

# healthmatters.

PLANNED PARENTHOOD CALIFORNIA CENTRAL COAST / FALL 2023 NEWS

[ppcentralcoast.org](http://ppcentralcoast.org)

## Leading on Health Equity

Planned Parenthood California Central Coast (PPCCC) is on the cutting edge of innovation, equity, and access to care. Over the summer, we made great strides at implementing several new programs designed to **improve sexual and reproductive health outcomes and reduce health disparities** in the communities we serve.

**We're expanding education.** We're thrilled to share that PPCCC recently secured a 5-year funding commitment for \$798k each year from the U.S. Department of Health and Human Services, Office of the Assistant Secretary for Health, and the Office of Population Affairs Teen Pregnancy Prevention Program Tier 1 grant. This program allows us to add five new members to the Education Team to serve new evidence-based programs and expand our current reach on the Central Coast. With these funds, we will be implementing two new programs to start; one focusing on parents and teens, and another program designed to reduce health disparities faced by LGBTQ+ youth by teaching youth how to be better advocates for themselves and by training medical and social service professionals to provide care and support without bias and stigma.

**We're investing in mental and behavioral wellness.** Mental and behavioral health needs have skyrocketed in our region and the communities we serve need more support. We are hiring a Behavioral Health Program Manager to support patients next year who come to us in crisis or with unmet behavioral, mental, or social needs.

**We're addressing maternal and infant health.** Data shows that U.S. maternal outcomes are worsening, and disparities are growing, especially among Black women, who experience

maternal mortality rates two to three times higher than that of white women. To address the needs of postpartum people and babies, the American College of Obstetricians and Gynecologists (ACOG) recommends that all postpartum birthing people receive a visit from a healthcare provider in the first three weeks after birth. We are thrilled to share that PPCCC has secured funding to establish a new home visitation model to support birthing people beginning in Santa Barbara County. We expect services to commence in June 2024.



**We're doubling down on the STI crisis.** Rates of sexually transmitted infections (STIs) have been on the rise for years, and with devastating outcomes. PPCCC is implementing same-day, in-clinic, rapid tests that detect Chlamydia, Gonorrhea, Syphilis, HIV, and Hep C within 30 minutes. With this we will provide expedited treatment to help reduce STI rates in our region.

Health equity and improved access to care is at the center of all we do. We are relentlessly pursuing a future where all people have equitable opportunity to experience health and wellness, including sexual and reproductive health care provided with respect and without judgment.

**Thank you for helping us provide care, no matter what!**

# Welcome New Board Members!

**Lexi Beausoleil (she/her)**, a Santa Barbara native, is a UCLA alumna with a BA in International Development. With over 15 years of experience in various marketing roles, Lexi currently works in product marketing at the tech startup SOCi, Inc. Before discovering her love of marketing, she traveled internationally as a civic educator with the bipartisan Constitutional Rights Foundation. A passionate advocate for children's and women's rights, Lexi started her journey in advocacy during college as the president of the Bruin Feminists and as a volunteer for both Planned Parenthood and the Feminist Majority Foundation. Since her return to Santa Barbara, she has served the community as a Court Appointed Special Advocate (CASA) for children in foster care, a member of the PCCC Young Advocates' steering committee, and a board member for the PPCC Action Fund. This year, she was honored to be elected as the chair of the Action Fund.



**Kim Johnson (she/her)** is a Marketing and Communications professional with over 15 years of leadership in both the nonprofit and corporate environment. Kim most recently served as the Senior Manager of Brand Purpose for UGG developing and executing against the brand's values related to sustainability, diversity, equity and inclusion. Kim has served on the boards of Worthy of Love and Collegiate Charter High School of Los Angeles as well as a member of the Pride, Corporate Partnerships and Communications committees for Pacific Pride Foundation. Kim was also appointed for a one-year term as a member of the Santa Barbara Community Formation Commission focused on police oversight. Kim spends her free time with her partner and rescue Husky dog hiking, performing improv and hanging with friends.

**Carrie Towbes (she/her)** is a Licensed Clinical Psychologist specializing in the assessment and treatment of children, youth, and families. Raised in Santa Barbara, Carrie relocated back to the area in 2008. She currently operates a busy independent practice in Santa Barbara with an emphasis on psycho-educational assessment and psychotherapy for children and their families coping with a wide array of challenges from ADHD to anxiety to Autism.

