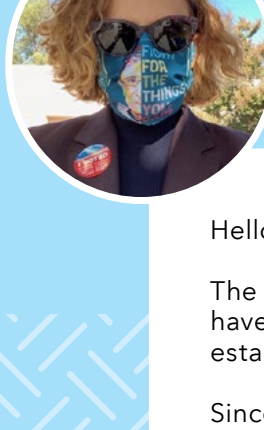


The Full Mar Monte SUPPORTERS EDITION



LETTER FROM THE CEO Remembering Roe – and ensuring abortion-access for our patients

Hello Friends,

The beginning of 2023 marked a somber milestone – what would have and should have been the 50th anniversary of the *Roe v. Wade* U.S. Supreme Court decision that established the constitutional right to abortion.

Since the current Supreme Court overturned *Roe* last year in a shocking ruling that goes against decades of legal precedent, not to mention 70% of public opinion, I have been so proud to stand beside you as PPMM has stepped forward to provide abortion care for anyone who needs it, regardless of their ZIP code.

This year promises to be an exciting one for PPMM as we plan to open and break ground at two sites where our services, including abortion care, are greatly needed: Our much larger health center in Reno and a new health center on the Nevada-Utah border.

In the reproductive freedom states of California and Nevada, PPMM has not been deterred by the fall of *Roe* because we prepared for this moment for more than three years. We have trained more clinicians to provide abortion care and established health centers near mass transportation hubs. We are especially proud to be expanding in areas that are significantly underserved and need more access to health care.

PPMM also participated in Gov. Gavin Newsom's California Future of Abortion Council and helped sponsor a robust package of bills that were recently signed into law, strengthening abortion rights in the state.

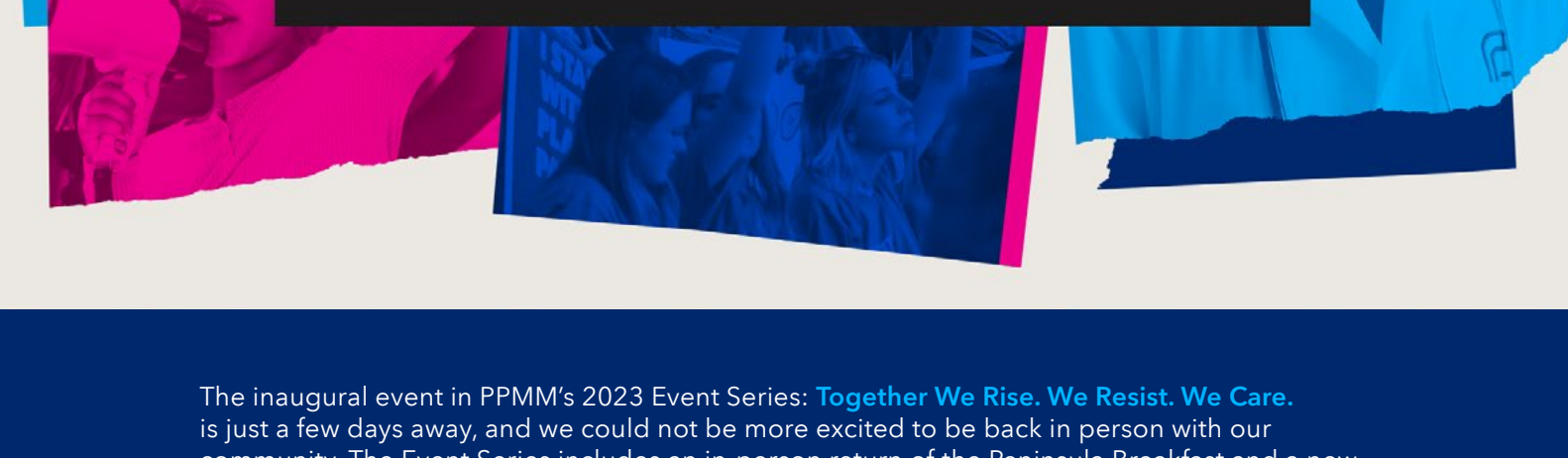
Our doors are open to those who come here from abortion-ban states as well. From July 2022 to November 2022, PPMM saw a nearly 300% increase in the number of out-of-state abortion care patients compared to the same period in 2021. And you have played an important role in enabling the affiliate to provide care for patients who need us in ways they never have before.

