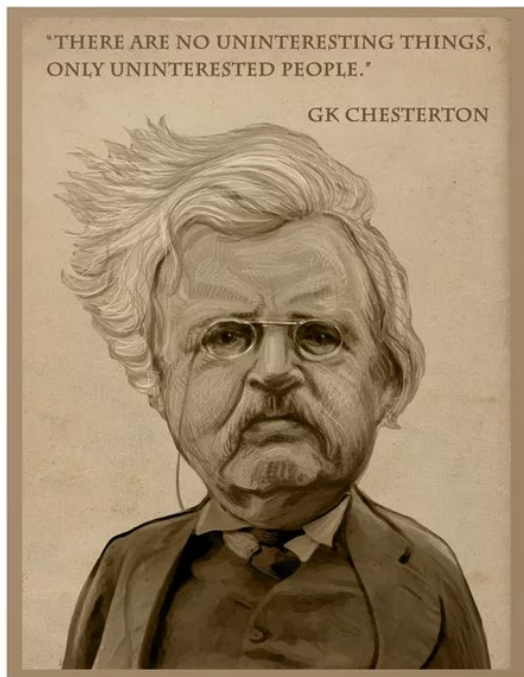


A Word from our Donors

I want to let you know that I support Next Step Pregnancy Services because you help women in need at a time when they are very vulnerable. Maybe she is pregnant and happy and just needs some medical and physical help, but maybe she is desperate for any number of reasons and abortion looks to be the only solution. She comes to you first instead of Planned Parenthood with hope there is a way to overcome her desperate foregone conclusion. And she is met with genuine care, compassion, and real-life material solutions, both physically and spiritually. This woman is assured of her worth and that of her baby. She is reminded of her strength and her value, whether in her family or community, no matter what stage of life she is in or what her circumstances are. She is offered real hope to overcome the challenges she will face, and she is given helping hands, so she won't be alone.

Thank you for your work at Next Step Pregnancy Services!

~ Steve and Maureen Cline



Supporting Next Step is one way we directly contribute to the needs in our community. We trust its staff to be good stewards of our monthly contribution. Its mission aligns with our values and that's extremely important to us. Next Step is a local lifeline to women and their families in our community and we are blessed to be part of its effort to provide quality care and services to its clients.~ Rebecca A.

We are both very Pro-life, but one thing we keep hearing over and over is "what are you doing to help the moms once they choose life?" By supporting Next Step, we feel there is an answer to that question. Moms get support and the information they need to make informed choices. And if that

means giving birth and keeping their baby, they get clothes and diapers and guidance to agencies who will support them in that decision. Thank you, Next Step, for all you do.

~ Ray and Niki Gagner

2022 Highlights, Challenges and Growth

Well, what can we say about 2022! It was a year of unprecedented change! We cleared some huge hurdles, battled some small hiccups, and were front and center to a major victory for the pro-life mission! Here are just a few highlights from our year –

The Seattle Times

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Supreme Court overturns Roe v. Wade; states can ban abortion >

Supreme Court overturns Roe v. Wade; states can ban abortion

Updated 7:32 am



(Stone Koller / The Associated Press)

The Supreme Court has ended constitutional protections for abortion that had been in place nearly 50 years — a decision by its conservative majority to overturn the court's landmark abortion cases.

- What the Supreme Court abortion decision means for Washington
- Live updates | Supreme Court overturns Roe v. Wade

- The landmark Roe v Wade decision of 1973 was finally overturned! While the 2022 Dobbs decision failed to make abortion unthinkable, it gave individual states the right to make their own decisions about this greatest of human rights violations.

And with this overturning came the saving of thousands of pre-born lives. But the fight is far from over....

Next Step endured (and continues to endure) a lot of false press. Those intent on choice cannot abide it when a woman makes the choice for life!



And who could forget when Next Step was vandalized in May!? Service at the clinic never ceased, nor paused, nor changed, nor lost its grit.

Our Mission

Next Step Pregnancy Services is dedicated to serving with compassion and dignity the immediate and long-term needs of those facing unplanned pregnancies. We promote the sanctity of human life in a non-judgmental atmosphere filled with love and compassion. It is our goal to empower those we serve to make healthy lifestyle choices now and in the future.

