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Letter from PPMM CEO Stacy Cross

Dear friends,

I'm glad to write to you following the somber second anniversary of the Supreme Court's reversal of *Roe v. Wade*.



Though many states have spent two years enacting dangerous laws, dismantling reproductive rights, and creating a dystopic landscape for millions, that hasn't happened in Planned Parenthood Mar Monte's states: California and Nevada have led the way to protect access to vital health care during this frightening time.

You stood with us to keep the doors of our health centers open to anyone who needs us, no matter what.

Recently, you helped us re-launch our prenatal care program in the Central Valley – and it's already had a significant impact. Read more on page 2.

You helped countless patients get the care they can't find anywhere else – including abortion care. Two of their stories are on page 7.

Also, we've been excited to join many of you at Pride celebrations and hope to see you at events in Reno, San Jose, and other communities. On page 8 you can find out more about where we'll be next.

Meanwhile, have you ever wondered how you could join our team and our mission, on the frontlines? Head to page 12 to find opportunities in your area.

I am grateful to you for supporting PPMM, our patients, and everyone who counts on us for health care and sex education.

We no longer have *Roe*, but we have each other. Together, we are stronger than ever.

Stacy Cross
President & CEO

Prenatal care



care at PPMM

We recently re-launched our prenatal care program at the Silberstein Family First Health Center in Fresno, thanks to your support and a generous donation from Vera Broder Silberstein.

“Today our prenatal program is a family medicine approach, in conjunction with an OB/GYN specialist,” said PPMM Chief Medical Operating Officer Dr. Laura Dalton. “So we have two individuals who co-direct the program in a way that combines higher acuity complex knowledge with family medicine care.”

PPMM provided prenatal care for many years, but we paused the service in 2016 while we underwent restructuring work related to the program, as well as other services and facilities.

The Silberstein Family First Health Center, which had major renovations only four years ago, serves an area in the Central Valley with an acute and documented need for prenatal care. It’s also in a community where PPMM has relationships with local delivering providers, so we were well positioned to restart our prenatal care program.

Many families in Fresno are thrilled they can now access prenatal care at Planned Parenthood Mar Monte, their health home.



Your donations will help us with all our work, including expanding prenatal care. The cost to start this program at a new health center is about \$400,000, with \$200,000 needed annually to support the program until enough patients are using the services and it becomes self-sustaining.

The whole family

In a traditional OB/GYN model, a new parent brings their newborn to a pediatric visit that's separate from their own visit, while their partner often has no visit at all.

But, thanks to people like you who are committed to health care access in your community, PPMM is seeing parents along with their entire family when the baby comes in for that first check-up.

"Their provider is taking care of the new parent, who is maybe having challenges with breast-feeding or maybe needing more intensive screening for postpartum depression," Dr. Dalton said. "We're also checking on the newborn and the partner, who is often struggling with the change in dynamic at the home and how to support everybody. We can address everybody's needs during that one visit."

She added, "There's something special and beneficial to a family when you're taking care of the pregnant individual and their partner, and then the child. Their PPMM provider understands the social dynamics of that family unit."

Meet Emmit

Emmit, a Fresno health center patient for four years, developed a personal relationship with their PPMM provider, Roxy.

"She has never made me question myself when it comes to my own medical care," Emmit said. "I know a lot of patients will go into their doctor's office, and it feels like checking the boxes. It's a 15-minute sit-down with a doctor, and you feel like your questions weren't even heard."

But with Roxy, Emmit feels they have support through every part of their health experience, including becoming a parent. "Roxy has a special contact in my phone," Emmit said. "I know if I call it, I can get ahold of her."

Taking care of Emmit and all the families who count on PPMM for their health care is an honor, Roxy said: "Emmit calls me Auntie Roxy. That fills my heart because I feel like they're comfortable enough to make me part of their journey as a parent."

Go to ppmarmonte.org/prenatal to hear more from Emmit and Roxy. ■

Sharing experiences

From our storytellers



Amanda

Two days before I graduated from college, I went to Planned Parenthood to get birth control. I took a pregnancy test, and it was positive. I was terrified. I had just gotten accepted to graduate school, my boyfriend was volatile, and our relationship was turbulent.

I could not see a healthy or happy future for myself or a baby. So, one week after I graduated – I walked the stage, pregnant and afraid and so alone – I had an abortion.

Because I had access to abortion care, I was able complete a master's degree, marry my first spouse, travel through Europe, become an artist, and now pursue a teaching credential with a partner who is so good to me.

None of those things would have been possible without (the abortion medication) mifepristone.

Liliana

Without Planned Parenthood, I wouldn't have had access to safe abortion or birth control. I am grateful for the care the staff has provided me – with no judgment, but with so much understanding. If it weren't for Planned Parenthood, I wouldn't be where I am today.

To the doctor, to the staff at the door, to the woman who held my hand and told me everything would be alright: Thank you.

