

The background of the entire page is a soft-focus photograph of a woman with dark hair tied back, smiling warmly as she holds a baby. The baby is looking towards the left. Overlaid on the left side is a large, stylized star logo in shades of blue and teal, with a small orange star inside it. The text is positioned in the upper and middle sections of the page.

GUIDING STAR
— SIOUXLAND —

ANNUAL REPORT

2024

BUILDING A CULTURE OF LIFE
through women's healthcare

Understand, Embrace, and Love your Natural Body!

A Note From our Executive Director

As I reflect on my experience through pregnancy and postpartum with my third earthly child, I'm reminded that it really does take a village.

My pregnancies are never easy, but this one was the hardest by far. Hyperemesis knocked me off my feet for almost two whole months. I could barely function to get out of bed, but was so blessed to lean on friends and family to help take care of my children, house, and meals. (Plus some incredible team members on my staff who kept us afloat!). On top of that, pregnancy after loss held emotional turmoil that I was unprepared for.

I was able to surround myself with a care team who truly honored what I desired from my birth experience. As I waited - not so patiently - 10 long days after my "due date", I never felt pressure to rush into an induction or to choose methods I wasn't comfortable with. I was fully educated on all of my options, along with the benefits and risks. When baby finally let me know it was time, I again had friends and family to support me and take care of my kiddos at home.

When I developed postpartum pre-eclampsia, again, my village of friends and family was there to take care of me in ways that I will forever be grateful for, including pushing me to get checked out when I was writing off serious symptoms. And even with a third baby, breastfeeding holds unique challenges and we are facing our hurdles with full confidence in the care we are receiving.

My village is incredible. And I pray that everyone has their village. **This is exactly why I believe in Guiding Star. No woman should ever fear pregnancy, birth, postpartum, or breastfeeding.** Even planned pregnancies are full of choices to make, information to retain, and difficulties you may not have seen coming.

That's why our village is here. From the beginning stages of feminine awareness until the end of a woman's fertility (and beyond), we are proud to support and educate all women to understand, embrace, and love their natural bodies. We are here for you!

Kaleigh Van Middendorp
EXECUTIVE DIRECTOR

We Believe...



- In the inherent dignity of every human being beginning with natural conception and ending with natural death
- In holistic, women-centered solutions to the many challenges women face in our society today
- In each woman's innate ability to nourish life, either physically or spiritually
- That fertility and childbirth are natural, healthy biological processes and that knowledge of them empowers women
- That our bodies were created beautifully and deserve respect, understanding, and care
- That abortion and contraception interrupt natural, healthy biological processes
- That life naturally begins at conception within women and requires a "yes" on the part of women to be realized. Therefore, women are at the heart of the **Culture of Life**
- That women should not feel forced to choose between their children and their education and/or career
- That every life is unique and holds potential; **every life deserves celebration** regardless of the circumstances of conception, status, or health

WHEN YOU TRUST US WITH YOUR HEALTHCARE, WE TAKE THE TIME TO TRULY HEAR YOUR STORY WITH COMPASSION AND PROVIDE INDIVIDUALIZED MEDICAL SERVICES AND EDUCATION FOR ALL STAGES OF WOMANHOOD.



Makayla De Jong
RN, BSN, CLD
Nurse Manager



DeeAne Otto
ARNP, CLC
Medical Director



Monica Minjeur
DO
Scan Interpreter



Olivia Rozeveld
Marketing &
Communications



Jessica Vande Weerd
Business
Administrator



Tana Van Gorp
FEMM Instructor



Jennifer Den Boer
FEMM Instructor



Pearl Gibbons
Volunteer
Counselor

Doulas

- Makayla De Jong
- Tricia Van Wyk
- Jaclyn Schelling
- Olivia Rozeveld
- Tana Van Gorp



Kaleigh Van Middendorp
Executive Director

This year, Kaleigh celebrated 5 years with Guiding Star and 4 years as Executive Director. Her leadership has been pivotal to the direction and success of Guiding Star's Mission.