Our Services

In order to promote the sanctity of human life and to respect the dignity of our clients, Next Step Pregnancy Services provides the following services free of charge:

- ❖ Medical Pregnancy Testing
- ❖ Early OB Diagnostic Ultrasound with licensed Nurses and Sonographers
- ❖ Prenatal Care and Vitamins
- ❖ Distribution of Maternity Clothes and Supplies
- ❖ Distribution of infant /toddler clothes and layettes
- ❖ Distribution of miscellaneous baby supplies (books, bouncers, playpens, toys, etc.)
- ❖ Reproductive Loss Grief Care (i.e miscarriage, abortion, stillbirth)
- ❖ Comprehensive community resource referrals
- ❖ Power of Prayer through a well-organized prayer chain
- ❖ Peer Counseling on the following:
 - Abortion procedures and associated risks
 - Fetal development
 - Adoption and associated benefits
 - Parenting
 - Chastity, relationships, and dating
 - Sexually transmitted diseases (STD/STI)
 - Contraception and associated consequences
 - Natural Family Planning (NFP)
 - Post abortive assistance

Nurse Reflections



It became apparent very early on that the work we do here is just as much for the women as it is for the little lives they carry within; perhaps even more so. I am struck by the number of women who come in believing themselves to be "failures" or "losers" or even "unlovable".

Often it is a past abortion that has led to this false belief. Yet life circumstances, lack of resources, and extreme pressures lead them to believe their only option is yet another abortion.

I am so thankful to God that the love He generates within these walls is enough to soften a certain number of hearts. Alivia was one such client who felt she had no other option. She was hooked on fentanyl, had an abusive boyfriend, and the only reason Planned Parenthood didn't provide her with the abortion pill was that she had no money. So, we spoke; I listened. We talked about possibilities; we imagined some "what ifs". I tried as best I could to let her know she was not only lovable but loved.

And THANK GOD! She returned with the father of the baby. She was getting addiction help from the Community Health Clinic. She was smoking less. She was keeping her baby! She was back in last month to pick up some maternity clothes now that her baby "bump" was visible. I do not know what the future holds for this woman, man, or baby. They remain in my prayers daily. My greatest prayer request is that she continues to know God loves her and responds accordingly.

~ Barbara Millett, RN

This past October I counseled a young girl in a very difficult situation. I don't know the outcome of what happened to this client or her baby. I probably will never know.

I remember when I took the didactic ultrasound training in Missouri and the instructor told us that if you can't get past the loss, and it starts becoming personal, you won't make it in ultrasound.

This girl was a beautiful 16-year-old with her whole life ahead of her. She came in with her two sisters asking for the abortion pill. Instead, Marta offered her an ultrasound, which she accepted. Her baby was 13 weeks. The mother was amazed at what she was seeing on the screen. Her sisters were crying. Her baby was holding his/her tiny hands together. In talking with the baby's mother, she was terrified her mother would find out. She didn't even know her daughter had a boyfriend.

The next day the client came in for her vitamins, which I had forgotten to give her--a wonderful sign she was moving towards keeping her baby. I began to pray for this baby. I cried out to God for this new life. I pulled up the ultrasound images and laid my hands on the little body. I fasted. When I spoke with the mother again, she was still undecided. I offered her another ultrasound, and she made the appointment, but did not come in. I never spoke to her again. It was three weeks before I began to let go.

This is the nature of our work here. The Lord has this baby. I must keep going.

~ Kim Berry, RN

Our 2022 Gala!

