

FOCUS

Spring 2016

**Planned
Parenthood®**
Southern New England

GET TO KNOW PLANNED PARENTHOOD WHERE YOUR VOICE GETS STRONGER BY THE NUMBERS

Get to Know Medical Director Dr. Timothy Spurrell

Imagine you could make a difference in someone's life. The mother of three who has recently been diagnosed with breast cancer and needs to start chemotherapy, and cannot stop crying, but you are there to hold her hand. The teenager who wants to responsibly start birth control and is too embarrassed to ask anyone, but you are there to answer all her questions.

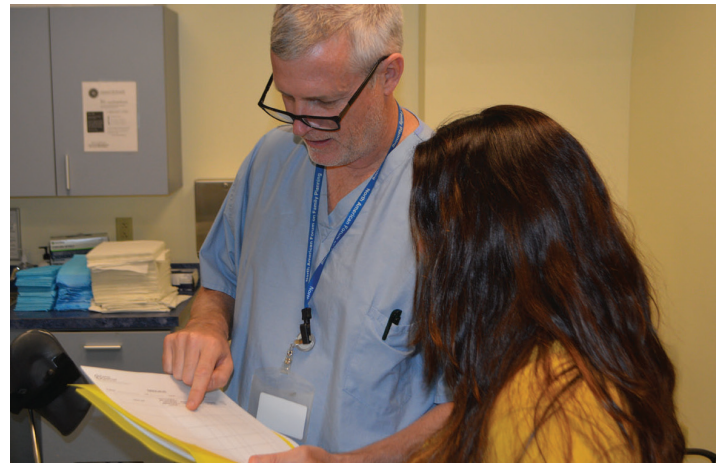
These are real stories of real patients - the everyday moments for Planned Parenthood of Southern New England Medical Director Dr. Timothy Spurrell.

"We listen first, we don't judge," said Dr. Spurrell as he addressed more than 500 attendees at the PPSNE Spring Luncheon last month. "We trust each person to know themselves and we respect their autonomy."

Long before he became medical director at PPSNE, Dr. Spurrell was a second year OB/GYN resident completing a rotation at the Planned Parenthood health center in Rhode Island. In addition to his leadership at PPSNE, **he travels across the country each month to places like Texas** providing reproductive health care to those most in need.

Dr. Spurrell is committed to teaching the next generation of OB/GYN providers and is rarely without a student by his side. He helps to oversee the training of medical students and residents at universities like Yale, Brown and UConn. He also oversees the training of students and nurse practitioners at different sites, including hospitals in Stamford, CT and Middlesex, CT. PPSNE has also partnered with Yale to bring the first family planning fellowship to the state of Connecticut.

"We are sought out by these institutions because we not only



Dr. Timothy Spurrell, PPSNE Medical Director, provides vital health care services to women across the country.

teach how to deliver the latest evidence-based medicine, we also teach non-judgmental, patient-focused reproductive health care," Dr. Spurrell said. "I'm lucky because I get to work with so many others that share our vision. I've never felt more like a doctor as I do as when I'm at PPSNE."

We asked Dr. Spurrell more questions about what it is like to be an abortion provider, why he travels to Texas each month, and how making a difference in patients' lives motivates him.

Read the answers in his own words on pages 2 and 3.

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Your Support Empowers Us to Change Lives

Judy Tabar, President & CEO

Spring is in full bloom and so is our work here at PPSNE. With your support, we were able to close out our fiscal year this past March, raising over \$4 million in annual giving! Because of you, we are able to provide life-saving cancer screenings, birth control, prevention and treatment of STIs, breast health services, Pap tests, comprehensive sexual health education, information and health counseling across our two states.

“You are part of a proud movement of people who believe that every person has the right to manage their own fertility and sexual health and to have access to the services, education and information to realize that right.”

