

ELECTION Continued from page 1

In contrast, President Obama used health care reform to attack and eliminate gender inequities in insurance coverage; and to ensure that all women, regardless of income, age, or geography, would have access to basic preventive services including cancer screenings and birth control without co-pays. He stood by Planned Parenthood in the budget battles and supported our organization's emphasis on affordable, preventive care and our key role in serving one out of every five women at some point in their reproductive lives. During the campaign he allied himself firmly with those who feel politicians have no business in the personal, private decisions of women about pregnancy and parenthood.

Analyses of exit polls have since shown that President Obama won in great part because of his strong positions on women's health and the prominence of these issues in the campaign. Exit polling by CNN found 55 percent of women and 45 percent of men voted for Obama, producing a 10-point gender gap, the second-largest ever. In a further break down, a slim majority (53 percent) of married women favored Romney but

67 percent of non-married women and 56 percent of mothers supported Obama. Young adults and non-married women voted in record numbers.

On November 6, more women than ever before ran for office, more women voted, and more women were voted into office. The new U.S. Senate will now include 20 women, five of whom are new. The House of Representatives will have 82 women, up from 73 including a record 28 women of color.

Here in the Capital Region of New York State, we were thrilled at both the number of new women candidates and the outspoken commitment of both men and women candidates to women's health. In January, we look forward to working again with local champions Sen. Kirsten Gillibrand and Rep. Paul Tonko in Washington; with Neil Breslin in the



New York Senate; and with Didi Barrett, Pat Fahy, and Phil Steck in the Assembly. They will be joined by many more women's health advocates, both new and returning, from around the state.

"With this victory we can now focus on working with lawmakers at all levels, from all political parties, to ensure that millions more Americans can get the health care they need," said Hegan. ●

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

REMEMARKS

WINTER 2012

An Election Day to Remember...with a Smile!

“Women are the heart and soul of our families, our neighborhoods, our state, and our nation, and politicians who will not stand up for women’s health, do so at their own peril,” said Chelly Hegan, UHPP President/CEO.

Election Day 2012 will be remembered as the day a majority of Americans stood up for compassion; when women, young adults, and people of color rejected a national Republican agenda that focused on economic growth but rejected responsibility or even respect for those struggling for access to affordable health care services, a living wage, and an even playing field.

Women, in particular, helped lead this charge. In the year that led up to the election, too many Republicans became associated with a national attack on women’s health, with clear consequences on Election Day. Some Republicans in the House of Representatives allied themselves directly with extreme organizations and undercover attempts to tarnish Planned Parenthood. They

used family planning funding as a political football in budget negotiations, and triggered a wave of state attempts to defund both Planned Parenthood and family planning. A former Republican candidate for governor persuaded Susan G. Komen for the Cure to cut all grants to Planned Parenthood and overnight made breast health a political issue.

Women like Sandra Fluke who were courageous enough to speak about women’s health issues to Congress were insulted, while legislators insisted on making ignorant and insulting comments about sexual assault, pregnancy and abortion. The Republican Party platform endorsed a sweeping ban of abortion without even the narrowest of exceptions. Mitt Romney moved from the moderate stand on women’s health he took as governor of Massachusetts to a presidential plan that included “getting rid” of Planned Parenthood and appointing Supreme Court judges ready to overturn Roe v. Wade.



SAVE THE DATE

JOIN US!

First Statewide Lobby Day of 2013

Monday, January 14, 2013

10 am to 3 pm

Location:
State Capitol Building
Albany, NY

For more information contact Blue at (518) 434-5678, ext. 133 or blue@uhpp.org. To register online, go to uhpp.org.

Roe v. Wade 40th Anniversary Celebration

Thursday, January 24, 2013

5:30 pm to 7:30 pm

Presenting the Advocate of Choice award to Rabbi Dennis Ross

Location:
Corning Tower Observation Deck at the Empire State Plaza
Albany, NY

For more information, visit uhpp.org or call Amber at (518) 512-9028 or amber@uhpp.org.