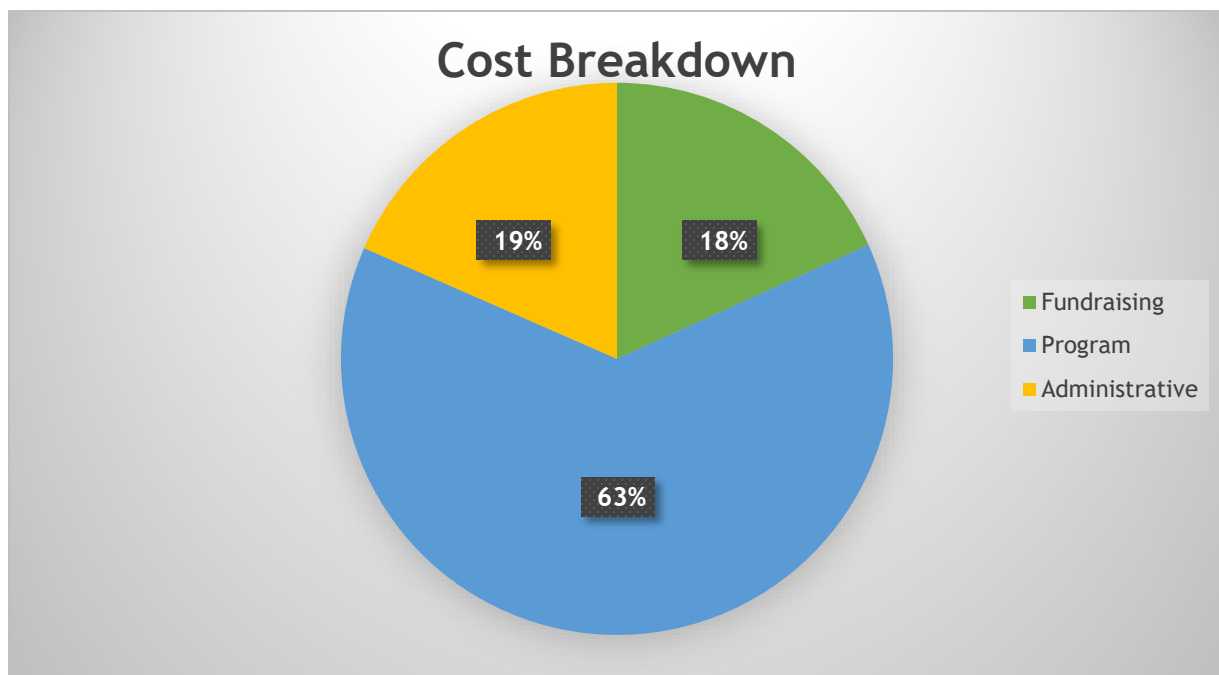
The 2022 Next Step Pregnancy Services Gala was a huge success!! It was held on September 24th at Holy Rosary parish in Edmonds, and we had about 200 or so guests join us for our first live event in...awhile!

There was music, games, food, desserts, a silent auction, and some awesome stories from our guest speaker Rebekah Hagan, and our nurses.

To date our event made over \$130,000 which goes directly to our pro-life organization. This allows us to stay open, to offer a variety of free supplies for expectant mothers and their babies, and to continue serving families by protecting and celebrating life – born and unborn.



2022 Income Statistics



- Please note payroll is not included in this expense breakdown

In 2022, thanks to your generosity and fierce defense of life, Next Step raised a total of **\$540,000**



