

# final thoughts...

There have been many changes for SAI this year, but the biggest is how much we have grown! I am excited about the future and all of the upcoming new families that will be created. Many of you may not realize how Surrogate Alternatives started....



## In this issue >>>

- A second SAI office opens
- Physician of the Year awarded
- Easter Support Group Meeting
- Spring Retreat Weekend
- Introducing our New Coordinator
- Ask the Experts
- The Delivery Room

Issue  
**ONE**



“Building Tomorrow’s Families Today”

It’s hard to believe in just over a decade, I have witnessed the transformation of a small, home-based business into a full-fledged, respected 6-figure corporation, directly competing with large agencies known around the world.

What started out as a business I created which would allow me to stay home with my children actually did the opposite. I have devoted countless hours and emotionally invested everything, to build a business that would not only give my family stability, but teach them how important it is to help others and never take anything for granted.

I wanted to be someone my children could be proud of. When I look back and see all that I have accomplished, starting at the age of 25 with two small children, it is nothing short of amazing.

Helping to create families has been the best opportunity of my life!

I completely trust, respect and care about my staff and their families. Without them and all of their dedication, (*making sure all of our cases are handled with such attention to detail and care*), I wouldn’t feel comfortable taking a step back and focusing on my family for a while. They have “shared” my attention for long enough. It’s now time to be wife and mom, before I wake up one day and I have missed the best part of life.

Being a parent is such a wonderful gift, the good and the bad make it that much more rewarding and fun. I will always know what is going on at the office, but for now, my time and my heart will be at home.

## Coming soon >>>

### In The Next Issue

- Yearly Family Event
- Fall Retreat Weekend
- Meet & Greet Event
- Baby Belly B-U-N-C-O
- Ask the Experts
- The Delivery Room

# Agency Adviser

## Current topics >>>

### La Jolla IVF – (Dr. David Smotrich) Awarded as our Physician of the Year

Surrogate Alternatives has worked with the staff of La Jolla IVF for over 13 years. The staff of La Jolla IVF have always been quick to respond to our clients questions and concerns. They show a level of professionalism that goes above the standard of care. Their success rates have exceeded my expectations, which is why we are extremely proud to extend this honor to Dr. David Smotrich and his dedicated staff.

For more information visit their web site:  
[www.LaJollaIVF.com](http://www.LaJollaIVF.com) or call: 1-(858)-558-2221

## SAI opens second office Welcome to Jan Bauer-New Case Manager!

We are very happy to have Jan Bauer on our team. Jan has been with Surrogate Alternatives for over 9 years. She completed three Surrogacy arrangements during this time, delivering a little girl in 2002, twins in 2004 and twins yet AGAIN in 2006.

Jan loved being a surrogate mother and helping couples become parents, but now that she is retired, working for Surrogate Alternatives allows her to continue to do what she loves. Jan is a case manager who

assists potential clients and works at our North County office. She is also traveling abroad to other countries to raise awareness about the benefits to choosing a surrogate in California as a viable parenting option.



Dedication is not what others expect of you, it’s what you can give to others....

Toll Free: 1-(855)-SAI-BABY



**SURROGACY**  
& Egg Donation

## OFFICE LOCATIONS:

### Corporate Office:

876 Jetty Lane  
Chula Vista, CA 91914  
[www.SurrogateAlternatives.com](http://www.SurrogateAlternatives.com)

### North County Office:

12526 High Bluff Dr.  
San Diego, CA 92130  
[www.AffordableSurrogacy.com](http://www.AffordableSurrogacy.com)



Introducing>>>

# Monica Buehler, Senior Case Manager

Surrogate Alternatives is very lucky to have Monica Buehler as part of the agency. Monica is a team player and brings such a positive attitude to the office. She has worked in the field of third party reproduction since 2004 and enjoys communicating with people and helping make Surrogate Alternatives better!



I love being apart of SAI because it means so much to me to play a small part in the amazing journey of helping people, become parents. I feel so blessed to have found a career that is my true calling in life. Working in the surrogacy and egg donation field, allows me to use a little bit of my nursing/medical side. I have always loved working in the field of obstetrics, and working in this field allows that and I am still able to have the close personal connection with people. Nothing is better than seeing a couple hold their baby for the first time. There is something magical about it and knowing that I was apart of it, even if it was only in a small way.