While we continue to make great strides in our work, we also continue to face tremendous obstacles in 2016, which is shaping up to be a year when pivotal decisions impacting women's health and reproductive rights will be made in legislatures and courthouses around the country. Many of you heard more about this at our annual Spring Luncheon last month. The event was a huge success! It was wonderful connecting with many of you in person, and being reminded of the immense opportunity and power that we all hold. You have the power to help reduce teen pregnancy in southern New England by ensuring affordable health care for all – including those who have been unable to get care. You also make possible our vision to create a healthier

generation and a more just society by putting comprehensive sexual health education and sexual health care in the hands of the people we serve.

Later this year and throughout 2017, we'll be celebrating the Planned Parenthood Centennial.

We are excited and optimistic about the future generation. Stay tuned to hear more about our plans for the Centennial celebration.

There are hundreds of thousands of people today who have benefited from the generosity of supporters like you, who care about ensuring that we can provide expert reproductive health care to those who need it, without worry about cost and availability. You are part of a proud movement of people who believe that every person has the right to manage their own fertility and sexual health and to have access to the services, education and information to realize that right.

Together we have the power to change lives across Connecticut and Rhode Island. Your partnership is essential as we continue delivering on our shared commitment to providing high-quality health care in modern and welcoming facilities. **As always, thank you for your support.**



with the PPSNE Medical Director

When Dr. Timothy Spurrell (pictured below) first walked through the doors of Planned Parenthood as a second-year OB-GYN resident, he was determined to make a difference in people's lives. Now, 18 years after his first rotation, Dr. Spurrell serves as the medical director for PPSNE, and works to bring critical reproductive health care to women across the country.



Tell us about your decision to become an abortion provider. Was this something you had always planned?

What I knew is that I wanted to help people. As a board-certified OB-GYN, I've delivered thousands of babies in my life, and performed lots of surgeries and procedures, including abortions. **Being an OB-GYN is about caring for women** in all senses of the word. Abortion is one part of patient care.

Can you talk about your work in Texas? Why is it important for you to work there?

In Texas, I'm forced by state law to say things that are medically inaccurate. I'm legally required to tell patients there might be an association between abortion and breast cancer, even though the American College of Obstetrics and Gynecology, and experts across the globe, say this is not true.

On the Cutting-Edge: Evidence-Based Approaches Reduce Unintended Pregnancies

Often, people fear “The Talk”, or believe the Hollywood portrayal of a one-off conversation being a coming-of-age moment for young people. Well, this isn’t the movies – this is real life. **At PPSNE, we believe in real talk.** We know sexuality is a life-long learning process. We want parents to feel empowered to be the primary sexuality educators of their children. We do this by providing information, resources, skills, and motivation necessary to have these conversations to promote and maintain a healthy sexuality.

Our Education & Training team plays a key role in the effort to reduce unintended pregnancies and sexually transmitted infections. Our professional educators and trainers work across Connecticut and Rhode Island to provide **medically accurate and age appropriate comprehensive sexual health education** to youth and young adults, as well as parents and youth-serving professionals.

The department is comprised of bilingual/bicultural team members, allowing us to provide programs in English and Spanish. In addition to imparting information, our education programs include skill building exercises that allow participants to practice using the new information and skills they are acquiring.

We use evidence-informed and evidence-based curricula for programs which are **grounded in scientific theory, rigorously evaluated and proven to be effective in reducing unplanned pregnancies.** We also link individuals to our health care providers because research shows the best way to deter an unintended pregnancy or STI is to

provide comprehensive sexual health education and access to medical services.

Our team of “master trainers” provides training on federally approved evidence-based curricula to teachers and other youth-serving professionals. We provide technical assistance to school systems and community based organizations by assisting in the selection of appropriate curriculum for the population they serve.



Damon Gibbs, Youth Coordinator and Educator, presents an interactive workshop on healthy sexuality for young people.

We are making a difference in the communities we serve. We remain committed to empowering the next generation with the information and skills necessary to make healthy decisions about their sexuality and well-being.

To learn more about our evidence-based approaches, **email_education@ppsne.org**.

