



# PATHWAYS CLINIC



FAMILY & PREGNANCY  
RESOURCE CENTER

## CLINIC NEWSLETTER

# Supporting Families

## A Pathways' Commitment

In our last newsletter, Kimberli Swenson, Executive Director, talked about "The role of Pathways in honoring LIFE includes doing our absolute best to ensure that the families we serve are sound, strong, and secure..."

Emma's story is an example of how Pathways honors that commitment. Emma was not a newcomer to Pathways. She has been a client for some time, receiving pregnancy testing, ultrasounds, education, material items, and many other resources that Pathways offers. Emma returned to Pathways when she became pregnant with their family's fifth child. During this pregnancy, however, Emma and her husband were not only providing for their four children, but they were also helping support his sister and her children. Finances were tight and Emma knew another child would add new expenses to their household.

When asked how her experience with Pathways changed her outlook for the future, she responded, "Pathways helped take some of the financial burdens off of us. Knowing there were people willing to help during times when you are down on your luck felt awesome".

Emma went on to explain how Pathways not only prepared her mentally for her fifth child, but she also learned new information about a child's emotional development.

"I learned things I never knew during my other pregnancies," she commented. Even after the birth of her fifth child, Emma continues to visit Pathways when she is in need of items such as diapers, formula, and other baby supplies. She has also referred her sister-in-law to Pathways for resources and pregnancy support. Together they worked through the Earn While You Learn curriculum, and both earned brand new car seats through the free program.

Emma wanted to make sure that our donors know how very grateful she is for the compassionate care and resources she has received.

"I would like to say thank you very much. Pathways helped so much. It made us feel great that people cared and were willing to help. We got everything we needed to raise a baby".

Emma's story is just one of many that testifies to Pathways' commitment in helping families become sound, strong, and secure. Sharing God's love and grace to all those who call on Pathways for assistance will remain Pathways top priority through this commitment to honoring LIFE and FAMILY.

*"Knowing there were people willing to help during times when you are down on your luck felt awesome."*

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# From Our Director

## Growth through change

As a mother to three young adults, the wife of a law enforcement officer for 26 years, professional volunteer, and ministry leader, you would think that I would be well equipped to be on the receiving end of change. Honestly, that couldn't be further from the truth. I like, no... I need, to know what is coming. I am a planner. I have to have all my ducks in a row, and when they wander, I feel insecure, anxious, and stressed. But through my faith, I know that each of those crazy little ducks is a lesson that He has brought me to for a purpose.

We have all been brought to sudden and scary changes over the past few months. Our safe and secure world was brought to chaos overnight. Pandemic regulations, debates on masks, sudden loss of wages, protests and riots... it seems everything that we knew yesterday is different today. I am unable to turn on the TV or the computer and believe what I am seeing and hearing. I even find myself questioning how any of this could be part of God's plan. A few weeks ago, I began listening to my Bible app to help put my mind at ease at bedtime. I have been falling asleep listening to the Psalms. It is such a comfort, like falling asleep in the Father's arms while he quietly whispers His promises. Often when I wake in the morning, I find the words of Psalm 37 in my mind, "Do not fret because of evil men or be envious of those who do wrong; for like the grass, they will soon wither, like green plants they will soon die away. Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Delight yourself in the LORD and He will give you the desires of your heart. Commit your way to the LORD; trust Him and He will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. Be still before the LORD and wait patiently for Him; do not fret when they succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret- it leads only to evil". There are so many lessons here, even in just these few lines. He tells us to turn away from the evil we see men do. He tells us not to be afraid. He tells us to keep our eyes on Him and to trust Him. It is so easy to fall and give in to our human nature and want to lash out at those who are so plainly doing wrong, but He commands us to not respond in anger. I have found a few points in this scripture that I try to remember daily. I fall, but I try.

1. Don't take the actions of others personally.
2. View things in light of eternity, from His perspective. Focus on His call on your life, not on the world.
3. You are responsible for how you respond.
4. Know that He will never forsake you.
5. Remember always, His care and love for you are much greater than we can fathom-He is with you through the fire.

I can hear Him telling me this plainly. "These things have nothing to do with you. They are not directed at you or your fault. You are OK- don't put yourself down. I, the Lord, am still in control. I brought you here for a reason. I am the One who has a plan for you. Your responsibility is to be obedient to Me. This is about you trusting Me". I am challenged to stop and reflect. How am I responding to change around me? Am I growing through it, or am I hiding in fear? Can I look back and see His hand at work? How can I let this experience draw me closer to Him?

I urge you to read this scripture and seek His comfort when the darkness we see in the world seems overwhelming.

***The Salvation of the righteous comes from the Lord; he is their stronghold in time of trouble. The Lord helps them and delivers them; he delivers them from the sicked and saves them, because they take refuge in him.***

*Psalm 37: 39-40*



In His Service,  
Kimberli Swenson  
Executive Director  
Pathways Clinic



# Opportunities at Pathways

Change happens to all of us, and Pathways is no exception. Many of you have been blessed to know Jessa Flint. She has been an integral part of the Pathways ministry for nearly 10 years. Several years ago, she moved with her family to Marysville and continued to work remotely for Pathways. After months of prayerful consideration, she made the decision to seek out employment that is local to her family. This decision allows her to have a more personal relationship with her new employer and allows Pathways to grow and add to our family locally. Together with our Board of Directors, I have opened two part time positions at the clinic: Operations Assistant and Financial Assistant. These positions are open now and we are excited to see who God has called to join our family, and how His ministry will be blessed and grow through this change! If you are interested or know someone who would be a wonderful fit for either of these positions, please reach out to me at [director@pathways180.com](mailto:director@pathways180.com).



## A Client Shares...



*Thank you for your donations because without them I would not of had the chance to be a mother and be such a positive person. My pregnancy was hard . I wasn't supposed to have kids after having cancer 4 times. The people here are very supportive and gave me the strength to try again. They changed our lives.*



- Lisa, Pathways Client

## upcoming events

OCTOBER 15, 2020

ANNUAL  
FALL BANQUET  
ANNOUNCEMENT  
COMING SOON

NOVEMBER 5, 2020

CLARK COUNTY PRAYER  
BREAKFAST  
VANCOUVER HILTON

FIND OUT MORE  
ON THE EVENTS  
PAGE ON OUR  
WEBSITE



# Board & Staff

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STAFF NURSE:

MICHELLE ZUMWALT

VOLUNTEER NURSE:

SARAH PAIK

VOLUNTEER NURSE:

JENINE WRIGHT

## Contact Us

[ADMIN@PATHWAYS180.COM](mailto:ADMIN@PATHWAYS180.COM)

(360) 834-7256

[PATHWAYS180-PARTNERS.COM](http://PATHWAYS180-PARTNERS.COM)

## Volunteer Highlight - Sandie Henry

Sandie moved to the area from Florida a couple of years ago to be closer to her family. Newly retired, she felt called to begin looking for volunteer opportunities in the community.

In August of 2019, Sandie attended Pathways' Family Fun Day in downtown Washougal. Sandie entered, and won, one of our raffles that day. When she came to pick up her raffle item at the clinic, she had an opportunity to meet Pathways' staff and find out more about the mission of Pathways. After getting to know the staff and learn more about Pathways, Sandie knew that this was where she was supposed to volunteer.

Sandie officially joined the Pathways family in October of 2019, and spends most of her volunteer time helping in the boutique.