President's Corner

From Chelly Hegan,
President/CEO

The election and its historic results are the buzz here at Upper Hudson Planned Parenthood (UHPP). There's a lot to analyze, digest, and plan for after such a big win. What is most exciting, however, is that the cat is finally out of the bag—women matter!

We know how important women are to healthy families and communities. Women support our families, care for our parents, and participate in their children's education and religious communities, sometimes while going to school themselves. Women are important, they are a major part of the

Deborah Rosen Zamer

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www.uhpp.org

work force and key players in the economy, and will no longer be ignored.

In this election, women ran for office in unprecedented numbers. Women candidates helped make the accessibility of health care services, and the ability of women to decide when and whether to have children, central campaign issues.

More candidates (men and women alike) spoke up about the importance of keeping the doors of opportunity open. Perhaps Michelle Obama put it best in her speech to the Democratic National Convention when she said, "No matter who we are, or where we're from, or what we look like, or who we love, Barack believes that when you've worked hard, and done well and walked through that doorway of opportunity, you do not slam it shut behind you. You reach back and you give other folks the same chances that helped you succeed."

At UHPP, the goal of keeping that door of opportunity open drives our daily work. We remind each of our clients that they have choices; not just the choice of whether or not to have a child, but whether or not to stay in a bad relationship, or whether or not to continue risky behaviors. We offer people the respect we all deserve, and assure them of their right to demand that respect wherever they go.

UHPP is about more than contraception, STD testing and cancer screenings. It's also about empowerment. Every day, our medical professionals and educators empower women, men and teens to take control of their sexual health and their lives. We provide them with

opportunities to better care for themselves and their families, and to fulfill their own potential.

Upper Hudson Planned Parenthood is here for the Capital Region, because you are here for us. With more progressive women and men in elected office, and with people like you, who share our commitment to opportunity and empowerment, we are excited to see what the next few years will bring. ●

"Women support our families, care for our parents, and participate in religious communities, sometimes while going to school. Women are important, and will no longer be ignored!"





UHPP Volunteer Finds Meaning While Making a Difference

Terry Roayne was seeking a meaningful volunteer opportunity when an email that her rabbi forwarded from Concerned Clergy for Choice caught her eye. After reading about UHPP's new recovery room volunteer position at our Albany health center, Roayne "sensed that I was uniquely qualified for this position."

Roayne served as a GYN nurse and social worker with hospice for many years. She also worked in sex abuse prevention and day treatment programs for children and youth at St. Anne Institute. UHPP's patient services staff are thrilled that Roayne now offers her expertise and warmth to our patients before and after in-clinic abortions.

"Our staff is always thrilled to see Terry, because she's so helpful," Laura Gallery, Albany health center Director, explained. "Terry speaks with patients as much or as little as they like. She never judges, which is why our patients trust her."

"It's important to listen openly," Roayne said. "Whenever possible, I ask 'How are you feeling?' before and after the procedure. If a patient is open to sharing, I ask, 'Do you have children?' Some patients want to talk about their decision to terminate; others prefer to discuss other matters or to sit quietly. I always look forward to spending time with them."

For more information about meaningful volunteer and internship positions at UHPP, please contact Blue at (518) 434-5678, ext. 133 or blue@uhpp.org. ●

Let's Talk: About Sex

Did you know that only 18 percent of U.S. teens are comfortable talking with their parents about sex? Yet parents influence their kids' decisions about sex more than anyone else.*

For the past year, UHPP's education team helped nearly 75 parents and teens to better communicate through six *Let's Talk About Sex* (2009) film screenings. During October's "Let's Talk" month, more than 30 students attended an Albany Leadership Charter High School for Girls *Let's Talk About Sex* screening, co-facilitated by UHPP's education team and Equinox's peer educators.

"The movie shows vastly different attitudes about sex and sex education in the U.S. and the Netherlands," says UHPP Youth Program Facilitator Loren Moore. "It was amazing to see youth and parents have an open and honest discussion about sex. After watching the movie both parents and youth in the audience seemed more open to talk and felt comfort in knowing that both parties found the topic difficult to approach. *Let's Talk About Sex* has done a great job at breaking down those communication barriers that hinder families from talking about this important topic," added Moore.