**Thank you and
Congratulations, Kaleigh!**

Board of Directors:

- Rachel Boothby - Chair
- Heidi Van Peurseem - Vice Chair
- Tara De Nooy - Secretary
- Gina Wellendorf - Treasurer
- Lynn Wielenga - Director of Spiritual Health
- Cassie Hines - Member at Large
- Consultants: Douglas Anderson & Jazmine Sneller

Lactation Specialists

- DeeAne Otto, CLC
- Cassie Hines, CLC
- Tricia Van Wyk, CLC

**OUR GOAL IS TO EMPOWER WOMEN TO EMBRACE
THEIR NATURAL FEMININE DESIGN THROUGH OUR
FOUR PILLARS OF CARE:**



FERTILITY CARE & NATURAL FAMILY PLANNING



PREGNANCY & CHILDBIRTH



BREASTFEEDING & POSTPARTUM



FAMILY LIFE SERVICES



LEARN MORE ABOUT GSS

At Guiding Star Siouxland, we believe that no woman should fear fertility, pregnancy, breastfeeding, postpartum, or motherhood.

We want to diminish common fears:

FINANCIAL

The majority of our services are offered for free, and scholarships are available.

ACCESSIBILITY

We offer child watch, and little ones are always welcome to join parents during appointments.

EDUCATIONAL

Our FREE care consults help you make informed healthcare decisions for you and your family.

407 Client Visits!

111 New Clients

114 FREE
Care Consults

46 Pregnant
women served

40 Twinkles born

3 Abortion Vulnerable
women chose LIFE!

WE ARE HONORED TO
PROVIDE RESOURCES,
EDUCATION, AND SUPPORT.

9
FREE Fertility Consults

10
FREE Infertility Support
Consults

16
FREE Bereavement
Support Consults

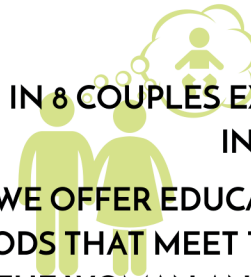
26
FREE Postpartum
Consults

1 in 5 women experience
postpartum depression.



**1 IN 8 COUPLES EXPERIENCE
INFERTILITY.**

**WE OFFER EDUCATION AND
METHODS THAT MEET THE NEEDS
OF THE WOMAN AND COUPLE.**



4 Doula Births Attended

Why doulas Matter:

- 68% increase in overall birth satisfaction when utilizing a doula for pregnancy and delivery.
 - Decreased likelihood of delivery by c-section
 - Improved postpartum mental health
-
- 30%+ of Iowa's babies are born by c-section. Double the WHO standard.
 - Up to 45% of new mothers reported experiencing birth trauma.

34

FREE lactation Support
Consults

15

Breast Pumps
Given

3,000+

Ounces of Breastmilk
Shared

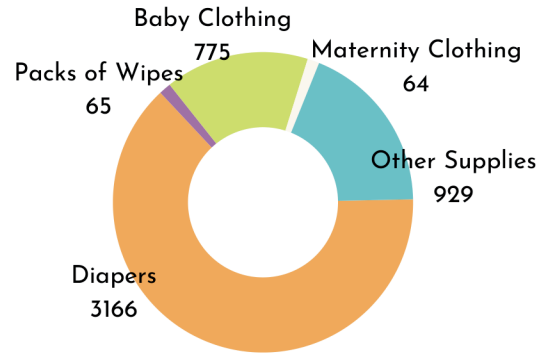
60% OF INFANTS WILL NOT BE
EXCLUSIVELY BREASTFED THROUGH
6 MONTHS DESPITE THE BENEFITS
FOR BOTH MOM AND BABY.

WE OFFER THE SUPPORT AND
EDUCATION MOMS DESERVE.

