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REMARKS

8

CHOICE

Banner Continued from page 1

non-judgmental and confidential care.

To win the battle for funding—to keep our doors open and our services available—media campaigns are not enough. We need your help. It is time to raise our voices. It is time to raise our banner. It is time, as Congressman John Lewis of Georgia recently said, “to find a way to get in the way!”

UHPP is organizing volunteers into county-based visibility committees. These committees will work together to raise awareness about our programs and services; staffing tables at fairs and community events, creating opportunities for our staff to speak to organizations and at public forums, and supporting each other in speaking up at family, neighborhood, and workplace gatherings in support of Planned Parenthood.

Those interested in taking part in a visibility group should contact Alicia Ortiz at alicia@uhpp.org, “like” our UHPP facebook page, or check uhpp.org for upcoming activities. ●

**JOIN The UHPP
Team AT**



**Saturday, September 24th in Washington Park, Albany
11am registration; 12 noon Walk Begins**

The S.T.A.R.S. (Seriously Talking About Responsible Sex) high school peer educators will be leading our UHPP team. A portion of the money raised comes back to UHPP to help us provide HIV/AIDS testing, counseling, and education.

To participate: go to www.caresny.org/aidswalk.cfm
Click *Register* to walk with our team.

Click *Donate Now* and then *Teams* to support our S.T.A.R.S. walkers. Team name: Upper Hudson Parenthood.

Questions? Contact Alicia at Alicia@uhpp.org

A PUBLICATION OF UPPER HUDSON PLANNED PARENTHOOD
SERVING ALBANY, COLUMBIA, GREENE & RENSSELAER COUNTIES

CHOICE

REMARKS

FALL 2011

Raise the Banner High

As this issue of Choice Remarks goes to press, UHPP is in the midst of a major media campaign using outdoor, television, and social media to share the personal stories of those whose lives have been changed—and even saved—because they came to Planned Parenthood.

The patients featured are among many who came forward during the *I Stand With Planned Parenthood* campaign. They talk openly and honestly about the circumstances that brought them to our health centers—a yeast infection that would not go away; lack of health insurance to cover birth control; an unintended pregnancy at a difficult time; a partner who needed STI screening; and the inability to find a provider who would check a breast lump when the patient had no health coverage. Together they represent the thousands of women who come through our doors every day—women from every walk of life, young and old, students and professionals, mothers and daughters—who would lose

access to respectful, confidential and affordable care if we were to lose our government funding.

Why is UHPP launching this campaign now? Because we have been told to expect a new battle for federal funding this fall—and are very aware that

challenges to state funding may come again in January, 2012. It is more important than ever that the broad public know the truth about Planned Parenthood: more than 90 percent of the services provided by Planned Parenthood health centers across the country is preventive. This includes life-saving cancer screenings, birth control, prevention and treatment of STIs, breast health services, pap tests,

and sexual health education. We work every day to reduce the number of unintended pregnancies and to keep women healthy. In fact, one in five women in America have turned to Planned Parenthood at some time in their lives for professional,

"Thank you Planned Parenthood"

for giving me a place to turn when I didn't have insurance

for testing me for STIs

for finding my cancer

for keeping my private stuff private

ALBANY 855 Central Avenue | HUDSON 190 Fairview Ave | TROY 200 Broadway

For an appointment call 1.800.230.7526 www.uhpp.org

Upper Hudson Planned Parenthood

SAVE THE DATE

JOIN US!:

UHPP FALL EVENT: Apollo Robbins, "The Gentleman Thief"

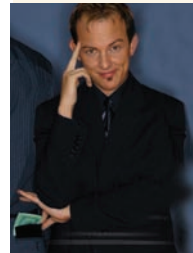
October, 20, 2011
6 pm to 8 pm

Location:

Huxley Theater, New York State Museum in Albany

Special Guest:

An international performer, speaker and consultant, Mr. Robbins is better known as "The Gentleman Thief." He appeared at the Bellagio and Harrah's and performed for Tiffany & Co. and



Bank of America, showcasing his sleight of hand and pickpocketing prowess.

For more information, contact Amber at 434-5678, ext. 121 or email amber@uhpp.org.



