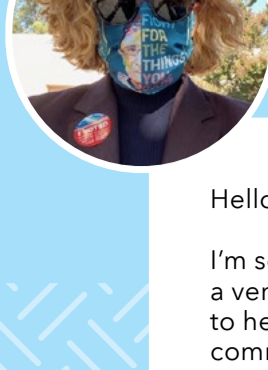


The Full Mar Monte SUPPORTERS EDITION



LETTER FROM THE CEO Wins after a tough year, and looking forward

Hello Friends,

I'm so pleased to have some hard-won victories to celebrate with you after what was a very challenging year. Let me start by thanking you for all the work you have done to help PPMM move confidently forward into the new year, serving patients and communities in our reproductive freedom states.

Election triumphs: Though 2022 will go down in history as the year the U.S. Supreme Court overturned *Roe v. Wade* after nearly a half-century, the November elections showed that a solid majority of voters – even in some very conservative states – firmly believe in reproductive freedom. This was true in Kansas in an August special election, and it was true in November for Kentucky and Montana. Voters in Michigan and Vermont also backed abortion rights in the mid-term elections.

The midterm results were a forceful expression of voters' outrage over the court's eradication of *Roe* – a reflection of the 70 percent of Americans who think abortion should be safe, legal, and accessible.

Here in California, Prop. 1, the measure to strengthen reproductive rights in our state constitution, also won a commanding victory in November. In Nevada, I was thrilled to see that a large majority voted to codify equal rights in the state constitution by adding language that people cannot be discriminated against based on "race, color, creed, sex, sexual orientation, gender identity or expression, age, disability, ancestry, or national origin." Nevada now has the most inclusive of all state-level Equal Rights Amendments, making it a model for championing fairness and inclusivity.

Speaking from my role as the CEO of Planned Parenthood Advocates Mar Monte (PPAMM), I also want to acknowledge all the hard work our volunteers did during election season. PPAMM is a separate organization, the advocacy arm that supports PPMM and worked to help organize activities that contributed to the election results. PPAMM volunteers, including our donors and supporters, all worked tirelessly to knock on doors and reach out to voters via phone bank and text bank.

I was proud to be among the staff who volunteered to knock on doors in the Reno area, talking to voters about the importance of voting for candidates who support abortion rights and access.

Planned Parenthood volunteers knocked on over 176,000 doors in Nevada, and it's clear to me that PPAMM's work helped re-elect Sen. Catherine Cortez Masto, ensuring that Democrats retain control of the U.S. Senate and continue to champion reproductive-rights legislation. Also, PPAMM endorsed the most number of candidates it has ever endorsed at the local level.

These efforts paid off with some electrifying triumphs for patients and the communities that need us. **(See PPAMM's post-election report here and read more about Public Affairs' get-out-the-vote work, below, in the FMM.)**

Together, we've ensured that our patients get the essential health care and information they need and deserve during this pandemic. Our PPMM Education team is teaching innovative Digital Learning sex ed programs, and all of our work counters stigma wrongly inflicted upon communities of color as we advocate for and put into practice more just, equitable, and inclusive policies and laws.

Throughout the pandemic and after the destruction of *Roe*, which brought desperate supporters from other states to our health center doors, you have shown us inspiring support so we can welcome all who need us in 2023.

Thank you for everything.

In Solidarity,

Stacy



Join us for our 2023 Event Series!

We're ringing in the New Year with the return of in-person events! PPMM's 2023 Event Series: *Together We Rise. We Resist. We Care.* kicks off in January in Sacramento. The series includes an in-person return of the Peninsula Breakfast, a new traveling "roadshow" – held in five local venues featuring digital storytelling and local community leaders – and an inspirational virtual event.

The Event Series raises critical funds that help PPMM deliver vital health care, sex education and information to adults and children across California and Nevada, regardless of their income, identities, immigration status, beliefs, or Zip code.

We hope you will be able to join us at one or more of our upcoming events. 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.

Sacramento Roadshow
January 24, 2023 | 5:30 p.m.

Santa Cruz Roadshow
February 16, 2023 | 5:30 p.m.

Peninsula Breakfast
March 10, 2023 | 7:30 a.m.

