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NEW PLANNED PARENTHOOD
CONDOM LINE MAKES SAFER SEX THE
"MUST HAVE"
FASHION STATEMENT



PROPER ATTIRE™ is the name of a new line of condoms, designed to appeal to women. Research commissioned by Planned Parenthood Federation of American showed that women were often embarrassed to purchase and carry condoms. These new condoms have a trendy feel and fashionable packaging. The name and the marketing message, "Required for entry™" will hopefully empower women to be more active and assertive in requiring safer sex.

PROPER ATTIRE™ comes in six trendy styles – Basic (regular); Color (colored); Dots (studded); XL (extra large); Sheer; and Taste (flavored). The condoms come three to a pack and are sold at boutique shops and exclusive hotels as well as at Planned Parenthood health centers. UHPP launched the new line on Valentine's Day.

SAVE THE DATE!

Upper Hudson
Planned Parenthood®

2008 Annual Event



Thursday, September 25, 2008

The Egg

Albany, New York

7:00pm

For information or
to be included on our invitation list,
please call (518) 434-5678 x141.

CHOICE *Remarks*

A Publication of Upper Hudson Planned Parenthood

Serving Albany, Columbia, Greene and Rensselaer Counties

UHPP IS FILLING THE GAP

When “Grace” arrived at the UHPP health center in Latham, she was in her late 40’s and had not been to see a gynecologist in over 10 years. Why? She did not have health insurance. According to Latham Center Director, Julie Pierino, “Grace” was most immediately concerned about her risk for cancer. “We helped her first obtain a mammogram through the Healthy Women’s Partnership, a statewide program that covers the cost of cancer screenings for uninsured women,” explained Julie. “We then helped her enroll in the Family Planning Benefit Program (FPBP), a Medicaid program that covers family planning services for working women without health insurance, and provided her with a complete GYN exam, including a Pap test. She’s still coming in for family planning visits.”

“Karen” came in to the Troy health center for a pregnancy test. She was worried and confessed that she had lost her job and health insurance some months prior and so had stopped taking her birth control. She had found work, but continued to be uninsured. Fortunately, her pregnancy test was negative and she qualified for one of the lowest rates on our sliding fee scale. She was very relieved to be able to have a GYN exam and to once again have access to affordable contraception.

“Marta” had recently immigrated with her three children from Venezuela. She had been able to obtain a prescription for birth control pills from another provider but, due to language barriers, had not understood exactly how they worked. To save money, she began taking her pills every other day. When she came to our Albany health center for her first visit, she was pregnant and seeking an abortion. We helped her qualify for Medicaid coverage, and after her procedure, provided her with an exam and a birth control prescription.

Each of these women, whose names have been altered for confidentiality, represents hundreds of similar clients seen at

UHPP health centers in Albany, Hudson, Latham and Troy each year. As the numbers of uninsured men and women rises in the Capital Region and across the country, UHPP is filling the gap by ensuring access to critical health services. In January, 2008 alone UHPP staff helped over 100 women enroll in FPBP. Another 2,021 patients qualified for no-fee services, and 3,430 patients qualified to pay only a partial fee. In 2007, out of 10,993 UPPP patients served, only 3,942 (36%) had services covered by private health insurance, while 1,722 (16%) qualified for FPBP or standard Medicaid and 5,329 (48%) qualified for our sliding fee scale.

The commitment of UHPP to ensure access to reproductive health services for all has never been stronger, but we must have more resources to meet this need. State funding for family planning services and Medicaid reimbursement rates have remained stagnant for over a decade, and every year we must fight back attempts in Congress to reduce funding for Title X, the federal family planning program. Increased funding for family planning services has become our highest advocacy priority.



