

NEWSLETTER



RESPECT LIFE MONTH

October is Respect Life Month, a time to reflect on the dignity of every human person, from conception to natural death.

emotional wellness month

This period encourages individuals to assess their stress levels and emotional states. By doing so, people can identify areas in their lives that need improvement.

This month also promotes the idea that taking care of our emotional health is as vital as caring for our physical health.

It emphasizes the importance of reducing stress, practicing mindfulness, and seeking support when necessary.

Breast Cancer Awareness Month

- Breast cancer is the most common cancer diagnosed among women in the U.S. Each year, about 32% of all newly diagnosed cancers in women are breast cancer.
 - About 16% of women with breast cancer are younger than 50 years of age.
 - About 66% of breast cancer cases are diagnosed at a localized stage — before cancer has spread outside of the breast — when treatments tend to work better.
 - There are currently more than four million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- 

SIDS Awareness Month

According to the Centers for Disease Control and Prevention, approximately 3,400 infants in the United States die annually from sleep-related causes, including SIDS, accidental suffocation and deaths from unknown reasons.

Safe Sleep and SIDS Awareness Month helps parents refocus on the essential steps to protect little ones during their most vulnerable moments.

Volunteer Spotlight

Marlene Strieker

Marlene has been volunteering at Options for Women for about 2 - 3 years. She heard about Options from her friendship with Leah. Marlene volunteers her time by cleaning the facility on a regular basis.

Marlene has always been pro-life, but now truly sees how much Options supports women—not just in choosing life, but in raising their babies as well. She states, they provide essential services, daily necessities, and ongoing support. They are truly a blessing to our community.



WE'D LIKE TO THANK
SHARON AND TERRI
FOR THEIR 8 YEARS OF
DEDICATION AND
SERVICE TO THE
FAMILIES HERE AT
OPTIONS FOR WOMEN!

WE WISH YOU THE BEST
IN YOUR RETIREMENT.

*Thank
you!*

13th Annual Banquet for LIFE

Embrace Life

**Tuesday, October 14,
2025**

**Registration - 5pm
Dinner - 6pm**

**Knights of
Columbus Hall
3305 N High St
Jackson, MO**

**We would love to see you there!
Please RSVP no later than
Mon., Oct. 6th 10am
to Leah - 573-275-0420**

Seven Weeks

Coffee



Don't forget, by purchasing coffee through the link below you'll also support Options for Women!



Through MyLegacyWill you can:

- Create a will for free.
- Consider a gift; by leaving a charitable gift in your will to ensure future generations benefit from your generosity.
- Make it legal.



The following link:
[MyLegacyWill.com/optionsforwomencape](https://mylegacywill.com/optionsforwomencape)
will direct you to the correct form.

It is best to access the link and fill out the information on a computer.

<https://sevenweekscoffee.com/?ref=affirmlifescape>