



**ANNUAL  
REPORT  
2019**

**ABIDE - WOMEN'S HEALTH SERVICES**

# WELCOME TO OUR ANNUAL REPORT 2019

As I reflect on 2019, I cannot help but rejoice in how far Abide has come in such a short amount of time. All the work we've done is putting us closer to reaching our core goals and is a beautiful transition that the community needed.

With the launch of Intro to Childbirth Education and Baby Cafe' USA, we address four out of five of our goals. These programs empower through education and create a space that welcomes, supports and affirms a mother's decision to breastfeed. This is our way to make a small dent in the disparities that exist here.

In addition, we implemented Implicit Bias and Cultural Humility & Diversity training. I am really proud of these trainings because when we speak about disparities in maternal healthcare, it goes beyond intentional acts of racism and callous negligence. It's often found in the biases that we carry and the lack of cultural humility that places women in dangerous, and sometimes deadly positions within our healthcare system. Addressing this head-on with our staff, volunteers and community is crucial to reducing disparities.

With the support and blessing of Grand Midwife Claudia Booker, we launched our t-shirt campaign to raise support for the Aspiring Black Midwives and Birth Workers of Color, Scholarship Fund. This Scholarship will forever remain in her honor. Rest in Power Mama Claudia.

So as you can see, Abide is making strides. Shifting our focus has catapulted us to the next level and gotten us one step closer to opening our easy access clinic. Having a Perinatal Safe Spot where women have access to volunteers, counselors and staff that show up every day, ready to serve, is what our community deserves. I am often asked what sets Abide apart. It's this...what we put into our team and what we give back to a historically-disenfranchised community is exactly what sets us apart.

Thank you for all of your support as we attempt to radically change the way we care for women in our community. For life more abundantly,

***Cessilye R. Smith***

*Co-Founder & Executive Director*



# 2019 IN REVIEW

**“To get rid of the weed we must pull it up by the root. Let’s uproot the system and plant a seed that bears fruit.” - Cessilye R. Smith**

2019 was an amazing year for Abide. We had a major shift in direction that placed us on task to reach our foundational goals of reducing infant and maternal mortality, reducing pre-term birth and low birth weight babies, plus increasing breastfeeding rates, and the number of midwives and birth workers of color in the South Dallas community.

In 2019 we put all our efforts into building a sustainable organization with a solid offering of services to our mothers. We cannot wait to see all the fruits of our work in 2020.

69

Women served in our classes and programs

47

Hours of training in our classes and programs

**90%** of the women served by Abide are women between 17-40 years old, and are Hispanic and Black.



25

# of volunteers in 2019

50%

Increase in the number of volunteers in 2019 vs 2018



## OUR STORIES

We want to share some of the stories of people who have been impacted by Abide.

"Your Intro to Childbirth Education helped my client. She was able to rock her birth, catch her baby and be confident in her birth decisions. Between me working the heck out of her and being educated about her journey, she got the birth she dreamed of. - Doula D'Andra

# OUR PROGRAMS

## CHILDBIRTH EDUCATION:

We believe that the more a person knows about physiological birth, the more empowered they become in taking ownership of their bodies to make decisions before, during and after birth. We provide free and culturally relevant community Childbirth Education trainings and resources for everyone who comes through our doors.

## BABY CAFE':

Free drop-in breastfeeding education and support facilitated by a qualified lactation consultant in a welcoming environment for all parents and families.

We provide a safe place to ask questions, an infant scale for weight checks and light snacks.

## MAMA SWAG BAGS:

We believe every mother should feel special during and after pregnancy. We also believe having essentials can ease the childbearing process both physically and emotionally. Our swag bags come with a variety of items such as sanitary napkins, breast pumps, nursing pads, candles, light snacks, teas, etc.

In 2020 we are launching new programs to complement our existing program offering. This includes:

- Pregnancy Testing
- Fertility Awareness AKA "Let's Talk Fertility" w/teens
- Birth Companion Services
- Expansion of Childbirth Education Classes.