Prior to obtaining her Ph.D. in Clinical Psychology from the University of Delaware, Carrie received a B.S. in Elementary Education from the University of Colorado, a M.Ed. in Special Education from the University of Maryland, and she obtained her Advanced Professional Teaching Certification. As a psychologist, Carrie has worked in schools, hospitals, community mental health centers, and nonprofit agencies.



Carrie has served on a number of nonprofit boards that emphasize services to children and families. She currently serves as the President of the Towbes Foundation, the family foundation started by her parents, Michael and Gail Towbes. Since 1980, the Towbes Foundation has granted approximately \$24mm to well over 400 organizations, the vast majority of those organizations located in Santa Barbara County. The Towbes Foundation is currently focused on grant initiatives in the areas of education and mental health.



**Jamie Woolf (she/her)** is a retired journalist who spent 32 years writing for The Salt Lake Tribune in Salt Lake City, Utah, covering environmental issues. She received a Knight International Press Fellowship in 1998 and spent six months teaching journalism in Ecuador. She was also a visiting lecturer at Princeton University in 2001.

Since moving to SLO 15 years ago, she has been president of the Unitarian Universalists SLO Board of Trustees; a member of the Growing Together Fund advisory committee; a member of the SLO Police Advisory Committee; chair of SLO City's Bicycle Advisory Committee; a state park docent at the Pismo Beach Monarch Grove; and a volunteer teacher of English as a second language.

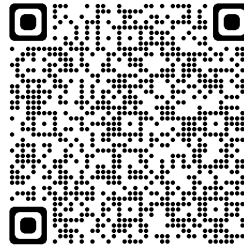
She is a proud transgender woman who served as chair of Tranz Central Coast (<https://www.tranzcentralcoast.org>) from 2018-2022. TCC is a group that supports transgender and other gender-diverse people in San Luis Obispo County. One of her accomplishments was transitioning TCC from a struggling independent group using the Gala Pride and Diversity Center (GPDC) as a fiscal sponsor, to being a full committee of GPDC, assuring the viability of the group.

# Party with Purpose

A few of our long time supporters put on a Paella Party this spring that raised over \$8,000!

We want to remind you that we have created an online toolkit to help you independently plan and host your own event benefiting PPCCC. We hope you will use this **Houseparty Toolkit** with your friends and family to show your support for our mission in a similar and engaging way. Some fun examples of events you can host include: **gardening, paint & sip, cocktail party, wine tasting, cooking lesson, mixology, yoga class, game night, succulent arranging** - just to name a few!

Find the toolkit along with more information at ppcentralcoast.org under the "Contact Us" section or scan the QR code. Please reach out to development@ppcentralcoast.org with any questions.



# Thank you Pink Week Businesses!

From July 17th - 23rd, over 30 businesses from San Luis Obispo, Santa Barbara and Ventura Counties joined in our annual Pink Week Fundraiser!

During the week businesses commit to donating a percentage or flat amount per sale of an item or items to PPCCC. This event not only helps raise money, but it also highlights the wonderful local businesses that call the Central Coast their home.

Join me in thanking our 2023 participants!

*Acme Hospitality  
Beauty Counter -  
Susan Stenovec  
Bettina  
Bliss Cafe  
BooBoo Records  
Brassbear  
Bread Bike  
Cheeky Parlor  
Chocolate Maya  
Considered Coffee*

*Dutchess Ojai  
Findings Market  
Idyll Mercantile  
La Lieff  
Potek Winery  
Open Air Flowers  
Paradise Pantry  
Red Kettle  
Rory's Place  
Saints Barrel Wine Bar  
Satellite*

*SB Biergarten  
Shalhoobs  
Skippers Brew  
The Center  
Tipple & Ramble  
Topa Topa Brewing  
Tristin Tracy  
Photography  
Ventura Coast Brew Co  
Vices and Spices  
Yellow Belly*

# how can YOU help?

1

## Safe, secure online donations:

Your gift to PPCCC is protected by VeriSign. Enjoy secure credit card convenience when you visit ppcentralcoast.org and click the "Donate" link at the top of the page.

