



ANNUAL REPORT

2015



Upper Hudson Planned Parenthood



MISSION STATEMENT

THE MISSION OF UPPER HUDSON PLANNED PARENTHOOD IS TO PROMOTE HEALTHY SEXUALITY AND REPRODUCTIVE CHOICE THROUGH EXCEPTIONAL SERVICES, HONEST EDUCATION AND FEARLESS ADVOCACY.

PLANNED PARENTHOOD BELIEVES IN THE FUNDAMENTAL RIGHT OF EACH INDIVIDUAL TO MANAGE HIS OR HER FERTILITY, REGARDLESS OF THE INDIVIDUAL'S INCOME, MARITAL STATUS, RACE, ETHNICITY, SEXUAL ORIENTATION, AGE, NATIONAL ORIGIN, OR RESIDENCE.


WE BELIEVE THAT RESPECT AND VALUE FOR DIVERSITY IN ALL ASPECTS OF OUR ORGANIZATION ARE ESSENTIAL TO WELL-BEING.

WE BELIEVE THAT REPRODUCTIVE SELF-DETERMINATION MUST BE VOLUNTARY AND PRESERVE THE INDIVIDUAL'S RIGHT TO PRIVACY.

WE FURTHER BELIEVE THAT SUCH SELF-DETERMINATION WILL CONTRIBUTE TO AN ENHANCEMENT OF THE QUALITY OF LIFE AND STRONG FAMILY RELATIONSHIPS.


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PLANNED PARENTHOOD
IS MORE THAN THE SERVICES
IT PROVIDES LIKE STI TESTING
AND BIRTH CONTROL.

IT REPRESENTS
PERSONAL EMPOWERMENT,
ALLOWING PATIENTS LIKE ME,
WHO HAVE NEVER HAD
INSURANCE, TO MAKE AN
INFORMED DECISION ABOUT
THEIR BODY AND FUTURE.



Rachel | 25





2015 BOARD OF DIRECTORS & EXECUTIVE TEAM

BOARD CHAIR

Christa R. Christakis

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Laura Bunora, CHIEF OPERATING OFFICER
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Curran Streett, VICE PRESIDENT, DEVELOPMENT
Katherine S. Bruno, VICE PRESIDENT, MARKETING, COMMUNICATIONS & PUBLIC AFFAIRS
Zanetta Gary, VICE PRESIDENT, EDUCATION

I ALWAYS THOUGHT
THE SERVICES PROVIDED BY
PLANNED PARENTHOOD WERE
MAINLY FOR WOMEN.
WHEN I LEARNED THAT THEY
PROVIDE SERVICES FOR MEN TOO,
I STARTED GOING THERE TO
PICK UP CONDOMS OR
GET REGULAR CHECK-UPS
FOR STIs AND HIV.

JC | 25



DEAR FRIENDS,

WE HAVE MADE SUCH STRIDES IN 2015 and it would not have been possible without the strong supporters that have rallied around Planned Parenthood. Every year we look back at all that has happened and try to learn from our mistakes and capitalize on our successes. This year is no different.

2015 was no ordinary year. Unprecedented attacks on Planned Parenthoods across the country, a video smear campaign designed to shame women and health care providers alike and five concurrent congressional investigations seems like more than our share of problems. But somehow this unrelenting environment only made our supporters stronger. Over 100 people came to our Albany health center one cold night just to stand together and let our community know that these doors stay open, no matter what! Volunteers, donors, patients and our staff all came together in 2015 to show the world what Planned Parenthood means to them.

We saw dramatic increases in patient visits, expansion of our education programs and the enrichment of support for our work. Funders and individual donors understand that the work we do for people in our health centers or in our education sessions is transformative work. Sharing tools for healthy sex lives and satisfying relationships is at the corner of happy lives. When women men and teens have access to the information and care they need, they have a chance at the future they and their families deserve.

Thank you for your support.



A handwritten signature in black ink that reads 'Chelly Hegan'.

