



CHOICE REMARKS

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

Passion and Purpose

For Nic Rangel, 31, supporting Planned Parenthood reflects some of her family's values, including reproductive freedom and volunteerism.

"Our family believes strongly in women's equality and independence. I grew up poor, living in trailers and campers until high school, but going to college was always an important goal. Now, I'm an attorney and a homeowner. Planned Parenthood's staff has always taken great care of me, which has let me focus on my education and career."

Rangel loves white water rafting, but her demanding schedule allows little time for it. After earning her associate's degree at Hudson Valley Community College, she completed her bachelor's degree at UAlbany. Through a four-year dual degree program at Albany Law School and UAlbany's Rockefeller College of Public Affairs and Policy, she also earned Juris Docto (J.D.) and Masters of Public Administration (MPA) degrees.

"Planned Parenthood has played a major role in my life. Planned Parenthood was the first medical facility

I visited without a parent. Every time I moved for college or a new job, I stayed with Planned Parenthood, in part because they made it easy to access my patient record. When I'm just starting out in a new city, I don't have to ask around for a recommendation to a doctor. I can always rely on Planned Parenthood for all of my reproductive health needs."



As a child, Rangel volunteered in food pantries and food kitchen programs.

Her mom was an active volunteer in their community and taught some of her classmates, who were struggling with literacy, how to read.

As an adult, Rangel has chosen to volunteer at the local Planned Parenthood affiliate wherever she's lived. "I've been a patient escort in Boston, Denver, and at Upper Hudson Planned Parenthood's former Lark Street health center. Those experiences really make me appreciate the security at UHPP's new Albany health center. I've also represented UHPP at street festivals like LarkFEST and spoken with people about accessing affordable health care. I always enjoy it."

GOING GREEN

UHPP has always been conscious of our impact on the environment within our organization and community. In the very near future, we've decided to adopt the environmentally-friendly practice of reducing our paper usage and will be offering our publications electronically whenever possible. By reducing the amount of mailings we send to our supporters, we will also see a significant cost savings to our organization. Please let us know if you would like to receive our information via email by emailing amber@uhpp.org.

SAVE THE DATE

Roe v. Wade

Thursday, January 23, 2014

Observation Deck of the Corning Tower. Assemblymember Patricia Fahy will be accepting the 2014 Advocate for Choice award.

For more information, contact Amber Sickles, Director of Development at amber@uhpp.org or 518.434.5678, ext. 121.

Day of Action

Monday, January 27, 2014



CEO CORNER

From Chelly Hegan,
President/CEO

Connecting with supporters like you is my favorite part of my job. Knowing that Upper Hudson Planned Parenthood is here for our community—because you are here for us—is so gratifying.

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

You're an incredibly well-informed group, which is why you support Planned Parenthood! But even the best informed among us have found Obamacare confusing. So, I wanted to take a moment here to talk about what the new health law means for our patients and our community (and you, too!).

You may be wondering, 'What impact will my donation have now that more people are eligible for health insurance?'

UHPP has always accepted and will continue to accept health insurance. Some of our neighbors will be newly eligible for health insurance and will choose to come to UHPP's health centers. Some of our patients already have insurance. And some will not be eligible, or will not be able to afford it.

People who are single, married, partnered, gay, straight, transgender, of any religion or none—are all welcome at UHPP.

With your support, UHPP will continue to be here for our patients, no matter what.

In the coming months, thousands of people will be making important choices for themselves and their families about their health insurance. We have arranged for Navigators to work in each of our three health centers. They're making appointments to personally review coverage options with our patients and our neighbors.

Our staff, volunteers and outreach workers have reached out to patients in our health centers. They're also knocking on doors of Albany, Rensselaer and Columbia county residents to encourage uninsured and underinsured people to make appointments with the Navigators. They've even visited local

businesses, like hair and nail salons, with employees and customers who may be eligible, to spread the word about this wonderful opportunity.

Through it all, UHPP continues to be a critical safety net for our community. When a woman needs a pap smear or a breast exam, a man suspects he has an STI, or a teenager is afraid to ask her parents, teachers or friends about sex or sexuality, our staff is here for them.

