

**CONNECT  
MEDICAL CLINIC**

# ANNUAL REPORT



# 2023



[connectmedicalclinic.com](https://connectmedicalclinic.com)



[info@connectmedicalclinic.com](mailto:info@connectmedicalclinic.com)



701-483-9353

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## BRIEF HISTORY

The mission of Connect Medical Clinic was born out of a nudge in the hearts of women in two different faith organizations. In 2013, the two groups connected and made plans to move forward together.

By 2014, the Articles of Incorporation were filed and the first fundraising banquet exceeded all the goals set for the evening. The doors opened to patients in the fall of 2015.

MISSION STATEMENT: Connect Medical Clinic is a sexual health clinic dedicated to providing evidence-based medical services, education, and support in a respectful, professional environment.

CORE VALUES:

Access  
Education  
Empowerment  
Purpose

In 2018, the clinic fully embraced the medical clinic model, supported predominantly by community donations. State grants for STI/STD and pregnancy/parenting initiatives account for less than 5% of our annual income.

Adding a Nurse Practitioner to the team in 2021 answered many prayers lifted up since the first day. Our goal of connecting with people before an unplanned pregnancy with dignity-centered services has become reality.

## PROVIDER'S LETTERS

**As the Medical Director and now a Practitioner at Connect Medical Clinic,** I am thrilled to be part of its vision and continued mission. This is a dynamic season as we begin to expand both the physical structure and the fabric of our services.

Connect Medical Clinic is a pillar of the Dickinson Medical Community; it is a well-recognized, well-respected reproductive healthcare clinic embracing the greater Dickinson area. **Our services are fostered on the primary foundation of transforming our culture by affirming the dignity of humans in all the services we provide.** I look forward to building additional services with Rachael Marshall, FNP-C, to include a broadening of well-woman care, compassionate follow-up of miscarriage/pregnancy termination, infertility evaluation and treatment, and restorative reproductive/GYN medicine in a holistic fashion.

Our donor's thoughtfulness and charity help us fulfil our goals. **You are deeply appreciated by our patients and our team and will be rewarded generously in spirit.**

*Thomas F. Arnold MD, FACOG, FACS, Medical Director Connect Medical Clinic*



What a year! 2023 was a year of steady progress for moving forward to a pivotal 2024. We experienced an increase in patients across the board, with all of our appointment types achieving significant growth numbers for 2023, particularly in ultrasound appointments. **The increase in patient care throughout 2023 emphasized the growing need for enhanced educational and emotional support around pregnancy loss,** whether due to a natural miscarriage or

chemical pregnancy termination, (abortion by medication, which now constitutes 60-70% of all terminations.

Many of these decisions are often made without women understanding or being informed about their choice ahead of time. At Connect, we continue to prioritize our patients' education so that women are empowered to make well-informed choices for themselves. With that, we are pleased to report that our Cycle Education services made significant strides forward in 2023, and we are excited for continued growth in 2024! We have always recognized the importance of ensuring that our patients feel valued and prioritized, not merely as numbers but as individuals with unique needs. This commitment is evident in the care we deliver, and we are dedicated to maintaining this standard as we continue to evolve and grow.

Thank you for your support and making a difference in the lives of patients!

*Rachael Marshall, FNP-C*

# EXECUTIVE DIRECTOR LETTER



## Tara's 2023 Playlist

- **"Impossible Things" - Marcus and Jalyn McGill**
  - "I will step onto the water trusting in Your promise, asking for impossible things."
- **"Oceans/You Make Me Brave" - Caleb and Kelsey**
  - "You call me out beyond the shore into the waves"
- **"All Things New" - Big Daddy Weave**
  - "God of mercy and love, do what only You can do."
- **"Long Live" - Taylor Swift**
  - "Long live the walls we crashed through, I had the time of my life.. with you!"

