



CHOICE REMARKS

SERVING ALBANY, COLUMBIA, GREENE & RENSSELAER COUNTIES • FALL 2013

ICYC...In Case You're Curious!

There's one place where you can always count on finding young people. It's online, and usually through a mobile phone.

UHPP's education team strives to reach young people wherever they are, whenever they need us. In July, UHPP became the first Planned Parenthood affiliate to sign on to Planned Parenthood of the Rocky Mountains' (PPRM) text-chat program. Through In Case You're Curious (ICYC), PPRM's education staff answer texts from our local students as well as teens around the nation about sex, sexuality, sexually transmitted infections and relationships.

UHPP Director of Education Meaghan Carroll explains, "While we provide lots of information in the classroom, sometimes students have questions that they're embarrassed to ask in front of their classmates. They also might think of questions after class is over."

ICYC was created by four medical students at the University of Colorado

Denver in 2009. Now, PPRM oversees and offers the text-chat program to Planned Parenthood affiliates and other partners.

The incaseyourecurious page on Instagram features answers to frequently texted questions, including "What's the best birth control?" "Does masturbating give you a disease?" and "How do I tell my parents I'm gay?"



The staff answering ICYC texts refer to a manual of more than 1,000 standard responses vetted by PPRM's Quality Management team and reviewed twice a year.

Staff must have worked as trained sex educators for at least a year, participated in training at the Responsible Sex Education Institute and completed training to answer ICYC texts.

While the service is confidential, ICYC tracks mobile phone numbers through unique IDs. If someone texts, "What if it breaks?" PPRM staff can see that they texted about condom use two weeks ago.

SAVE THE DATE

PPYL Comedy for a Cause

Date: Friday, November 8

Location: Waterworks

Please watch our website and your email for information about the upcoming Planned Parenthood Young Leaders event.

For more information, call Amber Sickles, Director of Development at 518.512.9028.

UHPP Board Reunion Event

Date: Wednesday, November 13

Location: Heffner Alumni House on the RPI Campus

Time: 6 - 8 pm

For more information, call Amber Sickles, Director of Development at 518.512.9028.



CEO CORNER

From Chelly Hegan, President/CEO

In January, Governor Cuomo introduced the “innovative idea” that in our state, women should be treated as equal citizens. He laid out his support for an exciting 10-point agenda that would even the playing field for all New Yorkers. A strong coalition of hundreds of groups that have long stood for equal opportunity supported the Women’s Equality Act, and Upper Hudson Planned Parenthood jumped in feet first to move it forward. You

Christa R. Christakis
Chairperson, Board of Directors

Chelly Hegan
President/CEO

Laura Alpert
Editor, *Choice Remarks*

LOCATIONS

ALBANY

855 Central Avenue
Albany, NY 12206
518.434.5678

HUDSON

190 Fairview Avenue
Hudson, NY 12534
518.828.4675

TROY

Hendrick Hudson Building.
200 Broadway
Troy, NY 12180
518.274.5640

www.uhpp.org

contributed to an amazing outpouring of energy by calling, writing, rallying and donating to help make this agenda become law.

While you joined us as a proud pink presence in Albany, some of our political leaders were not committed, or were even opposed, to updating New York State abortion law to ensure the protections originally guaranteed by *Roe v. Wade*.

The Assembly passed the Act with all 10 points, and its commitment to the women of New York State will not be forgotten. But in the end, none of the bills became law.

I’m disappointed with this outcome, and I’m sure that you are, too. The reproductive health portion of the Act would have codified *Roe v. Wade* into NYS law – nothing more, and nothing less. This was heartbreaking for all of us, and yet, as we have seen, time and time again, some politicians casually discount women’s basic rights to private decision making and professional health care. We will continue to hold our legislative leaders accountable, and we know that you will, too.

Meanwhile, Tea Party conservatives voted into state and federal office are working tirelessly to politicize women’s health care. And they are succeeding. These extremists are working every possible strategy to undermine the Affordable Care Act before its full implementation in January 2014. Their

narrow focus on destroying what President Obama created ignores the transformation this Act will make in the health of women and families.