To find out more about what we have achieved and our plans for the future, I'll hope you'll join me at one of the "Roadshows" in our 2023 event series, "Together, We Rise, We Resist. We Care." (See the event series calendar, below.)

I want to thank you, on behalf of our staff, patients, and communities, for all you have done to make PPMM an excellent, compassionate, judgment-free, and safe place to receive essential health care and information. We are so grateful for you standing with us in 2023!

In Solidarity,

Stacy



The inaugural event in PPMM's 2023 Event Series: *Together We Rise, We Resist, We Care.* is just a few days away, and we could not be more excited to be back in person with our community. The Event Series includes an in-person return of the Peninsula Breakfast and a new traveling "Roadshow" held in five local venues that will feature digital storytelling and local community leaders. There will also be an inspirational virtual program in May.

We hope you will join us at one or more of our upcoming events, which raise critical funds for PPMM to deliver vital health care as well as sex education and information to adults and children across California and Nevada – regardless of their income, identities, immigration status, beliefs, or ZIP code.

Roadshow tickets start at \$25 and sponsorships start at \$1,500. Locations will be provided upon registration. To buy tickets or sponsorships and learn more, go to ppmarmonte.org/together.

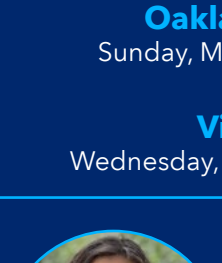
Santa Cruz Roadshow

Thursday, February 16, 2023 | 5:30 p.m.

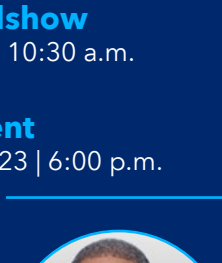
Peninsula Breakfast

Friday, March 10, 2023 | 7:30 a.m.

Featuring



Khiara M. Bridges
Professor,
UC Berkeley School of Law



Ken Lambrecht
President & CEO,
Planned Parenthood of
Greater Texas

Sacramento Roadshow – NEW DATE

Wednesday, March 22, 2023 | 5:30 p.m.

Oakland Roadshow

Sunday, May 7, 2023 | 10:30 a.m.

Virtual Event

Wednesday, May 24, 2023 | 6:00 p.m.

Featuring



Olivia Julianna
Director of Politics and
Government Affairs, Texas,
Gen Z for Change



Eric Holder
Former U.S. Attorney General

Monterey County Roadshow

Thursday, June 1, 2023 | 5:30 p.m.

Stockton Roadshow

Sunday, July 9, 2023 | 10:30 a.m.

Providing special support for our abortion care teams Senior Manager of Abortion Services Management Jessey F.

Jessey F. is PPMM's first-ever senior program manager of Abortion Service Delivery. She is the "go-to" person for our abortion program, adding oversight of patient navigation and ensuring that our patients have all the support they need, especially when they might be traveling from away. Whether it's making patient-flow as smooth as possible or providing direct support to the abortion coordinators at health centers, she is here to assist the excellent abortion care PPMM is known for. The Full Mar Monte caught up with Jessey in January to find out more about how she does it.

Full Mar Monte: Jessey, you're a Planned Parenthood veteran of eight years, after being a medical assistant at PP Arizona and working as a surgical site manager at Mission Parenthood of Orange and San Bernardino Counties. How do you see your planned as the first senior manager of PPMM's abortion care services?

Jessey F.: First off, I have to say, I feel like all of my career experiences with PP have led me to this position and have prepared me so well. Abortion care-access is my passion, and I cannot believe I get to wake up every day and focus all my attention on the team providing this extremely important service.