Oakland Roadshow
May 7, 2023 | 10:30 a.m.

Virtual Event
May 24, 2023 | 6:00 p.m.

Monterey County Roadshow
June 1, 2023 | 5:30 p.m.

Stockton Roadshow
July 9, 2023 | 10:30 a.m.

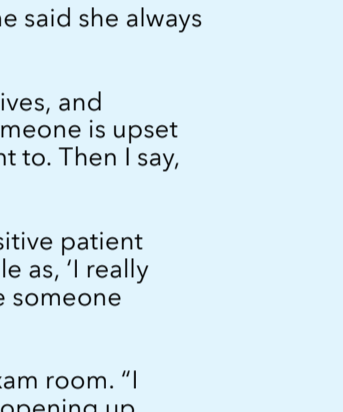
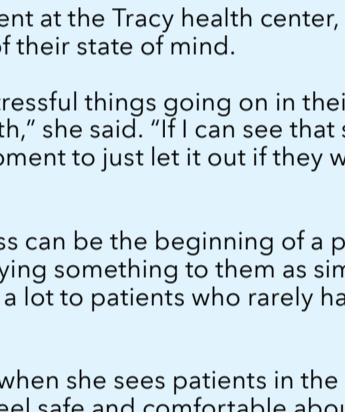
Being Memorable

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

Letting patients know "they've come to the right place" in Tracy

Here's what a recent patient at the Tracy health center said about our Clinicians Liz and HSS Charleen:

"Such a kind team atmosphere! The nurse practitioner, Liz took great care of me and helped me explore all my options. Charleen was very gentle and kind. She made me feel so comfortable right off the bat and answered all my questions."



When HSS Charleen first sees a patient at the Tracy health center, she said she always takes a few seconds to get a sense of their state of mind.

"A lot of our patients have so many stressful things going on in their lives, and sometimes they need to take a breath," she said. "If I can see that someone is upset or really distracted, I give them a moment to just let it out if they want to. Then I say, 'It's OK, we're here to help you.'"

Just acknowledging someone's stress can be the beginning of a positive patient experience, she explained. "Even saying something to them as simple as, 'I really appreciate your patience' can mean a lot to patients who rarely have someone acknowledge what they're feeling."

Clinician Liz picks up on that theme when she sees patients in the exam room. "I want people to know that they can feel safe and comfortable about opening up and talking about their most sensitive health needs," she said. "I want them to know they've come to the right place."

It's not uncommon for patients to feel shame about the health problem they have come in for, and Liz goes out of her way to combat stigma. "I reassure them that this is a normal part of life, a normal part of health care – whether they're coming in for an abortion or for a Pap test," she said. "They often express a lot of relief once they realize that they're not the 'only one.'"

For Liz, one of the easiest ways to destigmatize the care we provide is simply to show patients how much she likes doing it. "I show them that I love what I do and that I'm proud to be part of our team," she said. "That lets them know that they will be taken care of and not judged."

FROM THE EDUCATION DESK

A helping hand, face to face

Case managers for PPMM's young parent support program in Santa Clara County are back in-person

After two years of being forced by the COVID pandemic to have only virtual interaction with program participants, case managers with PPMM Education's Teen Parent Support Program (TPSP) in Santa Clara County were able to start making home visits again by late summer of 2022 – and the participation rate has nearly doubled from July to September of this year.



TPSP case managers in San Jose prep for their first in-person meeting in the summer.

TPSP was established to connect pregnant and parenting youth with free support and community resources to help them reach their goals, promote a healthy and nurturing environment for them and their families, and assist them with getting their high school diploma or GED certificate.

Young parents have been enthusiastic about new options that our case managers are providing, whether resuming in-person meetings or keeping some virtual visits. "Throughout the summer months, we began preparation and training to return to in-person home visits or in community spaces," program manager Mindy said. "And we continued with a hybrid model of offering video visits for young parents who preferred those."

The TPSP team worked closely with PPMM CMOO Dr. Laura Dalton and the Santa Clara County Public Health Department to plan and implement precautionary measures for in-person visits in the community.