SAVE THE DATE
UHPP ANNUAL MEETING AND
VOLUNTEER RECOGNITION
CELEBRATION

May 21, 2008

Watch for your invitation or call
434-5678 x140 for information

CHOICE REMARKS

is a publication ofUPPER HUDSON
PLANNED PARENTHOOD

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*Chairperson,
Board of Directors*

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President/CEO

Blue Carreker
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TROY

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200 Broadway
Troy, NY 12180
(518) 274-5640

LATHAM

Shaker Center,
Route 155
Latham, NY 12110
(518) 785-1146

www.uhpp.org



President's CORNER

From **PATRICIA A. MCGEOWN, President/CEO**

Our front page article details beautifully the importance of UHPP's work to so many people. Mothers, working women, young people – all benefit from our services. But there is a theme to each of these stories – the lack of health insurance coverage. A 2004 study by the Guttmacher Institute reported that 35,000 women and teens in the UHPP four-county service area were in need of publicly funded contraceptive services. As the number of uninsured continues to rise, UHPP is called upon to cushion the blow – to help teens, young adults, working women and mothers maintain access to critical reproductive health care services including annual exams, cancer screening, contraception, testing and treatment for sexually transmitted infections, and medication and surgical abortions. Too often, those who lack health insurance are those who can least afford to go without these services: young people trying to complete their education or working at minimum wage jobs; parents attempting to provide for children on one low-wage income; young professionals out of school and searching for employment.

This work is our mission – to serve the poor and the young. Yet, fulfilling that mission has become increasingly challenging. On average, a contraceptive or STI visit costs UHPP approximately \$131, but our current reimbursement rate from Medicaid is only \$95.82. The rate has not been increased in over 15 years! Similarly, UHPP covers the cost of services for those who qualify for free or low-cost care with a sliding fee scale that is supported by our NYS Family Planning Grant. The amount of that grant today is less than it was 15 years ago, when taking inflation into account.

Over the last year, UHPP staff have worked miracles under ever more challenging circumstances. Despite necessary belt

tightening, including some staff layoffs, we continue to provide excellent service to all those who come through our doors, as was demonstrated by the very positive results of our customer service survey last August. Our educators have worked within difficult grant guidelines to reach thousands of youth and young adults with important sex education programming. I am confident this record of accomplishment and service will continue, whatever challenges we confront.

I also want to thank all those who participated in the January Day of Advocacy and in the March Family Planning Advocates Conference and Lobby Day. This is a critical time when we must be visible and keep the pressure turned up on both the state legislature and the state administration. It is a tight budget year, and many issues will be debated. Working together with FPA and other affiliates across the state, we are making progress. We have heard some welcome indications from both the new state Health Commissioner and Governor Paterson that our fiscal problems are understood and will be addressed. But if we start to grow silent, or fail to keep up the pressure, the momentum will be lost and new funding and reimbursement rates will be postponed or forgotten.

Your best opportunity to stay informed about these efforts is to sign up for the Planned Parenthood Action Network, an e-mail network that will send you information about pending legislation and facilitate communication with your state and federal legislators. Signing up is easy on our website at www.uhpp.org or by e-mailing us at info@uhpp.org. We have a good statewide strategy and a strong advocacy base, so I remain optimistic. Together, we will find the means to continue ensuring access to reproductive health and choice for all, regardless of income or insurance status.

Planned Parenthood Appoints Vice President for Patient Services



Christine Pluviose, M.D.

Upper Hudson Planned Parenthood is pleased to announce the appointment of Christine Pluviose, M.D. to the position of Vice President for Patient Services. She will be responsible for directing all clinic services. Dr. Pluviose received her doctorate of medicine from the SUNY School of Medicine and BioMedical Sciences, SUNY-Buffalo, in 1998 and completed a residency in Family Practice at Albany Medical Center.

During her residency at Albany Medical Center, Dr. Pluviose provided prenatal care services to UHPP patients from 1999-2001. Most recently, Dr. Pluviose taught multiple courses in Biology, Anatomy and Physiology at Hudson Valley Community College, Maria College, and Schenectady County Community College. She is an affiliate member of the American Academy of Family Physicians (AAFP), the American Women Association (AWA), and the Student National Medical Association (SNMA). Dr. Pluviose lives with her family in Albany.