Chelly Hegan
PRESIDENT & CEO



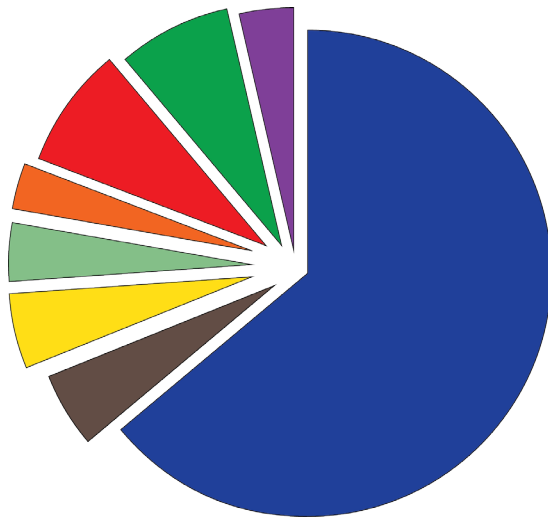
A handwritten signature in blue ink that reads 'Christa Christakis'.

Christa Christakis
2016
CHAIR, BOARD OF DIRECTORS



PATIENT DEMOGRAPHICS

Total Patients **6,278**



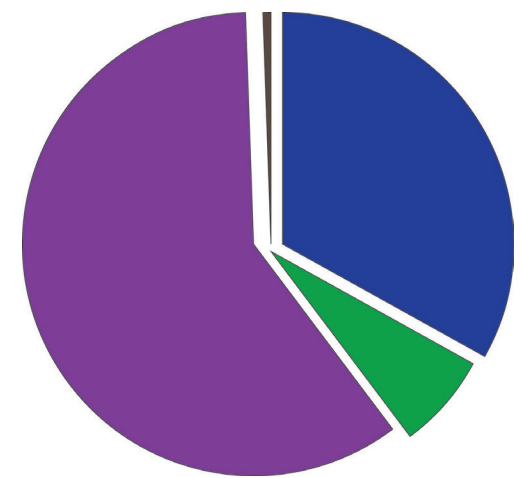
BY POVERTY LEVEL

100 or less	64%
101-125	5%
126-150	5%
151-175	4%
176-200	3%
201-250	8%
251 plus	8%
No income reported	3%



BY AGE

Under 18	7%
18-24	42%
25-39	45%
Over 39	6%



BY INSURANCE TYPE

Medicaid	54%
Commercial	33%
Uninsured	12%
Other	1%

SUMMARY OF SERVICES

Some of the services we provided during those visits include:

CONTRACEPTION

Birth control info and supplies	7,129
Emergency contraception	1,038

STI TESTING

STI Testing and treatment	19,251
HIV Tests	1,648
Patients treated for STIs	577

CANCER SCREENING AND PREVENTION

Pap Tests	647
Clinical Breast Exams	1,366

ABORTION SERVICES

Medication and In Clinic	2,517
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PREGNANCY TESTING

Pregnancy Tests	3,411
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EDUCATION SERVICES

Education program attendees	2,908
Education sessions conducted in Albany and Rensselaer counties	610

TOTAL PATIENT VISITS

11,918



EXPANDED EDUCATION TO INCLUDE MIDDLE SCHOOLS

In 2015, UHPP Education team increased the implementation of evidence based education programs (EPB) in our community. Most significantly, UHPP has been successful implementing the Making Proud Choices program to all middle school students throughout the Albany service area. This opportunity was the direct result of coordination and support of Albany City School District staff. We were able to provide EBPs as well as Core Strategy 3 booster sessions to every student enrolled in health education classes at Hackett, North Albany, West Hill and Myers Middle Schools.

Also in 2015, we developed several meaningful collaborations with agencies like Joseph's House, Rensselaer County Department of Health, and Trinity Alliance to provide outreach and education information to our patients most in need—which includes low income women, homeless, and immigrant populations.

Our Youth Health Promoters continued to provide outreach and worked with area youth to provide accurate, age appropriate sex education information.



