



8

CHOICE *Remarks*



259 Lark Street, Albany, NY 12210

Non-Profit
Organization
U.S. Postage
PAID
Albany, N.Y.
Permit No. 721




UHPP serves over 11,000 men and women who make over 22,000 visits each year to our three health centers, located in Albany, Hudson and Troy. In 2008, 62.2% of those patients had an income below the poverty level, and 80% had an income of 150% of the poverty level or less. We are currently fighting to maintain level funding for family planning services in the state budget while working to increase private donations to help meet the increased need for our services.

Continued from cover

THE PLANNED PARENTHOOD SAFETY NET

BECOME A FAN OF UHPP ON FACEBOOK!



Search for Upper Hudson Planned Parenthood on Facebook and become a fan to get the latest information about getting involved with us!

Thank you

to all our 2008 donors!

UHPP says thank you to all the donations from individuals, foundation and businesses. Together, your generosity makes a world of difference to those we serve!



CHOICE *Remarks*

A Publication of Upper Hudson Planned Parenthood

Serving Albany, Columbia, Greene and Rensselaer Counties

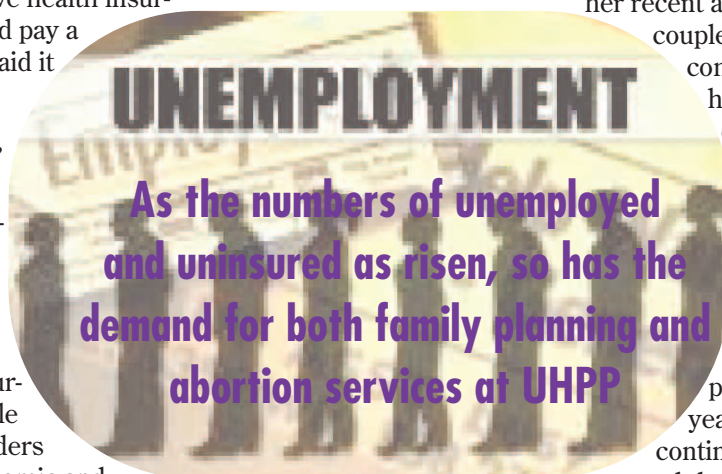
THE PLANNED PARENTHOOD SAFETY NET

The woman who called the UHPP Albany health center was in her early 30's. "She asked if she could schedule an appointment for birth control," related Center Director Julie Pierino, "and was very concerned about how much it would cost. When I told her if she was income qualified, her appointment and birth control could be free for an entire year, she became very emotional." The young woman explained to Julie that she had been recently laid off and that she had never been in a position before where she didn't have health insurance. She called hoping she could pay a small amount out of pocket, but said it would have been very hard. "She was so relieved to know that she could continue her birth control," explained Julie, "and could take care of her health care needs during this difficult time in her life."

According to the New York State Department of Health, an estimated 2.5 million New Yorkers currently lack health insurance. While state and federal government leaders work at addressing both the economic and health care crises, Upper Hudson Planned Parenthood is part

of a national network of Planned Parenthood health centers that are providing a critical safety net, ensuring that both women and men can obtain the reproductive health care services they need to prevent unintended pregnancy, plan wanted pregnancies and safeguard against sexually transmitted infections and related cancers.

Sara Grondahl, Senior Client Services Representative, described her recent appointment with a young married couple. "They were looking forward to becoming parents when the husband lost his job. Now, after two months of unemployment and no job prospects, they felt like they had no option but to terminate the pregnancy. They were really surprised and happy to hear that we could help them enroll in Prenatal Medicaid, and that they would qualify for full health care coverage for the mother throughout her pregnancy and for the baby for up to a year after delivery. While the husband continued to look for work, the coverage granted them the ability to continue their wanted pregnancy, knowing that both mother and child would have the health care they needed."



