

Aloha from the Desk of Andrea Anderson

Wow! Can you believe it's almost the holiday season! The months have just flown by during my first year, with all kinds of exciting

things happening at our affiliate, in our state, and across our wonderful country.

Our team at Planned Parenthood Federation of America has been conducting a cutting-edge strategic planning process by soliciting and compiling feedback from all affiliate staff and volunteers and is poised to launch the new focus for our movement! Stay tuned for the big news!

PPHI is also launching a few of our own strategic moves this year!

The first big news is that 2011 is our 45th year of providing reproductive and health care services, education, and advocacy for the people of Hawaii. How amazing that we've been able to do this work for 45 years! A big Mahalo to all the volunteers, donors, and staff who have made it possible to keep our doors open for so many decades and serve the state of Hawaii so well — we couldn't do it without you!

Several other big opportunities are coming our way — we've been invited to return to the island of Kauai to provide sexual and reproductive health care services, including education! We were asked by a group of social service providers on Kauai, including the YWCA of Kauai, Kauai Hospice, Hawaii State STD/HIV offices, and Malama Pono Health Services of Kauai, to join a unique wrap-around service team for the people of Kauai. This enclave would address all the physical, emotional, and educational sexual health care needs for individuals living on the island of Kauai. PPHI is looking for donor and volunteer support on Kauai to ensure a smooth

and successful return with a plan to begin offering services again in early 2011.

We are also preparing for the shift to Electronic Medical Records, which will be required for our next round of Accreditation, as well as meeting all requirements for Health Care Reform.

As you'll read elsewhere in this newsletter, we are also working hard to prepare for our next big Gala on January 22 at the Royal Hawaiian Hotel in Honolulu, with a very special guest — President of Planned Parenthood Federation of America, Cecile Richards! We are excited that Cecile will be able to join us on the anniversary of *Roe v. Wade* and help us kick off our 45th Anniversary! I have had the pleasure of hearing Cecile speak, and she is dynamic, energizing, and amazing. You won't want to miss this evening!

I am also extremely proud of my entire team — we are in such a place of transition right now — new CEO, new initiatives, new HIV and Transgender protocols in our health centers, new federal grant \$\$ in our Education & Training department, and staffing changes all over the place. They are meeting all challenges with the grace and Aloha spirit I have come to know is really a part of life here in Hawaii.

Thank you for making my first nine months so wonderful and welcoming. Here's to a peaceful and wonderful holiday season!

Don't forget, you can always give the gift that will keep on giving by remembering us in your will or by making a donation in someone's name for the holidays!

Be Well —



President of PPFA, Cecile Richards

SAVE THE DATE
with Cecile:
Champions of Choice — 45 Years Serving Hawaii

Join us on January 22, 2011, 5:30 p.m., at the Royal Hawaiian Hotel, Waikiki.

Our annual Gala commemorates Hawaii's strong tradition of Choice, on the anniversary of *Roe v. Wade*. This January, we gather to honor the American Civil Liberties Union of Hawaii and present them with the Planned Parenthood of Hawaii *Bette Takahashi Service Award*, our highest recognition for an individual or organization in the community who has gone above and beyond in the fight to keep our reproductive freedoms!

We are delighted to announce our special guest of honor and Champion of Choice, **Cecile Richards, President of Planned Parenthood Federation of America.**

Cecile will be joining our 2011 Gala to celebrate the 45th birthday of PPHI, serving the Hawaiian Islands community since 1966.

Go to <https://secure.ga0.org/02/gala2011> to buy your tickets, sponsor a table, and reserve your seats! Or call 808-589-1156 ext. 200 to RSVP.

Looking Forward to Next Session

Our Public Affairs & Government Relations department is gearing up for the 2011 Legislative Session. We will continue to:

- ✿ Push for Emergency Contraception for sexual assault survivors in Hawaii's emergency rooms.
- ✿ Look for new ways to improve sexual health education for our youth.
- ✿ Advocate for the reproductive and sexual health of incarcerated individuals.
- ✿ Protect reproductive rights in Hawaii.

Keep an eye out in your email, on our webpage, and on the PPHI Facebook page for ways that you can help in 2011!

Third Annual Maui Choice Holiday Home Tour Sunday, December 5, 2010

Planned Parenthood of Hawaii announces another fabulous opportunity to tour unique private homes in South Maui, on Sunday, December 5, from 10:00 a.m. to 4:00 p.m. The tour will feature a silent auction of lovely prizes and drawings for floral arrangements and other special goodies. Tickets for the Maui Choice *Holiday Home Tour* are \$30 each or 4 for \$100, purchased in advance, and \$35 each or 4 for \$120 on the day of the tour.

