

Letter from our CEO

Dear Friend,

Spring is a time for renewal and growth, and we can feel it in the air. This season inspires new energy to get physically active, take action, and create change.

For Planned Parenthood supporters, we are strengthened by our collective commitment to stay focused on our mission. While much around us appears in disarray, know that the committed staff at Planned Parenthood Northern California (PPNorCal) continue to hold steady each day. We are not deterred by any threats that continue to come our way. Sadly, we are no stranger to threats to our funding, services, and safety. Again, during this season of spring, we are renewed in spirit and strength to forge onward, no matter what!

Recently, our Board of Directors adopted our 2018-2019 strategic roadmap, which was greatly inspired by the principles of Reproductive Justice (RJ). This plan affirms our commitment to serve those facing disparities in health outcomes and care - especially people with little to no health care coverage. Without Planned Parenthood, many of our patients would have nowhere to go for care.

We are thankful to California Latinas for Reproductive Justice, who recently provided our management team with a training which strengthened our knowledge and commitment. RJ is "the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities. Coined by women of color, RJ looks at reproductive rights and reproductive health access through a human rights and social justice framework" (SisterSong, 1994). This framework will further inform the care and services provided at PPNorCal - for a snapshot click [here](#).

Planned Parenthood Northern California continues to stand for the core values of equality, including everyone's right to control their own reproductive health choices.

Happy spring!



Gilda Gonzales
President & CEO
Planned Parenthood Northern California

THANK YOU, CECILE RICHARDS!

Cecile Richards, the president of Planned Parenthood Federation of America, announced that after 12 years of service, she will step down next month. Under Cecile's leadership, Planned Parenthood has grown strong - with more supporters, donors, and activists than any other time in its 102-year history. Planned Parenthood continues to lead the way in the fight for reproductive health equity, for contraception coverage as a basic benefit, and for expanding access through online information. We thank Cecile and know that her commitment to reproductive rights is far from over - she will always fight alongside Planned Parenthood. Thank you, Cecile!



Feature Story

Education Program Update

Planned Parenthood Northern California administers education programs in 16 counties which empower youth and adults to protect their health, make positive decisions, and be aware of community health resources. We now head into our busiest season—with increased activity in schools, and large events such as San Francisco Pride—on track to meet our goal of educating 50,000 individuals this year. We have conducted outreach at 68 events in 10 counties, providing information and safer sex supplies to over 15,000 individuals, and delivered over 1,000 presentations in schools and other venues—including women’s shelters, recovery programs, social service agencies, and LGBTQ centers. PPNorCal also provided six trainings for 200 teachers and other youth-serving professionals.

Additionally, our innovative education programs in different regions are achieving great impact this year. PPNorCal hosted workshops at conferences strengthening school-age young women and LGBTQ youth in San Francisco and Marin, delivered a series of workshops at Juvenile Hall in Mendocino County, and provided classroom education programs in remote rural regions, such as Lake and Shasta counties. Our Spare Change Peer Education & Teen Theatre Troupe has performed for hundreds of individuals in Humboldt County, and PPNorCal’s HIV/AIDS Case Management Program in Solano County has provided essential support services to 100 adults (plus their families) who are low-income and/or homeless. In Contra Costa County, our Promotores bilingual peer education program has reached over 1,000 individuals so far this year through workshops for both parents and teens. PPNorCal is proud of our reputation as a trusted source of sexual health education for people from all walks of life—and we are thankful for our excellent education staff, partner organizations, and donors who support this work.

Below are some of the questions and comments you may find interesting that our educators receive on a daily basis from students:

High School Freshmen

Ages: 14-15

Would 24 hours after sex be soon enough to take emergency contraception?

How does a female condom work?

I learned about using a condom correctly, good job on the presentation.

8th grade

Ages: 12-13

Which is safer birth control pills or condoms?

Why do girls get cramps on their period?