Also in October, UHPP purchased space on a rotating billboard on I-90 near Route 787. Through 1.2 million impressions, eight attention-grabbing messages encouraged parents to talk to their teens about sex. UHPP also sent letters to editors of the *Times Union* and *Register-Star* encouraging parents and teens to talk more about sex.

*For more helpful tools, visit plannedparenthood.org/parents. ●



WINTER 2012

One Family's Commitment to Community Service

While Tara Lindsley, Ph.D., brings many gifts to her UHPP Board service, she especially values her family's activism and involvement.



Her husband, Charles Kite, M.D., shares Tara's passion for supporting quality reproductive health care and comprehensive sex education. "Planned Parenthood is a classic example of where our health care system needs to go. Yet there's so much outspoken stupidity focused on the organization."

Lindsley and Kite generously donate to UHPP. "We've educated ourselves about where we can make the most difference, and it makes sense to direct more of our giving to Planned Parenthood," said Lindsley, who serves as chair of UHPP's Development Committee.

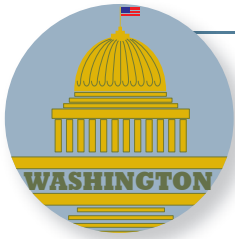
Lindsley's daughter Paige Fletcher learned more about Planned Parenthood during Women's Health Day at Albany Academy for Girls. "The presenter, who worked for a Planned Parenthood affiliate, reassured us that the staff wouldn't judge us or tell our parents we'd come to their health center." Fletcher also cited Christina Page's book *How the Pro-Choice Movement Saved America* while writing about the Roe v. Wade decision in her advanced placement history class, and lent the book to her teacher afterwards.

Fletcher is amazed by some of her peers' misconceptions. "A lot of my friends support Planned Parenthood, but they think it's all about condom distribution and providing abortions. And in college, one of my friends thought birth control caused cancer, so she said she'd never take it."

In 2010, Fletcher impressed guests with her condom art, created for UHPP's Condom Nation Celebration. This fall, she volunteered in the development office and joined her mother as a Leadership Campaign volunteer.

"UHPP allows supporters to explore their interests through volunteerism," Lindsley said. "I joined the Board to do more at this critical time to help safeguard the right of all people to make informed choices about their sexual and reproductive health, according to their own conscience, and to improve access to high-quality health care needed to exercise those choices. I'm delighted that Paige and Charlie join me in supporting Planned Parenthood's mission." ●

LEGISLATIVE UPDATE



Capitol Switchboard: (202) 224-3121

2012 Election Results

The table below shows a comparison between the current 112th Congress and the incoming 113th Congress. The clear conclusion is although Planned Parenthood organizations coordinated an impressive and impactful campaign to keep women's health issues in the public eye and to hold candidates accountable for their positions on women's health issues, we still face many challenges in Congress and particularly in the House of Representatives. The U.S. Senate as a whole is likely to be more supportive of women's health because more "mixed" Senators, as well as Senators who consistently support women's health, were elected. In contrast, the House is likely to be less supportive of women's health, particularly on abortion, and there are fewer members who have "mixed" stands. It remains to be seen if legislators will back away from the extreme attacks on women's health in light of the role these issues played in election outcomes. ●

CHOICE 4 REMARKS

The House	
112th	113th
158 Representatives support women's health 100 percent of the time	176 Representatives support women's health 100 percent of the time
28 are supportive most of the time	15 are supportive most of the time
16 are supportive sometimes	8 are supportive sometimes
233 oppose women's health	229 oppose women's health
	4 races are awaiting results
	3 unknown

The Senate	
112th	113th
45 Senators support women's health 100 percent of the time	46 Senators support women's health 100 percent of the time
8 are supportive most of the time	8 are supportive most of the time
5 are supportive sometimes	3 are supportive sometimes
42 oppose women's health	43 oppose women's health