As the numbers of unemployed and uninsured has risen, so has the demand for both family planning and abortion services at UHPP. According to UHPP President/CEO Patricia McGeown, "while the ability to plan the timing and size of one's family is always important, and a key factor in positive health care outcomes for mothers and children, its importance is magnified during times of economic upheaval. Families are coping with new and difficult challenges, and everyone is trying to get by with less. An unintended pregnancy can become a tipping point in an individual or family's ability to cope with such stress. Women fear they must choose between groceries or birth control; between a child's vaccination and their own Pap test. Because of Planned Parenthood, women can take care of their health, plan their pregnancies, and also take care of other priorities."

Continued on Page 8

SAVE THE DATE
MAY 20, 2009
UHPP ANNUAL MEETING AND
VOLUNTEER RECOGNITION
CELEBRATION
OPALKA GALLERY, ALBANY SAGE CAMPUS

Watch our web site at www.uhpp.org
or call 434.5678 ext. 141 for further
information.

2 CHOICE *Remarks*

CHOICE REMARKS
is a publication of



**UPPER HUDSON
PLANNED PARENTHOOD**

Rabbi Donald Cashman
*Chairperson,
Board of Directors*

Patricia A. McGeown
President/CEO

Blue Carreker
Editor

**UHPP
LOCATIONS**

ALBANY
*Health Center/
Administrative Offices*
259 Lark Street
Albany, NY 12210
(518) 434-5678

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

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

www.uhpp.org



President's
CORNER

From PATRICIA A. McGEOWN, President/CEO

This year Upper Hudson Planned Parenthood is celebrating our Diamond Anniversary! We have been serving the community for 75 years! In 1934, in the middle of the Great Depression, the women of Albany desperately needed information about preventing pregnancy, planning families and spacing children. Then, as now, an unintended pregnancy in the midst of economic hardship could mean disaster for a woman and her family. So Dr. Frances Vosburgh began providing birth control information to married women in her office on State Street in Albany. That was the beginning of the Mothers' Health Center and, ultimately, Upper Hudson Planned Parenthood.

A lot has transpired in the ensuing 75 years. As reported in Dr. Mary Kahl's wonderful history *Controversy and Courage*, UHPP has been evicted, harassed, vilified, threatened and sued. But we have never been ignored and we have never been stopped.

We have supported the right of all women, regardless of age, income or marital status, to have access to accurate information, effective and up to date birth control technology and needed reproductive health services. In the course of our work, we have helped thousands upon thousands of women take control of their fertility and choose for themselves whether and when to become parents. On a daily basis, by the services and education we provide and the advocacy that we do, we make the world a better place for women, children and families.

We have not only survived, but we have prevailed and flourished. As befitting such a remarkable and worthwhile accomplishment, we have a wonderful year planned. To kick off the year, we had a terrific *Roe v. Wade* celebration with Sarah Weddington, the attorney who argued the case before the Supreme Court. In April, we will gather our

former board members for a reunion luncheon. In May, we will hold our annual meeting and recognize outstanding donors and volunteers. In October, we will have a gala to celebrate with all our friends. Throughout the year, we will be gathering signatures for a full-page signature advertisement supporting our work and acknowledging our 75th anniversary.

I hope you will join us in our celebrations. Together we have changed the world.

Stand up for choice and sign our signature card to be included in the ad to be placed in the Albany Times Union. Call Barbara at 434.5678, ext 125 to request a signature card or download it from our website at www.uhpp.org.



Stand Up for Choice!
Lend your name to our signature advertisement and send a powerful message to our community!

Upper Hudson
Planned Parenthood
Celebrating 75 years of service!

We, the undersigned, congratulate Upper Hudson Planned Parenthood (UHPP) for 75 years of exceptional service, honest education and fearless advocacy in Albany, Columbia, Greene and Rensselaer counties.

From its earliest days of providing birth control education to women and families seeking a method for spacing their children, to its current provision of affordable, professional, reproductive health care services and award winning programs to reduce teen pregnancy, UHPP has responded to the needs and challenges of each generation. Standing strong amidst adversity, the agency has demonstrated constant vigilance in protecting the right of women and families to reproductive health and choice. We stand in support of UHPP on the occasion of the agency's 75th Anniversary.