2

## Pledge your monthly support:

A small amount each month makes an important difference each year. Call Zoe to start your monthly giving: 805.722.1517.

3

## Remember PPCCC in your will:

Tomorrow's dollars are just as important as today's dollars. Adding a charitable bequest to your existing will takes just a quick phone call to your legal or estate planning advisor. Call Lindsay Soleimani for more information: 805.722.1522.

4

## Volunteer

We are always looking for volunteers for a variety of events and projects throughout the year.

Looking for volunteer opportunities with PPCCC? Please email volunteers@ppcentralcoast.org

# Save the Date for Upcoming Events!

## 2024 SLO TOGETHER

*Here for All. In Perpetuity.*

**SLO TOGETHER**  
**Wednesday, February 7, 2024**  
**from 5:30 pm - 8:00 pm**  
**at The Rock - SLO Brew**

Join us for Cocktails & Hors d'Oeuvres in celebration of Planned Parenthood's work in San Luis Obispo County. Tickets and Sponsorship Info: [slotogether.ppcentralcoast.org](https://slotogether.ppcentralcoast.org) or email Lindsey: [lindsey.stephenson@ppcentralcoast.org](mailto:lindsey.stephenson@ppcentralcoast.org)

**POWER OF LOVE**  
**Sunday, March 10, 2024**  
**from 11:30 am - 2:00 pm**  
**at the Spanish Hills Club**



Join us for brunch in celebration of Planned Parenthood California Central Coast's work in Ventura County. Tickets and Sponsorship Info: [vta.ppcentralcoast.org](https://vta.ppcentralcoast.org) or email Meggan: [meggan.mccarthy@ppcentralcoast.org](mailto:meggan.mccarthy@ppcentralcoast.org)



**BIRDS & BEES BASH**  
**Saturday, April 27, 2024**  
**at 5:30 pm**  
**at the Hilton Beachfront Resort**

Join us for cocktails, dinner and an after hours in celebration of Planned Parenthood California Central Coast's 60 years of service! More Info: [bbbash.ppcentralcoast.org](https://bbbash.ppcentralcoast.org) or email Riley: [riley.dewitt@ppcentralcoast.org](mailto:riley.dewitt@ppcentralcoast.org)



**GO GREEN!** If you would like to receive this newsletter via email only, please email [development@ppcentralcoast.org](mailto:development@ppcentralcoast.org) or call 805.722.1517 to update your preferences.

# THE MARY JANE McCORD Planned Parenthood ANNUAL BOOK SALE

The 49th Annual PPCCC Book Sale returned to The Earl Warren Showgrounds this year and ran from September 14th - 24th.

The sale was an incredible success thanks to the hundreds of supporters, friends, and community members who turned out to buy books. Special thanks to our outstanding volunteers who organized the sale. Through book sales and sponsorships, the event raised over **\$300,000!**

With the additional efforts of dedicated volunteers who sell books year-round to dealers and on Amazon, the total book sales for this year **grossed over \$500,000.**

**Congratulations and thank you!**



*Book Sale Co-Chairs Eliot Jacobson & Fran Antenore with PPCCC's CEO Jenna Tosh (center)*

## **NOBEL PRIZE SPONSORS:**

Patricia & Donald Green  
Alan & Elizabeth Kasehagen  
Pat Lambert & Rick Dahlquist  
Donald Polk & Paul Longanbach  
Nicole W. & John A. Ruskey  
in honor of Mary Jane McCord  
Judy Stapelmann

## **PULITZER PRIZE SPONSORS:**

Book Sale Chairs  
Roger & Margi Drue  
Nancy Gifford  
Mary Howe-Grant & Peter C. Ford  
Bernice James & Glen Mowrer  
Junie & Eddie Jenkins  
James P & Shirley F. McFarland

## **CALDECOTT SPONSORS:**

The Antenore Fund  
John & Lisa Davis  
Ayesha Shaikh, M.D.  
Carol Vernon & Bob Turbin

## **MCCORD SPONSORS:**

Beth Schneider & Susan Dalton  
In memory of mom/Mary Jane McCord,  
who dealt in the currency of dignity.