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

In Albany, as we go to press, control of the Senate is once more undecided. Overall, we are celebrating the election or re-election of many legislators with strong positions on women's health. Support for our issues in the Assembly remains strong. In the Senate, the combination of candidates with mixed ratings and those without any record, plus the continuing strength of the Republican caucus, suggests we will have both new opportunities and continuing challenges in passing legislation to protect women's health. ●

Chamber	Democrats	Republicans	Independent	Undecided
Senate	31	30	0	2
Assembly	107	41	1	1

PPANY ratings in the New York Legislature*

Chamber	0%	<50%	50+	100%	Unknown
Senate	2	17	7	27	8
Assembly	21	15	12	91	10

Our new UHPP service area legislators:

Senate District	Legislator	Party	Rating
44	Neil Breslin	Democrat (WF, I)	100%
43	Kathy Marchione	Republican (C)	No response
46	undecided		

Assembly District	Legislator	Party Affiliation	Rating
102	Peter Lopez	Republican	7%
106	Didi Barrett	Democrat (WF,I)	100%
107	Steven McLaughlin	Republican (C, I)	0%
108	John McDonald	Democrat (I)	93%
109	Patricia Fahy	Democrat (WF)	100%
110	Phillip Steck	Democrat (WF)	100%

*Ratings are based on a combination of available voting record and completion of an extensive PPANY survey. Those with unknown positions have no voting record and did not return a survey.

To join UHPP in the statewide lobby Day of Action on January 14th:

Register online at uhpp.org or contact Blue for more information at (518) 434-5678, ext. 131 or blue@uhpp.org.

Likeminded Professionals Meet through PPYL

Where could you drink cocktails called Witches' Brew, Headless Horseman, Jack O'Lantern and Pumpkintini, watch an entertainer make "dirty balloons," and meet great people who support Planned Parenthood? At Planned Parenthood Young Leaders' Halloween Party & Cocktail Tasting!

On October 24, more than 30 people kicked off the holiday season at Victory Café in Albany. UHPP President/CEO Chelly Hegan encouraged the crowd to get involved in UHPP's mission. "The most important thing you can do in November is vote."

Planned Parenthood Young Leaders (PPYL) is a group of 40ish and younger professionals who support Upper Hudson Planned Parenthood's mission. The goal of PPYL is to build a new generation of supporters and advocates for reproductive choice, and the group hosts three annual events. Albany Medical Center is PPYL's Signature Sponsor. The Halloween Party & Cocktail Tasting also was sponsored by Kaleel Jamison Consulting Group.

Other recent PPYL events were "Cocktails for a Cause" at Midtown Tap and Tea Room in February and the first annual Trivia Challenge at Revolution Hall in June. As public support for Planned Parenthood and UHPP grows, so does PPYL's momentum.

Do you want to suggest a theme for our next PPYL event? If you are interested in getting involved, contact Amber at (518) 512-9028 or amber@uhpp.org!



Youth Organizing Institute: A Great Success!



In September 2012, more than 100 college students from New York, New Jersey, Pennsylvania, and Connecticut attended a three-day PPFA sponsored Youth Organizing and Policy Institute in Albany. Three members of the University at Albany pro-choice VOX chapter attended. Former UHPP intern and past UAlbany VOX President Brittini Gulotty served as a program facilitator and Blue Carreker, UHPP's VP for Public Affairs and Media Relations, served as a trainer. Over an intense weekend, these students shared personal stories of challenge and hope, and learned to become more effective campus organizers.

UHPP's Mary Yamin Honored by the YWCA!



On November 1, the YWCA of the Greater Capital Region named UHPP Clinician Mary Yamin a 2012 Resourceful Woman for her work to advance the empowerment of women. She is pictured with Chelly Hegan, President/CEO and her husband Jon Canin. Congratulations, Mary!

UHPP Appoints A Vice President for Human Resources



Upper Hudson Planned Parenthood has recently promoted Marielle McKasty-Stagg to the position of Vice President for Human Resources. McKasty-Stagg has been employed at UHPP for six years and is being promoted from her previous position as Director of Human Resources.

