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CHOICE

Hornell Patient Services Staff Perseveres

by Casey Martinson

At Planned Parenthood, preventive health care is well over 90% of what we do: birth control, cancer screenings, testing and treatment for sexually transmitted infections, and more. It's no exaggeration to say that we do more to prevent unintended pregnancies and decrease the number of abortions than any other organization in our area. Nevertheless, there are some people who would close our doors and see our patients turned away if they could.



Protestors in front of Hornell Health Center entrance.

Since December 2010, our health center in Hornell, New York has been the target of protesters who oppose our mission to provide comprehensive, non-judgmental reproductive health care to women in the community.

“There were about eight protesters last Monday,” says Evelyn Laskaris, the Hornell Center Manager. “I think that kind of presence could be intimidating to some of our patients, almost all of whom are coming in for preventive health care. But the vast majority of the community supports our work, and we do our best to provide a warm, compassionate atmosphere once patients are inside.”

Unfortunately, we've now had to add vandalism to the list of challenges faced in Hornell. In the early hours of June 25, someone shattered the safety glass in the front door and one of the large front windows at the

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LETTER FROM JOE SAMMONS, CEO

Dear Friend –

Over the last six months we have seen significant politically driven attacks in Congress aimed at defunding our work and undermining our mission. Our opponents then brought these same attacks to states such as Indiana, North Carolina, Wisconsin and others, cutting off funding and placing incredible restrictions on Planned Parenthood agencies across the country. Against the backdrop of these national efforts, here at home we've been dealing with two acts of vandalism; one at our Hornell health center and the other on our "Someone You Know is in Love" billboards in Ithaca. We have certainly been tested, and we know we will be tested again in the months to come.

We are still standing, and we will continue to move forward thanks to supporters like Rose Bethe, who is featured in the *Why I support Planned Parenthood* article, and many more like her, who find ways to support Planned Parenthood and help us keep providing the vital, life-saving work that we have provided here in the Southern Finger Lakes since 1968.

As you'll see in this edition of *CHOICE*, we continue to provide exceptional services, honest education, and fearless advocacy every day; even amid the current attacks on reproductive justice. We are proud of the trust our patients and our communities place in us every day to provide high-quality health care. We approach our work with a deep sense of responsibility to the patients we serve, and recognize that the importance of our work is growing because we are often the only source of affordable quality health care for women in many communities.

Our opponents will stop at nothing in their recycled and misleading claims about Planned Parenthood; they will work to turn back generations of progress of empowering women—and men—to make informed, healthy decisions about their sexual and reproductive health. Every dollar raised from the community, every phone call or e-mail to a legislator's office, every voice that is heard across this country is vital to our efforts.

With great thanks to all of our supporters for all that you have done and for all that you will do.



All my best,

Joe Sammons
President / CEO

HORNELL PATIENT SERVICES

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health center. We don't know yet who is responsible or what their motivation might have been, but it is certainly a disturbing development. Police are investigating.



As a result of all this, we are looking for volunteers to serve as patient escorts on Monday mornings. If interested, please e-mail action@ppsfl.org. If you'd like to make a donation in honor of our patients in Hornell and the courageous staff who serve them, please contact Georgia Rennie at 607.796.0220, extension 309.

HOW CAN YOU SUPPORT PPSFL?

Does your employer participate in a United Way giving campaign? The United Way honors all donor designations to eligible 501(c)(3) organizations – including PPSFL.

Fill in all the essential information on the pledge form and specify that you would like your gift to be directed to Planned Parenthood of the Southern Finger Lakes. Check the box allowing the United Way to let us know that you have designated a gift to PPSFL so that we can acknowledge your gift.

We appreciate your support!

The 411 on HPV

HPV (Human Papillomavirus) is a very common infection spread by skin-to-skin contact. Only a few types of HPV can lead to cervical and other cancers, and treatment is available for the cell changes in the cervix caused by HPV. Protect yourself by learning more about HPV.

What is HPV and How Common Is It?

There are more than 100 types of Human Papillomavirus. Some types produce common warts on the hands or feet. About 40 types of HPV can infect the genital area — the vulva, vagina, cervix, rectum, anus, penis, or scrotum.

Most HPV infections have no harmful effect at all. Low-risk types of HPV may cause genital warts. High-risk types of HPV may cause cell changes that sometimes lead to cervical cancer and certain other genital and throat cancers.