My role is making sure we can see patients efficiently in a way that's most positive for them and for us. I see myself as a sort of "big-picture fixer" that our abortion care teams can call on, whether at one of our eight sites that have in-health center abortions or at one of the 34 sites that provide medication abortion.

I'm the person abortion care staff can call to fix it – whatever "it" is that's in the way of providing the most efficient patient care. Maybe it's getting processes and policies updated or solving scheduling problems, or even helping staff with challenges specific to certain health centers. The idea is for me to focus on those things so our teams can concentrate directly on abortion care.

FMM: Can you explain how our abortion care teams benefit from this extra support, especially regarding the increasing number of patients from abortion-ban states who come here?

Jessey: When patients come to us from far away, including from other states, it's important that we can be very proactive and adaptable. Maybe they'll schedule for a medication abortion, but find they need an in-health center abortion instead. If that happens, we need to be able to react and help give them the care they want.

Having more abortion patients come to us from out of state or from PP health centers in different parts of California also requires flexibility from our daily patient-flow in the health centers that are accommodating them – while still serving all of the other scheduled patients who need us. That may include having our abortion providers prepared to instantly shift their schedules on the day of, or maybe the next day, to drive more than two hours to help an out-of-state patient who has very limited time for abortion care at a certain health center.

FMM: Can you give us some specific examples of how you can help smooth the process for our patients and abortion care team?

Jessey: Sure! One thing that comes to mind are the delays we see when patients have a hard time finding a ride home after they have gotten sedation. It can be really challenging for some patients to find someone to pick them up after their abortion and that can lead to long wait times at the health center for the patient or even the staff having to stay late.

Something that worked really well at my last two affiliates was to make sure the driver got two reminders about when to be at the health center. They would first be told about the call when the patient arrived at the health center and then get another call 45 minutes before the patient needs to be picked up. When the driver has two reminders, it makes a big difference, and it gives them a better way to navigate that time frame.

FMM: It sounds as though a lot of how you help our care teams is by making things easier for patients and staff in order to save valuable time for both. Is that right?

Jessey: Yes, I want to use what I've learned to help make it easier on our teams to provide this care. Another example is using the one-room model. The previous kind of "industry standard" that we see in much of health care is to have the patient go to different "stations" around a hospital or health center for their care. This means the patient moves around a lot and has to tell their story to many different people. How many times have you gone to the doctor and had to repeat your story four or five times?

To help reduce this stress on the patient, we know that when the patient stays in one room for lab-testing, ultrasound, and the procedure, it saves a lot of time. And staff can focus on multiple tasks at once, making it more efficient for them, too! Plus, the patient doesn't have to keep getting undressed and re-dressed while moving around the health center and explaining the same thing to multiple staff, which is a much better health care experience.

FMM: What is some of the trouble-shooting you're concentrating on now?

Jessey: I want to be able to give more one-on-one support to our abortion coordinators who are helping patients – some from far away – get to our health centers.

We're also making some helpful updates to the website, with a great FAQ (frequently asked question) list for abortion patients who are better prepared with the information they need about their visit. And, soon, we'll be enabling patients to schedule online appointments for an in-health center abortion, rather than calling in.