When you donate to UHPP, we invest your belief in our mission in ways that support our patients and our community.

You ensure that we hire professional staff to provide honest, straightforward and confidential care.

You allow us to prepare future leaders through our VOX college campus chapters and Planned Parenthood Young Leaders.

You sustain our honest education through our S.T.A.R.S. (Seriously Talking About Responsible Sex) program and our school-based programming.

You support our fearless advocacy, including outreach about the new health law.

You have helped us to build our beautiful health center in Albany, which matches the compassionate support and high quality service that our staff has always provided.

We at UHPP keep our commitment to the community to care, no matter what, because you do, too. Thank you! ●



UHPP Patients Get Electronic Health Records



In August, UHPP patients began benefiting from electronic health records in the Albany, Hudson and Troy health centers. Our Patient Services and Finance teams collaborated with four other Planned Parenthood affiliates to tackle staff training and system implementation.

“Electronic health records are much better than paper records,” says UHPP Vice President for Patient Services Patti Tessler. “Patient information is immediately available, no matter which UHPP health center the patient visits.”

When staff answer questions electronically, they provide a more complete picture of the patient visit. “For example, on the paper form, staff checked yes/no for intimate partner violence,” Tessler explains. “Electronic health records help staff discuss and document the nature of the violence and how we can help the patient to address it.”

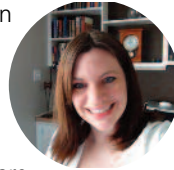
Next, UHPP will offer an online portal where patients can access patient forms and lab results at their convenience. “This will help to reduce wait times because patients will complete part of the check-in process before they arrive.” ●



NY Affiliates: Partner to Save Lives

Planned Parenthood affiliates across America marked National Breast Cancer Awareness Month in October by encouraging women to take charge of their breast health. Early screening and detection of breast cancer can significantly reduce a woman's risk of surgery and save lives.

Patient Colleen Luther says Planned Parenthood staff saved her life when she was 27. “I found a lump in my breast, and I was really close to ignoring it. Planned Parenthood [staff] found a problem, and allowed me to take care of it in a timely fashion, which is everything with breast cancer. Thank you for providing me with such wonderful care. Thank you for finding my cancer early enough, so it could be cured.”



To help more women like Colleen, 10 Planned Parenthoods across New York State have partnered on an exciting digital campaign this fall. Women have responded especially well to two Facebook, Google and Pandora ads: “Schedule a breast cancer screening – do it for your family” and “Do it for your mom— breast cancer screenings save lives.” Every year, Planned Parenthood health centers provide 640,000 clinical breast exams.

Through the campaign, women ages 18-44 have made more than 20,000 calls to their local Planned Parenthood health centers. Marketing staff at state affiliates, Family Planning Advocates of New York State and Planned Parenthood Federation of America (PPFA) worked with consultants Chong + Koster to create, test and place the ads. PPFA's Branding team hopes to help other Planned Parenthoods run similar lifesaving campaigns. ●



Exceptional Customer Service Keeps Patients Coming Back

For nearly 16 years, UHPP Clinical Coordinator Maureen Cardone has cared for thousands of patients. Her smile and warm demeanor keep patients coming back to our Albany health center. It was no surprise that the Patient Services team recognized Cardone's exceptional work with a new customer service award.



“Staff like Maureen help to ensure that UHPP provides world-class care,” says UHPP Vice President for Patient Services Patti Tessler. All three health centers consistently score high marks in patient satisfaction surveys.

Focus groups with Planned Parenthood patients led UHPP to adopt two new practices. UHPP now provides Patient Services staff with blue Planned Parenthood scrubs and offers popular magazines in patient waiting rooms. UHPP Board member Dr. Tara Lindsley generously underwrote both projects.

LEGISLATIVE UPDATE



NYS Senate Switchboard:
518.455.2800

NYS Assembly Switchboard:
518.455.4100

Remarks
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Choice

Coalition Continues Push for Women's Equality Initiative

When the state legislature recessed in June, the New York State Senate and Assembly left Albany without completing the work necessary to enact the Women's Equality Act (WEA)—Gov. Cuomo's 10-point plan to level the playing field for women. Hundreds of advocates from every corner of the state worked tirelessly, calling their lawmakers, sharing information via social media and rallying to get all 10 points of WEA passed. These include pay equity, putting a stop to sexual harassment in the workplace and ending sex trafficking. Unfortunately, the provision that would update New York's reproductive health law to align it with *Roe v. Wade* was left out, making it impossible for any woman to be truly equal without the ability to control her own future reproductive health care decisions.