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**My Family:**  
Brandon and I have been together for 17 years; we are high school sweethearts. We have two boys; Seth 13, and Cole 11. The boys keep us very busy. Cole plays club soccer, I am the team manager and my husband is a coach. I also hold two positions on the club soccer board. Seth also plays soccer and takes piano lessons. Both boys love to ride bikes, so if we have a free day, we head to the BMX track or the boys and I love to go to the movies. I am very involved with volunteering; I love to help out at the boys' school. If there is a projector something to plan, I somehow always seem to get involved. The boys are our world, and we wouldn't have it any other way ☺



# Easter Fun at our monthly Support Group

Goodie bags, bunny ears, baskets and gifts.....This month's support group meeting was fun and games. Jayleen, one of our surrogates was very creative and decorated cupcakes in the shape of a bunny rabbit and chicks. Very cute idea by the way Jayleen ☺



YEAR'S Eastermeeting and how we can get our Surrogates children involved in the fun! A few ideas are an egg hunt at a local park, egg decorating or a visit from the Easter Bunny himself



## The Easter Bunny visits SAI

Our staff was pleasantly surprised when the Easter bunny made an unexpected "special" trip to our office right before the Easter holiday weekend. Goodies were enjoyed by all, including lots and lots of CHOCOLATE! Good thing no one happens to be on a diet!!

## Not just another Birth Story

I learned by becoming a Surrogate Mom that it wouldn't be just any pregnancy and birth. It was a remarkable journey to help a Couple become a Family.

It was a Sunny June afternoon in beautiful La Jolla. I was so nervous and excited at the same time! I get to meet the couple, whose baby or babies I was going to carry. Wow, what a thought, so many questions were going through my mind-Are they going to like me? Am I going to like them? Sure, I read all about them, and we had a lot in common, but was there going to be a connection? And then we saw each other! We started talking & I knew immediately. We were so involved in our conversation we didn't notice 4 hours had gone by. I was determined to help this couple have a baby. I wanted them to experience all the blessings that I have had, with my own children.

My couple was there with me on August 25<sup>th</sup>, 2010, our transfer day, along with my husband. I just knew, as a team and with God on our side - we were creating life, and we did! We were Pregnant with Twin Girls!

My couple lives in Australia, so the support from SAI and attending the monthly meetings, meant so much as I gained friendships, kindness, sympathy, and excellent advice from other surrogates.

The time was getting close; I knew my couple was on their way from Australia for the birth of their babies. They came in on April 7th 2011, and I delivered on April 11th 2011. It's like the girls knew their parents were here, and decided it was time to meet them. The most exciting moment of my journey was seeing my couple become parents. The love in their eyes was indescribable. I knew in my heart, all the hard work I put into this journey was well worth it. I knew with God, he helped me. He helped a couple become a Family. I now have an extended family in Australia - for Life. I know my family is proud of me, but most of all, I am proud of myself.

Bernadette Hendricks

## Special Event>>>

# Surrogate Retreat Weekend in Palm Springs, CA

We had a great weekend with over 30 surrogates in attendance at our November Surrogate Retreat Weekend in the city of Indio. The house we rented was so large and we had so much space, the girls could watch a movie in the theatre room, play Bunco or bingo in the game room, watch TV in the living room or just grab a snack in the kitchen.

Our support coordinator, Michelle and the rest of the staff did such an amazing job at coordinating this event. We had so many things planned from an egg hunt, to a scavenger hunt at the local Westfield Mall. The girls were split into teams and had to wear birthday hats with different cartoon characters. Everyone was such a good sport!

Many people may not understand that this event, as well as other large events hosted by SAI, takes months to plan and especially our retreats. Each item in the gift bags each surrogate receives when she arrives is hand-picked and is different for each retreat. We make sure it is a special time had by all.



## Ask your question>>>

Q: What it is like carrying twins?

A: It is definitely different than carrying a single child, that's for sure.

Personally, having carried twins, I noticed an earlier weight gain and going up in sizes in my clothes much quicker. There are also risks with a multiple pregnancy, some of these risks include: pre-term labor and delivery, gestational diabetes and possible bed rest for an extended period of time. Don't over-do anything, remember, you are carrying two babies.