Dear Friends,

**Be careful what you pray for!** When I sincerely asked God to strengthen my faith and deepen my trust in Him, I didn't anticipate this corporate president and executive director role. The fiduciary duty to act in the organization's best interest and protect what has been entrusted to us, plus responding to the increased demands **by literally knocking down walls**, is daunting! But all along the way, God continues to teach me to depend on Him, as **Psalm 37** describes.

If you want a glimpse into my faith walk in 2023, you'd see me "stepping out on the water," then getting distracted by the waves and wind and sinking... only to return my gaze to the Lord. He's shown Him who **Always Provides**, is **Always on Time**, and **has a plan** for Connect Medical that is beyond what I, or the rest of the board and staff, **can ask or imagine**.

Thank you for your encouragement this year and your faithful prayers. I commit to holding on to Him this year, listening for His leading, and to swift obedience to His call to Move Forward.

Yours Faithfully & Grateful as Always,

## SERVICES

### PROVIDER SERVICES

- Well Woman Exams with PAP Testing
- Gynecological Services
- Cycle Care and Medical Management
- Post-Abortion Exam and Referrals
- Early Pregnancy Evaluation
- Infertility and Pregnancy Loss Evaluations

### SEXUAL AND REPRODUCTIVE HEALTH

- STI Testing and Treatment
- Pregnancy Testing
- Limited Obstetric Ultrasound (2D & 3D/4D)
- Cycle Tracking for Family Planning

### EDUCATION/OUTREACH

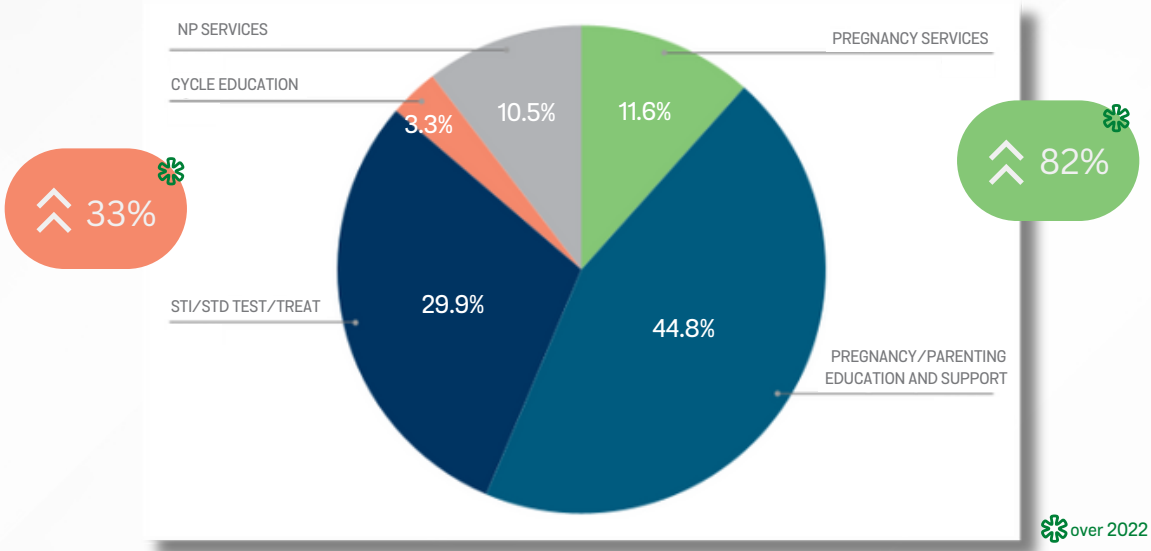
- Pregnancy & Parenting Education and Support
- Sexual Risk Avoidance Education
- Body Literacy for Teens
- Mobile Testing and Education

# PATIENT STATISTICS

We opened on Mondays in early 2023 to respond to the 54% increase in demand from '21 - '22. We saw the first year of women returning to see Rachael, FNP-C, for their Annual Exams. Serving an increased number of new patients and non-English speakers was the hallmark success of this year. Our medical team spent numerous hours in schools and on educational outreach, meeting potential patients.