Upper Hudson Planned Parenthood Now Offering Male-Friendly STI Screening

Male screening for sexually transmitted infections (STIs) at UHPP is now easier and a more comfortable procedure, due to UHPP's use of a urine-based screening method for both chlamydia and gonorrhea. The previous screening method consisted of collecting a culture of the infection from the inside of the urethral opening on the head of the penis; a procedure that most men found uncomfortable.

Recent studies by the U.S. Centers for Disease Control caused alarm when they revealed that as many as 1 in 4 teen girls had a sexually transmitted infection. While cases of HPV were most prevalent, the report noted that cases of chlamydia are very high and climbing; a trend also reflected in local and state statistics. Rates of gonorrhea are much lower, but they too are climbing.

While this particular report focused on teen girls, there is clearly an important male side to this epidemic.

Dr. Christine Pluviose, UHPP Vice President for Patient Services, emphasizes that it is extremely important for both men and women to get tested. "The majority of men who have chlamydia or gonorrhea do not show signs or symptoms at all, so those who have had unprotected sex—especially if they have had more than one partner—are at risk and should get tested. Lots of men have been apprehensive of the old method for screening chlamydia and gonorrhea, and would therefore postpone or avoid testing," explained Pluviose. "We hope and expect that these new testing methods will encourage more men to take advantage of this service."

PLANNING IS
POWER.
BE PREPARED!

UHPP is Hosting a Free
Emergency Contraceptive Day
April 11, 2008



Back Up Your Birth Control
With EC, Emergency Contraception/Plan B™/The Morning After Pill®

EC is known by many names, but the point is Plan B can safely and effectively prevent pregnancy if used within 5 Days of unprotected sex. Stop by a participating Planned Parenthood on April 11 and receive a package of FREE EC to keep at home, in your medicine cabinet. Just in case. This is an all ages event but please bring photo ID. Want more information? Go to our website at www.uhpp.org or call your local Planned Parenthood at 1-800-230-PLAN

FREE EC!!

Hundreds of women and a few men took advantage of FREE EC Days at UHPP on March 14 and April 11, 2008. The events were jointly sponsored by Planned Parenthood Mohawk Hudson (PPMH) and UHPP, with funding provided under a special grant from the NYS Department of Health. EC (Emergency Contraception) gives women a second chance to prevent pregnancy after unprotected sex. Having EC on hand means it can be taken as soon as possible after unprotected sex, when it is most effective. Clients who took advantage of these events were provided not only with a free pack of Plan B EC, but also condoms and information about other UHPP services and the effective prevention of both pregnancy and sexually transmitted infections.

Upper Hudson Planned Parenthood attends FAMILY PLANNING ADVOCATES 31ST ANNUAL LEGISLATIVE CONFERENCE



Senator Neil Breslin (D) visits with, from left to right, Tiffany Ford, Emily Brown, Clare Skotnes, Maureen Murphy, Amy Scott, Emanuelle Laury, Druis Beasley, Teresa Grafflin, Gene Damm and Rob Curry



From left to right, Carol Stenger, Rob Curry, Mary Kahl, Rabbi Don Cashman, UHPP President/CEO Patricia McGeown and Joe McQueen following the Capitol Steps performance.



Timothy Nichols, Chief of Staff to Assemblyman Reilly (D-109), center, after visiting with, from left to right, Mary Kahl, Rev. Sam Trumbore, Jennifer Lange, Joe McQueen, Rob Curry, Gretchen Brown, Phoebe Bender, Julie Peirino

Over 50 UHPP staff, volunteers, interns, and supporters attended the Family Planning Advocates of New York State 31st Annual Legislative Conference on Monday, March 10, 2008 at the Empire State Plaza Convention Center. The day's events were dedicated to drawing attention and awareness to reproductive health and family planning issues. Attendees

met with local legislators to discuss these issues and request support for additional funding for family planning services, secure access to abortion rights and passage of the Healthy Teens Act, which would provide funding for comprehensive, medically accurate, age-appropriate sexual education to youth in New York.