We want to hear your story. These stories spur our elected leaders to make better policies and pass new laws to protect reproductive rights! To share, go to ppmarmonte.org/my-story.

POWER IN PRIDE

Celebrate Pride with Planned Parenthood Mar Monte as we embrace and uplift the vibrant LGBTQ+ community across mid-California and northern Nevada! This year, people throughout our regions are hosting Pride events that honor love, diversity, and inclusion.

If you didn't have a chance to join us to connect, celebrate, and stand in solidarity with the LGBTQ+ community during Sacramento or Santa Cruz Pride, you still have more opportunities.

Whether you are in the Central Valley, northern Nevada, Sacramento area, Silicon Valley, or the coastal regions, you can find a celebration that will become a part of *your* story.

PPMM is proud to support and participate in these events, by your side, advocating for inclusivity and access to essential health care services for all. Check out our volunteer page for Pride interest forms to get involved in celebrating love – and a world where everyone can be their true selves without fear.

You can find a list of our upcoming Pride interest forms at ppmarmonte.org/pride



Here are a few of the Pride events happening across the affiliate:

CALIFORNIA

San Jose: August 24 - 25

Oakland: September 8

Merced: September 21

Stockton: October 1

Visalia: October 12

Salinas: October 12

NEVADA

Reno: September 7

Carson City: September 14



Sex ed in Spanish

You can download our program guide, and learn more about our education programs, at ppmarmonte.org/education

Leveraging cultural connections and strengths

Offering sex ed programs in Spanish is a priority for PPMM Education because young people make decisions about sexual health and relationships that are influenced by their culture, family, and community's traditions or expectations.

Thanks to support from you and your neighbors, we can use our Spanish sex ed programs and resources to better ensure participants see themselves in our programs, whether it's in the curricula, culturally tailored program names, or Digital Learning storylines.

Offering sex ed in Spanish can also help a bilingual young person connect with their monolingual elders about these topics and have honest conversations, which also reduces stigma about sex ed.

We issued a report two years ago after asking youth and adults from our communities what they wanted from sex ed delivered in Spanish. Respondents highlighted the need to approach sex ed with cultural sensitivity, patience, and respect.

They recommended that PPMM frame sex ed as part of general health information, work to build trust with learners, and acknowledge that taboos or stigma may exist around sexuality topics.

"Because our affiliate covers such a vast range of languages, and dialects within those languages, it is especially important that PPMM takes a collaborative, well-rounded approach to learning content creation, curriculum design, and community engagement," says Digital Learning Designer (Spanish) Rosario R. "A strength of our education team is that we have a diverse population of Spanish speakers within the team who reflect some of the same variety that exists among the communities we serve." ■

We're recruiting clinicians during this challenging time



Tell your networks why working for PPMM is special!

Planned Parenthood Mar Monte is seeking talented clinicians to join our team during the acute shortage of health care providers in California. As a key supporter of our mission, we urge you to spread the word about our job openings and encourage qualified individuals to apply. This is a chance to make a major difference for patients who need quality, affordable health care like never before.

Please tell any interested candidates that, at PPMM, we stand apart from many other health care organizations by providing comprehensive training and growth opportunities for clinicians – especially new grads.

Through mentorship and hands-on experience, we empower our clinicians to develop their skills, expand their knowledge, and thrive in their roles. We also strongly support our clinicians' continuing education and partner with them to advance their careers.

People often ask us how they can help health-care access and reproductive freedom. Right now, one of the most important things you can do is help us in our search for great clinicians to join our team. If you or someone in your network is passionate about reproductive health and interested in a rewarding career as a PPMM clinician, we encourage you to apply for a position with us or share this opportunity with others who may be a great fit for our team.

To learn more or attend our Monthly Careers Webinar, visit ppmmcareers.org or email our talent acquisition team at careers@ppmarmonte.org

5 THINGS YOU CAN DO NOW

1. Donate

You can make a donation today to support PPMM's mission: ppmarmonte.org/donate-today or call us at 408.795.3780

2. Join the fight forever

You can join the fight to protect sexual and reproductive health care – forever – by including PPMM in your will or trust at ppmarmonte.org/legacy

3. We're hiring caring professionals

Join our team and make an impact on your career and your community. Attend our monthly PPMM Careers Webinar to learn about job opportunities and help us spread the word by sharing our career opportunities with your network. Go to ppmmcareers.org

4. Volunteer

Join hundreds of volunteers across PPMM who support our mission daily: ppmarmonte.org/volunteer

5. We want to hear from you

We've put together a short survey to get to know you better, improve our communications, and understand what motivates you to invest in your community through PPMM. We hope you will share your thoughts. Go to ppmarmonte.org/donorsurvey

To receive future editions of Planned Parenthood Mar Monte News in a digital format, sign up at ppmarmonte.org/newsletter



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