## 612 Appointments

↑ 7% 



↑ 32%

### IN FOREIGN-BORN PATIENTS

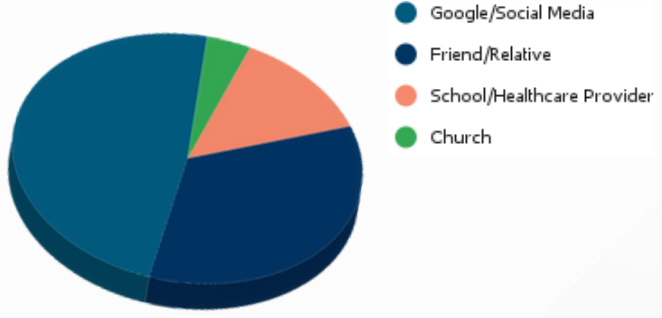
130 Spanish Translator Hours



↑ 13%

### IN NEW PATIENTS

How did you hear about Connect?

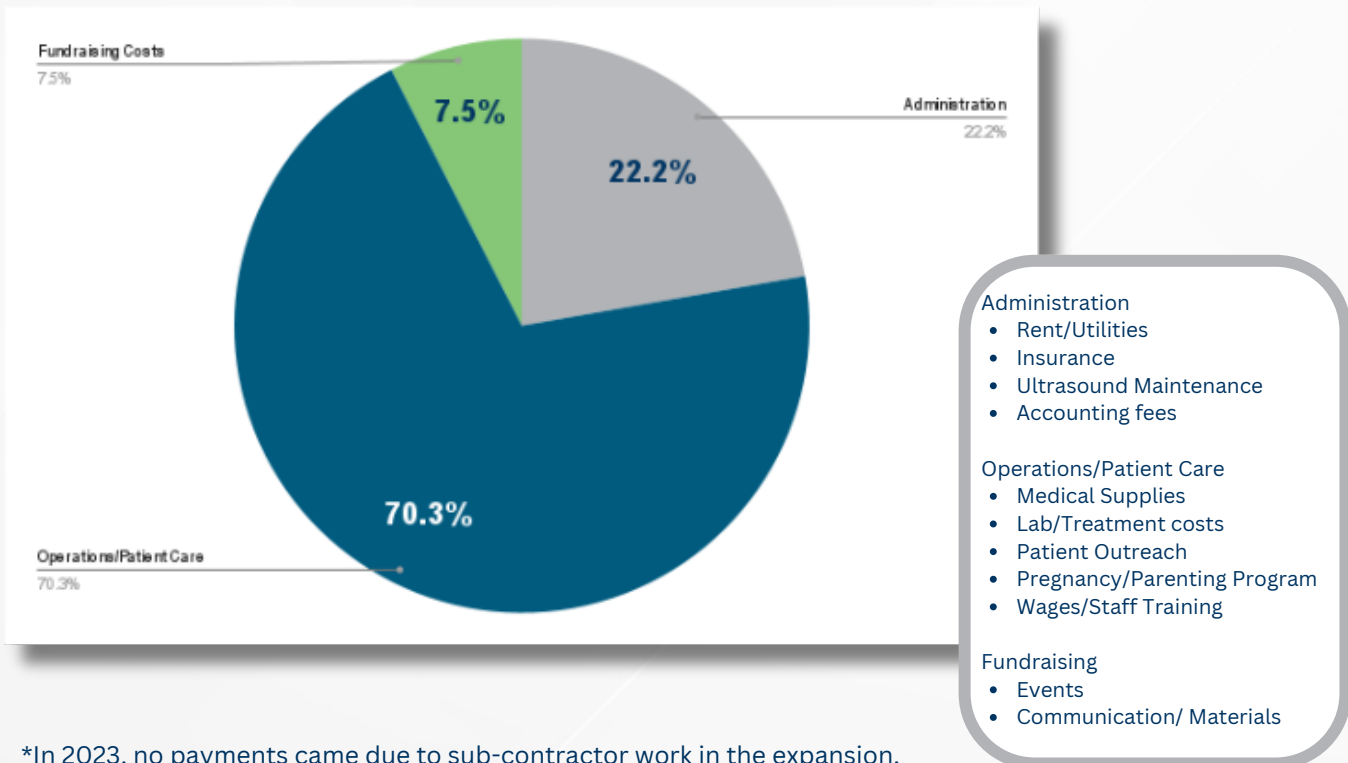


# INCOME STATISTICS

In 2023, thanks to your generous support, Connect fundraised a total of: **\$689,588**

- Total Funds from Services Provided (patient fees, Women’s Way)..... **\$7,330**
- Total Funds from Grants..... **\$61,589**
  - Total Raised Specifically for the Expansion - Grants..... **\$34,244**
- Total Funds from Private Individuals and Organizations..... **\$620,669**
  - Total Raised Specifically for the Expansion - Donors..... **\$135,144**

## OPERATIONS COSTS BREAKDOWN



# EXPANSION

The first half of 2023 was spent discerning whether our location on State Avenue was where God wanted Connect Medical to remain, whether the addition of Suite F was His will, or whether He was leading us elsewhere. The need for more space, especially with the addition of Dr. Arnold's GYN practice, was irrefutable.

The doors continued to open for expansion - knocking walls down between Suite E and Suite F - and, ultimately, operating out of the Connect Complex should meet the patient demands for services for the next 5 - 10 years. Our end-of-the-year campaign for construction costs raised 68% of the need.\*

- Total Raised Specifically for the Expansion - Grants..... **\$34,244**
- Total Raised Specifically for the Expansion - Donors..... **\$135,144**
  - Total Raised Specifically for the Expansion in 2023..... **\$169,388**
- Updated Budget for Renovation + Joining of Both Sides..... **\$250,000**