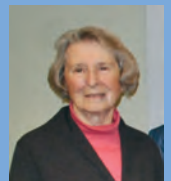
We at UHPP are thrilled, excited (and a little nervous!) about this Act’s implementation. Finally, our patients will have access to complete health insurance. UHPP already participates in a variety of health insurance plans, ensuring that we keep their members healthy. UHPP has always been here for people of all ages for basic preventative care, cancer screenings, STI testing and treatment, birth control and answers to questions about their sexual health. Now, as more people are welcomed into the health care delivery system, we expect to serve even more men and women in the Capital Region.

With your support, we will continue to fight politicians who try to insert themselves into the precious relationship between a patient and their provider. We won’t let extremists push more people out of health care when the Affordable Care Act provides a wonderful opportunity to let more people in.

The current PPFA national campaign is aptly named “We Are in it for the Long Run!” UHPP will always be here for our community. What gives me strength for the coming months is knowing that you are in it for the long run, too. ●

Remembering Esther Lewis

Upper Hudson Planned Parenthood fondly remembers our dear friend, Esther Lewis, for her lifelong activism and service to Upper Hudson Planned Parenthood. Esther was a member of our Board of Directors for several terms between 1960 and 2002 and served on Upper Hudson Planned Parenthood’s Capital Campaign Steering Committee from 2009 to 2012. We are grateful for Esther’s passion for women’s rights and the wonderful work she’s done to further Planned Parenthood’s mission.



Empowering the Next Generation



On June 13 at Revolution Hall in Troy, the winners of the first annual Trivia Tournament in 2012 strode confidently to the Planned Parenthood Young Leaders' (PPYL) trivia registration desk. With Golden Speculum Award in hand, the team formerly known as *We Support Women with Many Positions* announced their intention to defend its crown.

The team renamed itself *Grace Hopper Final Answer* to commemorate its final answer in last year's winning effort. Participants faced a stiff challenge from 15 other teams and a record 93 total guests eager to unseat them from glory.

As Beau Comeaux led the competitors through five rounds of trivia, the teams struggled to find the right answers. The competition concluded with a "final Jeopardy" question, allowing teams to bet anything from none to all of their points in order to claim victory.

In the end, a new team prevailed. With triumphant glee, *Sassy Pants and Sassafras* held the 2013 Golden Speculum Award high. It seemed fitting that some members of the hardworking Event Planning Committee were among the new winners.

PPYL is a group of 40ish and younger professionals who support our mission. The goal 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. This year's Trivia Tournament was also sponsored by Architecture + and Smith & Jones.

Contact Amber Sickles, Director of Development, at 518.512.9028 or amber@uhpp.org for more information. ●

Affordable Care Act: Get Ready to Enroll

Starting October 1, nearly 12 million uninsured women between the ages of 19 and 44 will become newly eligible to apply for Medicaid or qualify for premium tax credits to help purchase health insurance coverage under the Affordable Care Act (ACA).

- Will those women understand the benefits of having affordable health insurance coverage?
- Will they get the help they need to choose a plan that best matches their needs?
- Will current Planned Parenthood patients take advantage of this new opportunity?
- Will they choose plans that include Planned Parenthood in their network of providers?



As the leading women's health care provider, Planned Parenthood is uniquely positioned to encourage and assist those women who qualify to obtain health insurance coverage. This is also an opportunity for UHPP to strengthen its visibility as a professional, high quality medical provider.

UHPP Vice President for Patient Services Christine Pluviose, M.D., and Vice President for Public Affairs and Media

Relations Blue Carreker attended a two-day training on ACA provided by Planned Parenthood Federation of America (PPFA) in Washington, D.C., in July. They brought back information and resources that formed the basis of a strong, local **Get Ready to Get Covered** campaign. UHPP volunteers were trained to provide basic education about the benefits available under ACA and to refer those interested to

plannedparenthood.org/healthinsurance for more detailed information.

Posters with a similar message are placed throughout our health centers, and trained volunteers are staffing information tables and giving away magnets and flyers at all community events.

In our Albany and Troy health centers, our new health center advocacy table volunteers are providing campaign materials. We are working with state recognized

navigators to assist patients enrolling in a Medicaid or insurance plan on site, beginning October 1. We are also providing leadership in organizing and presenting educational programs on ACA for agencies, businesses and the public and plan to conduct door-to-door canvassing in targeted neighborhoods this fall.