18 Baby Weigh
Station Visits

51 Creighton Model
FertilityCare Followups

14 Counseling
Appointments



3,966

Items of Material
Assistance Distributed

92

Children cared for
in Child Watch

496

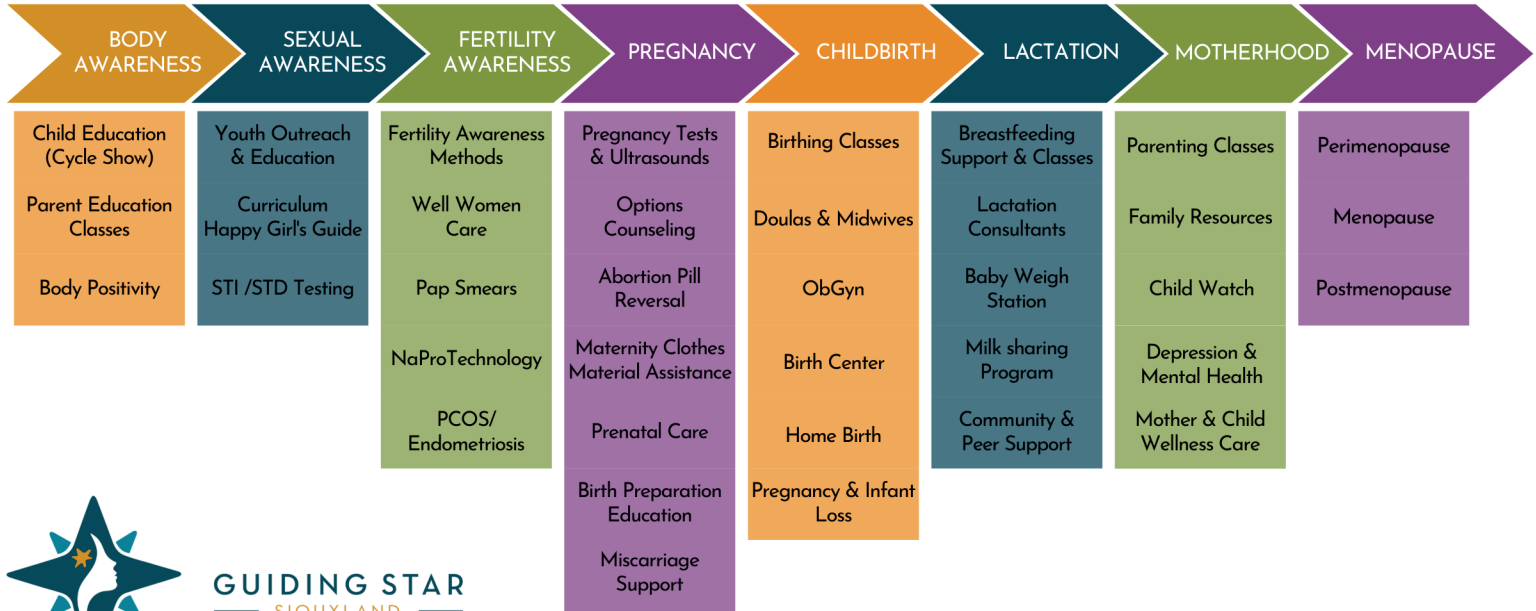
Parents & children served at
our Family comfort stations

*Up from 447 last year!

122 Attic Visits

*data collected from July 2023-June 2024

Guiding Star Siouxland's Spectrum of Women's Healthcare



GUIDING STAR
— SIOUXLAND —

Classes

- Introduction to Creighton Model FertilityCare System™
- Introduction to Womanhood
- Modern Womanhood
- Pregnancy & Childbirth
- Breastfeeding & Pumping
- Postpartum & Newborn
- Perimenopause

Support Groups

- Hopeful Hearts
- 4th Trimester Circle
- Pregnancy & Infant Loss

Service Partners

Our Service Partners fully align with our Philosophy Statement, so we have confidence that our clients will receive quality care through our referral. By connecting our clients to our Service Partners, we can provide a continuum of wholistic care for a lifetime of family health.



July 2025

- Implement new medical services including IV Therapy, STD/STI Testing, Abortion Pill reversal treatment, 1st trimester ultrasounds, DNA gender reveal testing, and postpartum progesterone therapy
- Hire additional staff including Patient Care coordinator and Creighton Model Practitioner
- Build brand awareness through focused marketing tactics
- Foster relationships with service partners and local churches

July 2027

- 7 staff members including added clinic nurse, midwife, sonographer, functional medicine practitioner, and counselor.
- Reliable attendance for increased class offerings.
- Active referral program with service partners and community businesses
- Begin accepting insurance/medicaid

July 2034

In ten years, we want Guiding Star Siouxland to be the first place women look to in Siouxland for reproductive healthcare, and spearheading the pro-life movement in Northwest Iowa.