MY FAITH HAS TAUGHT
ME FREE WILL, BUT
PLANNED PARENTHOOD
HAS SUPPORTED
ALL OF MY CHOICES -
EVEN WHEN I DECIDED
TO HAVE AN ABORTION.

Vanessa | 37 |



CELEBRATED PRIDE

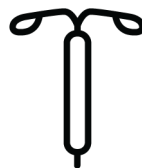
UHPP staff joined with board members, volunteers and the Youth Health Promoters to march in the annual Capital Pride parade in Albany.

UHPP HONORED MAYOR KATHY M. SHEEHAN AT ROE V. WADE CELEBRATION

Mayor Sheehan has been an advocate and voice for women in the Capital Region. When young girls see that they can be Mayor, they can be a Senator, they can make a difference...we all win. As she accepted the award, Mayor Sheehan said, "For women to have to fight for access to reproductive health care is shocking and shameful. Thank you to all who support the rights of women in our community."

EXPANDED HEALTH CARE SERVICES

Thanks to the generosity of our donors, a new program is in place enabling UHPP to offer IUDs and other Long Acting Reversible Contraceptives (LARC) to patients at the same time they are here in our health center for an abortion. A woman who comes to us to terminate a pregnancy is in the best position to make a decision to prevent an unintended pregnancy in the future. However, because of Hyde Amendment restrictions providing affordable birth control for patients at the same time they are accessing abortion had been impossible.





JOINED WITH STATEWIDE ACTIVISTS IN ALBANY

Hundreds of reproductive healthcare advocates from around New York State rallied in Albany on January 26 to kick off the 2015 Legislative Session with a visible reminder that comprehensive reproductive health care matters. Attendees heard from government leaders before meeting individually with their elected representatives and attending workshops.

The focus issues for the 2015 Legislative session were fully funding the Family Planning Grant, passing the Boss Bill, the Women's Equality Agenda and Paid Family Leave.

EMPOWERED THE NEXT GENERATION OF LEADERS

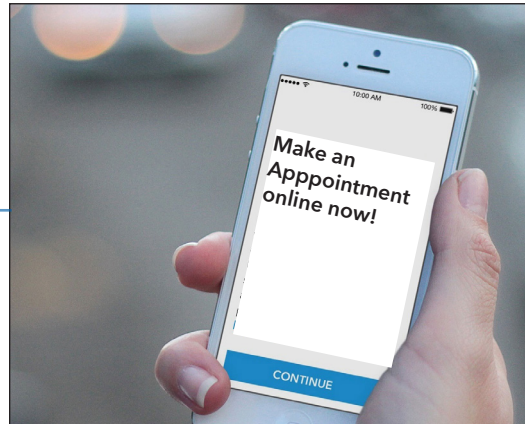
We called and you came! Supporters came from local college campuses, office buildings, homes, jobs—some even pulled their cars over and joined us in the rain—to show support for Planned Parenthood. More than 125 people joined Planned Parenthood staff outside the Albany Health Center on September 29th for National #PinkOUT Day.

Together, we created a movement moment that demonstrated our power, engaged our people, and moved our work of expanding access to sexual and reproductive health and rights forward.



LAUNCHED ONLINE HEALTH SERVICES

We launched a new system that allows our patients to make appointments online. We also introduced our patient portal, which allows patients to communicate with their health care provider online, receive test results, and more.



WORKING WITH LOCAL STUDENTS

Five students learned more than expected when they picked Upper Hudson Planned Parenthood as their community service project partner. They held bake sales, participated in movie screenings, hosted fundraisers, and more. They also created a presentation about healthy relationships. Team UHPP proudly raised \$1,053.89.

CELEBRATED NATIONAL CONDOM WEEK

On Valentine's Day weekend, UHPP held three "pub crawl" style events as part of its Condom Week outreach. Three groups of volunteers distributed 2,000 condoms in our four-county service area and gave out safer sex kits, Mardi Gras condom beads, and temporary tattoos in 20 bars and clubs. Volunteers invited patrons to play a trivia game about issues of sexuality and sexual health and tested patrons' skills for the right way to put on a condom.