YES! Please signature ed!

Name (as you would like it published): _____

Address: _____

Phone: _____

Email: _____

Signature: _____

I would like to give a donation to UHPP in honor of its 75th Anniversary. Please mail check to: UHPP, 259 Lark Street, Albany, NY 12210

Please do NOT add my name to the Planned Parenthood Email Action Network.

Upper Hudson
Planned Parenthood
259 Lark Street
Albany, NY 12210

Back Up Your Birth Control UHPP OFFERS FREE EC

In March, UHPP launched a new media campaign to promote FREE Emergency Contraception (EC) now available at all three UHPP health centers, while supplies last. The program promotes the concept that women should “Back Up Your Birth Control,” by keeping a supply of EC in their medicine cabinets. EC, a \$25 value, is now available to all patients and non-patients over the counter. According to federal law, those under age 18 require a quick nurse visit.

EC can help prevent pregnancy even if taken up to five days after unprotected sex. However, it is most



effective if taken within 72 hours. With funding provided by a grant from the NYS Department of Health, UHPP is able to provide women with a second chance to prevent possible pregnancy.

Each year in the United States, 300,000 teens become pregnant. All medical evidence supports that EC is safe and effective for women of all ages.

For more information or to pick up your FREE package of EC, call 1.800.230.PLAN or visit one of our health centers.

UHPP Announces a New Vice President of Finance



Upper Hudson Planned Parenthood is pleased to announce the appointment of Tiziana Rota as Vice President for Administration and Finance. She will be responsible for the management of the agency's financial resources and the efficient operation of its financial and facilities management functions. Immediately prior to her work at UHPP, Ms. Rota was Associate Executive Director of Auxiliary Services at the University at Albany. After many years, Tiziana says she is pleased to be back working in the community non-profit sector in an environment that supports her social commitments.

Ms. Rota was born and raised in Italy and came to the United States on a Fulbright Scholarship. She has a degree in accounting, as well as a Ph.D. in Women's History.

GYT 09! – A PARTNERSHIP WITH MTV

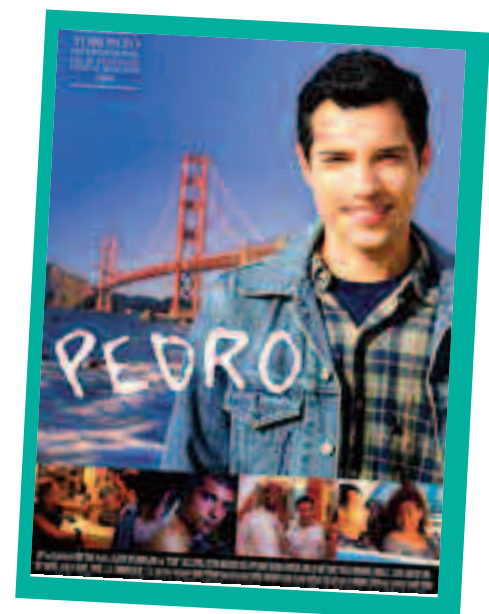
Americans across the country were surprised and alarmed when the Centers for Disease Control released a study in 2008 that reported 26% of young American women, aged 14-19, are infected with at least one of the four most common sexually transmitted infections. This amounts to around 3.2 million, or one in four female teenagers.

On April 1, in response to this problem, a national month-long multi-media public awareness campaign called Get Yourself Tested 2009, or “GYT09” was launched by MTV and the Kaiser Family Foundation, in cooperation with Planned Parenthood Federation of America.

MTV launched the campaign with the airing of the documentary “Pedro,” based on the life of the real Pedro Zamora, an HIV-positive actor who gained national attention on the reality television series, *Real World*. Pedro dedicated his life to HIV/AIDS education until his death from AIDS related complications. MTV developed a series of humorous and provocative PSAs and contributed \$2.6 million dollars of free air time on multiple stations or an average of 200 spots every week for four weeks!

The Kaiser Foundation developed and launched a website (www.GYT09.org) for the campaign to help people find the nearest Planned Parenthood or local health center to get tested. They also produced campaign posters, flyers, buttons and stickers for the health centers.