President's Corner

From Patricia A. McGeown, President/CEO

CHOICE 2 REMARKS

Victory was sweet. As the cover article of our spring newsletter announced, Planned Parenthood won critical votes in Congress, defeating efforts to deny any federal funding to the 83 Planned Parenthood affiliates and their 800 clinics across the country. That meant that the three million women and men who walk through our doors each year, including 13,000 here in the Capital Region, could continue to have access to needed health care services, regardless of their ability to pay. Looking back, the national *I Stand With Planned Parenthood* campaign was enormously successful, not only in defeating the defunding efforts, but also in raising awareness of the critical nature of the services we provide and the integral role we play in the nation's health care system.

Despite that remarkable success, we remain vulnerable. Efforts continue in Congress to defund Planned

Parenthood. In fact, we expect another Congressional vote to deny federal funding to Planned Parenthood as early as this fall. Right here in the Capital Region, one of our own Congressional Representatives, Chris Gibson (20th Congressional District), continues to assert that we mingle funds. Gibson has said publicly that he believes we are using federal family planning dollars to support abortion, despite there being no basis to this claim in fact, and in spite of his knowledge that annual federal audits continue to report findings to the contrary.

A window on what is to come looks out on a tidal wave of new state laws and regulations designed to restrict access to women's health care services. Once the anti-Planned Parenthood vote had failed in Congress, anti-choice zealots went to work at the state level. Measures to eliminate funding for family planning services or block Planned Parenthood's participation in public health programs were introduced in 13 states, and passed into law in seven. Bans on insurance coverage of abortion care were enacted in eight more states (see page 4 for more details). Even here in New York State, a bill was introduced in the Assembly to deny Planned Parenthood state funding. Although the bill was quickly withdrawn, the implication is clear: unless we are vigilant and proactive, opponents will strike and turn back nearly four decades of reproductive rights progress.

We need to act now to protect and strengthen our rights. The 2012

legislative session poses another opportunity to emphasize to legislators the importance of family planning funding and the unique role Planned Parenthood plays in ensuring access to critical preventive services. We must also press for a vote on the Reproductive Health Act in New York. This law would protect New York's women if *Roe v. Wade* is overturned. Finally, we must monitor progress on health care reform. As the Affordable Care Act is implemented, we need to be sure that, at least here in New York, coverage will ensure access to the full range of reproductive health services. This will mean fighting back against efforts to impose barriers to needed care, such as requiring extra fees and/or taxes for individuals or businesses who want to have abortion services covered by their insurance plan.

Finally, as we approach another election cycle, we must be prepared for a new campaign of distortion and vilification aimed at Planned Parenthood. Our opponents have learned that they can turn out voters with highly emotional rhetoric and false allegations on issues like abortion, birth control, and Planned Parenthood. They will hope to use these tactics to distract voters from the challenges of a shaky economy and unemployment. When you hear such tactics in use, I urge you to speak facts to lies and challenge hearsay: Stand with Planned Parenthood! ●

Deborah Rosen Zamer

Chairperson
Board of Directors

Patricia A. McGeown

President/CEO

Blue Carreker

Editor

LOCATIONS

ALBANY

Health Center/Administrative Offices
855 Central Avenue
Albany, NY 12206
(518) 434-5678

HUDSON

190 Fairview Avenue
Hudson, NY 12534
(518) 828-4675

TROY

Hendrick Hudson Bldg.
200 Broadway, Suite 200
Troy, NY 12180
(518) 274-5640

www.uhpp.org





UHPP NOW OFFERS Conscious Sedation

UHPP now offers abortion patients at our Albany health center the option of conscious sedation. Conscious sedation is a widely used method of pain management that minimizes discomfort through the combined and monitored use of pain relievers and sedatives.

“Conscious sedation provides a safe and effective option for patients undergoing a surgical abortion,” explained Christine Pluviose, M.D., Vice President for Patient Services. “Patients who receive conscious sedation usually are able to speak and respond to verbal cues throughout the procedure. Recovery is very quick, enabling the patient to resume normal activity in a short period of time. There are few associated side effects, but patients can occasionally experience headache, nausea, and vomiting.”