Because WEA is still not law, the Women's Equality Coalition is not going to stop pushing for full equality

for the women of this state. It is not too late for lawmakers to return to Albany to finish what they started, so we can all have a better New York for women and families. For more information, visit www.NYWomensEquality.org. ●



Are You Ready to Lobby?

Please join us for the 2014 Day of Action on January 27, 2014!

Most UHPP supporters know that January is the month for the annual Family Planning Advocates of New York State statewide Day of Action. This is a very important day for all supporters of family planning services and for all who believe in the Planned Parenthood mission; it is the day when we make clear to each state legislator the breadth and commitment of our base of support. Hundreds of citizens will make the trip to Albany from throughout the state to rally, to hear from state legislative leaders and the Governor, and to meet in lobby visits with those who will determine funding for family planning services and legislation that will restrict or advance access to sex education and reproductive health services. Please mark your calendars for January 27 and look out for our email with information on registration. To register today, go to <http://bit.ly/1d6yAx7>.



Wondering What Obamacare Means for You?

“No, I don’t have health insurance. No one in my family has insurance. Can you give us some information?”

UHPP volunteers and staff are answering such questions daily as we continue our “Are You Enrolled?” campaign to educate patients and the public about the impact of the Affordable Care Act (ACA).

On October 1, millions of people across the country logged into national or state-based websites to get information about enrolling in new, more affordable health care plans. At our Albany health center, balloons and snacks greeted morning patients while banners and volunteers drew attention to information tables in the building entrance and in our waiting room. Those who indicated they were uninsured were invited to visit or make an appointment with on-site Navigators—professionals trained to provide personal

assistance with enrollment. Magnets and flyers were distributed with key facts about the new health care law, including referrals to [www.Planned ParenthoodInsurance Facts.org](http://www.PlannedParenthoodInsuranceFacts.org), the new Planned Parenthood website solely dedicated to helping people prepare for Obamacare.

Two months of preparation preceded this kickoff day. UHPP staff and volunteers were provided with basic information about the ACA and trained to provide short, easy-to-understand messaging to all clients and consumers. Working with our national office, we developed a campaign that included negotiation with insurance companies, outreach to agencies designated as Navigators and a broad communications plan.

As of December 15, our health center advocacy and community outreach programs had logged personal conversations with more than 300 people. More than 45 people have been referred by UHPP for appointments with Navigators and more than 75 people joined our advocacy network. ●



HELPFUL LINKS:

- PlannedParenthoodInsuranceFacts.org
- uhpp.org
- NYStateofHealth.org
- HealthCare.gov

Volunteer Helps Patients Get Insurance

Kristin Barron loves her role as a Health Center Advocacy Program volunteer. Each Tuesday morning, Kristin arrives at the UHPP health center on Central Avenue and picks up a clipboard with flyers, magnets and postcards. She then begins to make her way around the busy waiting area, speaking personally and quietly with each patient.

“I’m talking to patients today about the new Affordable Care Act or Obamacare. UHPP wants to make sure you have all the information you need about this new law. Can you tell me if you have health insurance coverage for yourself and your family?”

For those who already have insurance, Kristin asks if they would be interested in signing a petition in support of Obamacare. Her final offer is an opportunity to get involved with UHPP as a volunteer or supporter. For those without insurance coverage, she explains the basics of the new law and invites them to complete a postcard so a Navigator may call them to set up an appointment. She provides them with a flyer about what they need to consider when preparing to enroll, provides the names of plans that include UHPP, and refers them to the Planned Parenthood website PlannedParenthoodInsuranceFacts.org.

“I feel so useful,” says Kristin as she finishes her day at the center. “People have so many questions, and it’s great to be able to give them simple answers or referrals to the people who have the information they need.”

