



FALL
2012

GET connected

IMPORTANT DATES & EVENTS

October 15, 2012
National Latino AIDS Awareness Day

October 19, 2012
National Mammogram Day

November 6, 2012
Election Day

December 1, 2012
World AIDS Day

For more information about upcoming events, please visit www.ppmhv.org/events

Education and Prevention Now

October is **Breast Cancer Awareness Month** and pink ribbons are everywhere. It reminds us of loved ones who battle the disease and so many who lose their lives every year. At Planned Parenthood Mid-Hudson Valley we are striving to reach more women with more services—focusing in particular on screening and diagnostic services for younger women. Ninety-four percent of Planned Parenthood patients are under the age of 40—so Planned Parenthood doctors and nurses are at the forefront when it comes to reaching younger women with health care services.



STAYING HEALTHY

- A clinical breast exam is an important part of breast cancer screening. Planned Parenthood recommends a clinical breast exam as part of a well-woman exam every 1-3 years for women ages 20 to 39 and every year for women 40 and over.

- Women should be familiar with their breasts and talk to a health care provider as soon as possible if they notice any changes.

- Planned Parenthood recommends that most women get yearly mammograms starting at age 40.

While there is no proven research to completely understand how to prevent breast cancer, there are things women can do to lower their risk including: • Staying at a healthy weight • Getting regular exercise • Limiting alcohol • Not smoking • Breastfeeding if possible

In Tribute to Lucy Cohan



Lucy Cohan, our first Executive Director and the orchestrator of our Sullivan County merger in 1978, passed away unexpectedly in September at the age of 82. Lucy's lifelong commitment and dedication to accessible and affordable health care for all was unwavering. Lucy not only wrote the very first Title X grant for Planned Parenthood Mid-Hudson Valley, but she also laid the groundwork that enabled us to accept Medicaid patients—breaking serious barriers to women's reproductive health care access and allowing so many in our communities to get the care they so desperately need and deserve.

Lucy's strongest gift was her strength as a forward thinking visionary—she transformed us from a neighborhood volunteer organization located in an inner city basement to an organization with professional staff and offices, setting the stage for us to become the agency we are today.

We sincerely honor her compassion and commitment to women and our community. Lucy will forever inspire us to fight for what is right, no matter what.

A Month of Celebrations

LGBTQ History The month of October marks the beginning of LGBTQ History Month, a nationally coordinated effort to highlight exceptional role models from the LGBTQ community and recognize the important moments in the history of lesbian, gay, bisexual and transgendered people. This month is established to remind both the LGBTQ and broader communities of the important roles LGBTQ people have played in creating the social, legal and political worlds we live in today. This month includes: National Coming Out Day on Oct. 11; Spirit Day on Oct. 20, where people around the country wear purple in support of LGBTQ youth; and Ally Week, a week against LGBTQ bullying.

Let's Talk Month October is National Let's Talk Month! Planned Parenthood Mid-Hudson Valley is raising awareness about the need for parents to communicate about sexual health and puberty issues and to open the discussion with their children about sex. Planned Parenthood believes that parents are the primary educators of youth today, but many parents are unsure of how to start these important conversations about sexual health or may feel uncomfortable answering the questions their children ask. We can help. Here at Planned Parenthood Mid-Hudson Valley, we offer a wide variety of programming that teaches parents and their children how to start the sexual health conversation and how to continue that conversation throughout the years. Sexuality education is a proven way we can help prevent teen pregnancy, reduce our children's chances of getting sexually transmitted infections, and help ensure that they lead healthy and rewarding lives. So let's get talking!

Hispanic Heritage Month September 15th, the anniversary of independence for five Latin American countries (Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua), is also the start of National Hispanic Heritage Month. In addition, this month also includes Mexico's independence day on September 16th, Chile's on September 18th as well as, Día de la Raza (Columbus Day) on October 8th. The term Hispanic or Latino, as defined by the U.S. Census Bureau, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. The Hispanic population is steadily growing and according to the latest census, and accounts for an impressive 50.5 million people (16%) of the population! Each year since 1968, Americans acknowledge this month, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

Domestic Violence Awareness Month October is Domestic Violence Awareness Month. Originally stemming from the first Day of Unity observed in 1981, Domestic Violence Awareness Month has grown into a full-fledged month of education, advocacy and remembrance. Each year battered women's advocates across the nation who work to end violence against women and their children unite to mourn those who have died because of domestic violence, celebrate those who have survived and to acknowledge the strength of battered women and their children across the nation.

MONTHLY SUSTAINER PROGRAM

When you give a recurring gift and join our monthly sustainer program, you'll join a community of supporters working to protect choice and provide essential reproductive health care for our neighbors and loved ones. Your steady, reliable support will allow us to maximize our impact in the mid-Hudson Valley!

WORK PLACE GIVING

is an easy and efficient way to make tax-deductible donations to Planned Parenthood Mid-Hudson Valley through payroll contributions. Together with your employer, you can work to benefit your community!

the PPMHV development team



From left: Jennifer Nolan, Assistant, Jade Brooks, Donor Relations Manager, Rebecca Aviles, Development & Marketing Associate and Jessica Lewis, Director of Development & Marketing.

Have questions about your annual giving? Want to attend an event or host a house party? Want to support Planned Parenthood or get more involved? Contact the Development Team! We're here to answer all of your questions and would love to get to know you better.

Give us a call at (845) 838-1200, option 2 or email us at development@ppmhv.org

Connect With Us in the Community!

Sept 30 Party in the Park, Beacon Healthy Teens Taskforce
Oct. 3 HIV Testing, DCCC Poughkeepsie NY
Oct. 6 O+ Festival Testing, LGBTQ Center Kingston NY
Oct. 10 8th Annual Student Health Fair, UCCC Stone Ridge NY
Oct. 10 LGBTQ Circles Support Group*
Oct. 17 HIV Testing, SCCC Loch Sheldrake NY

Oct. 25 Wellness Fair HIV Testing, SUNY Orange Newburgh NY
Oct. 31 HIV Testing, SUNY Orange Middletown NY
Nov 14 LGBTQ Circles Support Group*
Nov 19 Feria de Recursos para Latinos, Poughkeepsie NY
Dec 1 HIV Testing, LGBTQ Center, Kingston NY

* Email jessie.moore@ppmhv.org or call (845) 838-1200 ext. 102 for details

CONNECT WITH US!

 Like us on Facebook
Follow us on  **twitter** (Action Fund)
Visit us at www.ppmhv.org or www.ppmhvaf.net (Action Fund)

 **Planned Parenthood**[®]
Mid-Hudson Valley

178 Church Street
Poughkeepsie, NY 12601
(845) 471-1530