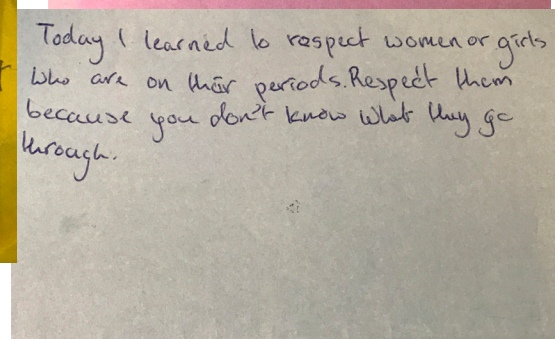
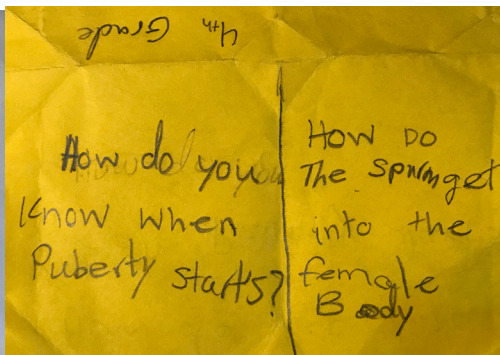
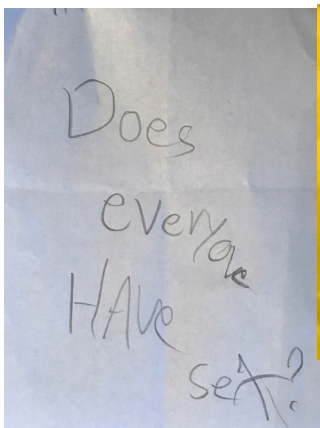
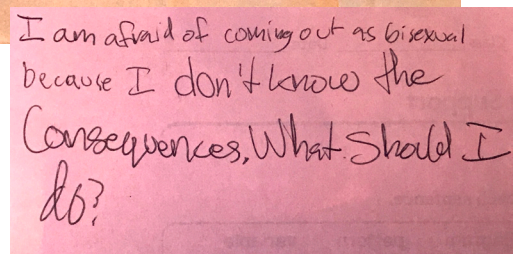
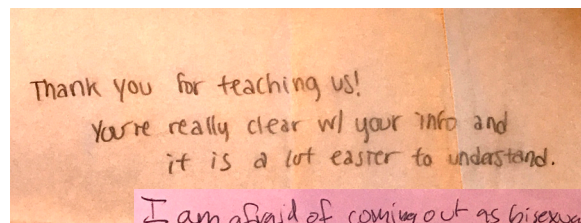
I have learned that STDs can have no symptoms.

4th grade

Ages: 9-10

Are pads and tampons the same thing?

How do you know when puberty starts?



What's New

Enhancing the Patient Experience through Art



Planned Parenthood Northern California recently revitalized the art collections in our health centers, thanks to the generosity of Ann C. Taylor and the family of Nell Strong. The family of Nell Strong wanted to honor her memory and her admiration for the valuable work Planned Parenthood does. She was passionate in her support of us and the arts. The family felt this was the perfect way to blend both of those.

Images of landscapes and natural elements are being placed throughout our health centers. These pieces are not only beautiful to the eye, they also enhance the patient experience by creating an environment conducive to healing and renewal. "Art in medicine contributes to improved healthcare outcomes, better patient and staff satisfaction, and lower healthcare costs" (Clift & Camic, 2016). This is important, as the health care paradigm is shifting to become a system that cares for the whole person in a more complete and holistic manner. This system of care demands an integrated approach to health care. Because of the intrinsic nature of art to nurture and comfort individuals, these pieces of art support reflective and peaceful health care environments. Thank you to our wonderful supporters in making this project a reality. In addition to our patients, our staff are delighted by the calming and serene environment the art has promoted.

Enhancing our Sedation Options

At Planned Parenthood Northern California, we provide our patients with the high-quality health care they need, including abortion, in a safe and respectful environment. We regularly review new research in the field, guidance from medical organizations, new technologies, and feedback from patients and staff to continue improving our practices. Abortion is already one of the safest medical procedures. Consistent with our goals to enhance the patient experience, we recently enhanced the medications we offer patients for pain during surgical abortion procedures. Enhanced sedation has been rolled out in four health centers to date, and the roll-out will be complete in all surgical health centers this fall. We are proud to offer this option to all patients who are medically eligible. PPNorCal ensures that cost is not a barrier for our patients when making their right decision. Since making these changes, we have noted improved patient comfort during abortion procedures, which has benefited both patients and staff.



Highlights

2018 Acts of Courage

On the evening of February 22, we held our annual Acts of Courage fundraising event at the St. Regis Hotel in San Francisco. Philanthropists and activists Tom Steyer and Kat Taylor were the 2018 Acts of Courage award recipients this year because of their lifelong commitment to advancing reproductive and social justice change. Tom accepted the honor on behalf of the dynamic couple and gave riveting comments that further inspired attendees. Musical numbers were performed by an a cappella ensemble, Vocal Rush, based out of the Oakland School for the Arts, composed of singers ages 14-18. This evening allowed staff and supporters to come together, be inspired, and reaffirm our commitment to our mission.