Gordon Lauded at ROE ANNIVERSARY EVENT

On January 22, 2008, Upper Hudson Planned Parenthood celebrated the 35th Anniversary of the historic Roe v. Wade decision with an evening reception at the Fort Orange Club in downtown Albany. Advocates for women's health from around the Capital Region, as well as local and state legislators, joined with UHPP Board Chair, Rabbi Don Cashman, and President/CEO, Patricia McGeown, to celebrate 35 years of freedom of choice for women and to renew our commitment to protect women's health, increase access to affordable health care and birth control, and expand access to comprehensive sex ed. The highlight of the event was the presentation of UHPP's Advocate for Choice award to Shirley Gordon.



UHPP President/CEO Patricia McGeown and Board President, Rabbi Don Cashman, on the left, and Senator Dick Gottfried (D) on the right, congratulate Shirley Gordon on her award.

Each year Upper Hudson Planned Parenthood presents the Advocate for Choice award to an individual who has made an exceptional contribution to the preservation of reproductive rights. For over 30 years, Shirley Gordon has devoted her career to family planning and women's issues. Shirley's ability to bring together in common purpose Planned Parenthood affiliates, other family planning providers and over 100 civic, labor, health and human service agencies helped build the state's most powerful pro-choice grassroots network, Family Planning Advocates of New York State. Shirley previously served as UHPP's President from 1972 – 1974.



Past award recipients have included Senator Neil Breslin, Assemblyman Ron Canestrari, Governor David A. Paterson, the Albany Medical College chapter of Medical Students for Choice and Democratic Party organizer and leader, Denise King

Faith and Choice FORUM

On April 8th 2008 at 7pm, the sixth annual Faith and Choice Forum was held at the University at Albany Conference. The Faith and Choice Forum is designed to educate students and faculty regarding the long history of activism and support for reproductive health and justice by people of faith.

This year's Faith and Choice panel was made up of four respected members of Jewish, Catholic, Protestant, and Muslim faiths. Rabbi Dennis Ross is the Director of Concerned Clergy for Choice at Family Planning Advocates of New York. Eileen Moran is a Board Member of Catholics for

Free Choice. Reverend Tomi Jacobs is a Minister at the United Church of Christ in Gloversville, NY and a member of Concerned Clergy for Choice. May Saffar is a professor at Union College and a co-founder of the Muslim Solidarity Committee.



Heidi Sickles, President of the St. Rose College VOX Chapter, Rev. Tomi Jacobs, May Saffar, Eileen Moran, Rabbi Dennis Ross and Alexandra Fitz, UHPP intern from the University at Albany.

Each speaker addressed historical and current perspectives of their own faith on issues such as contraception, access to reproductive health services, family planning and reproductive choice. This year's event was sponsored by UHPP, the St. Rose student VOX organization and Project SHAPE, a peer education program at the University at Albany.



Governor Paterson, A FRIEND OF CHOICE

Newly appointed Governor David Paterson has been a strong supporter of family planning, comprehensive sex education and reproductive health and justice for many years. In 2005, UHPP presented Governor Paterson with our annual Advocate for Choice award. We welcome Governor Paterson to his new position and look forward to working with him to increase access to reproductive health services and to ensure that New York remains a state that protects the reproductive health and rights of all its citizens.

Race-Baiting: THE MOST RECENT OPPOSITION TACTIC

As long as there has been a struggle to enable women to make personal, private decisions about pregnancy and parenthood, others have worked to keep such power and privacy out of women's hands. Much of the recent opposition work has focused on Planned Parenthood. Most recently, anti-choice extremists have targeted communities of color in an all-out effort to label Planned Parenthood as a racist organization. Individuals have made calls to Planned Parenthood health centers in many states with the clear purpose of trying to entrap someone into making racist statements. State laws have been proposed to outlaw abortions sought for reasons of "race selection," despite the fact that there is no evidence that this is

a problem. Accusations that Planned Parenthood has more health centers in communities of color due to racist beliefs are now prominent on anti-choice websites.

Such race-baiting tactics are the most cynical form of politicking. Planned Parenthood has a proud history of social justice. We believe in helping all individuals, regardless of gender, race, or sexual orientation, make informed decisions about their reproductive health care. Our mission is deeply rooted in the philosophy of equality for all and our doors are open to everyone.