Grants: \$114,878

Baby Bottle Campaigns: \$49,574

Commitment Donors: \$27,519

Corporate Matching: \$30,101

Corporate Donations: \$2,060

Individual Donors and Organizations:
\$179,685

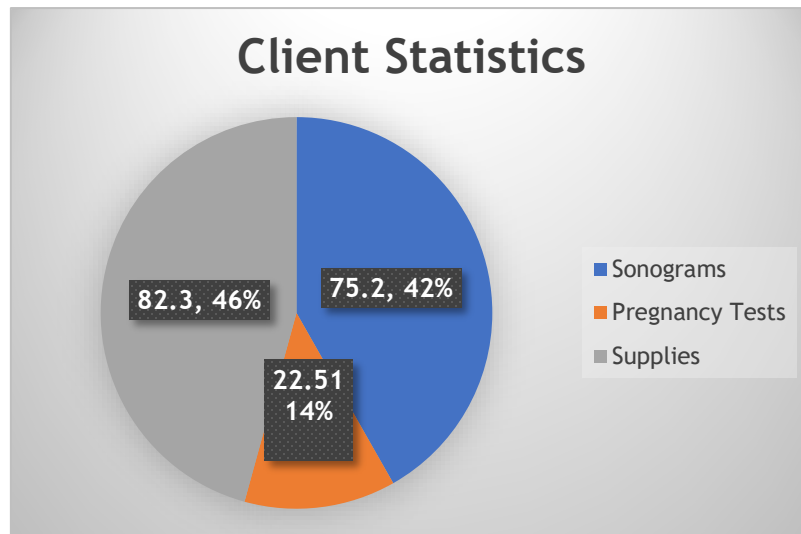
Annual Gala: \$130,330

Angel of the Day Program: \$5,296

Public and Church Support: \$1,562

We had 253 first time donors!
We had 10 new commitment donors!
We had 4 new church communities reach out to us!

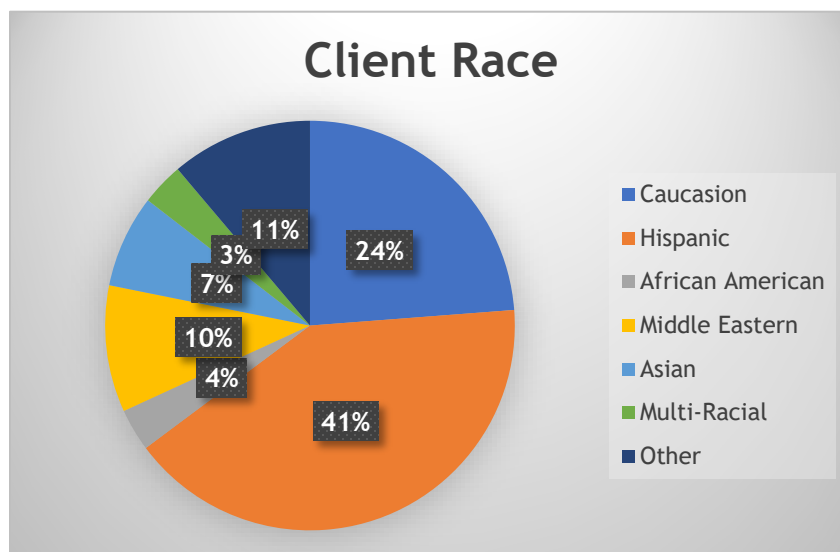
2022 Client Statistics



- **20%** of Next Step clients were undecided and/or abortion vulnerable.



- **30%** of Clients are considered “at risk” for an unplanned pregnancy
- **20%** of Clients are under the age of 24



- **60%** of clients need low cost or free services because they are unemployed, uninsured, or low income.
- **735** total medical appointments
- **3,214** Families served



Accreditation News!

Next Step Pregnancy Services began the arduous journey of Accreditation back in 2021, and we have finally cleared some major hurdles in the process!

AAHC or Accreditation Association for Ambulatory Health Care, founded in 1979, is an American organization which accredits ambulatory health care organizations, including ambulatory surgery centers, office-based surgery centers, endoscopy centers, and college student health centers, as well as health plans, such as health maintenance organizations and preferred provider organizations.

Accreditation is for organizations that provide diagnostic, surgical, or medical care on an outpatient basis, where an overnight stay is not required. In many cases, accreditation remains a voluntary process through which an organization can measure the quality of its services and performance against nationally recognized standards. The accreditation process involves self-assessment by the organization itself, as well as a thorough review by the surveyors from the accrediting organization. This grueling process is reviewed and repeated every three years.

We are proud to say that Next Step Pregnancy Services is well on its way to achieving this standard. We thank you for your prayers and support as we pursue this goal. Our “next step” in the accreditation process – Mock Surveys (sometimes known as practice surveys) – will take place this month and, God-willing, we will be fully accredited by June of this year!

Hope after Loss

Did you know that miscarriage and abortion account for nearly 2 million losses per year in this country? Reproductive loss surrounds us – yet we rarely ever talk about it! This type of loss often goes completely unrecognized by our society despite the fact that it causes real and often significant pain and grief.