UHPP helped organize “watch parties” to view and discuss the movie, aired videos and PSAs about testing in our health centers and put a special emphasis on the promotion of testing services during the campaign.



LEGISLATIVE UPDATE

NEW YORK STATE

**NYS SENATE SWITCHBOARD: (518) 455-2800
NYS ASSEMBLY SWITCHBOARD: (518) 455-4100**

IN WASHINGTON

US CAPITOL SWITCHBOARD: (202) 224-3121

FUNDING FOR REPRODUCTIVE HEALTH CARE

In times of economic hardship and unprecedented budget deficits, an investment in family planning provides vital health care services to New York families and cost savings to the State.

Progress: The Governor's proposed budget includes flat funding for family planning services. In early March, Assembly member Amy Paulin circulated a letter addressed to Speaker Sheldon Silver urging him to support a legislative add-on of \$675,000 for family planning funding. While we made phone calls to local legislators, none of them were among the 59 Democratic and Independent members who co-signed the letter. Please call to express your disappointment and urge them to vote in favor of this add-on as part of the final budget.

TWO IMPORTANT WINS:

Obama Administration Moves To Rescind HHS Midnight Rule

The Obama administration has proposed a new rule that rescinds the Department of Health and Human Services (HHS) midnight regulation rule issued in the last days of the Bush administration. Under the original rule, all health care workers from physicians to interns obtained the right to deny vital health care information and services to patients, potentially without the patient's knowledge, based on moral or religious beliefs. Over 200,000 comments in opposition to the rule were submitted and ignored.

Success in the Fight for Affordable Birth Control

Following the omission by Congress of a few key sentences in the 2008 Omnibus Budget Bill, the price of birth control sky-rocketed by 900 percent on many college campuses and some family planning centers. The omitted section had enabled pharmacies to provide women's health centers and college campuses with low cost birth control. Locally, students at Sage Colleges and RPI launched petition and post card drives as they saw their birth control options shrink and prices rise. In March, after a year of aggressive advocacy by Planned Parenthood, Congress restored this language. We will be following up with local campuses to ensure they are informed and working to restore affordable birth control to students.

PROTECT WOMEN'S HEALTH



Our goal is to pass the Reproductive Health Act and protect the fundamental right of women to control their own personal and private reproductive health decisions including the right to choose or refuse contraception and abortion care.

Progress: The Governor and leaders from both the Senate and the Assembly have voiced their support for passage of the bill during this legislative session. UHPP staff and local activists met with targeted legislators during March and April to discuss any concerns or questions they may have about supporting this legislation.

SEX EDUCATION

We will continue to push for passage of the Healthy Teens Act which would establish a grant program to help schools and communities provide teens with real sex education and strengthen parent-teen communication. On the federal level, we will oppose continued funding of abstinence-only sex education and support Prevention First legislation which will allow youth across the country to have access to comprehensive sex education.

Progress: Budget constraints may prevent passage of the Healthy Teens Act this session, unless new federal funds become available. In early March, Sen. Frank Lautenberg (D-NJ) and Rep. Barbara Lee (D-CA) introduced the Responsible Education About Life (REAL) Act in Congress. The REAL Act would authorize federal funding for comprehensive, medically accurate, age-appropriate sex education. Currently, no federal program is dedicated to supporting comprehensive sex education, while failed abstinence-only programs under the Bush administration received \$1.5 billion in federal funding.

Immigrant Women's Health

Immigrants constitute a significant portion of un-served and underserved women, making it less likely for them to receive preventive family planning care. We will work to ensure Medicaid reimbursement for interpreter and/or language line services in hospitals and clinic settings.

Progress: UHPP will participate in an Immigrant Women's Advocacy Conference on May 11. Contact Blue at blue@uhpp.org for more information.

UHPP Activism in Action



On January 12, 2009, 33 UHPP staff and volunteers joined hundreds of pro-choice New York activists at the Women's Health Matters Day of Advocacy. Lobby visits to our local Senators and Assembly members revealed a new and generally positive attitude toward family planning and the Healthy Teens Act.



