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LETTER FROM OUR CEO
LETTER FROM OUR CEO

Breathe.

This is a reminder that I have spoken to myself many times over the last year. It felt like I hardly had time to do the basics.

Like breathing.

The year flew by so fast. Run through it with me:

2021 was a year of great recognition and celebration. We became the only Accredited Easy Access Clinic™ (The JJ Way®) in the nation other than the original clinic located in Winter Garden, Florida. Grand Midwife Jennie Joseph herself came to Dallas to speak at our ribbon-cutting and she announced our accreditation.

We received national recognition on ABC Nightline, a beautiful feature story in the Dallas Morning News, and a phenomenal feature in Texas Metro written by Froswa’ Booker-Drew that was circulated by multiple media outlets.

I had the opportunity to speak on a few podcasts and even preached a sermon that helped draw attention to the need of supporting those in the margins. We hosted a screening of Belly of the Beast to help bring awareness to the reproductive injustices happening in California prisons. We also sat on panels with The Center for Public Justice, OSHA, and Heritage Giving Fund.

Abide has experienced tremendous growth. Our intern, Tiara Rivers, came on full-time as our Community Resource Manager and transformed our material goods and COVID-relief efforts into a full-blown program. Tiara also trained our current intern Isabel, who is phenomenal.

We cultivated an amazing partnership with United Way Metropolitan Dallas. They have fully funded our Childbirth Education Program, growing a part-time role into a full-time position for yet another team member, Contessa Fowler, our Client Resource Specialist and Lead Childbirth Educator.

We welcomed Metzli Navarro to our team as our full-time administrative assistant. She goes above and beyond her duties.

Realizing the support needed on the Executive level, Paige Jackson stepped into the role of Director of Operations in the new year and our office manager Brianna Davila stepped into the role of Executive Assistant.

Abide has benefited from great generosity. We were awarded multi-year funding from multiple organizations and foundations and expanded our donor base.
We launched our Capital Campaign for the future Birth and Collective Care Center and raised over $300,000. Not only that, we had a record-breaking Give 8/28 and Giving Tuesday, a record-breaking December and yet again another record-breaking end of year.

Are you still breathing?

You see that’s what growth does. You grow and grow and the pace forces you to breathe differently. You must pay attention to your breath in order to keep moving. In 2020, we experienced tremendous growth on the heels of police brutality and the murders of George Floyd, Breonna Taylor and Ahmaud Arbury. We knew that 2021 was going to be the year to see if this work was going to withstand the racial tension and turmoil, trauma and guilt, and especially the post-2020 apathy. The year 2021 was going to show us if people were real about their commitment to support Black women.

As it turns out, the year 2021 took our breath away with the support and generosity of people.

So as we enter 2022, we will celebrate - not by over exerting ourselves and committing to do more and be more. No. We celebrate by reminding ourselves of the basics.

To breathe.

REST. RESIST. RESTORE.

CESSILYE R. SMITH
Founder & CEO
CAPITAL CAMPAIGN
We want to provide a place of rest and resistance that restores Black, Indigenous & People of Color by offering childbirth services, education, training and student housing in a communal environment for individuals and families seeking Collective Care. Abide Women’s Health Services seeks to raise $2,500,000 to fund the next three phases of our mission: REST, RESIST, RESTORE.

**2021 PROGRESS:**

$321,603 raised
A Black, Indigenous, and People of Color community-focused birthing center that will provide collective care with the focus of reducing Black maternal and infant mortality rates. The center will include four birth suites, community services, and postpartum services.

We envision a second structure that will be utilized as student midwife housing. This home will be a safe place to allow Black women to RESIST and RECLAIM their legacy in midwifery.

We envision an area dedicated to restoration and harvest; a safe place for postpartum care, for tender seeds to be nurtured and cultivated. At Abide, we believe that rest and resistance gives birth to restoration.
2021 GOALS VS. OUTCOMES

At the beginning of 2021, we set the following goals:
- Double the number of families served and the number of community partnerships.
- Complete the process of becoming a JJ Way Accredited Easy Access Clinic™.
- Acquire property for our birth center and expand our services.

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<th>By the Numbers:</th>
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<td>916</td>
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<tr>
<td># of Community Partnerships</td>
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Our Easy Access Clinic™ became accredited on **October 13th**, and we celebrated with a Grand Opening.

In 2021 we raised more than **$300,000** toward our goal.
**2021 COVID RESPONSE**

In order to respond to our clients' needs during such a difficult time, we maintained our COVID-19 Material Goods Relief Program to provide contactless porch deliveries within Dallas County. We gifted basic human needs that no family should have to worry about.

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2021 SERVICES AND DEMOGRAPHICS

EASY ACCESS CLINIC™

Abide exists to improve birth outcomes in communities with the lowest quality of care. We offer donation-based prenatal care, postnatal care, childbirth education classes and lactation support. We also connect clients and their families with resources within the community all while upholding the four tenants of The JJ Way®: Access, Connections, Education & Empowerment.