UHPP received a grant from Planned Parenthood Federation of America to support the establishment of our Health Center Advocacy Program and community canvassing in fall 2013.



EDUCATION CONNECTION



Local Students Learn to Make Responsible Choices

Bob Stranahan has become an enthusiastic advocate of UHPP's school-based sex education classes. A health education teacher at Rensselaer High School for 12 years, Stranahan contacted UHPP Director of Education Meaghan Carroll several years ago to help deter teen pregnancy rates.

"Meaghan has done a great job," Stranahan says. "She combines humor and scientifically-based knowledge to reach the students in what can be an

embarrassing subject. Students role play different scenarios so they're prepared to make good choices."

When Carroll began teaching at Rensselaer High, the school had an unusually high teen pregnancy rate. The rate has since remained significantly lower for several years. Stranahan estimates that Carroll has taught 300 students so far.

She's now presenting eight sessions of the Be Proud, Be Responsible curriculum to the high school's 10th grade students. Her course covers anatomy, HIV, STIs, contraceptives, condoms, healthy relationships, negotiation and refusal. Carroll also presented an age-appropriate, medically accurate curriculum when some of these students were in 8th grade.

"I strongly recommend UHPP's education services to any school," Stranahan says. "Students exit the class with a great deal of knowledge and confidence about teen sexual health." ●



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

"I'm a very social person and give a lot of my friends advice. The things I've learned through S.T.A.R.S. really come in handy. I used to be so nervous speaking in front of people, let alone about sex. But now, I'm a lot more comfortable, which actually helps me in college, when I need to do presentations in class."

Zaraya is studying criminal justice at Morrisville State College. After graduating in 2016, she hopes to work toward becoming a criminal psychologist or a state trooper.

"I would definitely recommend S.T.A.R.S. to my peers. It not only gives you a better understanding about sexual health but it's also a great way to give back to your community. It helps teens make better choices and gives them a kind of outlet or someone to talk to."

Zaraya says a lot of the peer educators had never had anyone to speak with about sex, sexually transmitted infections or healthy relationships before joining the program. "When parents don't talk to teens, teens just end up clueless and making poor choices. Planned Parenthood was a place I knew I could go and no one would judge me. UHPP is more than a health center. It's a place where people genuinely care about you and will do what's best for you."

WELCOME, WENDY!



UHPP Sexual Health Educator Wendy Milligan taught in the Albany and Guilderland public schools for 14 years. "I've always liked working with kids and never thought about doing anything else." She has two children of her own, ages 8 and 13.

In the mid-1990s, Milligan volunteered as a UHPP patient escort. This summer, she decided to put her years of teaching to use by joining our Education team.

Milligan earned a bachelor's degree in hearing and speech science at Ohio University and a master's degree in elementary education at Binghamton University. She's pleased to connect with students at the Capital Region's schools in her new role.

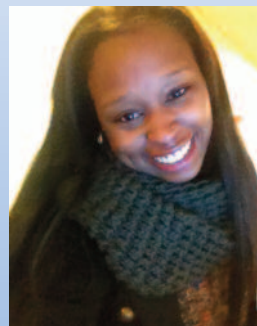
"I teach the Making Proud Choices and Be Proud, Be Responsible curricula. Helping young people to take responsibility for their choices is so important."

S.T.A.R.S. Alumna Pays It Forward

19-year-old Zaraya M. says, "I love the S.T.A.R.S. (Seriously Talking About Responsible Sex) program. Without it, I wouldn't be where I am now or the person I am today."

In 2009, Zaraya was a S.T.A.R.S. peer educator, and she graduated from Albany High School in 2012.

"My best friend, Krishona, was involved with the program, and I heard nothing but good things about it. I learned a lot about sexual health and healthy relationships. Before S.T.A.R.S., I didn't know you can still get pregnant even if a person 'pulls out.'"



PPYL: Comedy for a Cause A Huge Hit

Planned Parenthood Young Leaders (PPYL) hosted its first Comedy for a Cause fundraiser on November 8 at The Water Works Lounge in Albany. About 50 guests, including many new faces, packed the house to see Albany's funniest comedians and to support Upper Hudson Planned Parenthood.

