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youtube.com/theuhpp

 **UHPP Sex+Health+Truth blog:**
http://sex-health-truthblogspot.com

 **UHPP Tumblr:**
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Albany, NY 12206
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190 Fairview Avenue
Hudson, NY 12534

200 Broadway
Troy, NY 12180

Planned Parenthood 100th Year Celebration

On October 16 Planned Parenthood turns 100! Thanks to our dedicated staff, board members, volunteers, supporters, and the patients we serve, we are stronger than ever!

We've made incredible gains during our first century. Birth control, once out of reach, is widely available. Abortion, once a crime, is safe and legal. Planned Parenthood, once a single health center, has more than 650 health centers, serving nearly 2.5 million patients a year.

Planned Parenthood will be celebrating moments of revolution and revelation, and the pioneers that helped pave the way will be honored in a worldwide community event on **10.16.16**.



Upper Hudson Planned Parenthood
855 Central Avenue
Albany, NY 12206

Non-Profit
Organization
U.S. Postage
PAID
Albany, NY
Permit No. 721



Upper Hudson Planned Parenthood

CHOICE Remarks

FALL 2016

Upcoming Events

Trapped Documentary Screening:
Wednesday,
October 19 at Time
and Space Limited
in Hudson

Legacy of Choice Gala:
Friday, October 21
at the Hilton Garden
Inn in Troy

Visit us online
at uhpp.org to
learn more about
upcoming events
or how you can
get involved
with Planned
Parenthood!

UHPP Launches Transgender Services

Starting on National Coming Out Day on October 11, UHPP will begin offering comprehensive transgender hormone therapy and preventive health care services in the Capital Region.

UHPP will begin providing quality, compassionate care from an informed-consent model for transgender and gender non conforming patients. We will serve transgender people and those at various places on the spectrum of gender identity and expression. We are committed to improving the way transgender people receive health care in our region and we proudly work together with our transgender gender non conforming community to lead the way in eliminating barriers to care.

What services do we offer?

We will offer preventive sexual health care services as well as puberty suppression and hormone therapy for transgender gender non conforming people. Patients under our care will receive a written prescription for hormones which they fill at a pharmacy. Planned Parenthood does not provide pharmacy services for hormones.

UHPP will see new patients as well patients already being seen by a medical provider for transgender services but who wish to transfer care to Planned Parenthood.

We strive to provide health care that is inclusive and respectful of all genders. Our goal is to make every person who comes through our doors feel welcome, comfortable, and respected while providing the best possible care.

“UHPP is thrilled to be able to offer a wide range of services for transgender individuals. We have always tried to be a welcoming place for anyone who needs our services and this expansion in care will make that more true than ever before.”

-Chelly Hegan, UHPP
President/CEO



What Can You Do?

You make the stories in this newsletter possible! Make a donation today to ensure Planned Parenthood is available to all who need our services for generations to come.

Learn more at
www.uhpp.org.

UHPP Launches Women's Leadership Circle

"The Women's Leadership Circle is a new, critically important philanthropic initiative for women leaders in our region," says UHPP President/CEO Chelly Hegan.

Upper Hudson Planned Parenthood launched their Women's Leadership Circle at a luncheon with guest speakers Cecile Richards, President of Planned Parenthood Federation of America and Barbara Smith, Black Feminist Author and Activist on July 12. The event welcomed more than 200 Capital District women to the Hilton in Albany to show their support for Planned Parenthood and for the reproductive rights and justice movements.

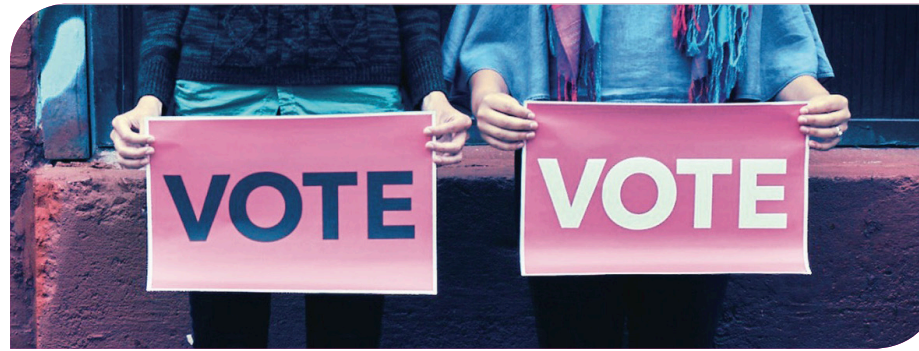
The goal of the Women's Leadership Circle was to have 100 women sign on at \$1,000 level to celebrate the 100th Anniversary of Planned Parenthood. Currently, the list stands at 145 women. Cecile Richards greeted each member and thanked them for their support.