- Additional Designated Funds for Renovations Needed in 2024..... **\$80,612**

\*Original budget goal was \$150,000, formulated before contractors were able to step into Suite F. Once constructed started in full force in early 2024, the budget was adjusted to \$250,000.

## NAMED CONFERENCE ROOM

### 4 NAMED EXAM ROOMS

### 4 NAMED SERVICE AREAS

- Nurse's Station
- Provider's Office
- Laboratory
- Patient Corridor

### 5 NAMED STAFF OFFICES

- Executive Director
- Director of Operations
- Advancement Staff
- Administration Staff
- Reception

*Includes honorarium and a blessing over the space.*

## GIFT LEVELS | 5 YEAR PLEDGE

**\$200,000 | \$40,000/year**

**\$100,000 | \$20,000/year**

**\$50,000 | \$10,000/year**

**\$25,000 | \$5,000/year**

NAMING OPPORTUNITIES



## NAMED ADDITION

## NAMED WELCOME CENTER

# EVENTS

WOMENS EXPO & JULY 4 PARADE



11 DIAPER DRIVES FOR OUR PREGNANCY/PARENTING PROGRAM

- THANK YOU 2023
- Evangelical Bible Church
  - St. Joseph's Catholic Church - Dickinson
  - St. Vincent's Catholic Daughters - Mott
  - Trinity Titan's Baby Shower
  - Taylor Ecumenical Parish
  - Marshall Lutheran Church
  - Hillside Baptist Church
  - River of Life International
  - St. Mary's Catholic Daughters - Richardson
  - Queen of Peace Monday Women's Group
  - St. Charles Catholic Daughters - Bowman
- THANK YOU BECKY SCHWARTZ FOR COORDINATING MONTHLY DIAPER DRIVES TO KEEP OUR SHELVES STOCKED



WINTER 2023

connect *A Safe Place FOR CONSENT DECISIONS*

HOW CYCLE EDUCATION CHANGED A TITAN'S LIFE

Early Hirschfeld is a junior at Trinity High School, active in Titans for Life and Dickinson Youth Commission, who suffers from extreme discomfort with her menstrual period.