To order your tickets online, go to <https://secure.ga0.org/02/mhht10>. Please call **Susan Anderson at 808-669-5401** for more information.

Education Update! We Are Family! Celebrate Let's Talk Month with PPHI!

October was National Let's Talk Month, dedicated to encouraging communication about sexual health within families. PPHI believes that parents are the primary educators of their children and encourages families to have open, honest talks about sex and sexuality, reproduction, and healthy choices.

The PPHI Education & Training team has created a 1½ hour workshop (I'm Askable) and full-day training (Helping Our Parents Educate — HOPE) designed to assist parents by giving them tools and strategies to communicate with youth about reproductive and sexual health topics. Each workshop/training gives participants a chance to practice answering common questions that youth have about sexual health. The HOPE training debuted this past June on Oahu and has been offered by PPHI staff in the Commonwealth of the Northern Mariana Islands (Saipan, Tinian,

and Rota), Kona, Hilo, Lihue, and again on Oahu. The HOPE training also provides information on talking to youth about using new technology/media safely and why that is important to their health and future.

Need a good resource right away? Check out www.noplacelikehome.org. You can download this award-winning book by Planned Parenthood of Southwestern Oregon for free. This invaluable resource contains age-appropriate sexual health information, tips, tools, and strategies along with resources to help families keep the discussion going.

While October was National Let's Talk Month, our staff is available year round for parents, grandparents, and anyone who talks or works with youth. For more information on workshops or trainings, please email sblackiston@pphi.org or call 808-589-1156 ext. 243.



Marion Sangiuliano, originally from Germany, joined PPHI in August as Clinic & Operations Specialist. Having worked for a nonprofit organization for the past 10 years in North Carolina, she is very familiar with the Planned Parenthood mission. Marion moved to Hawaii one year ago with her husband. They have three children, 25, 23, and 18 years old, and a dog named Presley. Marion enjoys working out, traveling, and Waikiki.

Grants Received for Education!

Earlier this year, the newly formed Federal Office of Adolescent Health (OAH) released funding to use toward evidence-based programs to prevent teen pregnancy. An evidence-based program is one that is medically accurate, age-appropriate, and proven to change behavior. The PPHI Education & Training team has been using the evidence-based program Making Proud Choices (MPC) since 2007.

On September 30, 2010, the OAH announced that Hawaii Youth Services Network (HYSN) and the University of Hawaii Center on Disability Studies (UHCDS) were both awarded federal grants for five years totaling just shy of \$10 million. PPHI is proud to be a strong partner with both of these entities and will be receiving monies

to implement evidence-based programs, provide training and technical assistance to partner agencies, and create an evidence-based teen pregnancy prevention curriculum based on Native Hawaiian values.

The PPHI Education & Training department has also received a one-year contract from the Hawaii Department of Human Services to provide services to prevent teen pregnancy and strengthen families by conducting parent workshops and providing sexual health lessons to schools and agencies throughout the Honolulu District.

Congrats to PPHI and Mahalo to the Education & Training team for continuing to increase the presence and reputation of PPHI statewide.



We are pleased to announce our new Health Educator on Oahu, **Raquel Glassman**. Raquel comes to us with a strong background in women's wellness and mental health. Raquel is also the founder of Red Tent Hawaii, a grassroots organization created to empower women through education and activities that facilitate community building and personal growth, cultivate positive attitudes about our menstrual and life cycles, and honor our diverse and unique journeys of womanhood.

Patient Praise for PPHI

From initial phone receptionist to intake person Roselle to medical services and care by Miki - I applaud caring, informative, and excellent experience provided by Planned Parenthood.

Planned Parenthood of Hawaii makes patient suggestion forms available in all of our health centers.

Mahalo Life Foundation

Mahalo to Kunane Dreier and the Life Foundation for training our PPHI clinic staff on HIV Prevention Counseling and Testing. Kunane and his staff put together an excellent training and brought in community resources. He did a fine job of making our staff feel better prepared to help our patients understand and reduce their risk of HIV/AIDS and provide them with valuable resources should they test positive for the HIV virus.

Cultural Competency Vision Statement for Planned Parenthood of Hawaii

Planned Parenthood of Hawaii treats everyone with Aloha. We welcome everyone and believe in honoring Hawaii's rich diversity by continually improving our knowledge of and appreciation for all people.

