

QUARTER 1  
2018

PRO-WOMAN  
PRO-CHILD  
PRO-FAMILY  
**PRO-LIFE!**



**Culture of Life**  
*Family Services*

**CRISIS HOTLINE**  
(619) 564-3310

**COLFS San Diego**  
5030 Camino de la Siesta,  
#106 San Diego, CA 92108  
(619) 692-4401

**COLFS North County**  
362 West Mission Ave., #105  
Escondido, CA 92025  
(760) 294-6114

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## SAVE THE DATES

### KofC Dinner

June 16, 2018  
San Rafael Catholic Church

### 9th Annual Gala

October 20, 2018  
Rancho Bernardo Inn

## COLFS STAFF

### MINISTRY STAFF

Tiffany Sifton, Clinic Manager  
Marie Stettler, RN, Nurse Manager  
Sara Littlefield, APR Executive Director

### MEDICAL STAFF

George Delgado, MD, Medical Director  
Karen Saroki, MD, Assistant Medical Director  
Atfeh Eskandari, PA-C, Practitioner  
Maria Perez-Moreno, Medical Operations Manager

Joan Martin, Development Director  
Esme Chan-Chaldez - Amy Fortanel  
Priscilla Garcia - Miguel Korman  
Erika Sanchez - Ana Zamora

Graphic Design: www.JMBDesignsInc.com



## COLFS and APR present at 4 Pro-Life Events Across the Country

January has taken COLFS and Abortion Pill Reversal (APR) on the road. We were represented across the country, standing for life with the pro-life community. This month alone, we have shared our life-saving program with over 11,000 advocates for life.

### WASHINGTON, D.C.

The 45th Annual March for Life was held on Friday, January 19 in Washington, D.C., where hotline nurses, Marie Stettler and Patti Larsen, and program volunteer, Kathy Cazin, marched with over 500,000 pro-lifers. The joy in the air was palpable, and the most recognizable feeling was hope. Marie was also able to share her amazing APR testimony at the Students for Life of America East Coast Conference following the march. Other featured speakers included Lila Rose with Live Action News, David Daleiden with Center for Medical Progress, and Abby Johnson, a former Planned Parenthood Director.



Marie Stettler with her brother, Aaron Stettler, a seminar at the Dominican House of Studies

SEE PRO-LIFE EVENTS ON THE NEXT PAGE



## Help COLFS This Lent and Fund our Clinic Improvements in Escondido

# COLFS Lenten Pledge

Our Escondido Clinic focuses primarily on providing services to our ministry population and is in need of your help! We would like to create a warm, embracing environment needed to serve as many women as possible, which means there are cosmetic changes that need to be made.

Our goal of \$5,000 will pay for much needed paint, cleaning, and updates to our signage!

Scripture teaches us that there is more joy in giving than in receiving (Acts 20:35). During this Lenten season, COLFS would like to invite you to prayerfully discern how the Lord is asking you to give. Maybe you are giving up something that's saving you money that could be donated to our organization, or perhaps you feel called to give a little more as a Lenten Pledge.

We are looking forward to being able to make the changes needed to reach as many women as possible. Thank you for your support, prayers, and for spreading the good news!

## Give Now

- 1) Go to: **[www.everydayhero.com](http://www.everydayhero.com)**
- 2) Search **COLFS**
- 3) Choose **COLFS Lenten Pledge** (Charity)
- 4) Click on **GIVE NOW**
- 5) Afterwards, start your own fundraiser for the COLFS Lenten Campaign



**Atefeh Eslami**  
Physician Assistant

Atefeh is a nationally certified Physician Assistant specializing in Family Medicine care at Culture of Life Family Health Care. She completed her undergraduate studies at UCSD and her Master of Science Degree at Hofstra University in New York. Ms. Eslami is a member of the American Academy of Physician Assistants (AAPA) and New York State Society of Physician Assistants (NYSSPA). She is committed to providing quality and compassionate care to all her patients and enjoys the time she spends with them. Atefeh is a very conscientious person who believes the importance of giving the highest quality of care to all her patients.



**Tiffany Siltan**  
Clinic Manager

I am thrilled to join the COLFS team in Escondido! I am a Chicago native but have been in California since 2008. The bulk of my career has been in case management and administration, providing services for individuals with intellectual disabilities. Prior to COLFS, I was assistant director of residential services for a non-profit agency in North San Diego County. It was a blessing to take part in developing group homes for individuals with Autism and other intellectual disabilities. Coming to COLFS is an exciting new challenge in my career. I can't wait to see what we can accomplish in the months to come.

When I'm not working, I try to spend as much time with my family as possible. We are always on the go, and our four-year-old, Alexa, makes sure that there is never a dull moment in our household. I look forward to sharing our stories throughout the year, and I thank everyone for their warm welcome and continued support.

# 2018 Pro-Life Events Across the Country!

## LOS ANGELES

On Saturday, January 20, Dr. George and Liz Delgado attended OneLife Los Angeles, whose mission is to "unite communities and inspire positive action by promoting the beauty and dignity of every human life from conception to natural death." There they had the opportunity to attend the pre-event breakfast hosted by Archbishop Jose Gomez. At the breakfast, Dr. Delgado had the opportunity to discuss Abortion Pill Reversal with Cardinal William Levada and Archbishop Jose Gomez. Both of the church leaders were very excited to hear about the many lives saved through the Abortion Pill Reversal program.



With Archbishop  
Jose Gomez



Cardinal William Levada, Liz Delgado, Teresa Larsen  
(Pro-Life Coordinator at St. Mary's, Escondido), and  
Dr. George Delgado

## SAN DIEGO

The same day, Culture of Life Family Services volunteers, Ariana Rivera, Ariel Schwartz, and Oksanna West, met with almost 4,000 in our local community at the 6th Annual San Diego Walk for Life, sharing our ministries of life and hope and encouraging locals to get involved. Bishop Robert McElroy and Bishop John Dolan both spoke at this year's walk.



## SAN FRANCISCO

We closed our month of travels in San Francisco where we participated in the 14th Annual West Coast Walk for Life on Saturday, January 27. Marie Stettler again addressed attendees at the Students for Life of America West Coast Conference. We are inspired by the efforts of the entire pro-life movement, and we are grateful to be able to take our place in defense of LIFE!





Join us for 8:30am Mass every  
First Friday each month in our  
Escondido office chapel!

*May you have a blessed Lent  
and a joyous Easter!*



362 West Mission Avenue, #105  
Escondido, CA 92025

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## 2017 STATISTICS



### ABORTION PILL REVERSAL

- » Over 300 births
- » Over 100 babies on the way (mom's pregnant)
- » Received over 3000 calls to the hotline
- » Over 400 medical providers in our network

### PREGNANCY CENTER

- » Served 125 clients
- » Provided 95 ultrasounds
- » 101 babies saved!



### WOMEN'S MOBILE CLINIC

- » 73 clients served
- » 111 ultrasounds performed (some repeat)
- » 69 total operational days