McKasty-Stagg actually began her work with UHPP as a student peer educator with the S.T.A.R.S. (Seriously Talking About Responsible Sex) program in Hudson. She volunteered and interned at the agency before being formally hired in 2006. McKasty-Stagg graduated from the University at Albany with a Bachelor of Arts in Women's Studies and lives with her family in Voorheesville. ●

Education Connection



**Seriously Talking
About
Responsible Sex**

Youth Learn To Make Proud, Responsible Choices

“Can I get HIV from spit or public toilets?” “What does a clitoris do?” “I heard that you can get hepatitis from a tattoo. Is that true?”

Youth from Trinity Alliance ask Loren Moore, UHPP’s Youth Program Facilitator, questions like these every week. A member of UHPP’s education team, Moore teaches the *Be Proud! Be Responsible!*, *Making Proud Choices*, and *Healthy Relationships* curricula to young women ages 13-17 at Trinity Alliance’s Evening Reporting Center. These Albany county youth, who are involved with probation or the court system, develop new ways of thinking and behaving through structured after-school programs.

In November, Moore showed her students *The Hard Way* (2004), an award-winning short film written by 14-year-old Shawn Nabors. She asked the students what they thought about Kenrick, one of the film’s main characters.

“He’s a pimp,” one student said.

“Yeah, but he’s lucky,” another student responded.

Loren Moore



Moore brings broad based experience to her work as a UHPP educator. As a Communications student at UAlbany, she became a UHPP patient and a college intern in UHPP’s External Affairs division. Later she was hired by Patient Services as a Client Services Representative. In February 2010, the Education team hired her as a Youth Program Facilitator. She annually educates more than 1,000 middle and high school students with age appropriate, medically accurate information about responsible sex.

“Why do you say that?” Moore asked.

“I don’t think he used protection all the time and he was having sex with a lot of girls. He also chose to ditch school to hang out with girls. Those are bad choices.” After getting tested, Kenrick was relieved to learn that he didn’t have HIV/AIDS.

Kenrick’s parents struggled to discuss safer sex with him. Moore said, “Some teens are afraid that if they talk to their parents about sex, their parents will assume they’re having sex. How do you want your parents to talk with you about sex?”

A student countered, “How did your parents talk to *you* about sex?”

Moore paused, and then said, “My father deferred to my mother a lot, and my mother wasn’t comfortable talking about sex. Because I had to find out a lot of information on my own, I’m passionate about my work.”

The student smiled. “Okay. My mom tells me to use a condom if I have sex, but then she tells me that I shouldn’t be thinking about sex right now.”

Another student said, “I talk to my mom about everything.”

After further discussing the film, Moore asked the students to write responses to different scenarios involving teens who are thinking about having sex or have had sex. Each situation tested the students’ knowledge of abstinence, safer sex, healthy relationships, how to avoid alcohol and drugs, and how to engage in open communication.

While the students read aloud what they’d written, Moore reminded them, “Sometimes people will only tell you what they think you should know about their sexual history.” She also informed them that the fastest growing rate of HIV/AIDS transmission is among African American teens and



Moore giving a lesson to S.T.A.R.S. peer educators in the UHPP Teen Room

women ages 14-25, and that abstinence is the only 100 percent effective way to prevent STI’s and pregnancy.

The New York State Department of Health’s Comprehensive Adolescent Pregnancy Prevention program provides funding for UHPP’s education services. In 2011, youth from organizations like Trinity Alliance were among nearly 1,500 of UHPP’s more than 5,000 education program participants. Nearly 1,500 of more than 15,000 patients UHPP served last year were 17 and younger.

“How would you want your friends to talk to you about sex?” Moore asked.

A student responded, “I’d remind them that you should never do anything sexually that you don’t want to do.” ●



Longtime Donor Accepts Lifetime Trustee Award

Priscilla Hayward Crago was one of eight individuals and couples recognized as Lifetime Trustees at UHPP's May 23 Annual Meeting and Recognition Reception. Lifetime Trustees donate a total of \$25,000 or more to UHPP.