Although most HPV infections go away within 8 to 13 months, some will not. HPV infections that do not go away can “hide” in the body for years and not be detected. That’s why it is impossible to know exactly when someone got infected, how long they’ve been infected, or who passed the infection to them.

If you have HPV, you should not be ashamed or afraid. Most people who have had sex have HPV at some point in their lives. And most infections go away on their own.

HPV is so common that about half of all men and more than 3 out of 4 women have HPV at some point in their lives. But most people who have HPV don’t know it.

Does HPV Cause Cancer?

Most HPV infections go away by themselves and don’t cause cancer, but abnormal cells can develop when high-risk types of HPV don’t go away. If these abnormal cells are not detected and treated, they can lead to cancer of the cervix (the most common), vagina, vulva, anus, penis, and throat.

It is not fully known why some people develop long-term HPV infection, cell changes, or cancer, but we do know that women who smoke or have diseases that make it difficult for them to fight infections are at higher risk of cervical cancer.

How can I know if I have high-risk HPV?

There aren’t any symptoms for high-risk types of HPV in women or men. Most people feel fine even when they have cell changes caused by HPV.

Pap tests are very important tests for finding abnormal cells on the cervix that are caused by HPV. Clinicians may recommend the HPV test for women with abnormal Pap results.

There is currently no HPV test for men. But men can be reassured by the fact that HPV almost always goes away without causing any problems.

How Can I Reduce the Risk of Contracting or Spreading HPV, and How Can HPV be Treated?

The HPV vaccine, offered at all of our health centers, can help protect women against the two types of HPV that cause 70 percent of all cases of cervical cancer.

Abstain from sex play that involves skin-to-skin contact.

If you choose to have vaginal or anal intercourse, use condoms every time, and use dental dams or plastic wrap during oral sex to reduce the risk of HPV.

There is currently no HPV treatment to cure HPV itself, but colposcopy, cryotherapy, and LEEP are used to treat abnormal cell changes in the cervix that are caused by HPV.

QUESTIONS?

- » Learn more at PPSFL.ORG.
- » E-mail education@ppsfl.org for general questions.
- » Call your nearest health center for an appointment.
- » Talk to our knowledgeable medical staff about any concerns you have about HPV or other sexually transmitted infections.

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NEED TO CONTACT US?

Health Centers

Corning	962-4686
Elmira	734-3313
Hornell	324-1124
Ithaca	273-1513
Watkins Glen	535-0030

Admin. & Development Offices

Ithaca	273-1526
Horseheads	796-0220

Sexuality Education & Outreach

Tompkins County	216-0021
Chemung County	734-3313
Steuben County	962-4686

Rape Crisis of the Southern Tier
888-810-0093

TRIBUTES

Mar. 24, 2011 - Jun. 29, 2011

IN HONOR OF

Elizabeth Brown

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Penny Chick

Catheryn Obern & Rich Robinson

Danietta & Jen

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Howard & Grace Evans

Carol and Michael Kammen

Jean Gortzig

Dave & Peggy Dunlop

Wendy Heine's 25th Anniversary at PPSFL

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Steve Ruoff - Happy Birthday!

Katie & Olan Foker

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Ivan & Krystal Jubilee, The Walton Family, Dawn C. White

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IN MEMORY OF

Natalie Fancher

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Harry & Beverly Jonas

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Lynn Bradley Leopold

Richard Mandl, Sr.

Rose C. Mandl

Walter Lynn

Anonymous

Jane Hestwood

Susan Robinson

The Rev. Katie Finney

Joy Weber

KUDOS, LIS MAURER!



We are delighted to announce that this year's top APPLE (Affiliate Planned Parenthood Leaders in Education) Award for outstanding contribution to the field of sex education went to Lis Maurer, program director for the Center for Lesbian, Gay, Bisexual, and Transgender Education, Outreach, and Services at Ithaca College and PPSFL contract trainer for over 15 years.

Maurer received the prestigious Mary Lee Tatum Award for exemplifying the qualities of an ideal sexuality educator at the Planned Parenthood National Conference in Washington, D.C. Her outstanding work on gender identity, sexual orientation, HIV/AIDS, and disability issues has made her a go-to source for questions on sexuality. Under her leadership, Ithaca College was named one of the 100 best campuses in the nation for LGBT students. Maurer — who previously worked at Planned Parenthood of Delaware — is the founding director of the center.