- \$400,000 in revenue
- In house doctor and pediatrician, NaPro practitioner, midwives, counselor
- On-site, birth center
- nutritional program, functional medicine
- fertility education provided to MS, HS, & colleges,

The
Future
of GSS



Help us build a future where
no woman fears her fertility,
pregnancy, postpartum,
breastfeeding, or
motherhood

Frequently Asked Questions

★ HOW DO I RECEIVE CARE?

You can stop in anytime during our normal business hours! You can also set an appointment by calling 712.266.3282 or emailing info@guidingstarsiouxland.org.

★ HOW DO I DONATE?

Donations can be made directly to Guiding Star Siouxland by way of cash, check, or by scanning the QR code to give online

★ WHO DO YOU SERVE?

We serve all women and families throughout Siouxland and beyond. We serve anyone who is looking for services under our 4 pillars of care.

★ HOW CAN I GET INVOLVED?

GSS is always looking for more like minded individuals to join our team! We have volunteer opportunities, leadership opportunities on our board of directors, and employment opportunities. We always appreciate prayer partners and financial supporters!

★ ARE ALL OF YOUR SERVICES FREE?

We offer the majority of our services for free, including: The Attic clothing donation center, support groups, Care Consults, pregnancy testing, and a variety of others. Beyond those, some services or classes have fees attached to them. Scholarships are often available.

★ ARE THERE OTHER GUIDING STAR CENTERS?

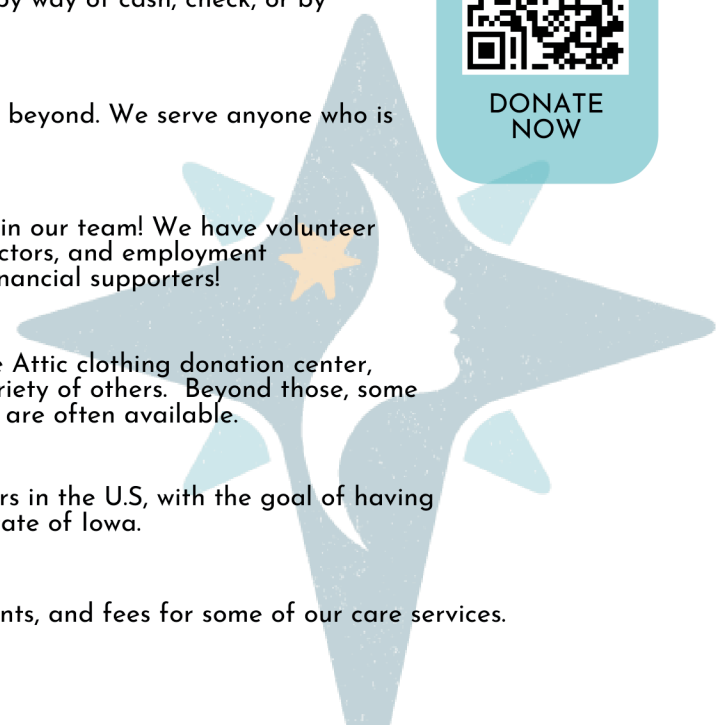
Yes! We are one of the Guiding Star Project Affiliate Centers in the U.S, with the goal of having Centers in every state! We are one of three centers in the state of Iowa.

★ HOW ARE YOU FUNDED?

We are a 501(c)(3) and funded by generous donations, grants, and fees for some of our care services.



DONATE
NOW



EPHESIANS 3:20-21

"NOW TO HIM WHO IS ABLE TO DO IMMEASURABLY MORE THAN ALL WE ASK OR IMAGINE, ACCORDING TO HIS POWER THAT IS AT WORK WITHIN US, TO HIM BE THE GLORY IN THE CHURCH AND IN CHRIST JESUS THROUGHOUT ALL GENERATIONS, FOR EVER AND EVER! AMEN"

712-266-3282

www.guidingstarsiouxland.org

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WATCH FULL
TESTIMONY
VIDEOS ON
OUR YOUTUBE
CHANNEL