Conscious sedation was made possible by the opening of our new, expanded Albany health center at 855 Central Avenue. The new center includes a Recovery Room where patients can be monitored while resting in a warm and friendly setting. ●

UHPP REACHES OUT to Karen Immigrants



On Saturday, August 20, 15 Karen women from Burma gathered with their young children at the Delaware branch of the Albany Public Library to learn about birth control and other reproductive health services from UHPP staff members.

UHPP Vice President for Patient Services Christine Pluviose, M.D. and Meaghan Carroll, UHPP Director of Education, conducted the presentation with the help of a Karen interpreter.

“It was a very lively session,” related Carroll. “The women were interested in preventing future pregnancies and wanted a proactive approach for planning their families.” Pluviose and Carroll explained and displayed the many methods of contraception, engaging the participants in discussion to find out which methods might fit their needs. Long term options for pregnancy prevention were of particular interest.

The program was the result of work that began over a year ago with the U.S. Committee for Refugees and Immigrants (USCRI) Albany office. “UHPP is working with USCRI to conduct outreach and education programs for specific refugee populations,” explained Pluviose. “Our goal is to work closely with those who have come to our area from Burma; we want to help them understand how our health care delivery system works and to specifically reduce barriers to those needing access to reproductive health care.”

“This was a very successful gathering,” said Carroll. “Thanks to the work we did in advance, and the support of Karen community leaders and USCRI staff and volunteers, we were able to provide information that was both desired and helpful. We were encouraged to repeat the program for others who could not attend and also identified other topics for future programs.” ●

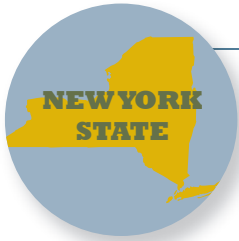
FALL
3
2011

Successful FREE HIV Testing Day!

Once again Upper Hudson Planned Parenthood was proud to participate in National HIV Testing Day. National HIV Testing Day is an annual campaign coordinated by the National Association of People with AIDS to encourage people of all ages to “Take the Test, Know Your Status.” This year, UHPP worked with the AIDS Council of Northeastern New York, Columbia County Department of Health, Hudson Housing Authority, New York State Department of Health AIDS Institute, Trinity Alliance, Whitney M. Young, Jr., and the Women’s Health Project in hosting the event. Together we offered more than 30 free testing locations from June 27th to June 30th in Albany, Columbia, and Rensselaer counties.

In order to encourage participation, UHPP offered \$5 Dunkin Donuts and Subway gift cards to those who came in for testing. The UHPP Albany health center tested 31 people, our Troy health center tested 18 people, and our Hudson health center tested 6 people, for a total of 55 tests administered at UHPP health centers. Our partner agencies also had high turnout rates with 254 people tested during the week-long event. ●

LEGISLATIVE UPDATE



NYS Senate Switchboard: (518) 455-2800 NYS Assembly Switchboard: (518) 455-4100

CHOICE
4
REMARKS

State Legislature Still Must Vote on Health Care Exchange

The NYS Senate went home without voting on a key piece of legislation—a bill to establish the framework for a state health care exchange. Establishing an exchange is a key component in the implementation of federal health care reform and legislation must be passed soon if the state wants to be eligible for significant federal funds. Several competing health exchange bills were proposed, including one by Governor Cuomo. UHPP is working with statewide partners to urge senators to return this fall to vote for the governor's bill. ●

Marriage Equality Victory

The historic vote for Marriage Equality, passed by the New York State Legislature on June 25th, was celebrated throughout UHPP. Local Senator Neil Breslin was an important champion for the legislation and local Senators Roy McDonald and Steve Saland cast critical votes in the final days to help win passage. Our agency has been an active member of the Marriage Equality Coalition, working with other local and statewide advocacy groups for many years. This victory was long fought and long overdue, and has personally impacted the lives of many among our staff, Board of Directors and community supporters. Hurray! ●



To Stay Updated: "Like" UHPP on Facebook!

Attacks Move to the States

In states around the country, anti-Planned Parenthood legislators continue to introduce hundreds of bills aimed at restricting access to abortion services. This year, however, their attacks have gone beyond abortion to attack family planning and Planned Parenthood. These bills cynically place political ideology over basic health care, putting the lives of millions of women and families at risk.