If you would like to help with this critical campaign, email blue@uhpp.org or info@uhpp.org. ●

Costa Rican Students Visit

Through the International Learning & Exchange Program, faculty and students from the University of Costa Rica's School of Public Health visited UHPP's Albany health center. They discussed similarities and differences in our cultures, sex education programming and reproductive health care! Carol



Whittaker, Assistant Dean for Global Health from the University at Albany, said "We especially appreciated the opportunity to go with Meaghan [Carroll, UHPP's Director of Education] to the class she presented at The College of Saint Rose. Her ability to interact with the special needs students there was a lesson not only in good reproductive health but in teaching as well. I now know that you have an outstanding staff and that we at the Center for Global Health couldn't be happier to have this outstanding collaboration and partnership."

LEGISLATIVE UPDATE



NYS Senate Switchboard:
518.455.2800

NYS Assembly Switchboard:
518.455.4100

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New York: The Women's Equality Campaign...What Happened?

Despite five months of intensive advocacy work with a historic coalition of over 800 organizations and thousands of individuals, and despite several statewide polls that indicated strong support by a majority of voters, the New York State Legislature failed to pass the Women's Equality Act before closing its 2013 session.

The Assembly did pass the entire Women's Equality Act and demonstrated, once again, its strong support for women's health. The Republican leadership in the Senate, however, brokered an agreement with the four-member Independent Democratic Conference, which broke up the Act into 10 different bills. Nine of those 10 bills were brought to the Senate floor and approved. The 10th bill, which would have updated abortion law in New York State to codify the rights guaranteed in *Roe v. Wade*, was not allowed to come to the floor for a vote. And so, no part of the Women's Equality Act has become law.

There is still an opportunity for either the Senate or the Assembly to reconvene before the end of 2013. Therefore, the Women's Equality Coalition, including UHPP, will continue to push the state Senate to pass the final reproductive health bill that it left on the table.

Thank you to all those who participated in and supported this campaign, from sending emails and letters, to attending lobby visits and rallies, or just staying informed and talking about the campaign with friends and family. The bright spot in this frustrating state of events is that we have many new volunteer activists and an enthusiastic coalition in the Capital Region that will continue to work together to promote women's health and reproductive justice. ●



LGBTQ Victory!

On June 26, the U.S. Supreme Court struck down the Defense of Marriage Act. This allows committed same-sex couples who are legally married in their own states to receive federal protections such as Social Security, veterans benefits, health insurance and retirement savings. Same-sex marriage is now legal in CA, CT, DC, DE, IA, MA, ME, MD, MN, NH, NY, RI, VT and WA.

More than 30 UHPP staff, volunteers, advocates and pets turned out to march in Capital Pride to show support for the LGBTQ community in our area.



Capitol Switchboard: 202.224.3121

What the Hell is Happening in Texas...in North Dakota...in Arkansas...?

Women's health is certainly under assault across the country. In fact, over 700 bills restricting women's access to abortion and other reproductive health services have been introduced in state legislatures this year. And while resistance has been fierce, representing a wide coalition of organizations and individuals, the bottom line is that abortion is becoming inaccessible to low-income and rural women in many states.

In fact, anti-abortion Republicans have gotten more than 170 new abortion laws passed in 30 states since the party won control of a majority of statehouses in 2010. This year's push was highlighted by some of the strongest restrictions yet, passed in North Dakota, Arkansas and Texas.

The key measures banned abortions after approximately six weeks, 12 weeks or 20

weeks, depending on the state; required women to see the fetus on an ultrasound; required doctors to have hospital admitting privileges and required clinics to have full hospital-type facilities. More than a dozen GOP states in the South and West adopted all or most of the package.

While anti-abortion Republicans have been clever in selling these bills as being all about safeguarding women, more and more voters are catching on that this is really about politicians inserting themselves into what should be personal and private decisions.

I hope you all followed some of the amazing acts of protest and resistance, including Texas Senator Wendy Davis, who took on the entire state legislature through a one-woman filibuster lasting 11 hours and Planned Parenthood of Central North Carolina CEO Janet Colm, who went to jail for protesting the sneak attack by North Carolina legislators on women's health care providers.

