

# CHOICE Remarks

WINTER 2020

## UHPP Announces The Opalka Family Center for Reproductive Health and Education in Troy

Upper Hudson Planned Parenthood is thrilled to announce that our new Troy Health Center will be part of a Medical Arts Building located in the former Peebles department store on Hoosick Street. The center will house a reception and waiting area, eight patient rooms, a recovery room, one wellness counseling office, and a shared teen space and community room. The center will be conveniently located with ample parking and on a bus line.

The Community and Teen room will be a shared space used as a place for staff meetings, group therapy sessions, public programming such as Teach-ins, healthy parent and child programs, and education sessions. The room will be available for small, local non-profits to use who do not have the funding or resources to host meetings and programs on their own. We at UHPP understand and embrace the idea that intersectionality is vital to lift up our organization and look forward to working with other organizations based in Troy to help our patients, clients, and broader community.

Upper Hudson Planned Parenthood (UHPP) launched The Campaign for Upper Hudson Planned Parenthood: A Place for Everyone, to raise \$7.2 million to support sexual health care services and education in Albany, Columbia, Greene and Rensselaer Counties. Of the \$7.2 million, \$5 million will create a Patient Access Fund while \$2.2 million will relocate our health care facilities in Troy and Hudson. The newly created Patient Access Fund will ensure seamless health care access for our patients; and the money raised for facilities will allow UHPP to continue to provide high-quality health care in centers that welcome patients with warmth and respect. UHPP serves all those who need care, no matter their zip code, immigration status, income level, or access to insurance. The response from supporters has been overwhelmingly positive with \$5.6 million or 78% of goal already raised.

We are raising funds to build our resilience to the ongoing attacks from Washington. Our Patient Access Fund will ensure that regardless of threats to funding – whether that be access to grants, safety nets built into the New York State budget, the ability to bill Medicaid for our services, or something not yet anticipated – our patients will get the care they deserve whether or not they can pay for it.

**“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. As Americans, we have been blessed to live in a country that offers some of the best technology, educational opportunities and level of health care available in the world. Access to quality health services is a right for all human beings and should not just be an exclusive luxury for people of privilege. The education and counseling programs that Planned Parenthood provides is an important link to building a stronger community and a brighter future for all of us in the Capital Region.”**

**-Chet and Karen Opalka**



**Capital Campaign:** The Campaign for Upper Hudson Planned Parenthood is a call to action for those who support reproductive freedom, high-quality health care and believe in access for all to safe, non-judgmental care. No matter what. For more details or to support, visit [uhpp.org](http://uhpp.org).



# Celebrating the Anniversary of Roe and RHA!

More than 100 guests, including local and state legislative leaders, and health care and women's health advocates joined us at the annual celebration to commemorate the landmark Supreme Court decision. At this year's Roe v. Wade Celebration of Choice event, UHPP honored Robin Chappelle Golston, President and CEO of Planned Parenthood Empire State Acts for her work to secure access for all New Yorkers with the passage of the Reproductive Health Act in 2019.



Chelly Hegan, Robin Chappelle Golston, and NYS Senate Majority Leader and 2019 Advocate for Choice awardee, Andrew Stewart-Cousins. Photo credit: Jill Malouf of Jillivision



Thanks to our Honorary Committee Co-Chairs – Maureen DeRosa and Fran Reiter for all their hard work in making this event a success! A special thank you to Drue Sanders Custom Jewelers for donating the beautiful diamond PP necklace.

## Wellness Care Launched at UHPP

UHPP began offering wellness counseling as part of our behavioral health care services in Albany, Hudson and Troy Health Centers. UHPP offers patients the opportunity to meet with on-site licensed wellness counselors to identify, discuss, and address various wellness concerns including anxiety/depression, relationships, food or housing concerns, stress/trauma, sexual orientation, gender identity and more. The goal of the integrated behavioral health care program is to address the growing, and often hidden, behavioral and mental health needs of patients. In the health care system, behavioral and medical conditions have traditionally been treated as separate health issues – when patients visit their primary care providers they are often not screened and/or treated for behavioral health concerns. This program aims to do better for our patients and our community.


Recently a UHPP patient expressed her gratitude, *"I have had such a tough time finding services until now. I've needed help for a while but wasn't sure what to do. I'm so relieved I can finally get the help I've been looking for. I think it's incredible [UHPP] is offering counseling, thank you so much!"*

## Perennial Wisdom


Judy is an academic, a feminist, and a fierce advocate for social justice. As a literary scholar and professor at UAlbany, Judy taught English and Women's Studies for over 30 years. When she left academia, she wanted to do something different which led her to what she calls her 'second profession' in gardening. Judy is a master gardener and has led tours at the Berkshire Botanical Gardens and lectured on garden design. Her website aptly named "Perennial Wisdom" is a resource to those who are passionate about gardening but may need guidance on how to realize their vision. She stays connected to her feminist roots by being an active member of UHPP's Leadership Circle and has recently deepened her support by including UHPP in her estate plans. It is clear that Judy has found the key to balance in today's chaotic world by affirming her commitment to reproductive freedom and access, and by "playing in the dirt."



To learn more about how to include UHPP in your estate plans, contact Anne at [anne@uhpp.org](mailto:anne@uhpp.org).

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855 Central Avenue  
Albany, NY 12206  
[uhpp.org](https://uhpp.org) | 518.434.5678

New location:  
804 Columbia St.  
Hudson, NY 12534

200 Broadway  
Troy, NY 12180