Providers are required to pass an ethics test and get admitting privileges. Clinics are miles apart. Patients drive all day to reach the nearest health center and are subject to a 24-hour waiting period. **It is so hard to access reproductive care in Texas.** I go where the need is greatest.

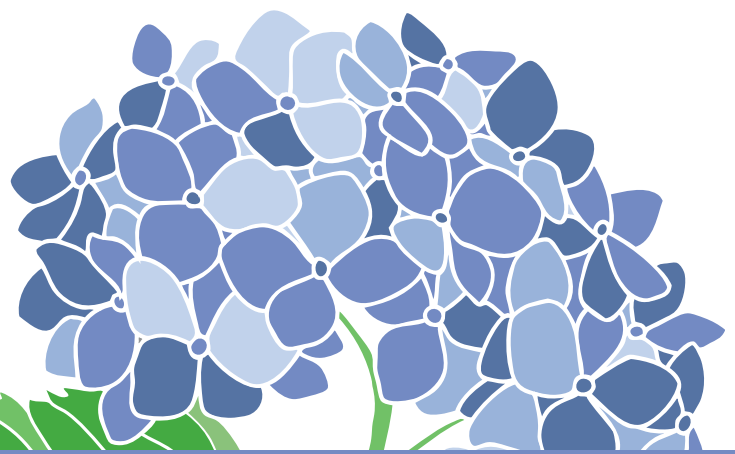
What are the logistics of abortion care like in 2016? Are you ever in fear for your and your family's safety?

There are always protestors. They'll yell things about me or my kids, but I try not to engage them. They definitely don't impact my decision to come to work. **The real challenge is that there are not enough doctors who will perform abortions.** I'd feel negligent if I didn't do something to help. Whatever I go through personally, I can't imagine what it must feel like for our patients. There is a real stigma and, for some women, a shame associated with abortion. Even if they get

through a parking lot without being embarrassed or harassed, there's a lot going on in their heads.

With all the criticism around our work, what keeps you going?

Last year we found an osteosarcoma, a bone cancer, at our Providence Health Center. We've diagnosed many endometrial cancers. Every patient who comes through our doors has a compelling story. When a woman grabs my hand, looks into my eyes and thanks me for my help, I know it's because our staff provided care without judgment. People aren't used to being treated respectfully when making these decisions. **Our patients are the heroes in our work.** They are always the story. We're fortunate to work with people who give so much back to us. There is no way you can do what we do without feeling like you made a big difference in a person's life each day.



2016 Spring Luncheon Photo Gallery

Stamford, CT



Top: Dahlia Lithwick and PPSNE President & CEO Judy Tabar
Bottom: Spring Luncheon Co-Chairs Shelia Mossman, Julie Church, Donna Moffly, Erica Buchsbaum, Mary Shaw Halsey Marks and Danielle Eason*



PPSNE Medical Director Dr. Timothy Spurrell and Carolyn Sargent*



Event keynote speaker Dahlia Lithwick and event host Jane Condon



Marie Dolan, Cynthia Blumenthal, Event Honoree Marie-France Kern and Kristen Eriksen*



Amy Bloom, Jean Frankel and Ellen Lubell



Nancy Sareyan and Mimi Sternlicht

* Photos courtesy of Bob Capazzo





Event Co-Chair Danielle Eason and her mother Susan Bahr



Paige Shockley and Mini Nunna



Leslie Bhutani and Robin Zorthian

The Annual PPSNE Spring Luncheon on April 6 at the Stamford Marriott Hotel in Stamford, Conn. was a huge success! More than 500 of our generous supporters helped us raise more than \$525,000 at the sold-out event. Dahlia Lithwick, senior editor and legal correspondent for *Slate* magazine, was the profound and engaging keynote speaker.

Marie-France Kern received the Community Impact Award for her work in actively supporting and promoting the Planned Parenthood vision of reproductive health and human rights.

Allison Lomas received the Everyday Hero award for her nearly 20 years of service to PPSNE patients.