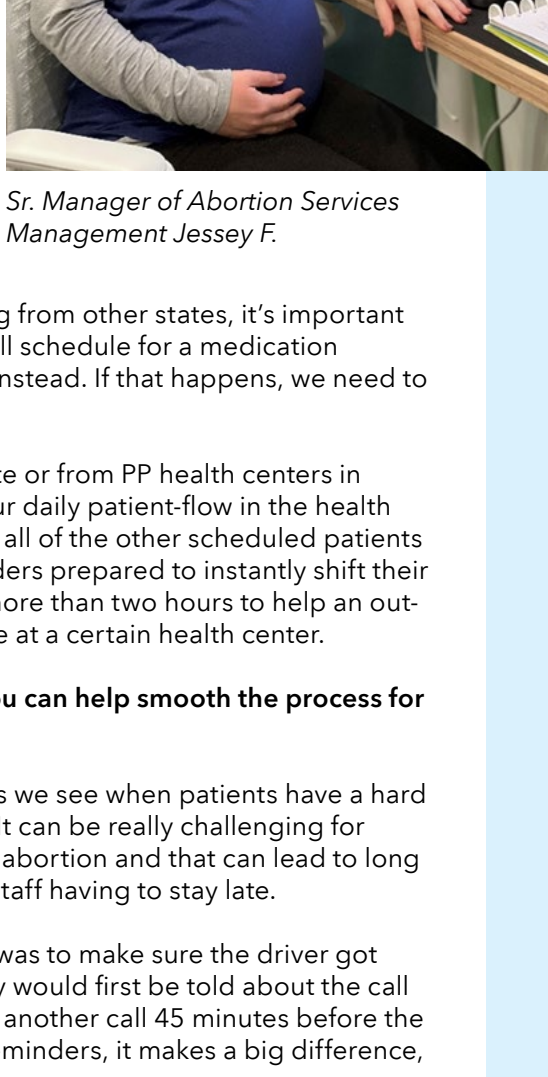
FMM: How do you think of your role at PPMM in the current post-Roe climate?

Jessey: It's so clear that accessibility is one of the most important things about our abortion program. Now, with the spotlight on California and Nevada to provide this care, we want to make sure that every single thing about our services is available for everyone who needs them. And that might mean our patients have to fly to get here, or arrange childcare, or find a place to stay overnight. I'm here to help make sure our providers have the time and space and tools they need to help as many people as possible.

FMM: You're going out on parental leave soon – congratulations!

Jessey: Thanks! I am really excited to become a parent, but also to come back and continue working on all of the things here.

One of the main things will be to ensure that all our health centers are equipped to use the one-room model of abortion care for patients. I am excited to get back into it.



Sr. Manager of Abortion Services Management Jessey F.

Being Memorable

In this space, we spotlight health center staff members who have been mentioned by name in patient surveys for delivering a fantastic patient experience.

Making sure all a patient's questions are answered HSS Rosita E. in San Jose

Here's what a recent patient at the San Jose health center said about HSS Rosita E.:

"Rosie assisted me during my visit. Very enthusiastic and cheerful attitude, even though they had to squeeze me in right before closing."

Greeting patients with a cheerful feel is one of the ways HSS Rosita E. helps them feel comfortable when they come to the San Jose health center. "I want them to feel right away that they can really open up to me and be relaxed," Rosita said. "So I might compliment someone on their great sweater or a cool haircut. If they seem tense at first, it can help to strike up a short, positive conversation that's not about their appointment."

Rosita said she also "smiles with my eyes," under her face mask: "There are a lot of ways to be a comforting presence."

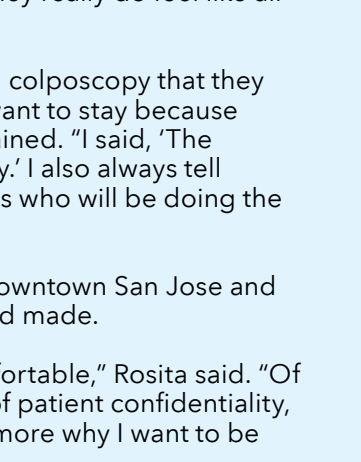
Putting patients at ease and creating a positive atmosphere is the way Rosita says she can ask questions that people might find difficult to talk about. "My main goal is to be sure that, by the time patients leave, they really do feel like all their questions have been answered," she said.

Recently, Rosita saw a patient who had come in to have a colposcopy that they had put off for many months. "This patient really didn't want to stay because they were so nervous about the procedure," Rosita explained. "I said, 'The most important step you made was walking in here today.' I also always tell patients about how great and experienced our clinician is who will be doing the procedure. It's very reassuring for them."

A few days later, the patient happened to see Rosita in downtown San Jose and approached her to say what a difference Rosita's care had made.