On March 16, 2009, 36 young high school and college students from Albany and Columbia Counties participated in a statewide Youth Leadership Conference at the Empire Plaza. Assemblyman Marcus Molinaro (R-103) stopped by the conference to talk with our S.T.A.R.S. peer educators from Columbia County. He expressed his admiration and support for their work and agreed to visit their Teen Clinic later this year.

UNITY IN THE COMMUNITY: AGAINST HATE

In early February, word spread quickly that an extremist hate group from Kansas was scheduled to protest in Albany on March 6, 2009. UHPP staff participated as key organizers and supporters of the March 6 Coalition, organizing community events in response to the announced visit by the Rev. Fred Phelps and members of his Westboro Church. At the "Unity in Community" vigil outside Albany City Hall on March 5, more than 350 peo-



Albany's Mayor Jennings with UHPP staff Meaghan Carroll, Maureen Murphy and S.T.A.R.S. peer educators Brihan Ford, Ashley Brown, Tiffani Brown at the City Hall vigil.

ple, including our Albany S.T.A.R.S. peer educators, sang and spoke out against hate and prejudice. March 6 events included a counter protest at Albany High School, a rally at the SUNY Administrative Building and a UNITY Brunch at the uptown University campus. This was a wonderful coming together of young and old, gay and straight, black and white, and people of many faiths.

Get Involved! Hold A Women's Health Matters House Party!

This is the year to pass legislation to ensure access to safe and legal abortion in NY. What? Yes, despite the fact that NY was one of the first states to pass abortion legislation, our law is outdated and inadequate. Our current Governor and Legislative leaders are committed to passing this legislation. Over the next two months, we will pull out all stops to be sure we have the nec-



essary votes in the Assembly and the Senate to get a bill passed. You can help! Will you host a house party? We have how-to kits! Will you lobby your legislator? Will you sign a postcard? Write a letter to the local paper? Stay tuned for more info—or ask Blue (blue@uhpp.org) how you can help.



S.T.A.R.S. PEER EDUCATORS Out and About



UHPP Sexual Health Educator Nicole Dallas with Columbia County peers, Angela Mathews, Danielle Gilleo and Letycia Tillman with Sarah Weddington at the *Roe v. Wade* event.



Albany County Peers Tiffani Bonenfant, Krishona Brown, Ashley Brown, Darian Henry, Tiffany Ford with UHPP staff Christina Pluviose, Maureen Murphy and Meaghan Carroll at the Unity in Community vigil.

Always full of energy and ideas, the UHPP S.T.A.R.S. (Seriously Talking About Responsible Sex) peer educators of Albany and Columbia Counties continue to make an impression. Each year, these high school students from Albany, Chatham, Hudson and Taconic Hills High Schools are trained to present programs on sexual health and responsibility in classrooms and at after-school programs and to serve as approachable sources of factual information in or out of the classroom.

But why stop at these traditional school-based activities? Our S.T.A.R.S. peer educators are constantly on the lookout for ways to make their messages heard, and to reach other teens with information. For example, in March of this year, the Albany S.T.A.R.S. peer educators joined a "Unity in Community Vigil" at Albany's City Hall, organized to counter the presence of a hate group at their high school. Their presence and proud banner demonstrated the links between the struggle for reproductive choice and the struggle for a society free from racism, homophobia and heterosexism. Albany peer educators also presented a workshop at the Nation-Wide Youth Symposium at Trinity Institute and tabled at the First Annual Latino Youth Summit held at Siena College.

According to Albany's CBAPP/S.T.A.R.S. Program Facilitator, Maureen Murphy, "we are very fortunate that the teens in our program are committed to so many different education and outreach activities. In fact, our biggest challenge is helping them be selective and realistic in what they commit to, because they want to be everywhere!"