Hosted by Jennifer McMullen, the event featured six local comics, including the hilarious Jon Tenace, former UHPP Peer Educator. Jon spoke about his experience in high school as a member of the S.T.A.R.S. program (Seriously Talking About Responsible Sex). Peer Educators are trained by UHPP Education staff on sexual health and responsibility and work closely with other teens to promote healthy sexuality.

Many thanks to everyone who came out the show! The Water Works Lounge generously provided the space for attendees to enjoy a wonderful evening. Jennifer McMullen, Frank Gentile, Shawn Gillie, Brendan Joseph, William Hughes, Wanda Luv and Jon Tenace had the crowd roaring with laughs all night! We're especially grateful for the support of the event's sponsor, Albany Law School Dean Penny Andrews, and to our 2013 PPYL Presenting Sponsor, Albany Medical Center.



Donor Profile: Revolutionary Leadership



Longtime Planned Parenthood donor Susan Weber jokingly refers to herself as 'A Tool of the Revolution.' "I was at UAlbany in about 1970 when I first became involved with a feminist organization called Capital District Women. That's when my interest in women's issues began."

After graduating from Albany Law School, she worked in private practice and with the NYS Department of Environmental Conservation. Weber and her friends later founded the Tri City Women's Center in Albany, now The Women's Building. She's served as president of the board of the Capital Region chapter of the New York Civil Liberties Union (NYCLU), on the board of NYCLU, and now serves as a regional organizer with MoveOn.org. Citizen Action recently recognized her progressive leadership with the Jim Perry Award.

For decades, Weber has proudly donated to Planned Parenthood Federation of America and to Upper Hudson Planned Parenthood. "I think reproductive rights are the most important aspect of human rights for women. We cannot be truly free and independent unless we have control of our own bodies. My friends and I fought too hard for abortion rights and birth control in the 1970s to let them slip away."

Weber is enjoying renovating an old log home on Lake George while painting, gardening and taking care of her two Brittany Spaniels. "My favorite place is Tuscany. It was a wonderful place to visit—very inspiring to a painter. I might like to live in New York City if I were young and adventurous or really, really wealthy."

Weber has made and volunteered to request annual donations through UHPP's Leadership Campaign. As part of her ongoing commitment to UHPP, she established a charitable lead annuity trust which benefited UHPP and two other organizations over 10 years. She also created a legacy gift for UHPP through a charitable remainder unitrust.

"It's obvious how important UHPP's services are to our community. They have only grown more important as the years have gone by. The leadership of the organization has always been very strong and deserves to be supported."

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 honor of Katie and Ray Henrikson
Rae A. Clark

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 Anne Rowley
Margaret M. Kirwin

In memory of honor of Amy Whitman
Dawn Abbuhl

In memory of Esther Lewis
Penny Axelrod, Ed.D. and Jerome S. Haller, M.D., Robert R. Curry and Douglas D. Jasinske, Ruth and Sheldon Dinowitz, Joan M. Poskanzer, and Margo Singer

In memory of Sheila Pitkin
Nancy J. Guild

In memory of Zoukas
Anonymous

This list is inclusive from August 1, 2013 to November 30. Please notify us if we have made any errors and accept our apologies.

Continued from page 1

Rangel proudly serves as Albany Law School's first Post-Graduate Pro Bono Fellow. Her prior involvement in Albany Law School's student-run pro bono program led to her selection.

"Law students are now required to complete a minimum of 50 hours of pro bono/public service work before applying for admission to the NYS bar. I'm developing a system to select projects that meet the needs of our students and community."

She's concerned that people misunderstand Planned Parenthood's patients. "Some patients are vulnerable

now, but that doesn't mean they'll be dependent forever. Many are a lot like me. They need Planned Parenthood at that moment and, because it's here for them, they have more freedom to explore education and career opportunities.

"I think about the students at risk of dropping out of school because of an unplanned pregnancy, people who experience sexual violence, people who are exposed to a sexually transmitted infection and people who need to talk about their sexuality or gender identity.



What would happen to them if Planned Parenthood didn't exist? That's why we can never stop the fight." " ●

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www.facebook.com/UHPPANY

 **UHPP Tumblr:**
omgpp.tumblr.com

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

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

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

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