HOSTED LEGACY OF CHOICE GALA WITH SPECIAL GUEST KATHLEEN TURNER

Upper Hudson Planned Parenthood celebrated with 250 guests on Friday, October 2 at the Legacy of Choice Gala. UHPP presented the Giraffe Award to movie and TV star Kathleen Turner for "sticking her neck out" to support reproductive choice and freedom. The one of a kind sculpture was made by local artist Jimmy Tim. Three local awardees were also honored: Jeanette Johnson, Elizabeth Lopatniuk and Christa Christakis.

Emcee Joan Coombs hosted the live auction and helped raise more than \$70,000 to support vital services.



HONORED THREE LOCAL AWARDEES

UHPP honored three local women for their commitment to our community.

The Birds and the Bees Award went to Elizabeth Lopatniuk, an Albany School District teacher who has been instrumental in implementing Planned Parenthood's evidence-based education programs to help reduce risks and promote healthy sexual behaviors in teens.

The Owl Award went to Jeanette Johnson who has been strongly committed to empowering women in Columbia County by ensuring they can access accurate, nonjudgmental information and health services.

The Leadership Award went to Christa Christakis who has served on and led UHPP's Board of Directors through thick and thin, to ensure a strong, healthy agency that will serve our patients with quality health care and education





I HAVE TWO JOBS
RIGHT NOW AND
I AM GOING TO SCHOOL.
I WANT TO HAVE KIDS SOMEDAY,
BUT I WANT TO WAIT.
PLANNED PARENTHOOD
OFFERED ME A VARIETY OF
BIRTH CONTROL OPTIONS
AND HELPED ME FIND THE
METHOD THAT IS
RIGHT FOR ME.

Yulinda | 21

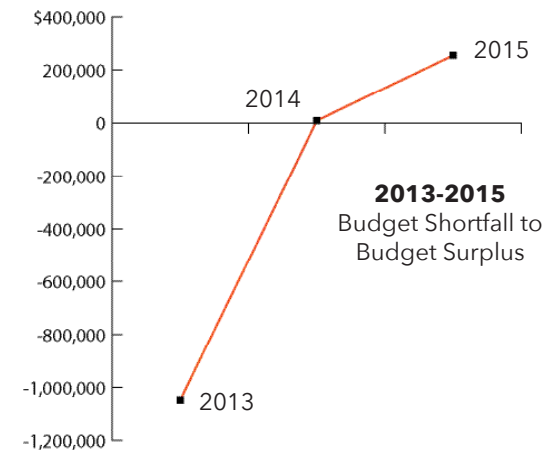
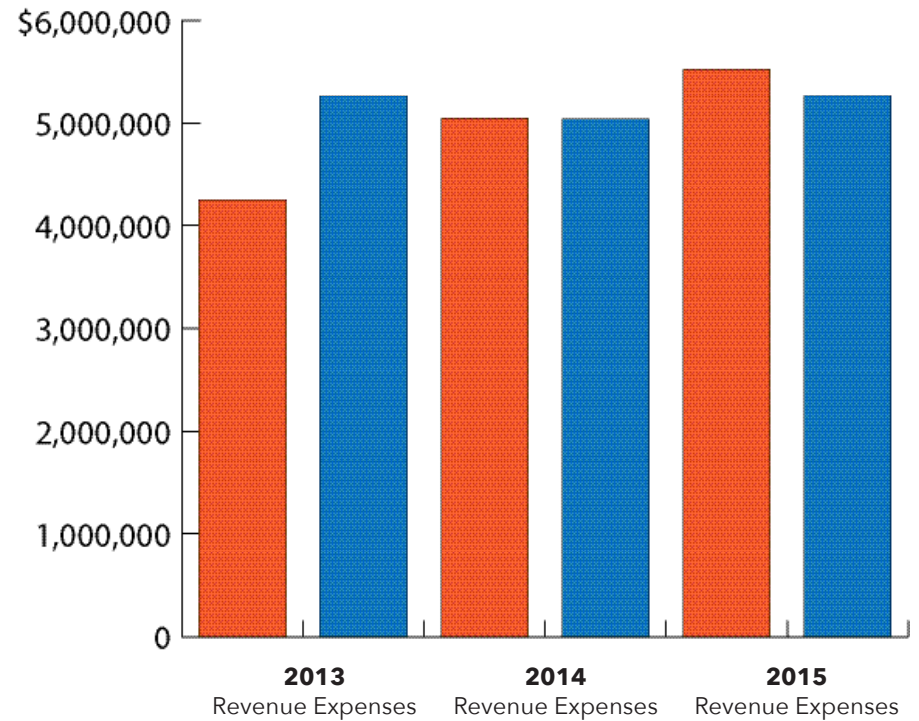
FINANCIAL OVERVIEW