*Mary Himes, Dahlia Lithwick and Congressman Jim Himes**



*Phillip Ness, Natalie Pray and Susan Ness**



President & CEO Judy Tabar with PPSNE Board Chair Simone Joyaux



Event Honoree Allison Lomas, with her mother Christine Chimblo and daughter Jennifer Lomas

Radical Gratitude for Volunteers



From Ouardane J. and Emma C. welcoming and supporting patients in the rain (top left) to Carinne C. cleaning exam rooms before a visit (top right), PPSNE volunteers contribute in many ways every day.

Volunteers serve in many roles within Planned Parenthood of Southern New England. They assist with fundraising, administrative tasks and clinical operations. They attend monthly volunteer nights and help spread the mission of our organization.

We love our volunteers and consider them irreplaceable.

We are thankful to our volunteers who contribute so much of their time, talents and energy to PPSNE every day. Over the last year, **more than 330 volunteers contributed nearly 2,500** hours in administrative and clinical support.



Our volunteers are an invaluable part of Planned Parenthood of Southern New England. They play a huge role in the success of our organization and continue to make a difference in the lives of our patients and staff. From making phone calls in support of legislative initiatives to providing clerical support, **their presence is greatly appreciated, valued and needed.**

To find out more about volunteer opportunities, **email** volunteers@ppsne.org.

Paid Family Leave Gains Traction

When facing a personal medical diagnosis, the serious illness of a loved one, or the birth of a new child; the delicate balance of work and family responsibilities is called into question.

The national Family and Medical Leave Act (FMLA) has guaranteed unpaid, job-protected leave to workers for several decades. However, many cannot afford to take an unpaid leave of absence. Without guaranteed paid family and medical leave, many keep working through an illness. Those who take unpaid leave often are forced to go on public assistance.

This disproportionately impacts women who remain primary caregivers for their children and parents.

On the state level, PPSNE partnered with the Connecticut Campaign for Paid Family Leave when it convened several years ago to fight for a state-organized Paid Family & Medical Leave (PFML) system for all workers. Several other states, including New Jersey and Rhode Island, have successfully implemented paid family leave programs, and others are moving in that direction, including New York, which recently passed its own version of paid medical leave on March 31.

Dozens of advocates who support Paid Family Leave, including U.S. Representative Rosa DeLauro, packed the State Capitol in Hartford earlier this spring to testify in support of the legislation.



PPSNE has partnered with the Connecticut Campaign for Paid Family Leave to push for new legislation in Connecticut.

A signed letter supporting Paid Family Leave by 100 Connecticut women in leadership roles – including PPSNE CEO Judy Tabar – was delivered to CT Governor Dannel Malloy. The Community Organizing and Engagement Team at PPSNE has been supporting community meetings and volunteer phone banks to reach key lawmakers as the bill progresses through this session.

With the legislature about to adjourn amidst serious fiscal concerns as we went to print, the fate of PFML legislation was unknown. We will continue to advocate for a PFML system in Connecticut because we know **when women & families succeed economically we all benefit.**

Changing the Score in Rhode Island

Rhode Island recently received an F rating on the scorecard compiled by NARAL Pro-Choice America – downgraded from the D+ rating it received by the national advocacy organization in the past. Gov. Gina Raimondo was rated as “mixed-choice” in her support of reproductive rights, and the RI House and Senate were labeled as “anti-choice.”

Rhode Island now has the same score NARAL awarded Texas and South Dakota. State laws restricting access to reproductive health care have a very real and devastating impact on women’s lives as recently highlighted in heartfelt arguments made before the Supreme Court on behalf of Texas women in the case *Whole Woman’s Health v. Hellerstedt*.



Fearless millennials and long-time supporters of women’s rights rallied together at Lobby Day earlier this spring at the RI State House.