On this evening, we shared the following videos of three San Francisco women who told their stories about why Planned Parenthood matters to them. The final video, "Our Pledge", includes some of our PPNorCal team members who made the pledge to carry the movement forward into the next decades.

[Belle Taylor McGhee](#)
[Maria X. Martinez](#)
[Roma Guy](#)
[Our Pledge](#)

We would like to extend our special thanks to co-hosts Joshua Dick and Hilary Ross.



International Women's Day

On March 8, International Women's Day, we celebrated every woman who has marched, demanded change from their elected officials, told their stories, and/or organized in their communities. We continue to celebrate the brave women who first professed #MeToo and sparked a movement that has gone global. And, close to home, we celebrated the women in our lives who embody the spirit of leadership and strength.



Choices Breakfast

On January 26, we hosted our annual Choices Breakfast event in Eureka. Crystal Strait, CEO of Planned Parenthood Affiliates of California, joined us as the keynote speaker for this wonderful gathering of our supporters. This event exemplified how California continues to lead the nation in advancing reproductive rights and justice. This gathering is supported annually by many of our supporters in the far north of California and demonstrates their steadfast commitment to Planned Parenthood. Such events allow us to highlight our work, meet new supporters, and give us the opportunity to thank them for their continued support.



Crystal Strait, Sue McIntyre, Gilda Gonzales, Sofia Navarro

Carolyn Hino-Bourassa, Dave Turner, Chris Sorensen

Members of the Eureka-area Spare Change Theatre Troupe and Community and Government Relations Staff

Social Media Corner

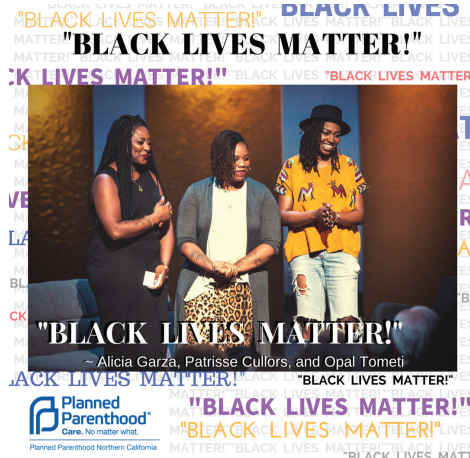
This quarter we celebrated Black History Month and Women's History Month. We honor the incredible accomplishments by the brave men and women who challenged the status quo and continue to do so today. How did these two months get declared?

Historian Carter G. Woodson and the Association for the Study of Negro Life and History came up with the idea of "Negro History Week" in 1926. The second week of February was dedicated to teaching the central role of Blacks in U.S. history in many public schools. The Black movement started to grow in the late 1960's during the civil rights movement, college campuses expanded the celebration to the entire month. U.S. presidents have officially designated the month of February as Black History Month since 1976.



"In the end anti-black, anti-female, and all forms of discrimination are equivalent to the same thing: anti-humanism."

- Shirley Chisholm



~ Alicia Garza, Patrisse Cullors, and Opal Tometi



"I knew then and I know now that, when it comes to justice, there is no easy way to get it. You can't sugarcoat it. You have to take a stand and say, 'This is not right!' And I did."

- Claudette Colvin



Women's History Month came about thanks to the efforts of the school district of Sonoma, California, in 1978. It also started as a week-long celebration to educate students about the contributions that women had made in culture, history, and society. It has been observed as a month-long celebration in the United States since 1987, after being petitioned by the National Women's History Project. U.S. presidents have officially designated the month of March as Women's History Month since 1988.



- Patsy Mink




- Rita Moreno






Community Engagement - April is Sexual Assault Awareness Month

The following items were recently posted on our social media platform. Our social media can help bring about healing and attention to topics that are often not talked about. The unattributed comments below reflect the many untold stories and related pain that lingers for many.



██████████ I don't think I will ever be able to verbalize my story. :(
1w Reply

 ppnorcal ██████████ Some people go to support groups, write it out in a notebook, or seek one on one help. It can take time. Everyone is different and that's okay. And you just took a step you didn't realize, you admitted to having a story. You're a survivor. Sending you love, strength and healing vibes.
1w Reply 

██████████ @ppnorcal omg thank u. So much. I guess that was a step. I've been so paralyzed over it I didn't even realize it. Thank you for your support. 

Upcoming Happenings –Join us!

STAND UP!