Mindy said that in-person case management often improves case managers' ability to reduce barriers to program participants and increase linkage to community services by helping with dropping off much-needed supplies – such as diapers, baby clothes, period and hygiene products, condoms – and providing more meaningful social interaction.

"We believe that art has the potential to inform, inspire, and influence the way that we talk about and conceptualize our bodies and our rights."

"Case managers report being able to build rapport with youth who were isolated by the pandemic or don't have regular access to phones and Wi-Fi," she explained. "During in-person visits, case managers are more able to check in on what the family may need, including free food, housing resources and making health care appointments."

This new residency seeks emerging and established artists with meaningful connection to PPMM's territory that reflect the diversity of the communities where PPMM serves. We invite artists working in all mediums including but not limited to visual art, public installations, video art, animation, photography, music, literature, and more.

In 2023, the program will also launch a new data system, Apricot 360, that will allow youth to quickly self-report helpful personal information as well as receive messages from their case managers, which will enable staff to have a more detailed look at the program's advancement and trends.

We appreciate your support in sharing this exciting opportunity with any artists who qualify. Share on social media by uplifting PPMM's posts on [Instagram](#) and [Facebook](#).

It's a great way to start a new year of progress for the young parents we serve in Santa Clara County. "We're really excited to continue integrating innovative software into our program, especially since we serve the young parents of Silicon Valley," Mindy said. "It just makes sense, you know."

PPMM family medicine hits the high bar – again!

For the fifth consecutive year, we have received National Committee for Quality Assurance (NCQA) Patient-Centered Medical Home (PCMH) recognition/accreditation for all our family medicine health centers.

Recognition with this rigorous accrediting body helps to illustrate our commitment to the highest quality of care within the family medicine program and our ability to focus the care on evidence-based patient-oriented outcomes that are shown to be impactful to quality of life and communities.

Way to go, team!

Love Notes Appreciation for PPMM staff, from donors and supporters

For a special holiday edition of "Love Notes," here are some written comments from patients that were left for PPMM health center staff in December:

"All were truly excellent. Their explanations were clear and thorough. They listened and were responsive to all my questions."

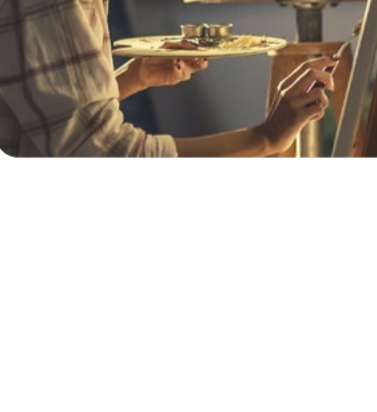
"I felt very safe and welcomed. They helped inform me on what I needed to know."

"I will be switching all my female needs to (PPMM). Amazing staff."

"I was surprised by the degree of kindness. Very satisfied with the treatment I received."

"Staff never look at you and you feel ashamed of asking for help."

MILESTONES & EVENTS



General Counsel Shawheen Moridi

Introducing PPMM's new General Counsel Shawheen Moridi

Meet the affiliate's new General Counsel Shawheen Moridi, who will oversee legal affairs for PPMM. Watch for the next FMM in 2023, where we'll learn more about Shawheen and his work. He said, "I look forward to that very special intersection of doing good and doing well, surrounded by great colleagues."

Welcome, Shawheen!



PPMM's new Artist-in-Residence program

PPMM has launched our first ever **Artist in Residence program**, (AIR), which will allow us to host three artists per year in four-month residencies where they will collaborate with our various departments/teams to deepen our connections to the communities we serve and further the conversation around sexual and reproductive health. The program is named after Tanuja Bahal, a long-time PPMM supporter and former board member and chair.