A 2014 survey conducted by PPSNE revealed that 48 percent of Rhode Island voters did not know whether their own state legislator supported or opposed abortion. An overwhelming 93 percent of Rhode Island voters believe it is important for women in Rhode Island to have access to all of the reproductive health care options available to them, including abortion. **We must work to eliminate this disconnect.**

In collaboration with our coalition partners, we are rolling up our sleeves and getting active. A diverse crowd of more than 100 individuals joined together on March 2 at Rhode Island College for a “Reproductive Freedom Teach-In” to connect the alarming national political climate to our own local policies and decisions. Later that month, PPSNE and **fearless millennials and long-time supporters of women’s rights** rallied together at a State House Lobby Day.



Everyone deserves high-quality, compassionate and affordable health care. Our mission calls us to ensure that all people in Rhode Island have the tools they need to realize that right.

To learn how you can get involved and support our work, **email organizing@ppsne.org**.

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6,820 Ways to Say THANK YOU!

Thanks to YOU and 6,819 others, our 2016 fundraising year was a great success!

Between April 1, 2015 and March 31, 2016, you made your support known with gifts totaling more than \$4 million! Thank you!

These generous charitable contributions make it possible for us to serve the nearly 70,000 patients across CT and RI who come to us for:

- » Over 110,000 tests for STIs, including HIV
- » More than 8,300 Pap tests and 13,000 breast and cervical cancer screenings
- » Nearly 6,000 intrauterine devices (IUDs) and contraceptive implants
- » More than 65,000 visits for contraceptive services

Charitable donations allow us to serve everyone who needs us, regardless of ability to pay. You make this possible!

Thanks to our FOCUS Contributors: Amanda Becker, Raj Cheema, Suzette Hull, Leah Kagan, Danielle Piendak, Pierrette Silverman and Susan Yolen.

New Visible Support Emerges For Planned Parenthood



Advocates of reproductive rights and freedom continue to stand with Planned Parenthood and the patients served every day.

Detractors of Planned Parenthood are not a new phenomenon. Ever since the opening of birth control clinics in early 20th century, protesters have been evident near health centers across the country. This year, given the especially hostile environment, Planned Parenthood has seen an increase in protester activity at several health center locations.

Those opposed to the mission and services provided by Planned Parenthood attempt to block access to health centers by crowding around entrances, driveways and sidewalks. Their goal is to shame patients who seek basic health care services at Planned Parenthood and to intimidate the health care professionals who work there.

As the movement for reproductive freedom grows, **support continues to emerge for PPSNE**. A number of progressive and community organizations from the greater New Haven, CT area – including the New Haven chapter of Women Organized to Resist and Defend (WORD) – recently joined forces to visibly stand against the hateful rhetoric of anti-abortion individuals.

Every week, **this group of fearless allies of reproductive health care and rights** has come to the New Haven health center to protect and defend those who seek services from PPSNE.

At times, a diverse group of nearly 100 advocates spend their morning standing with Planned Parenthood. A sea of people dressed in pink carry large signs that read, “We Won’t Go Back!”; “Health Care is a Right!”; and “Stand with Planned Parenthood.”

WORD organizer IV Staklo, an influential part of the movement, said, “WORD has been in the streets for reproductive rights for years because we feel we have no other choice. In New Haven specifically, a number of local community members became sick of seeing hateful displays in their neighborhood. **We will fight back until all people have access to adequate reproductive health care;** including birth control, preventive screenings, hormone therapy, and safe, legal abortion.”

Powerful support, solidarity and trust for Planned Parenthood runs deep throughout the United States and southern New England. All people should be able to access health care without fear of violence, harassment, or intimidation.

From visible rallies to charitable contributions, there are many ways to support Planned Parenthood that ensure all people are able to access health care services in a safe and caring environment.

PPSNE Information

Headquarters: 203.865.5158

ppsne.org

Call 1.800.230.PLAN (7526) to reach the center nearest you

345 Whitney Avenue
New Haven, CT 06511

111 Point Street
Providence, RI 02903

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subscribe@ppsne.org

#StandwithPP

Show your support by making a contribution today at ppsne.org/donate or call 203.865.5158