Congress LIMITS STUDENT ACCESS TO BIRTH CONTROL

In 2006, when Congress passed the Deficit Reduction Act, they inadvertently left out a small section that had previously allowed pharmaceutical companies to sell birth control pills at deep discounts to college campuses. When the Act took effect in 2007, many colleges were faced with immediate and dramatic increases in pricing.

In the Capital Region, while the University at Albany was able to offset these increases, private colleges have had a more difficult time. Sage Colleges reluctantly made the decision to switch entirely to generic birth control, and still had to

significantly increase the price charged to students. At R.P.I., a decision was made to no longer carry birth control at the college health center.

Planned Parenthood is leading a national campaign, called the "Affordable Birth Control Campaign" to pressure Congress to correct its mistake. UHPP is working with the Sage health center and with students on both campuses to raise awareness about this problem and bring college pressure to bear on Congressional representatives.

S.T.A.R.S. IN ACTION

There's always something new going on with the UHPP teen pregnancy prevention program known as S.T.A.R.S. (Seriously Talking About Responsible Sex). In Albany and Columbia counties, high school students who joined the program in the fall are now well into their training program and have started to join "senior" peer educators in program presentations.

Albany County S.T.A.R.S. peer educators have completed a series of programs in high school health classes and Columbia County S.T.A.R.S. peer educators once again received rave reviews for their annual presentation to the entire Taconic Hills High School student body. Both groups attended the national Ryan White Conference to learn more about HIV/AIDS prevention education, went to New York City to see *The Color Purple* on Broadway and participated in the Family Planning Advocates Youth Conference where they learned how to advocate for comprehensive sex education. The spring will bring many more opportunities to apply their knowledge and skills in public, while every day brings the possibility of a quiet, but possibly life altering conversation with a peer.



Adam Moon and Danielle Gilleo demonstrate birth control methods.

Both programs have also welcomed new staff. Druis Beasley is an artist, educator and community activist, with a background in multiculturalism, education, community development and the arts. As the new Youth Program Facilitator for our Albany County Community Based Adolescent Pregnancy Prevention (CBAPP) program, Beasley will be responsible for the Albany S.T.A.R.S. program, including peer educator recruitment, training and mentoring, and activities. As she clearly articulates, her passion is "all about the kids."



Druis Beasley with, from left to right, JaGuess Wynn, Tiffany Ford and Alexandra Cardona.

"I hope we can help teens realize that there is more to their lives, beyond what they can see in their present situation," shared Beasley.

"Employing the arts as a way to channel their energy, we can tap into new and creative ideas in addressing teen decision making, sexual activity and pregnancy prevention."

Before coming to UHPP, Beasley was on staff in the grants management office with the Albany City School District. She is also past Program Director for the New York State Alliance for Arts Education, and past Director of the FUN After School Program with Long Island's University. Beasley holds a BA in American History from Hunter College, and has done extensive graduate work in Africana and Humanistic Studies at SUNY University at Albany.

Andréa Perrino, our new Columbia County CBAPP Youth Facilitator, is no stranger to UHPP or to the S.T.A.R.S. program. She was a member of our very first Columbia County S.T.A.R.S. peer educator class, from 1998-2001! After graduating from Taconic Hills High School, Andréa attended SUNY New Paltz, where she obtained her degree in Liberal Arts. She used her degree to begin a career with a technology-based company in Kingston, NY. After several years of working as an administrative manager, Perrino decided that she wanted to return to her true calling: education and human services.



Andréa Perrino surrounded by, from left to right, Danelle Gilleo, Angelica Rogers, Jonathan Barrett, Letycia Tillman and Myles Shepard.

"I am excited to be back at UHPP," said Perrino. "The S.T.A.R.S. program made a big difference in my life—especially in my ability to work with people. I hope I can get others as excited as I am about this program".