•Planned Parenthood Arizona was recently forced to discontinue abortion care in six cities. "For the first time in more than 30 years," said Bryan Howard, president and CEO, Planned Parenthood Arizona, "there will be no known provider of abortion outside of Metro Phoenix or Tucson." The agency was already in court fighting restrictions introduced in 2009 that include a mandatory additional in-person visit for every abortion patient to listen to

a state-mandated script read by the physician 24 hours before receiving care, notarized parental consent forms for minors seeking an abortion, and the right for pharmacists to refuse to fill a woman's birth control prescription if it is against his or her beliefs.

•Four states now ban abortion at 20 weeks gestation based on the premise of so-called fetal pain and a dozen other states have introduced similar legislation. These bills are a deliberate attempt by politicians to take the decision about abortion away from women and their doctors using baseless claims that are not supported by the highly respected American College of Obstetricians and Gynecologists as well as the Royal College of Obstetricians and Gynecologists

•Florida, Utah, and Oklahoma have enacted laws that would ban abortion coverage for all health insurance plans (private and public).

•New Hampshire legislators cancelled the state's family planning contract with

Planned Parenthood of Northern New England impacting over 16,000 clients.

•Wisconsin, North Carolina, and Kansas all have withdrawn funding from local Planned Parenthood health centers, and New Jersey cut \$7.5 million for family planning from its budget. Texas cut \$73 million in state family planning funds from its budget and banned Planned Parenthood from participating in its Medicaid-funded Health Program.

•Planned Parenthoods have been in court fighting these restrictions at an enormous cost. Currently, a federal court has temporarily stopped enforcement of an Indiana law banning Planned Parenthood from participating in that state's Medicaid program. And in a significant recent victory, a U.S. District Court Judge granted Planned Parenthood of Kansas and Mid-Missouri's motion for an injunction, halting enforcement of the new state law that strips Title X funding from that affiliate. ●



Capitol Switchboard: (202) 224-3121

Birth Control Matters

On August 1, the U.S. Department of Health and Human Services (HHS) announced that beginning August 1, 2012 all new insurance plans will have to cover a wide range of essential preventive women's health services, including the full range of FDA-approved contraceptive methods, without co-pays or cost sharing. The HHS announcement followed a strong

recommendation from the Institute of Medicine, an independent, nonpartisan medical body.

Specifically, HHS designated eight services as women's preventive health care: contraceptive methods and counseling, annual well-woman preventive visits, screening for cervical cancer/HPV, counseling for sexually transmitted infections, counseling and screening for HIV, screening and counseling for interpersonal and domestic violence, screening for gestational diabetes, and

breastfeeding support, supplies, and counseling.

Many thanks to all the UHPP staff and volunteers who collected and signed petitions for the Birth Control Matters campaign earlier this year.

For further info on this issue go to: www.hrsa.gov/womensguidelines/ and www.guttmacher.org/media/nr/2011/04/13/index.html. ●

FALL
5
2011

Local VOX Leaders in Washington



This past July 13 -15, four college students from the Capital Region attended the Planned Parenthood Federation of America Youth Leadership Conference in Washington, D.C. accompanied by UHPP's Volunteer Coordinator, Alicia Ortiz. Maureen Whitcomb, Brittnei Gulotty, Alexa Previto (all of University at Albany), and Nita Padavil (of RPI) attended workshops on campus organizing. The students were able to meet other dynamic youth from around the country who are fighting for access to reproductive health services and sex education. Nita will be creating a VOX chapter at RPI this fall, and Brittnei will be stepping into the role of President of the VOX chapter at the University at Albany, with Maureen and Alexa also serving as officers of that group. Blue Carreker also attended the PFA Public Policy and Organizing Summit in Washington and joined Alicia and the students for a national lobby day. ●