After the event, Hayward Crago explained why UHPP is so important to her.

"It is with gratitude that I accept this honor you have given me.

I was a planned baby. My mother wanted me to be born in March to grow up in the spring as animals in the wild do. However, she conceived me earlier, so I was born in February.

My mother was a member of the Margaret Sanger Association, so it has passed down through the generations of my family. As Sanger said, 'No woman can call herself free who does not own and control her body. No woman can call herself free until she can choose consciously whether she will or will not be a mother.'

Planned Parenthood, my college, and my Unitarian Universalist affiliation are my favorite charities. My first husband and I were consumers of Planned Parenthood's products. He was a poor graduate student, so we obtained condoms there until I could be fitted with a diaphragm.

Thank you again for this honor. Blessings on you all."

Small Donations Really Add Up

Karla Gareau used to think, "If I can only give a small gift, it's not worth it." But as a dedicated UHPP development volunteer, she now sees how much small donations add up!

Here are some examples:

- **\$25** supplies 20 safer sex kits. • **\$75** purchases 1,000 condoms.
- **\$100** helps to cover the cost of teaching a sex education class at an Albany, Columbia, or Rensselaer county school.
- **\$150** funds one afternoon Teen Clinic, with safe and confidential health care and education services.
- **\$250** outfits 40 volunteer advocates in pink visibility T-shirts for one year.

Before asking donors to give to UHPP's Leadership Campaign, Gareau signed up for UHPP's monthly giving program. "I wanted to give a sizeable donation, but I wasn't in a position to donate it all at once. Giving monthly is less of a sacrifice." For more information about donating to UHPP, please contact Amber at (518) 512-9028 or amber@uhpp.org.

Want to maximize the impact of your donations? Here's how:

- Sign up for **UHPP's monthly giving program** using the enclosed envelope! Minimum \$5 donation through Visa, Mastercard, or Discover.
- Ask your company's Human Resources staff about **payroll deduction and matching gift** programs!
- Opt in to **UHPP's mobile community**.
 - Text UHPP to 27722 to opt in to receive 2-4 text messages per month.*
 - Text CHOICE to 27722 to donate \$10.**
- Pool your donations with family and friends!

* SMS subscription service. Up to 4 msg/mo. Message and Data Rates May Apply. Text STOP to 27722 to STOP. Full Terms: mGive.com/E.

** \$10.00 donation to Upper Hudson Planned Parenthood. Charges will appear on your wireless bill, or be deducted from your prepaid balance. All purchases must be authorized by account holder. Must be 18 years of age or have parental permission to participate. Message and Data Rates May Apply. Text STOP to 27722 to STOP. Text HELP to 27722 for HELP. Full Terms: www.mGive.org/T.

Gifts in Tribute

Giving tributes is a special way to remember or honor someone, while helping others in our community. If you would like more information about tributes, please call (518) 512-9028.

This list is inclusive from August 15, 2012 to October 31, 2012. Please notify us if we have made any errors and accept our apologies.

In honor of Mary Louise and Richard Curry

Robert R. Curry and Douglas D. Jasinske

In honor of Ray Henrikson's special birthday

Dr. Adele I. Strominger and Norman Strominger

In memory of Mercy Jiminez

Ms. Cecile O. Plattner and Mr. Frank Plattner

In honor of Pat McGeown's retirement/service

Diane and Bob Lustenader

In memory of Betty & Rita McLaughlin

Diane and Bob Lustenader

In memory of Elizabeth K. Moynagh

Mary Kate and Mark McCarty

In honor of Nada Rifai

Royah Ansar and Michelle Cerone

In honor of Anne Rowley's breast cancer awareness

Margaret M. Kirwin

In honor of Lucinda Thomson and George Schmidt's Marriage

Anthony Garner

In honor of Shelly Sender and Ron Lancaster

Carole Sayle