"Sometimes I would wake up and just cry," says Hirschfeld, who started to miss school, experiencing nausea, vomiting, and decreased appetite when the pain reached its highest levels. Her mom was concerned about the severity of her daughter's symptoms, so she reached out to "If wasn't a case, or a symptom, or even a program if they are being seen at Connect."

Her father indicated a hormonal imbalance, so she followed up with Dr. Samantha Klobonicki, who is trained in cycle health. In the end, common and well-tolerated anti-nausea/anti-vomiting medication, as shown in early's chart, indicated that her level of progesterone was rising year after year.

The standard of care in hormonal contraception for the majority of these symptoms. That course of treatment was not used until early's menstrual

2 CONNECT NEWSLETTERS & 50 CONNECT 4 PUBLISHED

CONNECT MEDICAL CLINIC

Your 4-minute weekly update at 4 pm Friday

Connect 4



2,000 PUBERTY PACKS DISTRIBUTED TO LOCAL SCHOOLS



Women's Resources for Non-English Speakers

Connect Medical, Domestic Violence and Women Empowering Women are working together to try to fill the gap for women in rural communities whose primary language is not English.

TRANSLATED VIDEOS OF RESOURCES ARE AVAILABLE IN

- SPANISH
- SWAHILI
- UKRAINIAN
- RUSSIAN

OUTREACH TO NON-ENGLISH SPEAKERS



INVITATION TO AREA PROVIDERS

YOU ARE INVITED TO CONNECT MEDICAL CLINIC'S

Provider Open House

Thursday, August 3rd 2023  
4:00 PM to 7:00 PM  
683 State Avenue North Suite E  
Dickinson, ND 58501

WE LOOK FORWARD TO MEETING YOU!

CONNECT MEDICAL CLINIC



ART SHOW DIGNITY AWARD  
DHS/DSU/HOME ON THE RANGE PRESENTATIONS

Dickinson doctor retires after almost 8,000 deliveries

Dickinson doctor retires after almost 8,000 deliveries

By Sara Berlinger  
Published: May 5, 2023 at 4:57 PM MDT

DICKINSON, N.D. (KQCD) - A Dickinson obstetrician and

Press

Connect Medical Clinic expands to serve growing patient demands

Southern Dickinson clinic expands to meet rising demand for sexual health and pregnancy services, with focus on enhancing accessibility and care.

The 2023 year-end celebration is open to the community. It is a separate event from the 2023 year-end celebration at the Dickinson office.

Press

Dickinson's Connect Medical Clinic announces Dr. Tom Arnold's upcoming patient services.

Expanding access to specialized gynecological care for the community, Dr. Arnold brings expertise and compassionate care to Dickinson's women.

Connect Medical Clinic is opening soon and will include Dr. Thomas Arnold and Richard Marshall, PhD, C. Manuel Higgins, JR. | The Dickinson Press