To stay updated on these and other legislative issues impacting Planned Parenthood and women's health, go to www.uhpp.org or like us on Facebook. ●



New UHPP Health Center Advocacy Project

On August 20, UHPP launched its new Health Center Advocacy Program. Thanks to a grant from PPFA, over a dozen community volunteers have been trained to staff information tables in our Albany and Troy health centers during walk-in hours. Those volunteers will invite patients, and those who accompany them, to learn more about opportunities to



further engage with UHPP. Postcards available at the tables will enable those interested to sign up for our email advocacy network or to get more information on volunteering, Planned Parenthood Young Leaders events or making a donation.

Patients will also be invited to share a story about a time Planned Parenthood has made a difference, and will learn how the Affordable Care Act can help them.

Fall 5 2013

End of an Era: Thank You, Albany Escorts!

Based on the anonymity and unobstructed access for patients and staff at our Albany health center, as well as a reduced picketing presence, UHPP ended its Albany patient escort program this spring. We now have a rooftop camera that monitors picketer activity. On Saturday, April 13, UHPP hosted a brunch for all former Albany patient escorts to mark the end of this important volunteer service. We talked of early days when hundreds of protesters would chain themselves to each other and to our doors, and patient escorts would lock arms and create a corridor for patients to walk into the health center. We talked about pedestrians on Lark Street who would stop and give volunteers donations, flowers and words of appreciation.

Carol Stenger, a UHPP Board member and long-term volunteer, talked about the role of an escort: "...you agree to get up early in the morning in snow, rain, sleet and bitter cold or blinding sun and humidity...and you do this to stand for a few hours and listen to some very negative sentiments expressed quite loudly by persons you disagree with. You also listen to a lot of lies—about abortion, Margaret Sanger and Planned Parenthood. That is how you choose to start your day. Sounds a little nuts, right?"

We greatly appreciate the time all of our patient escorts have contributed and continue to contribute in Troy and Hudson. We also look forward to working with our Albany volunteers in other capacities in the months and years to come.



EDUCATION CONNECTION



Seriously Talking About Responsible Sex

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S.T.A.R.S. Peer Educators Learn the Ropes

Swimming, kayaking, climbing the rock wall and participating in the low ropes course were the most popular activities at a two-day retreat for local peer educators. In July, staff from UHPP and Equinox, Inc. helped 18 peer educators from UHPP's S.T.A.R.S. (Seriously Talking About Responsible Sex) program and from Equinox, Inc. to bond through fun team building activities.

One of our peer educators, Amina,

WELCOME, CLENARD!



Education Coordinator Clenard Killikelly thinks that "helping people make positive changes is awesome."

He spent five years as director of Equinox, Inc.'s Youth Outreach Center and four years as a special education teacher at Parsons Child and Family Center. Killikelly is pursuing his master's degree in Educational Administration and Policy Studies at the University at Albany.

"Working at Parsons opened my eyes to human services. I always want to do more," says Killikelly.

Killikelly oversees UHPP's participation in the New York State Department of Health's Comprehensive Adolescent Pregnancy Prevention Program. "My goal is to work with young people as early as possible through the Albany and Rensselaer Counties school systems. I bring the male perspective to sexual health, which helps whether I'm teaching alone or co-facilitating with a colleague."

says, "I'm a nice person once you get to know me, and I learned the other people were nice, too."

"I learned other people were open to new things," Blinky says.

Ed was pleased to discover that "I work better with others than I thought, and that other people open up better in more comfortable environments."

Omiyea recalls, "I learned that my peers love to stay up late!"

S.T.A.R.S. is funded by the New York State Department of Health's Comprehensive Adolescent Pregnancy Prevention Program. S.T.A.R.S. peer educators become sources of confidential, medically accurate and age-appropriate sex education for their peers.

UHPP Director of Education Meaghan Carroll says, "Over the summer, the students participated in an evidence-based curriculum, including pregnancy, sexually transmitted infections and HIV prevention; proper condom use and negotiation skills. The retreat at Silver Bay helped them learn to work together as a group, which makes them more effective when they welcome other students to UHPP's weekly teen clinic."