UHPP Volunteers Recognized

UHPP recognized volunteers who contributed over 25 hours of service in 2010 at the UHPP Annual Meeting and Volunteer Reception in May 2011. The honored volunteers included (left to right) Gloria Rogers, Matthew Arnold-Lloyd, Kristin Barron, Chris Bayley, Judith Maguire, and Linda Leue. Linda Leue was named 2010 UHPP Volunteer of the Year and Judith Maguire was recognized for 20 years of volunteer service to UHPP. Also recognized for exceptional hours contributed, but not present, were: Stancia Cramer, Susan Heartquist, Tricia Kent, and Norman Osofsky. ●



Standing Up for Planned Parenthood

UHPP staff and volunteer activists proudly wore their *I Stand With Planned Parenthood* campaign t-shirts at dozens of fairs, rallies and parades throughout our service area this summer. Together we marched, staffed tables, circulated petitions, provided health education and safer sex kits, and supported community partners. To be a UHPP volunteer, send your inquiry to info@uhpp.org or go to the Get Involved section of our website at www.uhpp.org. ●



www.uhpp.org

S.T.A.R.S.

**Seriously Talking
About
Responsible Sex**

Community Education

CHOICE 9 REMARKS

New S.T.A.R.S. on UHPP's Horizon

Every summer, our external affairs division experiences mixed emotions as we say goodbye to our graduating S.T.A.R.S. (Seriously Talking About Responsible Sex) peer educators, recognizing their many accomplishments, and welcome and begin training a new group of energetic high school students.

This past June, parents and family members were invited to events in both Hudson and Albany where UHPP staff recognized 14 outgoing S.T.A.R.S. peer educators. "It was amazing to see how the young people grew in knowledge and confidence from when they started the program only a year ago!" said Meaghan Carroll, UHPP's Director of Education.

AIDSWalk

Every year, UHPP staff and community supporters come together to raise awareness about HIV/AIDS.

AIDSWalk2011 will take place on Saturday, September 24 from 11am to 2pm in Washington Park, Albany. Our S.T.A.R.S. high school peer educators from Albany and Columbia counties have once again taken leadership in this annual event. "I believe the risk of HIV/AIDS is increasing for people my age," shared Olivia Williams, a new peer educator from Hudson High School in Columbia County.

"AIDSWalk is important because it gives us time to think about the people who have struggled with AIDS and how we can prevent it from spreading in the future." Local college pro-choice VOX groups are also organizing to join the UHPP team. Community members can support the S.T.A.R.S. in AIDSWalk by either walking with them, and/or making a donation in support of their team. See the box on the back page for details on how to participate in, or support, this important event.

July marked the beginning of a new year for the program. The students come from Albany and Hudson high schools and are trained to serve as peer educators, promoting sexual health and responsibility throughout the year. Including new and returning students, 20 youths will work as S.T.A.R.S. peer educators for the coming year, 10 each in Albany and Hudson.

Already, the students have learned successful outreach skills and staffed tables at community fairs. They are also studying the evidence-based curricula, "Be Proud, Be Responsible," in order to teach comprehensive sex education to students in school classrooms and after-school programs.

According to Nicole Dallas, UHPP's Hudson S.T.A.R.S. Youth Program Facilitator, "We have a very enthusiastic group this year, who are excited to increase their knowledge on reproductive issues, while having fun at the same time."

The Albany Peace Initiative

Over the past summer, three agencies collaborated on a youth project focusing on positive responses to teen violence. The "Albany Peace Initiative" involved youth and staff from UHPP, Equinox, and Trinity Alliance.

All three agencies dedicated resources for the success of the project. As a result, a dozen teens invested over 500 hours learning about the prevalence and impact of violence in their community. The teens interviewed other youth about teen violence, participated in community events, photographed area teen violence memorials, and launched a blog for young people to read and write about teen violence. Many were particularly struck by the results of a survey they conducted with area teens: 70 percent of those interviewed felt that teen violence had been increasing in their neighborhoods.



S.T.A.R.S. peer educators: back row from left to right: Melvina S., Ty-Kwan P., Loren Moore, Krishona B., Medina B., and Kadeem C. Middle row from left to right: Azhane S., Marilyn O., Tiona W., Charnelle J., E'mani P., and Nicole Dallas. On the couch from left to right: Zaraya M., Olivia W., Rachel S., Jieshi W., and Fernando M.

