

## Planned Parenthood Opalka Center Opened in Troy



Upper Hudson Planned Parenthood opened the Opalka Center for Reproductive Health and Education on Tuesday, August 25 at 120 Hoosick Street. The new Troy Health Center is part of a medical arts building located in the former Peebles department store in the Hudson River Commons Plaza. The center houses a reception and waiting area, eight patient rooms, a recovery room, one wellness counseling office, and a shared teen and community room. The center is conveniently located with ample parking and on a bus line.

UHPP is committed to providing a place where patients feel valued, respected, and receive the best care, no matter what. The Opalka Center in Troy will be one third larger than the current health center

allowing us to continue to expand services and be able to meet the needs of our community. *"We are excited to move to this new location which will be convenient for our patients and provide a safe and confidential experience."* Chelly Hegan, President/CEO.

This project was partially funded by the prestigious Health Care Transformation Grant from the New York State Department of Health and the Consortium of Abortion Providers (CAPS). *"The local community support has been inspiring and allowed us to open this warm and welcoming center,"* added Hegan.

*"We are proud to support Upper Hudson Planned Parenthood. We can't emphasize more strongly our belief that good health care at all levels increases the quality of life and economic vitality of communities."* says Chet and Karen Opalka

The new center hours will stay the same and appointments can be made online at [uhpp.org](http://uhpp.org) or by calling 1.800.230.PLAN (7526).



**JOIN US** for a candid conversation on the intersection of reproductive rights, health care, and race with Planned Parenthood Federation of America President/CEO Alexis McGill Johnson and In Our Own Voices CEO Tandra LaGrone. The conversation will be moderated by UHPP Board Member Gwen Wright.

**Zoom on Thursday, October 8 at 1:00 PM. To register, visit [uhpp.org](http://uhpp.org)**



## In This Together

We are touched by the generosity of our supporters during this pandemic. Whether it's making masks to keep our community safe, buying meals for our health center teams during their busiest shifts, sending messages of support to our front line workers, hosting innovative fundraisers and events, or contributing to our Emergency Fund, it has made a meaningful impact. We'd like to extend special thanks to the Berkshire Taconic Foundation and the Columbia County COVID-19 Emergency Response Fund, Noise For Now, Masks4People, our dedicated board and staff, and countless supporters who went above and beyond reminding us that we are in this together, and we will get through this together.

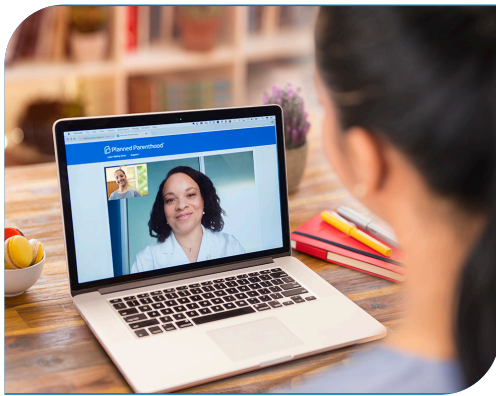
*As you consider your philanthropy in the coming months we want to update you on potential charitable giving tax deduction incentives now in place. Under the 2020 CARES Act, you can now deduct up to \$300 in charitable giving on your 2020 tax return, even if you take a standard deduction.*



MASKS4PEOPLE, a project out of Catskill, NY, made and donated cloth masks to UHPP, including the one pictured here!

Noise for Now made a generous contribution to UHPP after a successful t-shirt fundraiser. Learn more about their work at [noiseformnow.org](http://noiseformnow.org)

## Upper Hudson Planned Parenthood Services During COVID-19



As we continue to experience economic devastation in the ever-expanding wake of COVID-19, UHPP is seeing more patients who have lost their jobs and insurance. It is more important than ever that UHPP remain able to deliver affordable and accessible reproductive health care. During COVID-19 our doors have stayed open to all who need us. UHPP continues to provide sexual and reproductive health services, abortion care, transgender health care and behavioral and wellness care that keep people safe, healthy and out of hospitals, urgent care centers, and primary care practices. In April, we launched telehealth services and now more than one third of our visits are done online!

## Voting During a Pandemic

No one should feel like they have to decide between their health and their right to vote. With less than 65 days until November's general election, be a #BallotBoss by spreading awareness around early voting and absentee voting.

Early voting will be available across New York State from October 24 through November 1. That's 9 extra days to cast your vote. Hours and locations vary. Last month, New York State Governor Cuomo signed legislation that will allow all New Yorkers to request an absentee ballot due to the pandemic. Check your local Board of Elections for more information.

**Make a plan to vote. And, make sure your friend has one too!**

### BALLOT BOSS CHECKLIST



- I've made a plan to vote.
- I'm voting by mail.
- I've requested my mail-in ballot.
- I've signed up to vote by mail and will be looking out for my ballot.



#BALLOTBOSS



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Albany, NY 12206  
[uhpp.org](http://uhpp.org) | 518.434.5678

804 Columbia St.  
Hudson, NY 12534

NEW LOCATION:  
120 Hoosick Street  
Troy, NY 12180