For Ed, "What I learned [at the retreat] helps me to become a better resource because now I can give more advice."

A summer of exciting activities continued with visits to Hunter College and the American Museum of Natural History in New York City in July, and to SUNY Cobleskill and Hartwick College



Equinox and UHPP S.T.A.R.S. peer educators and staff at Silver Bay



UHPP S.T.A.R.S. peer educator Ed rock climbing at Silver Bay



in Oneonta in August.

Amina comments, "The best part of visiting Hunter College was gaining information on a potential school I could apply to, as well as enjoying the view from the skywalks." ●

S.T.A.R.S. peer educators at Hunter College in NYC

Annual Meeting Celebrates Exceptional Leaders

On May 22, nearly 100 guests gathered to honor some of Upper Hudson Planned Parenthood's most exceptional Board members, volunteers and donors.

The Sidney and Beatrice Albert Foundation was recognized as a Diamond Trustee for donating more than \$75,000 to support UHPP's mission. Isadore and Thalia Cassuto accepted the award. Lifetime Trustees Katie and Ray Henrikson, Beth E. Scher, Jane B. Stewart and Betsey B. Swan were recognized for contributing more than \$25,000 to UHPP.

Outstanding Volunteer Karla Gareau was honored for her work with Planned Parenthood Young Leaders, the Leadership Campaign and for serving on the Development Committee. UHPP also recognized Sarah Israel with the All-Star Youth Award. She founded the first Planned Parenthood-associated student organization at Russell Sage College.

Six volunteers received Public Affairs Volunteers of Excellence Awards: Kristin Barron, Sharon DeBonis, Susan Heartquist, Pauline Kamen Miller, Norman Osofsky and Jean Poppei.

UHPP welcomed guest speaker Penelope "Penny" Andrews, who is Albany Law School's 17th president and dean and the school's first female dean. Dean Andrews discussed international gender inequality. She is the author of *From Cape Town to Kabul: Rethinking Strategies for Pursuing Women's Human Rights* (2012).



Donor Profile: Gina and Bill Kornrumpf



Gina Kornrumpf calls herself a "died-in-the-wool" Republican. Before moving to Schenectady, she and her husband, Bill, lived in downtown Albany for about 12 years and watched the protestors in front of Upper Hudson Planned Parenthood's former Lark Street building.

"The more I saw them, the more I felt the need to get involved. It bothered me that some women didn't feel safe having to pass through other individuals who were protesting, requiring a volunteer escort. I worried that UHPP's ability to provide necessary services would be jeopardized in the future."

Bill agrees: "Planned Parenthood is under more and more political pressure. This polarizing process has become so contentious that it gets in the way of rational decision making. We appreciate that Planned Parenthood never gives up the fight!"

Gina said that the decision to include UHPP in their will was easy. "Along with family considerations, there were organizations that we wanted to support, including UHPP. Our will divides our estate by percentages, so there are not a lot of complicated calculations to make. The peace of mind feels great. And I know we're in good hands with UHPP. When we think of ourselves as part of a larger group, we can do great things."

Gina spent her career in telecommunications with AT&T and Alcatel-Lucent, while Bill was an electrical engineer and inventor with GE Global Research, ending his career by working on fiber optic networks for F-16 fighter jets. The couple got acquainted through their involvement with the Schenectady Light Opera Company, where they continue to volunteer. They continue to generously donate to UHPP's Annual Fund.

"We ski in the winter and bicycle for as much of the rest of the year as we can," Gina says. "I love the Capital Region. It's our home."

To learn more about ways to support UHPP's mission to provide exceptional services, honest education and fearless advocacy, please contact Laura Alpert, Vice President for Development and Marketing at 518.512.9027 or LauraA@uhpp.org.

GIFTS IN TRIBUTE

Giving tributes is a great way to remember or honor someone special, while helping others in our community. If you would like more information about tributes, please call 518.512.9028.

In memory of Ted Adams
Rezsiz Adams

In honor of our Albany Health Center Escorts
W. & E. Phillips Locksmith, Inc.