COVID-19 RELIEF

Each week, Abide services 25 families in need who request material goods.
2021 SERVICES AND DEMOGRAPHICS, CONT.

CHILDBIRTH EDUCATION

Our classes are led by trained professionals, and include topics like:
- Birth planning
- Stages of labor
- Nutrition & exercise
- Labor preparation methods
- Comfort measure techniques
- Dealing with unexpected outcomes
- Common tests and procedures
- Newborn care
- Breastfeeding

LACTATION SUPPORT

Our Baby Café is a FREE virtual drop-in class for breastfeeding education and peer support.
Abide Black Student Midwives Scholarship

In an effort to provide equitable opportunities, Abide seeks to aid in growing the midwifery profession by providing scholarship funds and mentorship to current Black Student Midwives. Which will in turn play a larger role in helping to grow more Black midwives in Texas.

Research shows the support of midwives throughout pregnancy significantly reduces adverse maternal outcomes. Mothers under midwifery care are four times less likely to deliver a low birth weight infant, and two times less likely to develop pregnancy complications.

Abide is working to expand access to prenatal care by launching easy access prenatal and postpartum services. Women will be able to receive pregnancy confirmation visits, prenatal, and postpartum care under the direction of a licensed midwife.

Of all the midwives licensed in the US, only 1-2% of those are Black. Abide seeks to fill in the gap by providing financial and social support to Black student midwives through our scholarship fund, mentoring and preceptorship (student midwives have to spend a number of hours under the observation of a licensed midwife in order to graduate).

This empowerment of future midwives ensures that mothers-to-be have access to quality prenatal care regardless of ability to pay.
“The historical role of the African American midwife was one of hope and health; whose expertise helped define cultural perceptions of motherhood, protected, uplifted and empowered women and men, and improved maternity care in communities across the nation.”

Shafia M. Monroe, DEM, CDT, MPH

Congratulations to our 2021 Abide Women’s Health Services Black Student Midwife Scholarship Recipients:

Tanesia Miller - PEP Process, Maternidad La Luz

LaDereka Carter - MEAC Process, Midwives College of Utah

Asia Jones - PEP Process, National College of Midwifery

Kinara Dawson - PEP Process

Efe Osaran - PEP Process

Special thanks to the HERitage Giving Fund for helping us fund this important initiative.
NOTABLE 2021 MEDIA MENTIONS

"Dallas Mother Helps Other Black Mothers through Women-Operated Nonprofit"

The Dallas Morning News

"Shock ed by numbers on Black maternal mortality, activist starts South Dallas nonprofit"

The Dallas Morning News

"Hidden Gems: Meet Cessilye R. Smith of Abide Women’s Health Services"

abc NEWS

"With abortion, some women feel like they’re stuck between arguments"
2021 FINANCIALS
2021 FINANCIALS

PROFIT - $709,863.90

20%
RESTRICTED REVENUE

45%
UNRESTRICTED REVENUE

35%
INDIVIDUAL DONATIONS

EXPENSES - $454,823.62

15%
PROGRAMMATIC EXPENSES

15%
CLINIC EXPENSES

70%
GENERAL ADMIN EXPENSES
GROWTH SUMMARY

As of 2021, Abide Women's Health Services officially became a million-dollar organization.

This is uncommon in the world of new non-profits and especially for one focused on an issue the world seems to have left behind: BIPOC maternal healthcare.

We would not be here without the generosity of our community partners, donors, and supporters.
2022 GOALS
In 2022, we are focused on tightening our current systems, expanding services to our community while keeping our eye on sustainability. We will do this by reaching these goals.

**2022 GOALS:**

1. **DOUBLE OUR IMPACT**
   We are doubling our impact by making our services accessible to our Spanish speaking community. We have expanded our team with bilingual and multilingual team members.

2. **EXPAND OUR PRENATAL CARE**
   We will provide affordable and accessible diagnostic ultrasounds to members of our community.

3. **NETWORK WITH MEDICAID**
   Because access and the elimination of barriers to care is crucial in reducing the disparities that we see daily, Abide will prioritize becoming in network with Medicaid in 2022.
CLIENT TESTIMONIAL
Client Testimonial

From family planning to postpartum care, I’ve been blessed to experience the love and services of Abide Women’s Health.

The MLK office location opened up not too long after I moved back to South Dallas. The more I learned about their program offerings, the more I took interest in seeking them out once my husband and I started family planning. Being in the middle of a pandemic led my husband and I to strongly desire a home water birth.

At the time I knew I wanted a home birth, but I knew very little about midwifery care and absolutely nothing about doulas.

Through Abide, we received prenatal care, emotional support, a birthing class, and a referral to my excellent midwife, Mozeke.