"They came up to tell me that I'd made them feel so comfortable," Rosita said. "Of course, I would never have approached them, because of patient confidentiality, but having them come over to thank me validated even more why I want to be here. I want to make that difference for people."

Thanks for making patients feel good, Rosita!



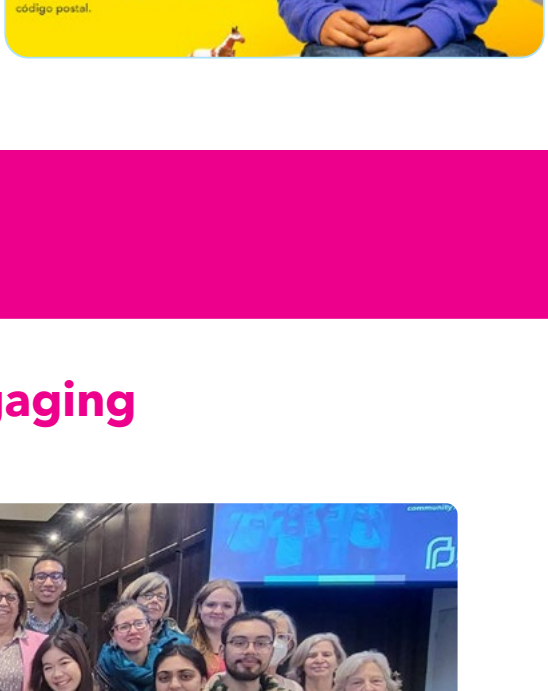
HSS Rosita E.

Love Notes Appreciation for PPMM staff, from donors and supporters

Thank you so much for your dedicated work! Your resources save so many lives and make many more better. I personally was relieved when I needed immediate care while unemployed and you took care of me without adding stress to an already stressful situation. You are true heroes!
– Lynda, supporter from San Luis Obispo

WE ADORE YOU! You work goes so far beyond the people you interact with daily. Even those in other states see your services and dedication as a pillar of hope in the community, and we could not be more grateful for all that you do!
– Geneva, supporter from Nevada

I just wanted to thank all of you for the work you do. I'm in my 40s now, but when I was about 17 I went to Planned Parenthood with my high school boyfriend. They gave me my first birth control and him, condoms. They were amazing and informative. I have a daughter that just turned 10, and it saddens me that the world is regressing. I am so mad at the changes that are happening. I hope you know how much I appreciate you working hard for us.
– Nancy, supporter from Sacramento area