## **SPECIAL THANKS TO:**

Earl Warren Showgrounds  
The Santa Barbara Independent  
Mammoth Movers  
Marborg Industries

# Thank you to all of our book category sponsors!

## American History

Margaret Crocco  
Law Office of Herb Fox  
In celebration of Women's Rights  
Anne & Tom Schowe - Thank you Planned Parenthood  
California Central Coast!  
Anne & Tom Schowe - Thank you to our wonderful daughter, Christina Schowe!  
Anne & Tom Schowe - Thanks to Christina, Fran, Eliot for your leadership  
Lucia Snowhill

## Animals & Pets

Judy Miller  
Teresa J. Rhyne, author  
Jean Silva & Phil Seymour. Adopt a shelter rabbit, guinea pig, dog or cat!

## Architecture

CITIZENS PLANNING ASSOCIATION  
The McMillan Family

## Art

Betsy Atwater  
Rebecca Brink & Jason Bedford  
Stuart & Marilyn Gillard  
In memory of Artist Dorothy Churchill-Johnson  
Abe Peck & Suzanne Peck  
Carol Spungen  
Shirley Waxman  
Elizabeth Weems  
Geof & Laura Wyatt

## Banned Books

Democratic Women of Santa Barbara County  
Goleta Councilmember Luz Reyes-Martin  
Marty Claus & Chip Visci

## Biography

Leanne & George Friedenthal  
Suzan Garner & Bart Mendel  
Ken & Barbara C. Hershberg  
Elly & Jim Langer  
Don O'Dowd  
John & Mary Romo

## CDs/DVDs

In honor of Muriel Zimmerman  
Thanks to Lori and Vince for Shipping All Those Books

## Children's

Jeanette & Dave Bauer  
Jeff Black-Maertz and Family  
California Learning Center  
Suzan Garner & Bart Mendel  
In honor of Melinda McKenna  
In memory of Irene (Tuomi) Wheeler  
Elaine Jacobs, MFT  
Zavellyn, Lindsey & Jesse Kasehagen  
SHORELINE PUBLISHING GROUP  
The Antenore Fund

## Coffee Table

Elizabeth Downing & Peter Hasler  
Ken & Barbara C. Hershberg

## Computers

Yvonne DeGraw -- Contract Technical Writing  
Ken Schmidt Family

## Cooking

John & Sue Burk  
Sue Ehrlich for Dora & Mary  
Nancy Even & Joel Ohlgren  
Woman-owned shop making hand-painted, ethically sourced chocolates in Nipomo and selling within California  
- Sweets Chocolatier  
Geof & Laura Wyatt

## Design

The McMillan Family  
xoxo from Fox - Elisabetta, Elise & Heidi, amazing year!

## Drama

Darlene Craviotto

## Education

Judith Green  
In honor of Cindy Engelhart  
In memory of Leslie Steinmetz Educator, Mother, Grandmother

## Feminism

Betsy Atwater  
Democratic Women of Santa Barbara County  
Pacific Pride Foundation  
Pamela Gray  
Paul Guido  
In honor of Donald Polk  
Connie Smith  
Heidi Turcot

## Fiction (Hardcover)

Madhu Bajaj  
Marilyn & Stuart Gillard  
Don & Tricia Green  
In memory of Claudette Nadra

## Fiction (Massmarket)

Judy Stapelmann  
Geof & Laura Wyatt

## Fiction (Paperback)

Liz Badillo  
In honor of Pam Gartner. Love, Jon, Eleanor & Simon  
In Memory of Terrie Mershon

## Foreign Language

Isabel Downs - Learning another language opens many doors  
Isabel Downs - Even just a few phrases can make traveling more fun

## Gardening

Dolores Jones Cheek  
Deborah Longstaff Lynch & Marty Lynch  
Frances Shannon Marsh

## Graphic Novels

Melissa Sorongon & Juliet Sorongon

## Health & Fitness

Morgan Leafe, MD Writing & Consulting  
Fitness with Rachel  
KathyGruver.Coach

## Holiday

In memory of Kathleen Tuomi

## How-to (Arts and Crafts)

Mavis Hansen  
In loving memory of Martha MacGillivray  
In memory of Susan Malmgren  
SB Craffivist for change, support Planned Parenthood