Nicole Dallas will continue to directly oversee the peer education training program in Columbia County and report to Perrino. Perrino will assist with the peer education program, providing specific training in such areas as public speaking skills. Her focus, however, will be on expanding the program's involvement and impact in local schools and communities. She has already met with teachers and administrators at several local schools and started to identify new outreach and presentation opportunities.

Meet our Board Members

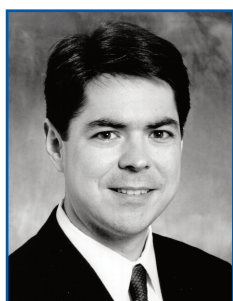
In order that our larger community of supporters can come to know the many dedicated members of our UHPP Board of Directors, we have asked each of them to share their personal reasons for joining the Board. Selected comments are shared in each issue of Choice Remarks.



Cheryl Gelder-Kogan

I am committed to working with Planned Parenthood to ensure that my children, grandchildren and their friends will always have access to comprehensive, safe and competent sexual health and educational services. We know that some pregnancies are unplanned—and not everyone is in a position to devote the time and resources necessary to raise a child. The choice must be the mother's. I am committed to ensuring access to safe and legal abortion and to the full range of reproductive health services, not just for today, but for generations yet to come.

Joe McQueen, NEW VICE PRESIDENT FOR DEVELOPMENT



Joe McQueen

UHPP recently welcomed Joe McQueen as our new UHPP Vice President for Development, responsible for oversight and management of all development activities, including the Annual Fund, special events and grants procurement. Mr. McQueen has worked in the areas of management and resource development for several non-profit organizations including the American Liver Foundation, the Huntington's Disease Society of America, the Crohn's & Colitis Foundation of America and the Muscular Dystrophy Association. He most recently served as Vice President of Donor Relations at United Way of the Greater Capital Region. McQueen and his family are residents of Scotia. McQueen is a graduate of the University at Albany and holds a Masters in Business Administration.

Blue Plate Special

Judy Grunberg and the Blue Plate Restaurant in Chatham were once again our hosts for The Blue Plate Benefit Brunch on Sunday, March 16, 2008. Judy is a long-time supporter of UHPP who donates her restaurant for this fun-filled event. Staff from the Blue Plate volunteer their time and provide a delicious brunch for our attendees. A special educational presentation was given by the Columbia County S.T.A.R.S. peer educators. The peer educators are recruited from area high schools and receive special training by our Education Department CBAPP staff. These teen leaders acted out skits and led an interactive conversation with the audience. Thank you Judy and staff for a wonderful event!

Gifts in Tribute

Our grateful appreciation for the following tribute gifts received since January 1, 2008. If you would like to honor or remember someone through a gift to UHPP, please contact us at 434-5678 x 141.

In memory of the women of color throughout the world who need the support of Planned Parenthood
Given by Yvonne Alex

In memory of Helga Baum
Given by the Johannings and the Abates

In memory of Robert Doremus
Given by Jane B. Stewart

In memory of Irma A. Johnson, MSW
Given by Richard Johnson

In Memory of Nancy H. Liddle
Given by Charles M. Liddle

In memory of Alice Pels
Given by Ellen Schwartz

In memory of Barbara Valicenti
Given by Allan and Debra DeFazio

In Honor:

In honor of Rabbi Don Cashman
Given by Byrgen Finkelman

In honor of Lucy Z. Garbus
Given by Nancy Slack

In honor of Shirley Gordon
Given by Arliene Boochever

In honor of Shirley Gordon
Given by: Amy Kaufman, Stefanie Rosenfeld, Susan Wachter

In honor of Dr. and Mrs. Dale L. Morse
Given by Kathleen Carlton

In honor of Dr. Rose Perlberg
Given by Jane S. Zacek

In honor of Mr. and Mrs. Irwin Spiess
Given by Robert N. Kamp and Frances B. Kamp

In honor of Catherine Volk
Given by Lawrence J. Volk and Patricia A. Volk

Vagina Monologues Performance Benefits UHPP



Blue Carreker, Vice President for Public Affairs and Marketing, receives a check for \$1,200 from Amanda Brinke who organized and directed two benefit performances of the Vagina Monologues at Magnolia's on the Park.