# CAMILLE KITTREDGE

## MOTHER ATTENDING OUR CBE TRAINING

"Firstly, I was so excited and relieved to find women's care services that offered a birthing class for free. I think that's a lifesaver for expectant parents looking to become educated about birth without having to break the budget to do so.

We were so warmly greeted by the staff when we arrived at Abide's birthing class and found the atmosphere to be so welcoming. I felt right at home. I also really appreciated the fact that having my toddler with me wasn't a problem and he was made to feel right at home as well.

Althea, our instructor was so knowledgeable, well-prepared and patient. She made us feel a part of the learning process rather than just being given a list or being talked to. I really appreciated how she took the time to answer any questions we had and the information packets we received were helpful in reinforcing what we learned.

I left the class feeling more confident about being prepared for my VBAC. I would recommend this intro to childbirth class to anyone looking to be educated on the basics of childbirth whether you're a first-time parent or just need a tester course."



# SATOYA MCKAY

## MOTHER ATTENDING OUR BABY CAFE'

"Participating in Baby Cafe' was just the outlet I needed after having my first child.

As new moms, we have no idea what's normal and google can only give you but so many answers. It wasn't until I talked to other women who were in my shoes or had been there before that I realized I was doing just fine and I wasn't alone.

Abide even sent me home with an awesome goody bag. Forever grateful to Abide and their genuine generosity."



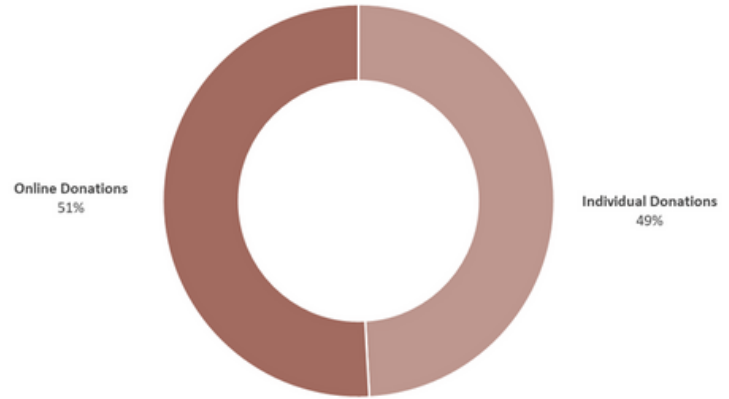
# FINANCIAL OVERVIEW

## 105.1K

### TOTAL INCOME FY 2019

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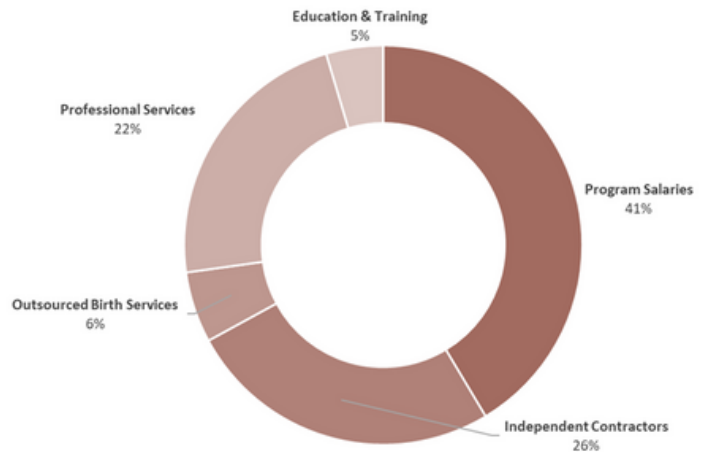
In 2019, 100% of our income came from individual donors.