## Humor

BL Borovay & George Relles  
"When humor goes, there goes civilization." Erma Bombeck  
Standing Together to End Sexual Assault (STESA)

## LGBTQ+

Lynn Cunningham Brown  
Paul Guido  
In honor of Donald Polk  
In honor of the Gay Agenda  
Kim Johnson & Kristin Flickinger  
Pacific Pride Foundation  
Lorie & Michael Porter  
Connie Smith

## Literature

Margaret Crocco  
Mady Julian  
William & Angela Lenz  
Claudette & Jim Roehrig  
Jinny Webber

## Mystery (Hardback and Trade)

John & Sue Burk  
In memory of John Clarke Bowman  
In memory of John Bowman  
Mary Rose & Frank Artusio  
The Moore Family

## Mystery (Mass Market)

Suzan Garner & Bart Mendel  
In memory of Richard Hunt & Carlos Hunt  
Mary Maxwell  
The Moore Family

## Natural History & Ecology

John & Sue Burk  
Elizabeth & Alan Kasehagen  
Santa Barbara Urban Creeks Council

## New Age

Leaves Of Change Life Coaching  
Kudos to the amazing hardworking Booksale community!  
The Blickleys

## Offbeat & Oddities

Law Office of Herb Fox

## Performing Arts

Philip Levien  
Bob & Carole Shopiro

## Poetry

Mary Brown & Tove Matas  
Sheila Lodge in memory of Judge Joseph Lodge  
Jacqueline Lunianski

## Psychology & Self-Help

Parkford Counseling Associates  
Dying in Grace End-of-life Doulas, providing guidance and support free of charge

## Puzzles & Games

In memory of Irene Tuomi  
Monica (Moe) Koegler-Blaha  
Sybil Rosen  
Geof & Laura Wyatt

## Recent & Best

Thanks to Teri and Maureen for all the Amazon work

## Reference & Writing

Judith Green  
Judy Stapelmann

## Religion & Philosophy

Live Oak Unitarian Universalist Congregation of Goleta  
Trinity Episcopal Church

## Romance

Mariah Cotnoir - Lover of Romance and the HEA  
Emma Parker in honor of the MacCoven

## Santa Barbara/California

John & Sue Burk  
Cheryl Everett  
In memory of Dick Jensen  
The Moore Family  
Santa Barbara Adventure Company

## Science

In memory of George Handler  
Julian Nott  
Paul & Ann Ricchiazzi  
The DeLucia-Ojeda Family  
The Dick and Bonnie Jensen Family Fund

## Science Fiction & Fantasy

In honor of my son and daughter-in-law, Jeff & Jessica Brown - Marilou Fenton Rivera  
Eric & Julie Friedman  
Holly Urbanus & Pam Karleskint

## Sexual Behavior/Erotica

Paul Guido  
Sybil Rosen  
Connie Smith - dedicated to Donald Polk  
Society for the Appreciation of Long-standing Friendship and Playful Tomfoolery  
.....and Paul's Peeps

## Sheet Music

In honor of Pamela Campbell  
Pamela Romani

## Specials, Rare & Collectibles

Shirley & John Hobson  
In honor of Amy Collins  
In honor of Donald Polk  
Raymond & Lorann Sims

## Sports and Games

Jim & Susan Deacon  
The Dick and Bonnie Jensen Family Fund  
Geof & Laura Wyatt

## Travel

Betsy Atwater  
Jim & Susan Deacon  
In memory of Richard Hunt & Carlos Hunt  
Santa Barbara Adventure Company

## Vinyl Records

In honor of music! Our planet's universal language  
The Dick and Bonnie Jensen Family Fund  
Geof & Laura Wyatt

## War & Military

Robin & Bruce Tiffney

## World History

Don & Tricia Green  
In honor of Sandy Thompson & Helissa Blumenthal  
In honour and loving memory of Katrina Kujan from a most grateful Saturday Mo(u)ning Club participant  
Kathleen Werner

## Young Adult/Teen

Betsy Atwater  
Reading is magical! So is voting! Register to vote!  
The Yonemura Family