I know receiving care at a facility that put focus on my physical, mental, and spiritual health made a difference in my pregnancy and delivery.

On October 16th we gave birth to a healthy, beautiful baby boy at home. My labor was four hours and thirty minutes. Putting into place the tools I learned from my midwife, my husband delivered our son right before she arrived. I’m still catching up to all of the emotions I felt during my home birth.
After a week of being tended to by my mother and mother in law, I was referred to one of Abide’s community partners, Delighted to Doula. My postpartum doula, Sabra, has been a blessing beyond words.

There are so many words to describe my pregnancy/birth journey. Here are a few.

**Family Planning-Informed.** Coming into Abide during our family planning stage was so informational. I knew absolutely nothing about doulas and very little about midwifery care. Learning new information and unlearning myths gave me a grander view of my rights and birthing options.

**Pregnancy-Empowered.** During my prenatal care phase, Paige and my midwife provided me with wisdom and knowledge that helped me carry my baby to full term and maintain my health. This included exercises, stretches, diet, emotional support, and referrals to experts in their respective fields. I stayed active right on up to my delivery day. The day I had my son I walked about 3 miles that morning.

**Delivery.** I don’t have one word for how I felt. But I know I felt confident and in control. I felt my body knew what to do. My husband encouraged me and I believed him. I believed myself. I believed God designed my body to bring my son earthside. So I wasn’t afraid. My midwife told me multiple times that giving birth is like running a marathon. And given that I’ve actually ran a marathon (well actually 4) I was ready.

**Postpartum-Restored.** A week after my delivery, I started receiving postpartum doula services from Delighted to Doula. As I learn to navigate all things Monisha, which now includes motherhood, having a postpartum doula has been a saving grace. Once again, I knew nothing about postpartum doulas until I met with Paige. When she explained it I thought “Oh that would be nice.” But now that I have a postpartum doula as a part of my village, I realize this is beyond nice. This is a blessing and perhaps the best decision I made during my pregnancy to protect my mental and physical health.

- Monisha, Abide Mama
OUR TEAM
OUR TEAM

Cessilye R. Smith
Founder & CEO

Paige Y. Jackson
Director of Operations

Brianna Davila
Office Manager & Executive Assistant

Contessa Fowler
Client Resource Specialist & Lead Childbirth Educator

Lenita Dunlap
Donor Relations Specialist

Tiara Rivers
Community Resource Manager

Metzli Navarro-Gonzalez
Administrative Assistant

Isabel Davalos
Intern

Althea C. Hurd, B.A., Dip CBed
Childbirth Educator

Jennifer Mozeke, LM, CPM
Midwife

LaQuita Brazile, LM, CPM
Midwife

Roxanne Anderson, LM, CPM
Auxiliary Midwife

Kelli Bankes, LM
Auxiliary Midwife
OUR EXECUTIVE BOARD

Roselle Tenorio
President

Sharifa Stevens
Vice President

Esther Villarreal
Secretary

Savohna Brown
Treasurer

Rhyon Brown, APR N, CPNP-PC
Member

Smitha Caroline Dante
Member

Antonea Bastian
Member

OUR ADVISORY BOARD

Cherilyn Holloway
Lenita Dunlap
Roxanne Anderson
Amber Webb Sims
Quantrilla Ard
Our Team Demographics

Founded and Operated by BIPOC Women

Abide Women’s Health Services does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include but are not limited to hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, clients, volunteers, subcontractors, vendors, and clients.
OUR VOLUNTEERS
OUR GENEROUS VOLUNTEERS

Our work would not be possible without our volunteers.

We extend our deepest, most heartfelt gratitude to the following people:

Meka Lewis
Courtney Kahla
Roselle Tenorio
Amanda Alvarez
Eboney Okoronkwo
Corrine Battle
Luisa Moeller
Jordan Covington
Anita Azubuike-Jones
Tamara Baril
Donovan Wicks
Sherisa Rivera
Ginna Lowe
Rebekah Barnes
Louanne Mason
Priscilla Moore
Emma Tyree
Quinese Robinson
Jennifer Mozeke
Jasmine Morton
Sandlin Oswalt
Natasha Johnson
Katherine Wheatley
Jocelyn Ruiz
Ashley Jackson
Alejandra Melendez
Bria Gambrell
Cristina Tirado
Megan Meyers
Lindsay Grant
Brooklyn Cooper
Sabrina Brown-Salazar
Sara Garza
Shannon Wilson
Katherine Abraham
Mollie Ban
Brittney Lanier
Madison Lavey
Rebekah Kimminau
Meagan Gonzalez
Emily Rose Hylden
Imagine Moore
Princess Murchison
Haley Logan
Olivia Connor
Sabra Barker-Wigfall
Hannah Rosen
Kayla Roesner
Jahmeilla Hunter
Nellie Johnson
Amelia Avery
Emily Doogue
Heather Hankamer
Dominique Vincent
Monique Barnes
Angela Taylor
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Erica Bridges
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Makiya White
Marchell Rape
Devisha Long
Priyanka Kadari
Amariee Collins
Maria Paredes
Lillian Medhus
Devonique Murphy
Jasmine Sauceda
Erica Stephens
Huda Main
Sarah Chester
Lily Balakhaneh
Lindsey George
Stone-Eziashi
Sha3herika Whitfield
Brenda Mendoza
Flores
Maliyak Boudoin
Robbie Vaughn
Kennasha Jones
Julie Henderson
Sarah Capps
Michelle Senteney
Alake Oni
Elbony Jones
Alejandra Moreno
Alexia Knowles
Jasmine Jenkins
Janet Gaytan
Tanessa Burch
Mian Sahar
Rashan Davis
Michel Martinez
Rebekah Nicewander
Megan Meyers
Cristina Tirado
OUR PARTNERS
OUR PARTNERS