# AND HIGHLIGHTS



# OUR TEAM



**Tara Z., RN**  
*Executive Director  
Corporate President*



**Ann Marie H.**  
*Office Manager*



**Chelsey C. RN**  
*Nurse Manager*



**Jillian K.,**  
*Advancement  
Manager*



**Rachael M., FNP-C**  
*Nurse Practitioner*



**Dr. Thomas Arnold, MD**  
*Medical Director*



**Dr. Sam Kiedrowski, MD**  
*Assistant Medical Director*



**Katrina C., RN**  
*Staff Nurse*



**Karen B.**  
*Administrative Assistant*



**Maria R., Deb S., Colleen M. (+Tara Z.)**  
*Board of Directors*

# WHAT'S NEXT?

## → PHASE 1: 2024

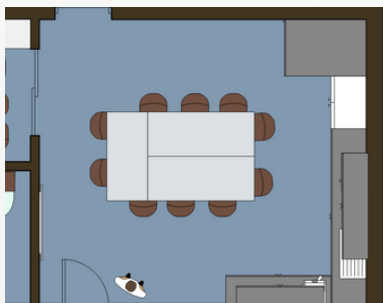
- Complete the Renovation
- Expand Holistic Medical Services with two Providers
- Hire and Onboard/Train RNs and Support Staff
- Explore Alternate Sources of Income (*taking insurance*)

## → PHASE 2: 2025-2026

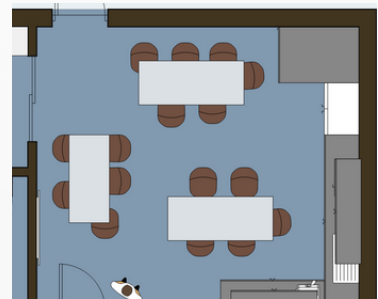
- Accreditation Survey
- Life-Affirming Infertility Services
- Connect Cares: *A four-tiered support system highly dependent on volunteer involvement to meet practical patient needs*
- Group Education Programs
- Connect Endowment Fund

## → PHASE 3: 2026-2027

- Expand GYN Services for Women
  - Need: Colposcope
  - Need: LEEP Machine
- Expand Hours of Operation to Accommodate Patient Growth in the Connect Complex



Our Conference Room will function as a meeting space and area for group education programs for patients.



# PATIENT STORIES

**Emily and Eli came to Connect** last year for



help when faced with a life-changing choice.

After receiving misinformation about her fertility,

Emily was first surprised with a positive pregnancy test and shocked when her ultrasound revealed her child was already four months along. **Connect staff had the privilege to walk alongside this young couple and continue to do so even after baby Theo was born in the summer of 2022.**

Emily and Eli find support and valuable education in the Earn While You Learn program. “I’m learning to care for him as a toddler,” says Eli. “I also can learn how to care for my family with the lessons on credit scores and budgeting.”

**Meet Ryan and Cristy**

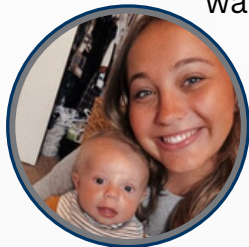
“We moved here in Dickinson last April 2022. As new immigrants, I was facing an emotional stress at that time because

we don’t have any family or relatives here to guide us. **We were searching for communities that can support our family in simple ways.**

We are always looking forward to come every time we have a scheduled meeting with Connect. We easily built a connection with the staff. Every lesson that we have learned is something that we can pass on to our children. We are grateful to be part of their amazing family.”



“When I was pregnant, I found out about a program to help with diapers and wipes by watching informational videos about pregnancy and becoming a mom.



The videos themselves helped me so much with so many of my questions/problems. And honestly, **I am not very financially stable, so the fact that Connect offers this program is amazing.** The staff has been so supportive. They are so warm and welcoming every time I walk in.

**I am forever thankful for that.”**  
-Nevaeh

“My second pregnancy brought me to Connect Medical. I was a 40-year-old, single workaholic, not in a stable relationship. I saw an advertisement in the bathroom stall of a

restaurant, and then a dear friend suggested I contact you to get at least a free pregnancy test. The staff prepared me for what to expect by providing such great educational videos. **I left reassured that first visit. Then I got excited and then in preparation mode.**

Having Connect Medical follow me through my pregnancy and beyond for my daughter has been such a blessing! I knew it wasn't the end of the world, knowing God put this clinic here for a purpose. **I tell anyone I can about Connect Medical, to tell you the truth.”** -C.R.



**100%** of Patients Surveyed would Recommend Connect Medical to a Friend.