## 41.7K

### TOTAL EXPENSES FY 2019

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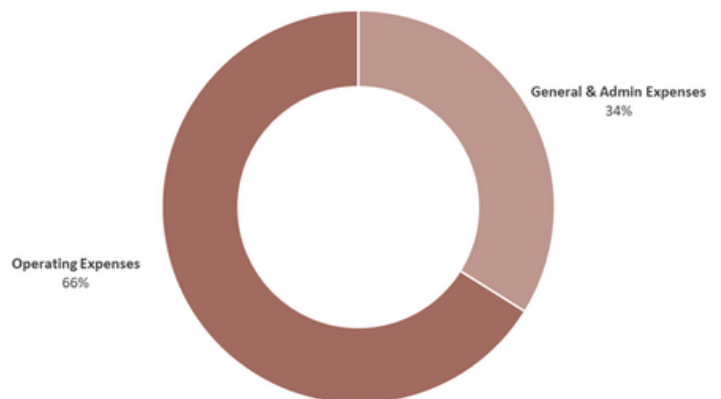


## 66%

### PROGRAM EXPENSES AS %

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In 2019 Abide focused on improving its capacity building and program offering. 66% of all the expenses were used to provide education, training and additional programs to our community.





# A SPECIAL THANK YOU TO OUR SUPPORTERS

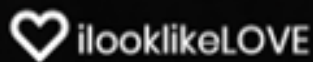
In 2019 we had a record in the number of donors. Each and every one of our donors is really important to us and we want to give a special thank you to all of you who donated. Here we want to highlight some of the donors whose generous contribution put us closer to our goals in 2019.

Megan J Howard  
Karen Rose  
St. Jude Oak Cliff  
Communities Foundation of Texas  
YourCause, LLC Trustee for NY Life  
Elizabeth Spring Miriam's Well Midwifery  
South Dallas Community Church  
Mary Olson  
Jeanne Hare  
George F May  
All Saints Church Dallas  
Thomas C Whitford  
Patricia Heaton-Hunt  
Phillip G. Johnson & Rachel B Johnson  
Judy Dominick  
We Talk Different  
William and Katie Reeves  
Lincey Knox  
Lisa Ellis  
Hannah Riddle  
Angelica Fields  
Dan and Emily Crutchfield  
Irena Freystaetter  
Louanne Mason  
Benefity Fund  
North Dallas Doula Associates  
Joshua Samuels  
Megan Appenroth  
Suzanne Fish  
Julie Rinker  
Thomas and Chris Whitford  
Percy and Ruseena Johnson

Gwendolyn McGinn  
Doris Y Johnson  
Kathryn Guggenmos  
Kelli Johnston  
Eddie Gallion  
Sharifa Stevens  
Tiffany Potter  
KSGuillory Enterprises  
Baby Bow Tie, LLC.  
Matthew Dickerson  
Missing Picture  
Emily Norwood  
Jennifer Mayes  
Melissa Carey  
Rebekah Lara Barnes  
Kelli Bankes  
Michelle Collelo  
Melissa Miles  
Caily Wolma  
Caitlin Moon  
Lydia Essex White  
Noemi Obenhaus  
Owen Lockerbie & Luann Lockerbie  
Vonni Gant  
Jeannie Schmidt  
Bryana Guy  
Rachael Koskovich  
Jennifer Lee Jones  
Carin Dixon  
Kim House  
Chantelle Read

Aelicia Watson  
Antonea Bastian  
Becky Rosser  
Janelle Grove  
Josh Aguas  
Alison Guzman  
Hope Forti  
Amber Cummings  
Bethany Johnson  
Cindy Helf  
Crystal Cutrell  
Emily Huemann  
Lisa Kreinbrook  
Lisamarie LiGreci-Newton  
Madeline R Lutz  
Maria Catalina Donoso  
Mary Eich  
Meghan Boenig  
Percy Johnson  
Tabula Rasa Psychology, PLLC  
Lance Higdon & Noelle Higdon  
Steven Paul & Sandra Karen Yerger  
Wanda Bolton Davis  
Jennie Joseph  
Robin Marty  
Miriam Garcia  
Jenny Chow  
Amy Rogers  
Brian Carroll  
Sarah Crawford  
Luisa Moeller

## OUR COMMUNITY PARTNERS



# ABIDE LEADERSHIP

Abide Women's Health Services keeps growing! We expanded our team by filling our Office Manager Position and announcing our incoming Clinic Director.