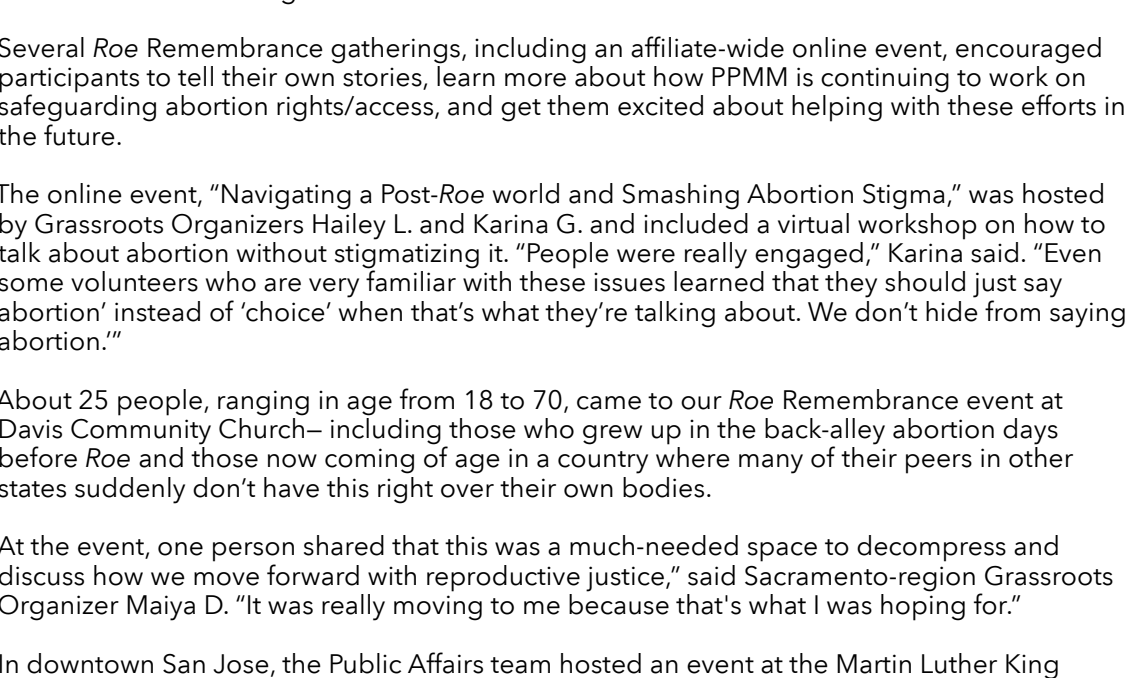


PPMM website's new Spanish language resource page for donors and supporters

The Development team is proud to announce its first Spanish language resource page where any PPMM supporter can learn more about donating, volunteering, and more. Check it out at: Recursos en Español

The Big Picture

Remembering Roe – and engaging future PPMM volunteers



Roe Remembrance participants in Davis

On the third weekend in January, which would have marked the 50th anniversary of the U.S. Supreme Court's *Roe v. Wade* decision granting the right to abortion, PPMM's Public Affairs team held a series of events for our volunteers and supporters to look back and recommit to the future of abortion rights and access.

Several *Roe* Remembrance gatherings, including an affiliate-wide online event, encouraged participants to tell their own stories, learn more about how PPMM is continuing to work on safeguarding abortion rights/access, and get them excited about helping with these efforts in the future.

The online event, "Navigating a Post-Roe world and Smashing Abortion Stigma," was hosted by Grassroots Organizers Hailey L. and Karina G. and included a virtual workshop on how to talk about abortion without stigmatizing it. "People were really engaged," Karina said. "Even some volunteers who are very familiar with these issues learned that they should just say 'abortion' instead of 'choice' when that's what they're talking about. We don't hide from saying 'abortion.'"

About 25 people, ranging in age from 18 to 70, came to our *Roe* Remembrance event at Davis Community Church – including those who grew up in the back-alley abortion days before *Roe* and those now coming of age in a country where many of their peers in other states suddenly don't have this right over their own bodies.

"At the event, one person shared that this was a much-needed space to decompress and discuss how we move forward with reproductive justice," said Sacramento-region Grassroots Organizer Maiya D. "It was really moving to me because that's what I was hoping for."

In downtown San Jose, the Public Affairs team hosted an event at the Martin Luther King Library that also drew people of a wide age range. Silicon Valley Grassroots Organizer Elizabeth M. said the group discussed the continued battle for reproductive freedom by combating abortion stigma as well as people's personal stories with abortion access or lack of it.

Nearly a dozen pre-*Roe* activists and students from UC Berkeley's PP GenAction chapter were joined at the Oakland gathering by Karen Weinstein, a local women's advocacy leader and filmmaker. Karen shared her own abortion story and screened the film she collaborated on before the *Roe* decision, "Abortion and Women's Rights 1970."

Oakland Grassroots Organizer Becca H. said, "The group engaged in a lovely conversation around the importance of bringing straight/cis men into the movement and why sometimes this group is isolated from our work, and how we can better reach them."

Beyond giving local PPMM supporters a place to talk about *Roe* and how having it overturned has affected their lives, the events drew more future volunteers to help with our important work.

"I am very confident that some of these participants will join future actions," Maiya said, after the event in Davis. "Some of those who came have already, and they continue to volunteer with us. I hope to build a strong base to continue this energy into election season."

Good Reads

Feb. 5, 2023, Washington Post
Fears mount around 'catastrophic' abortion pills case as decision nears

Feb. 2, New York magazine, The Cut
The future of abortion pills is on the line