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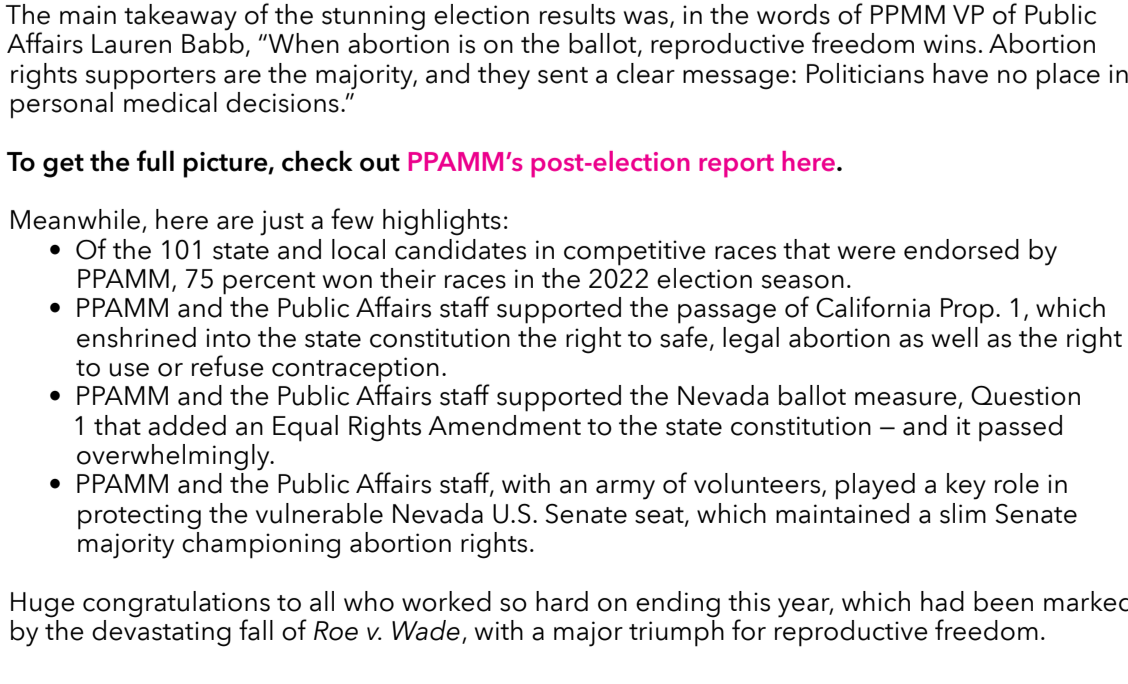
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Way to go, team!

The Big Picture

Getting out the vote in the midterms

The Public Affairs team and PPAMM volunteers get it done



The mighty PPAMM volunteers in Nevada, getting ready to hit the streets of Washoe County to get out the vote before the midterms. That's CEO Stacy Cross in the front row, second from left!

If you want to know what victory looks like, look no further than the work done this fall by the Public Affairs team and Planned Parenthood Advocates Mar Monte (PPAMM), a separate organization and advocacy arm that supports PPMM.

PPAMM helped organize activities, including phone banks and door-to-door canvassing, to mobilize dedicated volunteers during the midterm election season.

The main takeaway of the stunning election results was, in the words of PPMM VP of Public Affairs Lauren Babb, "When abortion is on the ballot, reproductive freedom wins. Abortion rights supporters are the majority, and they sent a clear message: Politicians have no place in personal medical decisions."

To get the full picture, check out PPAMM's post-election report here.

Meanwhile, here are just a few highlights:

- Of the 101 state and local candidates in competitive races that were endorsed by PPAMM, 75 percent won their races in the 2022 election season.
- PPAMM and the Public Affairs staff supported the passage of California Prop. 1, which enshrined into the state constitution the right to safe, legal abortion as well as the right to use or refuse contraception.
- PPAMM and the Public Affairs staff supported the Nevada ballot measure, Question 1 that added an Equal Rights Amendment to the state constitution – and it passed overwhelmingly.
- PPAMM and the Public Affairs staff, with an army of volunteers, played a key role in protecting the vulnerable Nevada U.S. Senate seat, which maintained a slim Senate majority championing abortion rights.

Huge congratulations to all who worked so hard on ending this year, which had been marked by the devastating fall of *Roe v. Wade*, with a major triumph for reproductive freedom.

Good Reads

Dec. 15, *New York Times*

"How Democrats held and expanded their Senate majority"
(Hint: It has a lot to do with abortion rights.)

Dec. 16, *Jezebel*

"How TV shows changed their abortion plotlines after Dobbs"
(More scenes of crossing state lines for abortion, gestational limits and abortion bans.)