One way that the Columbia County S.T.A.R.S. peer educators have tackled the desire "to be everywhere" is to be virtually everywhere using the web and social networking sites. In a re-

cent study, the American Psychological Society found that between 75% and 90% of US teens use the Internet to email, instant message (IM), visit chat rooms and explore other sites. The study showed that more than 70% of 15 to 17-year-olds have sought health information online and 40% of these searches have been related to a sexual topic.

In 2008, our Columbia County S.T.A.R.S. launched their own creative YouTube video entitled, "Condom Myth Busters." To date, that video has received over 8,000 hits, visits and viewings. This year, they followed up their success with the production of a sequel, "Myth Busters 2." Now, they are ready to launch their own MySpace and Facebook pages which will contain sexual health information, links to related websites, information about UHPP services for teens, upcoming S.T.A.R.S. events and opportunities to ask questions.

"If we really want to be effective in reaching the teens in our area and overcome the barriers of transportation and distance, we have to literally meet the teens where they are," explained UHPP Youth Program Facilitator Nicole Dallas. "Based on what our expert peer educators have told us, the Internet is the key."

Want to be a part of the UHPP and STARS social network? You can view the teen links and join the S.T.A.R.S. social marketing pages, by going to:

() add in here ???





ROE CELEBRATION: Sarah Weddington's Visit

On January 22, 2009 UHPP celebrated the 36th anniversary of the landmark *Roe v. Wade* decision with a gathering of friends and supporters and one special guest at Wolfert's Roost Country Club. Sarah Weddington, the attorney who argued the *Roe* case in front of the Supreme Court successfully at the age of 27, joined us for an evening of cocktails, great food and a special presentation. Sarah shared her experiences and talked with the audience at length. She also took many questions from guests and posed for numerous photos.

We are most grateful to our Sponsors: Margaret Holbitter and Eleanor H. Nasner, Bond, Schoeneck & King, PLLC., Greenberg



Left: Sarah Weddington with UHPP Board Chairperson, Rabbi Donald Cushman. Right: UHPP President/CEO Pat McGeown, former Family Planning Advocates of NYS Presidents Shirley Gordon and Joann Smith with Sarah Weddington and current FPA President, Tracey Brooks.



UHPP On The Move

Thanks to some significant lead gifts, UHPP is heading into the quiet phase of our Capital Campaign. We have received a very generous gift of \$100,000 from Charles and Barbara Manning, as well as a HEAL NY grant (NYS Department of Health and the Dormitory Authority) of \$500,000! With these two extraordinary donations, UHPP looks to the future. Our thanks go out to the

Mannings and to NYS DOH and the Dormitory Authority for their support. If you are interested in talking with us about your gift to our Capital Campaign or would like more information on how your donation can help, please contact Barbara R. Milano at 518.434.5678 x. 125 or by email at Barbara@uhpp.org.

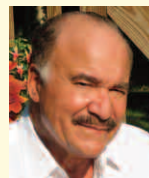
BLUE PLATE SPECIAL

For the eighth consecutive year, longtime friend and supporter Judy Grunberg and the Blue Plate Restaurant in Chatham hosted the Blue Plate Brunch on Sunday, April 5, 2009 to benefit UHPP. Judy and her wonderful, talented staff donate their time and the restaurant and provide a scrumptious brunch for our guests. UHPP's S.T.A.R.S. peer educators from Columbia County attend and presented a special program. Our peer educators are recruited from area high schools and receive special training by our Education Department staff. These teen leaders acted out skits and led our audience through an interactive conversation. Many thanks to Judy, the staff of the Blue Plate and our own S.T.A.R.S. peer educators and UHPP staff!



SAVE THE DATE

THURSDAY, OCTOBER 22, 2009
UHPP 75TH ANNIVERSARY GALA
FRANKLIN PLAZA, TROY, NY



Join our special guest speaker Dr. Kenneth Edelin, author of "*Broken Justice: A True Story of Race, Sex and Revenge in a Boston Courtroom*," which details the events of his life when, shortly after the decision in *Roe*, anti-choice officials in Boston prosecuted him for performing a legal, second-trimester abortion. For more information or to be included on the invitation list, please call 518.434.5678 x 141.