Check out the Center for Lesbian, Gay, Bisexual, and Transgender Education at Ithaca College by visiting www.ithaca.edu/lgbt.

Funding Awarded to Raise Awareness ABOUT HPV AND EC IN THE SOUTHERN FINGER LAKES

by Maureen Kelly

PPSFL is the proud recipient of special funds from the New York State Department of Health (NYSDOH) to enhance early detection of cervical cancers and reduce the incidence of unintended pregnancies. These one-time funds will support our efforts to offer the HPV vaccine and emergency contraception (EC) to our patients and launch a special marketing and awareness building campaign in our region.

Accidents happen — that's why we have EC (also known as the morning after pill). EC is safe and effective and can be used to prevent pregnancy up to five days (120 hours) after unprotected sex. It is most effective when taken immediately, so patients are encouraged to take home a pack of EC to have on hand, and refill prescriptions are written for patients under the age of 17 so they may easily obtain subsequent doses.

The funds from NYSDOH allow us to enhance our efforts to provide EC to clients with a negative pregnancy test and those who are not using long-acting methods of contraception. PPSFL currently offers EC to women at all visits and is available on a walk-in basis.

HPV stands for human papillomavirus. Some types of HPV are sexually transmitted; some types of HPV may cause genital warts; some types of HPV may cause cell changes that sometimes lead to cervical cancer. The HPV vaccine protects against the types of HPV that cause most cases of cervical cancer and genital warts.

PPSFL offers the HPV vaccine at all of our health centers. We discuss HPV and the vaccine with women during their visits and have informative materials in our health centers to answer patients' questions.

Our special marketing and community awareness campaign about EC and the HPV vaccine includes:

- * placing 4 mall kiosks ads at the Ithaca Mall, on display for over 6 months
- * placing 6 billboards for 6 months in 6 locations throughout our region

- * increased print advertising and visibly in the Evening Tribune in Hornell, the Corning Leader, the Elmira Star Gazette, and the Ithaca Times
- * creating informational materials, posters, and postcards
- * distributing pens and sticky notes with EC and HPV messaging for all health centers, offices, and tabling events

PPSFL's commitment to the early detection of cervical cancers and reducing the incidence of unintended pregnancies is evident in our work every day and the number of people who depend on Planned Parenthood for essential health care. We are very grateful to the NYSDOH for their support to help our community stay healthy.

PPSFL is also grateful to receive the following grants:

- » \$2,000 grant from the Children and Youth Fund of the Community Foundation of Tompkins County to support our LGBT Youth Group
- » \$1,250 grant from the Social Service League of Ithaca to subsidize colposcopy services for un- and under-insured women in need of colposcopies in Tompkins County
- » \$250 grant from the Patricia Murphy Young Memorial Fund of the Community Foundation of Elmira-Corning and the Finger Lakes for the purchase of a CPR teaching model for conducting mandatory CPR trainings.

Thank you for your support!

SAVE THE DATE: ANNUAL CELEBRATION 2011

- » Where: Hangar Theatre, Ithaca
- » When: 6:00 p.m., Tuesday, September 27, 2011
- » RSVP: Contact Georgia Rennie at 607-796-0220, ext. 309 or georgia.rennie@ppsfl.org

Please join us for an evening of wine, hors d'oeuvres, mingling, and a celebration of our outstanding staff, volunteers, and supporters.

We are thrilled to have Leslie Kantor, National Director of Education Initiatives for Planned Parenthood Federation of America (PPFA) as our featured speaker.

LOBBYING 101

by Casey Martinson

In the minds of many people, a “lobbyist” is a smooth-talking corporate mercenary who makes back room deals with politicians that aren’t always on the up and up. In truth, a lobbyist is any individual who seeks to influence elected officials around a specific issue, including advocates like you! And, with so much at stake for reproductive health and rights, this work has never been more important. If being a citizen lobbyist is new to you, here are some tips to get you started.