## FOUNDER:

**Cessilye R. Smith**  
Co-Founder and Executive Director

## STAFF:

Paige Jackson - **Clinic Director**  
Brianna Davila - **Office Manager**  
Althea Hurd - **Childbirth Educator**

## BOARD OF DIRECTORS:

Elbony Jones - **Board President**  
Ruseena Johnson - **Secretary**  
Corrinne Battle - **Treasurer**

## VOLUNTEERS:

Amanda Alvares, IBCLC - **Baby Cafe'**  
Laquita Brazile CPM, LM - **Abide Ambassador**  
Tiffany Porter - **Volunteer Coordinator**  
Beth Lamb - **Donations Manager**  
Rebekah Barnes - **Abide Ambassador**



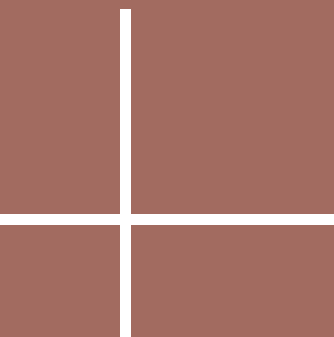
# 2020 GOALS

**50%**

INCREASE THE NUMBER OF  
CLASSES OFFERED

**100%**

2020 INCREASE IN THE NUMBER  
OF WOMEN SERVED





## GET INVOLVED

Our goals for 2020 are BIG, which means we'll need your help. There are many ways you can support Abide including spreading the word about our work. 2019 was a great year because of you and we want to thank you in advance for an amazing 2020.

"The first time I heard Cessilye speak about Abide I knew I wanted to be part of what she was building for families in South Dallas. My role at Mothers' Milk Bank of North Texas is to implement our newly enhanced mission: emphasizing equitable access to donor milk, providing accessible clinical care, and leading lactation advocacy efforts. Offering accessible peer to peer and clinical lactation support through Baby Cafe' seemed like a natural overlap between Abide's mission and ours. Since starting our Baby Cafe at Abide late last summer I have seen the strengths of the community Cessilye is cultivating. Parents, community leaders, birth workers, and volunteers are all working enthusiastically to protect and serve the new and growing families of South Dallas. I am privileged to count myself among them!"-

Amanda Alvarez, MS, IBCLC

abidewo

# WAYS TO GET INVOLVED:

## VOLUNTEER WITH ABIDE

Volunteers are one of the pillars of our organization. We could not do it without you. Volunteers can serve through Abide by tabling at events, serving as a peer counselor, helping us organize our space, helping with social media and marketing and so much more.

Our volunteers are diverse in their gifts and we love seeing them thrive. We hope to build a team of volunteers to become Abide Ambassadors to communicate our mission and vision with the rest of the world.

You can find the volunteer application form on our website: [www.abidewomen.org/get-involved](http://www.abidewomen.org/get-involved)  
Contact us at [info@abidewomen.org](mailto:info@abidewomen.org) if you have questions.



"I am honored to volunteer with this wonderful organization. The staff and volunteers at Abide are incredible people, passionate, driven, caring, kind, and more. It is a pleasure to know them and work beside them. Besides its mission and its people, another thing that makes Abide unique is its rock-solid commitment to its values. Not only are the training sessions themselves inspiring – and they are, I always enjoy them – but the commitment to accountability throughout the organization is truly special. Abide is an incredible organization to volunteer with."

- Beth Lamb

# DIFFERENT WAYS TO GET INVOLVED:

- **DONATE MONEY**

You can support the ongoing needs of Abide through a one-time or monthly financial contribution. Even \$50 a month helps us reach more women and babies.

- **AMAZON WISH LIST**

Check out our Amazon Wish List and help us move the efforts of this organization forward.

- **SUPPORT BLACK STUDENT MIDWIVES**

When you purchase one of these special-order shirts, you're directly supporting the education and life-saving work of aspiring Black midwives. All proceeds of this shirt series go straight to Black student midwives.

- **FUNDRAISE FOR ABIDE**

Have your business, organization or community group, school or program host an event to benefit Abide.

- **CONSIDER BECOMING A BOARD MEMBER OR JOINING OUR ADVISORY BOARD**

Help us spread the word of our work.  
Follow us on social media  
@abide\_women with  
#abidewomenshealth



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