In honor of Iris and Ron Berger's 50th Anniversary
Paul G. Nance and Glenna D. Spitze and Tobie and Alan Dorn

In honor of Wendy Davis
Maureen Daniel and Mary Muzerall

In honor of Ruth and Sheldon Dinowitz's 50th Anniversary
Richard and Carole Tannen

In honor of Karla Gareau's birthday
Kate Cole, Richard Nacy and Rebeca Torres-Rose

In honor of Jean Kames
Joseph and Mary Pesez Kames

In memory of Esther Lewis
Frances and Malcolm Abrams, Laura Alpert, Phoebe Powell Bender, Friends from The Book Club, Shirley W. Brand, Carol Bullard and Worth Gretter, Sybil Carey and Richard Piazza, John Chiaramonte, Teal, Becker & Chiaramonte, CPAs, P.C., Elsa G. deBeer, Rose Fleischner and Phyllis Caputo, Leo J. Fleishman and Tracy Prebish, Leah S. Gaies, Marjorie Geiger, Nancy Goody and Gregory Bell, Chelly and Padraic Hegan, Thomas M. Julius and Barbara A. Bryce, Drs. Nancy and Gordon Kaye, Leo S. Levy and Martha D. Levy, Mark S. Lewis, Charles M. Liddle III, David and Elizabeth Liebschutz, Nancy G. McPhaul, Debby Poskanzer, Richard Propp, M.D., Ruth Lechter Sabo and Alvin Sabo, Ida Traschen, Bullard, McLeod & Assoc., Inc. and The Yoga Loft

In honor of Judith Miller
Dr. Alan D. Miller

In honor of Ethel Silverberg
Rose Fleischner and Phyllis Caputo

In memory of Robert A. Weiner
Ruth and Herbert Swift

In memory of Joyce Williams
Nancy J. Guild

In memory of Nancy Woodward
Kristine F. Herrick and Father Lee Smith and Josey Twombly and Dr. Ian Porter
This list is inclusive from February 28, 2013 to July 31, 2013. Please notify us if we have made any errors and accept our apologies.

Upper Hudson Planned Parenthood
855 Central Avenue, Albany, NY 12206

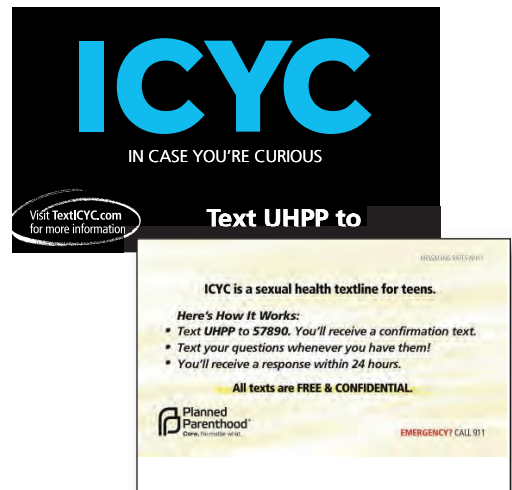
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Texted disclosures of abuse, rape, incest and neglect are reported to appropriate authorities. Texters are encouraged to visit their local Planned Parenthood health center.

UHPP promotes ICYC through the S.T.A.R.S. (Seriously Talking About Responsible Sex) Facebook page and UHPP's new mobile community for teens. Students who opt in receive age-appropriate, medically accurate texts about sex education up to once a week. Peer educators from UHPP's S.T.A.R.S.

program and from Equinox, Inc. are spreading the word about ICYC to friends, classmates and at UHPP's weekly teen clinic. Peer educator Blinky says, "Even though teens might not be able to get to a doctor or tell a parent private things, they can just send a text." ●



Follow Us On Social Media

For the most up-to-date information, find us on your favorite social media site!

 UHPP Advocates of NY Facebook:
www.facebook.com/UHPPANY

 UHPP YouTube page:
www.youtube.com/user/theuhpp

 UHPP Mobile Community:
Text UHPP to 27722 (to receive 2-4 texts a month.
msg/data rates may apply. Terms: mgive.com/E)

 UHPP Tumblr:
omgpp.tumblr.com

 UHPP Instagram:
<http://instagram.com/omgpp>

 UHPP Sex+Health+Truth blog:
<http://sex-health-truth.blogspot.com>