

# NEWSLETTER



## FAMILY WELLNESS MONTH



FAMILY WELLNESS MONTH IS ALL ABOUT INSPIRING HEALTHY HABITS AND NURTURING STRONGER FAMILY CONNECTIONS. OBSERVED EACH YEAR ON THE FIRST DAY OF MAY, IT SERVES AS A REMINDER TO PRIORITIZE BOTH PHYSICAL AND MENTAL WELL-BEING.

THROUGHOUT THE MONTH, THE FOCUS TURNS TO ACTIVITIES THAT SUPPORT EXERCISE, NUTRITIOUS EATING, AND EMOTIONAL BALANCE. THESE EFFORTS NOT ONLY IMPROVE INDIVIDUAL HEALTH BUT ALSO BRING FAMILIES CLOSER, CREATING A SUPPORTIVE ENVIRONMENT WHERE EVERYONE CAN THRIVE. IT'S AN IDEAL TIME TO ENJOY ENERGIZING, MEANINGFUL EXPERIENCES TOGETHER—WHETHER THAT'S HIKING, COOKING WHOLESOME MEALS, OR JOINING LOCAL WELLNESS EVENTS.

WHY EMPHASIZE FAMILY WELLNESS? BECAUSE HEALTHIER FAMILIES OFTEN EXPERIENCE LESS STRESS, FEWER MEDICAL EXPENSES, AND A HAPPIER HOME LIFE OVERALL. INVESTING TIME IN WELLNESS CAN HELP PREVENT CHRONIC CONDITIONS, STRENGTHEN MENTAL HEALTH, AND EVEN CONTRIBUTE TO FINANCIAL STABILITY BY REDUCING HEALTHCARE COSTS.

CELEBRATING FAMILY WELLNESS MONTH IS A VIBRANT AND REWARDING EXPERIENCE THAT BENEFITS EVERY MEMBER OF THE HOUSEHOLD, SETTING A POSITIVE TONE THAT CAN CARRY THROUGH THE ENTIRE YEAR.

## NATIONAL FOSTER CARE MONTH



CHILDREN WHO FACE INSTABILITY OR RISK AT HOME SOMETIMES NEED THE ADDITIONAL CARE AND SUPPORT THAT FOSTER PARENTS CAN PROVIDE. EACH YEAR, AN ESTIMATED 400,000 CHILDREN AND TEENS ACROSS THE UNITED STATES SPEND TIME IN SOME FORM OF FOSTER CARE.

WHILE FOSTER CARE ISN'T ALWAYS THE IDEAL CIRCUMSTANCE, MANY YOUNG PEOPLE BENEFIT FROM HAVING THEIR NEEDS MET BY A FOSTER PARENT OR FAMILY—WHETHER FOR A BRIEF PERIOD OR A LONGER-TERM PLACEMENT.

NATIONAL FOSTER CARE MONTH SERVES AS A MEANINGFUL MOMENT TO RAISE AWARENESS, DEEPEN UNDERSTANDING, AND RECOGNIZE THE VITAL CONTRIBUTIONS FOSTER FAMILIES MAKE EVERY DAY.

### CHILDREN'S BOOK WEEK (MAY 4-10)

Children's Book Week, first celebrated in 1919, is the nation's longest-running literacy initiative. It honors not only the joy of reading but also the power of community and connection. The event brings together children and adults with books, authors, and illustrators, all with the goal of inspiring a lifelong love of reading.

### **National Children's Mental Health Awareness Day May 7**

In the United States, 7.1% of children ages 3–17 experience anxiety, and 3.2% live with depression—rates that have risen steadily over the past twenty years. According to the National Institute of Mental Health, half of all mental illnesses begin by age 14, and three-quarters emerge by age 24. The median age at which anxiety or impulse-control disorders first appear is just 11 years old.

This event aims to:

- Shine a light on the mental health needs of children and adolescents, ensuring these issues are recognized as essential to overall well-being.
- Break down the stigma surrounding mental health disorders, encouraging open conversations and compassionate understanding.
- Promote early intervention and access to vital supports, helping young people receive care before challenges escalate.
- Empower families and communities to foster nurturing, supportive environments, where children can grow, thrive, and feel emotionally safe.



### **National Day of Prayer**

Thursday, May 7, 2026

This year marks our 75<sup>th</sup> National Day of Prayer. The theme is:

“Glorify God Among the Nations,  
Seeking Him in All Generations.”

Encouraging participants to:

- **Glorify God** through both personal and communal prayer, cultivating a life rooted in worship.
- **Seek Him** across generations, strengthening spiritual continuity, mentorship, and shared faith.
- **Proclaim His works** among all nations, embracing a global vision that shapes and inspires prayer

*Mother's Day  
May 10*



A beloved annual tradition that honors mothers, celebrates the gift of motherhood, and recognizes the profound influence of maternal figures throughout society. It's a moment to pause and recognize the profound imprint mothers leave on our lives—shaping our values, guiding our choices, and influencing the very fabric of our society. It offers dedicated space to honor the emotional labour, quiet resilience, and unwavering love that motherhood so often requires, acknowledging the strength and sacrifice woven into every act of care.





Most people mean to make a will. It's just one of those things that keeps getting pushed aside. May is Leave a Legacy Month – and we wanted to use it as a reason to finally make it simple.

Through our partnership with MyLegacyWill.com, you can create a will in about 20 minutes – no attorney, no paperwork, no cost.

[Start Your Free Will Today →

<https://www.mylegacywill.com/optionsforwomencape>]

It's one of the best things you can do for the people you love. And if you choose, you can also leave a lasting gift to help women and families in our community facing unexpected pregnancies.



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*Volunteer Spotlight*

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**Danielle  
Fisher**

Danielle has been volunteering at Options for about three months. After moving back to the States, she was looking for a meaningful way to serve. She already knew Cheryl Stillwell through church and missions, and soon learned there was an opportunity to help with Cheryl's Spanish class. Since then, she has been assisting each week, stepping in to translate whenever needed.

Danielle says she's inspired by the girls who come faithfully—even though they don't have to. They're choosing to grow, to learn, and to build better futures for themselves and their families. She loves getting to know them more each week.

## Upcoming Events

### Father Kelly Band

June 26<sup>th</sup> 2026

6:30pm - 9pm

KC Hall - 318 Spanish St. - Cape Girardeau



No cost. Donations are appreciated and all proceeds will support Options for Women!

There will be food and drink available for purchase.  
(Water, Tea, and Lemonade provided)  
Please no coolers or outside food or drinks.

Bring your lawn chairs and come enjoy this family friendly event.  
Rain or Shine!

## Mouse Race

July 31st

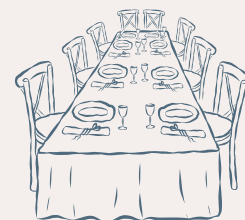
KC Hall  
318 Spanish St.  
Cape Girardeau



## *Annual Banquet for Life*

October 13<sup>th</sup>, 2026

KC Hall  
3305 N. High St. Jackson



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

Your choice to drink **Seven Weeks Coffee** makes our partnerships with **pro-life pregnancy centers** around the country possible, sponsoring essentials like **free ultrasounds** for pregnant moms and diapers for **precious new lives!**



RESTOCK YOUR COFFEE + SAVE LIVES!