An Albany Peace Initiative launch party is in the planning stages for the fall, when community stakeholders and other interested residents can learn more about the project and view the creative expressions of the teen participants.

"It was very rewarding working with motivated teens from all three agencies, and to watch raw ideas come to life," said UHPP's Youth Program Facilitator Loren Moore. "These small steps have the potential to positively impact the prevalence and reaction to teen violence both now and in the future."

To learn more about The Albany Peace Initiative go to: www.albanypeace.blogspot.com.





Capital Campaign Challenge

UHPP is excited to report that, thanks to our many generous donors, our Capital Campaign, Expanding Access*Meeting Needs, has raised 88 percent of our total goal of \$1,692,000. A feature article by Darryl McGrath in the June 16th edition of Metroland described eloquently the very real results of this investment. The new UHPP Albany Health Center, wrote McGrath, is “the unclinical clinic...designed with warmth, comfort and patient well-being in mind.”

Now we need to complete the campaign! Recently, a group of donors issued a challenge, offering to match all donations on a dollar for dollar basis. This means that your gift of \$250 will result in a \$500 contribution to the campaign; your gift of \$500 will result in a \$1000 contribution. Each donor to the campaign will get a double the bang for their buck!

To help us meet our goal, contact Amber Sickles at 518-434-5678, ext. 121 or mail your gift with the enclosed envelope and simply mark it “Capital Campaign Challenge.”

(To read the entire Metroland article, go to www.metroland.net; then go to archives for 6/16/11.) ●

When donating online be sure to choose UHPP as the designated affiliate, on the right side of the webpage, to ensure your dollars stay in the Capital Region.

FALL 7 2011

Gifts in Tribute

Giving tributes is a special way to remember or honor someone special, while helping others in our community. If you would like more information about tributes, please call 518-434-5678 x121.

In memory of Michelle Boffa

Ms. Sherry Gold and Mr. Wendell Lorang

In honor of Christine Callander's 60th birthday

Ms. Amanda Powers

In honor of Fran Danoff

Ms. Sharon Danoff-Burg

In honor of Neal Friedberg's birthday

Dr. Dip S. Sidhu and Ms. Nancy N. Sidhu

In memory of Edward J. Gibson

Ms. Jean DiNapoli and Mr. Michael DiNapoli, Ms. Barbara Garber and Mr. Eugene Garber, and Mrs. Adelaide Muhlfelder

In memory of Meredith Meislahn

Mr. Harry Meislahn

In memory of Dorothy Newhouse

Ms. Teresa Segel

In memory of Vera W. Propp

Dr. Richard Propp

In honor of Gloria Rodgers

Ms. Jill D. Brass

In memory of William Scanlan

Ms. Marjorie S. McCoy

In memory of Ida B. and Louis Schneidman

Ms. Toby McErlan

In loving memory of Dr. Janet VanOrden

Ms. Louise Cook

This list is inclusive from April 1, 2011 to August 15, 2011. Please notify us if we have made any errors and accept our apologies.

Welcome New VP for Development!



UHPP welcomes Laura Alpert to the position of Vice President for Development. Laura comes to UHPP from Northeast Parent & Child Society where she worked for the past nine years, most recently as the Vice President of Grants Development. She has been working in the field of communications and fundraising for 13 years both in the Capital Region and in her hometown of Boston, MA.

“I am passionate about the mission of UHPP and feel all the work I have done has led me here,” said Alpert. “I am so excited to help people of all ages engage in our mission and fulfill their passion in any way they want, from more traditional development activities to new opportunities to just having fun.”

UHPP WELCOMES New Board Members



Coming onto the UHPP Board this year are: (left to right) Darius Shahnifar, Counsel at the Law Office of Daniel W. Coffey (with outgoing UHPP Board Chair Geoffrey Moore); Jill Rafferty-Weinisch, Director of Performing Arts and Outreach at The Arts Center of the Capital Region; Ann Umlauf; Marie Chery-Sekhobo; Deborah Shakotko, retired; Matthew Arnold-Lloyd, a Property Development broker at British American; and Carol Stenger, Sexual Health Education Coordinator for Health Promotion at the University at Albany. Not pictured Ellen Cole, a Psychologist working in private practice.