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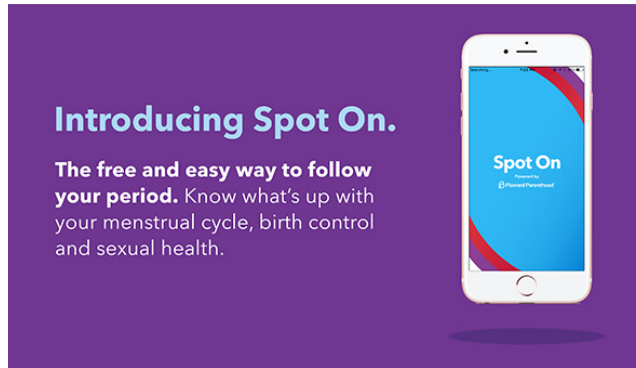
855 Central Avenue
Albany, NY 12206
uhpp.org | 518.434.5678

190 Fairview Avenue
Hudson, NY 12534

200 Broadway
Troy, NY 12180

Planned Parenthood's New Period Tracker App is "Spot On"

As part of Planned Parenthood Federation of America's commitment to providing accurate, personalized sexual and reproductive health information to as many people as possible, no matter where they are, they launched Spot On, a free period tracker and birth control app that helps users track and predict their periods, understand their menstrual cycle, and manage their birth control, while providing expert guidance, tips, and fun facts. It is available for iPhone users with an Android version scheduled to be made available in June.



Upper Hudson Planned Parenthood
855 Central Avenue
Albany, NY 12206

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CHOICE Remarks

SPRING 2016

Upcoming Events

Women's Leadership Circle Kickoff Luncheon

Trivia Night

Volunteer Trainings

I Stand With Planned Parenthood Rallies

Visit us online at uhpp.org to learn more about upcoming events or how you can get involved with Planned Parenthood!

UHPP Supporters Launch Women's Leadership Circle

By Dr. Mary Kahl and Deborah Rosen Zamer, Co-Chairs

In this era of systematic attacks on Planned Parenthood, we as UHPP supporters recognize that now more than ever, we must rally public support. We know better than to stand idly by while our rights and futures are in jeopardy. We see the Women's Leadership Circle as a part of the solution and couldn't be more excited to lead the effort. We are comprised of women who publicly support Planned Parenthood and have committed to contributing a minimum of \$1,000 annually. Women 40 and under are encouraged to join by making an annual contribution of \$500 or more and some scholarships are available. In honor of Planned Parenthood's 100th anniversary, we hope 100 women will sign on to support our local affiliate in this way. To learn more, host a house party to invite others to join, or sign up, contact Curran at curran@uhpp.org or 434-5678 x 125 or visit uhpp.org and sign up today!

Together, we will ensure the care, education, and advocacy UHPP provides will continue to be available for generations to come.



Dr. Mary Kahl and Deborah Rosen Zamer, Co-Chairs

"We are so excited about the momentum and energy of the Women's Leadership Circle. This kind of support is exactly what we need to secure our future through safe accessible and affordable reproductive healthcare."

-Chelly Hegan, UHPP

What Can You Do?

You make the stories in this newsletter possible! Make a donation today to ensure Planned Parenthood is available to all who need our services for generations to come.

Learn more at www.uhpp.org.

Abortion Access Expands at UHPP, Despite Hostile Climate

“We know abortion is an important part of healthcare and can be vital in ensuring our patients decide if and when to become parents,” says Laura Bunora, UHPP Chief Operating Officer

At UHPP we are proud to be a reproductive health provider, and are unapologetic about our abortion services. “We know abortion is an important part of healthcare and can be vital in ensuring our patients decide if and when to become parents,” says Laura Bunora, UHPP Chief Operating Officer. In 2015, abortion providers faced an ever increasingly hostile climate informed by the simultaneous political attack on Planned Parenthood and the illegitimate, but high profile, fetal tissue donation centered smear campaign.

Despite these challenges, UHPP is proud to announce that we have successfully expanded access to abortion. Whereas we had offered abortion up to 14 weeks, our health centers are now able to provide abortion up to 16 weeks. This is a significant increase and allows for patients to have their needs met with us, where they feel safe and cared for. It is often our younger patients who need the

extra time, as they are less likely to have regular periods, know they are pregnant, or access services in a timely manner. We are excited to be able to offer our exceptional, services to do so while expanding access.



How Can I Help?—

UHPP’s work is made possible by people like you!

MAKE A DONATION:

Make a donation! You can restrict your gift to the work you feel most passionate about, or designate your support where it is needed most.

HOST A PARTY OR DESIGNATE UHPP FOR A SPECIAL OCCASION:

Host a party or designate UHPP for a special occasion! Make request donations made in lieu of gifts or set up a party in honor of our work. Every bit helps!

VOLUNTEER:

We need all hands on deck and have a lot of great ways people can help.

SHOW UP! We need supporters throughout the year to show up to demonstrate how many people care passionately about reproductive rights. Be the face of our movement!

SPEAK UP! Be an ambassador in the community on our behalf. Share our posts on facebook and let people know that you care about Planned Parenthood.



UHPP Celebrates National Condom Week!

This February, more than 20 community volunteers joined UHPP sexual health educators in Albany, Troy and Hudson to celebrate National Condom week by visiting 23 bars and nightclubs to distribute thousands of condoms, safer sex kits, mardi gras beads and light up bracelets. The volunteers played “fact or crap” with patrons and used the opportunity to educate people about condom usage.

“The statistics are scary, one in two sexually active young people in the US will get an STD by age 25. We urge young people to use a condom every time they have any type of sex to protect against STDs and unplanned pregnancy,” said Zanetta Gary, UHPP Vice President of Education. Adding, “condoms are also a good way to feel a little more relaxed about sex. Many people say they find sex more enjoyable when they use condoms because they aren’t worrying about STDs or unintended pregnancy.”

UHPP is planning additional outreach events in the spring and summer. If you are interested in volunteering, contact Amy Wolff at amywolff@uhpp.org.



GYT! Get Yourself Tested!

April is STD Awareness Month and, with it, the annual “GYT: Get Yourself Tested” campaign designed to promote sexual health and regular STD testing among young people as well as to address the disproportionately high rates of STDs — including HIV, chlamydia, and gonorrhea — among those under 25.

Throughout April, UHPP educators will be sharing GYT related information during programming. Educators will be in the community doing outreach in Albany. In addition, our Youth Health Promoters will be utilizing social media to raise awareness, as well as conducting very short knowledge assessment surveys during teen clinic—participants will get a pair of sunglasses as a prize!

STD prevention is a core part of Planned Parenthood’s health services and education efforts. We know that access to testing and treatment, along with education about STD prevention, are the best ways to ensure that young people stay healthy and safe. Every year, Planned Parenthood health centers provide 4.2 million tests and treatments for sexually transmitted infections, including HIV. And, in 2014, Planned Parenthood served its highest percentage of male patients — primarily for STD testing. Last year, UHPP provided more than 19,000 STD tests and treatment to men and women in the Capital Region.

What we are doing is working: The GYT campaign’s efforts to promote discussion and testing of STDs among young people are making a difference. A study published in “Sexually Transmitted Diseases” found evidence that GYT has successfully increased STD testing among young people, including a 71% increase in testing at Planned Parenthood affiliates from 2008 to 2010.

For more information, visit our website at uhpp.org.

Love yourself—

even when you’re loving someone else.

GYT
Get Yourself Tested

Did you know? One in two sexually active young people in the US will get an STD by age 25.

