

# CHOICE Remarks

SPRING 2020

## Upper Hudson Planned Parenthood COVID-19 Response



**We are living in an unprecedented time. At Upper Hudson Planned Parenthood we are committed to the health and safety of our patients, staff, and community.**

During this time of crisis, UHPP and our three health centers have been designated as essential providers, allowing our doors to stay open to all who need us. As other providers are overwhelmed with COVID-19 cases, UHPP is providing sexual and reproductive health services, abortion care, gender-affirming health care and behavioral health services that keep people safe and healthy and out of hospitals, urgent care centers, and primary care practices.

In response to this global pandemic, UHPP launched telehealth services and are utilizing PPDirect. PPDirect is an app that connects our patients with providers across the country to prescribe select birth control options and UTI treatment so patients can get the care they need from the safety of their homes. Telehealth, on the other hand, is a means to provide a full range of services with UHPP's medical professionals face-to-face with patients via a secure video connection.

Nationally, we are seeing a trend of Executive Orders classifying abortion care as non-essential services in an effort to restrict access in their states. Planned Parenthood Federation of America is fighting back by filing lawsuits on behalf of the affiliates in Texas, Ohio, Iowa, Alabama, Tennessee, Oklahoma, Arkansas, and Louisiana. We are lucky that in New York, abortion access is protected by the Reproductive Health Act.

At our health centers we are adhering to the proper infection control as well as all necessary precautions including social distancing both inside and outside of our health centers. We are asking patients that are sick or experiencing symptoms of COVID-19 not come to our health center. We have also suspended walk-ins and emergency contraception is still available at the front desk at no cost.

As always, UHPP will continue to work closely with the state and county Departments of Health to be as responsive and safe as possible for our patients, staff, and community members. Our administrative staff is working remotely and continuing to support our health center staff and patients.

### SUPPORT UHPP'S EMERGENCY FUND

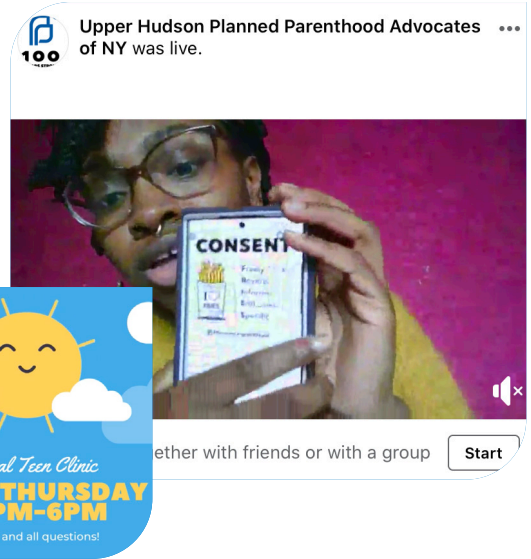
During this time of crisis, we are asking for your support. We have set up an Emergency Fund to strengthen our ability to provide essential services to all who need us. Gifts of any size are welcomed, appreciated, and will be used to continue to provide care. No Matter What.



# Sex Education During COVID-19

UHPP's education team, like everyone else, had to quickly adapt to our changing world. Our educators were forced to shift to virtual sex education eight weeks ago and they rose to the occasion! The educators launched a weekly teen clinic on Instagram Live, host two weekly education sessions on Facebook live, and they worked to continue to provide education through our local schools and community based organizations. Our team has adapted programming to work on Google Classroom and other online programs, and are providing programs in schools in Albany, Columbia and Rensselaer counties. Even our Youth Health Promoters have shifted their outreach to be completely online through Snapchat, Instagram, Facebook and TikTok.

If you want to learn more, visit our social media pages or our website at [uhpp.org](http://uhpp.org).



## Physically Distanced But Socially Connected!

In this moment of physical distancing, we need and crave connection more than ever before. While we are unable to come together in person to celebrate important milestones, we invite you to consider hosting a virtual gathering instead. Whether it's a happy hour, a dinner, a game night, or a book club, we have a guide to help you get started. We also have tools on hosting birthday or anniversary fundraisers on social media. Email us at [dev@uhpp.org](mailto:dev@uhpp.org) for more information!

## U.S. Census: Count me in!

Every 10 years the Census decides representation, redistricting, and how billions of dollars in federal funding will be spent for the next decade. An accurate and complete count helps to ensure that key community resources; from hospitals and emergency services to schools and roads, are appropriately funded. For the first time ever, there are three ways households can respond; online ([my2020census.gov](http://my2020census.gov)), by mail, or by phone. Can we count you in?



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