- * Write them a letter about why you support the mission of Planned Parenthood. If legislators are working on specific issue that impacts our mission, let them know where you stand, and ask for their support. Most important of all, always be courteous and concise!
- * Call them, especially if there is an important bill or issue that requires urgent action. When you call, let the staff person answering the phone know that you are a constituent. Tell them briefly why you support or oppose the bill, and ask them what your representative’s current position is. They may not be able to give you an answer, but it’s always worth asking. Staff who answer the phones keep track of how many calls come in on both sides of an issue, so every call counts!
- * Come with us to pay them a visit! Nothing beats an in-person visit to show representatives how strongly you feel. In fact, the word “lobbyist” originally referred to the act of gathering outside the chambers of legislative offices and assemblies (i.e. in the lobby) to advocate certain policies.

This is “lobbying” in the original sense of the word! Our next group trip to the state capitol in Albany is January 9. Save the date now, and e-mail action@ppsfl.org to let us know you’re interested!

Need more info to get going?

- * Need contact information for your representatives? Go to the “Get Involved” section of our website, and click “Contact Your Elected Officials.”
- * To learn about current legislation in New York, visit www.familyplanningadvocates.org.
- * To learn more about federal issues, go to www.plannedparenthoodaction.org

Go to PPSFL.ORG and check out the Get Involved section for more information, or call Public Affairs at 607.273.1526 extension 157.

Want to do even more?

Join PPSFL for the next scheduled Lobby Day in Albany on January 9, 2012!

Interning at Planned Parenthood

CONTRIBUTING TO A WORTHY CAUSE

by Johanna Zussman-Dobbins

As a Public Affairs intern with Planned Parenthood of the Southern Finger Lakes, I am very proud of our work supporting reproductive rights and equality. My volunteer work has allowed me to learn more about the complex legal issues surrounding reproductive rights, public health policy, and sex education in the United States. Especially at a time when opponents of Planned Parenthood are uniting to restrict access to family planning health care, to honest and accurate sex education, and to safe, legal abortion, we need to make our voices heard.

Planned Parenthood's commitment to equality is a core value that I intrinsically support. I've seen how the organization's staff and volunteers work every day because they believe in that core value. Like me, they care deeply about providing equal access to sexual health care and education for all people, regardless of who they are, who they love, or how much money they make. At Planned Parenthood, we understand that knowledge really is power. We understand that teaching people about safe sex can empower them to lead healthier and happier lives. If improving the well being of those around you isn't a worthy cause, then I don't know what is.



REMEMBERING ROBERT KURLANDER

by Susan Reisbord



Bob Kurlander with his grandson Noah

Robert Kurlander, my husband of 30 years, passed away on November 11, 2010. Bob was a long-time supporter of Planned Parenthood. He first volunteered as a committee member, later joining the Board of Directors at Planned Parenthood of Tompkins County, and over time holding every office from treasurer to president. Bob's work on the board was very important to him. During his tenure, the agency faced significant challenges. Bob especially enjoyed his many interactions with fellow volunteers, directors, and staff. His involvement came to an end when we moved to Philadelphia in 2003, the year he was diagnosed with Parkinson's.

I want to thank those who wrote to me to share memories of Bob and/or made contributions to Planned Parenthood of the Southern Finger Lakes in his honor. At a memorial gathering on March 5th (Bob's birthday), we celebrated his life, including his commitment to Planned Parenthood, as we remembered happier days before his illness became disabling.

WHY I SUPPORT PLANNED PARENTHOOD

by Rose Bethe

I support PPSFL because of their excellent educational and clinical services. When I was a young woman, Planned Parenthood came on the scene as the only place where a girl could get accurate information about family planning without judgment. I have remained grateful for this all my life, and I consider Planned Parenthood – with its lack of affiliation to any particular political party or religion – to be a vital piece of a well-run community, in much the same way that youth services and offices for the aging are.

Now, I can show my gratitude through a charitable gift annuity. In doing so, Planned Parenthood receives a gift now instead of later, and at the same time, I receive guaranteed income for the rest of my life.

Arranging the charitable gift annuity was very simple: After calling PPSFL to start the process, I was contacted by Planned Parenthood Federation of America, where charitable gift annuities for PPSFL are administered, and I was guided through the process of making my gift. Now, the annuity payment appears quarterly on my bank statement.

Learn more about annual charitable gifts and other planned giving options in our online Planned Giving Guide by visiting PPSFL.ORG. Request a hard copy of the guide by calling 607.796.0220, ext. 309.



Dr. Hans and Rose Bethe



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