Thank you to our partners! Want to partner with Abide? Email us at info@abidewomen.org
COMMUNITY PARTNER LETTER

Viola’s House has been in the South Dallas Fair Park Community for 7 years. In the past 7 years it has been quite an endeavor to get the residents who live in our maternity home back and forth to prenatal appointments.

In 2020, that endeavor became easier when Abide Women’s Clinic planted its roots in South Dallas. Abide has provided essential and critical services to the mothers in our maternity home in the form of prenatal care and clinical services.

I’ve witnessed the attentiveness and responsiveness of the Abide staff when one of our mothers has gone into labor, the staff did not leave the mothers side. Honestly as an Executive Director, I feel a burden has been lifted off of our organization with Abide in the neighborhood!

It feels so good to be able to tell volunteers and donors that we have the best prenatal care just blocks away from our facility for our mothers!

We are extremely grateful to have Abide serving in South Dallas with us!

Blessings,
Thana Simmons
Founder & Executive Director
Viola’s House

Where love rests, rules, and abides
Viola’s House Dallas
FEATURED COMMUNITY PARTNER

Delighted to Doula Birth Services exists to eliminate maternal mortality in communities that have the lowest quality of care by offering anti-bias-based, judgment-free education and postpartum support to mothers.

About the Founder:
Prinscilla Moore CPD CLE CNPE, is the founder of Delighted to Doula Birth Services. For as long as she can remember, supporting and educating families has been her passion. Prinscilla completed doula training for birth, postpartum, lactation education, and new parent education through Childbirth and Postpartum Professional Association (“CAPPA”). In 2015, she became a Certified Health Connect One community-based breastfeeding peer counselor and was handpicked to be a doula trainer and Advisory Board member for the Black Mothers Breastfeeding Association in Detroit, Michigan. Prinscilla launched Delighted to Doula Birth Services Non-Profit Organization where she educates and supports families during the 4th trimester to reduce the Maternal Mortality rate in North Texas.

Doulas:
Prinscilla Moore
Sabra Wigfall
Chidinma Oke
Tara Jones
Tiana Bratcher

DID YOU KNOW:
Doulas improve infant health, strengthen families, and establish supports to ensure ongoing family success:
• Improved prenatal care
• Increased breastfeeding rates
• Fewer medical interventions
• Fewer c-section deliveries
• Increased parent-child interaction
• More positive birth experiences
• Improved parenting skills
OUR DONORS
OUR DONORS

"Sun and Water"
$500-$4999

Los Alamos National Laboratory
Victoria Agus
Jacob and Marissa Cope
Roxanne Anderson
Rachel Anderson
Roxanne Anderson
Lauren Bell
Michael C. Berry
Christina Blue
Rachel Bruce
Sara Byrne
Joel Cassady
Schwab Charitable
Half Community Initiative
Emily Crutchfield
Jill Curtis
Dawn Dady
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Robert and Maggie
Murchison
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Aimee Tucker
Cheryl W Gaspard
Sarah Walker
Thomas Whitford
Cailly Wolma

"Soil"
$5000-$9999

Storyline Christian Community
Abigail J Bechar
Karen Rose
My Sister's Keeper Birth and Midwifery

"Seed"
$10000-$49999

HighGround
Allegra Asplundh
Leland Fikes Foundation
Terry Huett
The Ridgedale Fund
All Saints Church

"Tree"
$50,000+

| ANONYMOUS - $200,000 |
## OUR DONORS

"Roots"

Monthly Donors - These donors are the foundation who help sustain our work and have been with us for the long haul

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ABIDE
There are so many ways you can support Abide in its mission:

Follow our journey and help us spread the word about our work on social media.

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Donate to our **Amazon Wish List**.

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To learn more about creative ways to support Abide and our mission, contact info@abidewomen.org.