2015 REVENUE

Patient Fees	\$2,804,774
Donations & Other	\$758,729
Government Grants	\$1,964,943
TOTAL	\$5,528,446

2015 EXPENSES

Patient Services	\$3,477,666
Management & General	\$1,194,766
Education, Outreach & Advocacy	\$380,025
Fundraising & Events	\$220,761
TOTAL	\$5,273,218





DONOR LISTINGS

Thank you to the following donors who made gifts in 2015 to generously support the mission of Upper Hudson Planned Parenthood, which enabled us to continue our vital work in our four-county region.

Every attempt has been made to ensure accuracy in the donor lists. However, in compiling such a list, omissions and misspellings sometimes occur. Please advise us of any errors by emailing kayla@uhpp.org.

\$10,000+

Anonymous (2)
The Community Foundation for the
Greater Capital Region
Kathryn S. Love and Dr. George Berg

\$5,000-\$9,999

Dr. Jane and Wallace Altes
Anonymous
Phoebe P. Bender
Tara A. Lindsley, Ph.D. and
Charles Kite, M.D
The Reverends James and
Margaret Miller
Helen K. Rack and Erwin Guetig

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Deborah Blackburn Shakotko and
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Kathlene E. Thiel
Barbara and Dr. Sanford Ullman

John N. Umlauf
Austin A. Woodward

DONOR LISTINGS

\$2,500-\$4,999

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The Honorable Darius Shahinfar and
Noelle Kinsch
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\$1,000-\$2,499

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Kathryn Zox

DONOR LISTINGS

\$500-\$999

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Saima Anjam
Anonymous (2)
Paula and Walter Auclair
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DONOR LISTINGS

\$250 to \$499

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Angus Eaton				
Suzanne R. Edwards				

Upper Hudson Planned Parenthood is a tax-exempt organization. To plan a bequest or if you have any questions, please contact the Development department at 518.434.5678 ext. 125.



THERE ARE VERY FEW SAFE
PLACES IN THIS COMMUNITY
THAT YOU CAN ACTUALLY SAY
ARE HERE FOR YOU AND
PROVIDE SERVICES JUST FOR
YOU. PLANNED PARENTHOOD
IS A SAFE PLACE TO TALK ABOUT
YOUR SEXUALITY AND HOW TO
PRACTICE SAFE SEX.

Selene | 23

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I WAS A TEEN MOM,
SO I'M REALLY GRATEFUL
THAT WE NOW HAVE A
PLANNED PARENTHOOD
IN IMPERIAL VALLEY.
BEING ABLE TO GET BIRTH
CONTROL AND SEX EDUCATION
MAKES SUCH A DIFFERENCE
IN OUR COMMUNITY.



Ariana | 22



LOCATIONS

ADMINISTRATIVE OFFICES

855 Central Avenue
Albany, NY 12206 • 518.434.5678

HEALTH CENTERS

ALBANY
855 Central Avenue
Albany, NY 12206

TROY
200 Broadway
Troy, NY 12180

HUDSON
190 Fairview Avenue
Hudson, NY 12054



INFORMATION

For an appointment, please call 1.800.230.PLAN (7526) or visit uhpp.org.

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