While circumstances surrounding the reproductive loss can differ greatly (which also includes stillbirth, domestic infant adoption, as well as infertility) the grieving process itself is similar. Life Perspectives is a California based non-profit organization that has developed two amazing websites to help facilitate the healing process for women. Both miscarriagehurts.com and abortionchangesyou.com are well worth checking out.

Next Step and our primary staff nurse and ultrasound tech became the first of our group to become certified in reproductive grief care through Life Perspectives. With education, expertise, and support after pregnancy and reproductive loss, Life Perspectives provides a myriad of resources. Being able to better support women and their families in our community who have suffered through miscarriage and abortion has been a much-needed service for a very long time. We are thankful that we can now provide hope after loss.





2022 was a record year for

Baby Bottle Campaigns, Drives, and Giving Tree Goodies!

Thank you to the following churches and organizations that made 2022 such a blessing and enabled Next Step to serve and serve well!

Between all the gifts and giving, Next Step took in \$ 50,000 in monetary and tangible gifts!

**Blessed Sacrament Parish Baby Bottle Campaign
St. Alphonsus Parish Baby Bottle Campaign and Giving Tree Gifts
Biella Foundation Christmas Grant and More!
St. Luke Parish Baby Bottle Campaign
A New Day Church Baby Bottle Campaign
St. Paul Orthodox Church Gifts
Little Bipsy Gifts
St. Pius X Parish Gifts
St. Mark Parish Giving Tree and Baby Bottle Campaign
St. Thomas More Parish Baby Bottle Campaign
St. Elizabeth Ann Seton Parish Giving Tree
St. Brendan Parish Baby Bottle Campaign
Holy Rosary Parish Baby Bottle Campaign and Gala!
MapleWood Foundation Diaper Bags and Gifts
Mary, Queen of Peace Parish Gifts
NorthLake Christian Church Gifts
North Sound Church Baby Bottle Campaign
Lynnwood Chick-Fil-A Client Gift Cards
St. Timothy Lutheran Church Santa Stockings
Binky Patrol beautiful homemade quilts**

**Platinum
Transparency
2022**

Candid.

- Our Next Step Pregnancy Services' donor base increased by 78.5%! That's huge. Many new people in our community have stepped up to fully support the mission of life. They have taken a stand – and with that, Next Step achieved Platinum status on GuideStar (aka Candid) a global leader in helping folks do more good!

Next Step had our first live event since 2019! On Sept. 24th we celebrated and came together for our much-missed Silent Auction and Gala – hosted by Holy Rosary church in Edmonds. The event welcomed over 200 guests, netted over \$127,000, and allowed the Next Step family to break bread together once again.

Our Team

The beauty of Next Step Pregnancy Services is our TEAM, hands down. Their compassion, determination, and willingness to serve shone more than ever this year.

Thanks to our Staff ---



Heather Vasquez
Executive Director



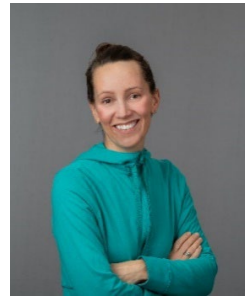
Nancy Tribble
Operations Supervisor



Kim Berry
Nurse Manager



Marta Matos
Executive Assistant



Barb Millett
Staff Nurse

Thanks to our Volunteers --- Deborah, Beth, Kristie, Lizeth, Emily, Vicki, Sherri, Rebekah, Rose, and Tori -- who come in consistently and always with smiles and open hearts to all that can happen here!

Thanks to our Nurse and Sonographer Volunteers --- Rosa, Patty, and Maureen.

Thanks to our 2022 Board of Directors ---

Bill Kessler, President
Denise Mullins, Vice President
Marilyn Thornton, Secretary
Linda Marrese, Treasurer
Josh Cummins, Board Member
Kim Cummins, Board Member
Nicole Guerrero, Board Member
Julianna D'Angelo, Board Member
Keleigh Muzaffar, Board Member



2023 will prove to be another groundbreaking year for Next Step as we introduce new medical professionals and finally prepare for the opening of our STD and APR services!