"The Women's Leadership Circle is a group of philanthropic women leaders who publicly support the mission and services of Planned Parenthood, and who are committed to ensuring that the women of future generations are empowered to shape their own lives and futures" said Curran Streett, Vice President of Development at UHPP.



"For women, the ability to control our reproductive lives changed everything. Now is the time for women who support Planned Parenthood to step up and ensure that future generations have access to the services we provide, the services that give women control of their reproductive lives, decisions, and future." Says Chelly Hegan, President/CEO of Upper Hudson Planned Parenthood.



How Can I Help?—

UHPP's work is made possible by people like you!

MAKE A DONATION:

Make a donation! You can restrict your gift to the program or service you feel most passionate about, or designate your support where it is needed most.

HOST A PARTY OR DESIGNATE UHPP FOR A SPECIAL OCCASION:

Everyone loves a party! Request donations be made in lieu of gifts or set up a party in honor of our work. Every bit helps!

VOLUNTEER TO GET OUT THE VOTE:

We need all hands on deck and have a lot of great ways people can help. Contact Amy at amywolff@uhpp.org.

SHOW UP! We need supporters throughout the year to show up to demonstrate how many people care passionately about reproductive rights. Be the face of our movement!

SPEAK UP! Be an ambassador in the community on our behalf. Share our posts on Facebook and let people know that you care about Planned Parenthood.

MY Vote, MY Voice!

UHPP Launches a Get out the Vote Campaign

This summer, UHPP launched "My Vote, My Voice," a get out the vote campaign to register voters and to encourage people to commit to voting in the November election. UHPP is excited to work with volunteers, advocates and staff to register more than 100 voters for the fall election.

"We need to remind people that getting registered to vote is only the first step in making sure their voice is heard in this election – we need to make sure they get to the polls as well!" says Chelly Hegan, President/CEO of UHPP. In the coming months, UHPP will work to register people to vote, ask everyone to pledge to vote, and make a commitment make it to the polls and participate in our democracy. People will be asked to fill out a pledge card, and we will mail it back just before the election to remind them to get out and vote on November 8th.

Are you interested in helping us? UHPP needs volunteers!

UHPP will reach out to voters and unregistered people at local events including Rockin on the River in Troy and the Black Arts & Culture Festival in Albany. We will have volunteers in UHPP waiting rooms to help our patients register to vote, we will canvass door-to-door in Albany, Hudson, and Troy, as well as participate in phone banks.

"It is important for us to remember that in order for us to live in a true democracy where all voices are heard and represented, all people must exercise their right to vote! Unmarried women, people of color, and young people aged 18-29 represent more than half of the voting eligible population. If you don't vote, your interests may not be represented by your government. Voting is your opportunity to be heard, to hold elected officials accountable for their decisions, and to have a say in important issues that affect you and your community," says Chelly.



UHPP Now Offers FREE Over-The-Counter EC!

Thanks to a grant from a generous donor, UHPP is now able to offer over-the-counter Emergency Contraception free to our patients who qualify. Based on a few simple questions our medical staff can determine if the OTC EC is appropriate for a patient. Together, each patient and our medical team can determine which method is best for them.

"For our patients who qualify for this OTC EC, we are thrilled to be able to offer it free of charge and look forward to continuing to help our patients make the best medical decisions for them—no matter what." says Laura Bunora, UHPP Chief Operating Officer.



Did you know? Unmarried women, people of color, and young people aged 18-29 represent more than half of the voting eligible population?