Join us on May 5 in Napa for Stand Up 2018! Is there anything better right now than a festive evening of food and libations, camaraderie, and spectacular entertainment? The outrageous and hilarious performers from world-famous **Beach Blanket Babylon** will perform live and delight us with their spectacular costumes and unique twist on world history and current events! This is one of the easiest and upbeat way to ensure that PPNorCal can provide care—no matter what. To purchase your tickets please visit: www.ppaction.org/standup

Share Your "MyPP" Story



Share your "MyPP" story about why Planned Parenthood has been important to you.

- Maybe it was how Planned Parenthood helped you, a friend, or a family member.
- Maybe it was a story told to you by a parent, grandparent, or community elder.

Whatever it is, if it resonates with you and motivates you to be involved with Planned Parenthood Northern California, we would like to hear about it. We may even begin to share some of these stories in future editions of the newsletter and/or through social media (we can keep stories anonymous, if you prefer.)

Please click on this link to submit your story <http://ppaction.org/share> now or email your "MyPP" stories to info@ppnorcal.org and use "MyPP" in the subject line.

If you would prefer to send them in letter form, please mail them to:
"MyPP"

Planned Parenthood Northern California
2185 Pacheco Street
Concord, CA 94520

Cheers and Jeers



U.S. Judge Temporarily Blocks Mississippi Law Banning Abortion After 15 Weeks, the Most Restrictive in Nation



Supreme Court Hears Oral Argument on Law to Protect Women from Dangerous and Misleading Practices of Fake Women's Health Centers



A federal judge is temporarily blocking a new Mississippi law that bans abortion after 15 weeks, the most restrictive abortion law in the United States. U.S. District Judge Carlton Reeves granted a temporary restraining order requested by the state's only abortion clinic. Republican Gov. Phil Bryant signed House Bill 1510 and it became law immediately. HB 1510 would prohibit abortions after 15 weeks gestation, except in medical emergency and in cases of severe fetal abnormality.

The law and responding challenge set up a confrontation sought by abortion opponents, who are hoping federal courts will ultimately prohibit abortions before a fetus is viable. HB 1510 would be unspeakably dangerous for Mississippi women.

While this is a temporary victory, the attacks on abortion will continue - and we will continue to fight alongside our supporters and champions.

On March 20, the U.S. Supreme Court heard oral arguments in *NIFLA v. Becerra* - a case regarding the protection of a California law, the Reproductive FACT Act. This law requires facilities to disclose whether there is a licensed medical professional providing or supervising the facility. The FACT Act ensures women have a way to access accurate, honest, and complete information when they visit a health center.

Fake women's health centers are especially harmful for communities that already face systemic barriers to health care, including people of color, those with low incomes, and young people. These fake centers can cause delays in receiving the care that is needed or can prevent people from getting care at all. Deceptive practices used by fake women's health centers can exacerbate distrust of health care professionals, especially among Black communities and other groups that have historically faced mistreatment from the medical community.

Everyone deserves the right to be treated with dignity and respect, and to have medically accurate information about all of their options. We anticipate a decision from the Court, likely in June.

What's the Difference When I Give?

Planned Parenthood Northern California and Planned Parenthood Federation of America

We are often asked what happens when you give to Planned Parenthood Northern California versus the Federation. We wanted to share with you the following guide to avoid any possible confusion.

If you want to give to [Planned Parenthood Northern California](https://www.plannedparenthood.org/locations/northern-california) directly, and have all of your gift go to local health care and education services to better the lives of people across 20 counties in Northern California...

then you need to go to our affiliate website (support.ppnorcal.org) where 100% of your donation is directed to services right here, in Northern California.

If you go to Planned Parenthood Federation of America's national website...

then only 50% of your gift will support health services and education here in Northern California and the other 50% of your gift will support national advocacy and education efforts.

Two ways to support our mission to protect health care, education, and justice. No matter what!

Legacies for Future Generations

Members of Planned Parenthood Northern California's "Legacy Circle" are an extraordinary group of people who share a commitment to safeguarding the future of Planned Parenthood. In doing so, they have named Planned Parenthood Northern California as a beneficiary in their estate plans.

We are most grateful for their generosity and support. If you would like to become a member of PPNorCal's Legacy Circle, or to learn more, please contact Tara at info@ppnorcal.org or (925) 887-5385.



Support Planned Parenthood Northern California! Make an appointment (1-800-230-PLAN), connect to community, and get involved!



Planned Parenthood Northern California

www.ppnorcal.org



Regional Offices:

2185 Pacheco Street, Concord, CA 94520
1650 Valencia St, San Francisco, CA 94110
3225 Timber Fall Court Suite B, Eureka, CA 95503