Patient Comments

The following are comments left in our suggestion boxes from PPHI patients:

"Thank you for excellent service from all the women at Planned Parenthood. Greatly appreciated!"

"Sarah, the medical assistant, is very friendly, knowledgeable, and was very easy to talk to."

"From the initial phone receptionist to intake person, Rozelle, to medical services and care by Miki — I applaud the caring, informative, and excellent experience provided by Planned Parenthood."

"I had a procedure done at your facility. Rachel, Shirley, Shanntel, Ui, and Dr. Rahall are the staff I worked with, and they are wonderful employees of your clinic. I would greatly recommend this facility because of them. They were all extremely friendly, kind, and I never felt uncomfortable at any time. Thank you."

"Thank you so much for being here for me! Your doctors and nurses are extremely helping, caring, asking if I have questions/concerns. I didn't even realize I had questions until they asked. It really shows that they care, and I appreciate it very much. Keep up the good work!"

Team PPHI at the Susan G. Komen Race for the Cure

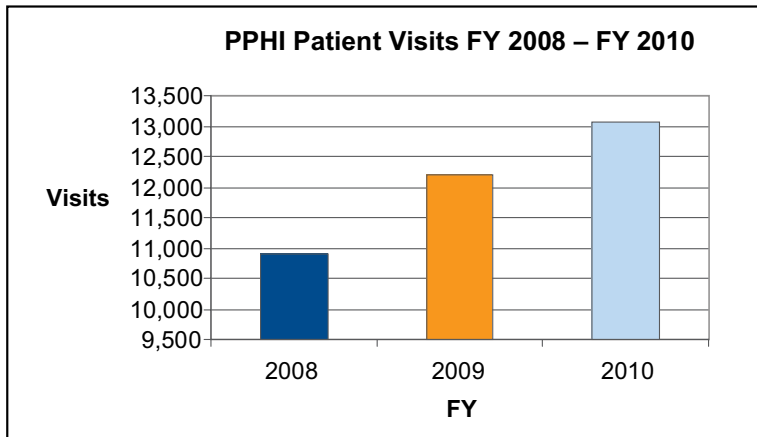
Walkers and runners from PPHI joined in this year's Susan G. Komen Race for the Cure. We ran and walked the 5K race to raise awareness of breast cancer. This will be the 16th year of Honolulu's Race for the Cure. During October, we honored National Breast Cancer Awareness Month and reminded everyone about the importance of regular self-examinations and regular checkups with their health care provider!



From left: PPHI staff Jaimie Hernandez, Raquel Glassman, Marion Sanguiliano, and Katie Reardon at the Susan G. Komen Race for the Cure

Patient Visits

Planned Parenthood of Hawaii has continued to see more patients each year. In FY 2010, we had 13,067 patient visits compared to 12,194 in FY 2009. We continue to look for ways to serve patients and opportunities to grow.



World AIDS Day — Curb Its Spread and Become More Aware

World AIDS Day, observed every year to raise awareness about the continuing AIDS pandemic, is December 1.

The first observance of World AIDS Day was December 1, 1988. It is now the longest-running disease awareness and prevention initiative of its kind in the history of public health, and is dedicated to raising awareness and preventing

the spread of this heinous disease.

PPHI will be celebrating safer sex and healthy choices by offering free Rapid HIV Testing to uninsured patients at all three of our health centers for one day each during the month of December. See below for details! You must call in advance and pay for the \$25 office visit, but the testing itself will be free.

Rapid HIV Testing at PPHI

Planned Parenthood of Hawaii offers Rapid HIV testing at all of our health centers! Rapid HIV testing is done on-site and results are ready in 20 minutes. It's fast, it's easy, and it's low cost (only \$20 plus office visit fee).

This year, Planned Parenthood of Hawaii will be supporting World AIDS Day by providing free Rapid HIV Testing to uninsured patients in all of our health centers. Patients will need to call and make an appointment. Patients will also need to pay the office visit fee, which is \$25, but the HIV test itself will be free.

The free testing will be on the following dates:

Honolulu Health Center (808-589-1149) — Thursday, December 2

Kailua Kona Health Center (808-329-8211) — Friday, December 3

Maui Health Center (808-871-1176) — Wednesday, December 8

Please note: Patients will need to call and make an appointment. Patients will still need to pay for an office visit to get the free testing.

CEO Conference

Andrea with her Planned Parenthood mentor, Dayle Steinberg, President and CEO of PP Southeastern Pennsylvania, at the CEO conference in San Francisco

CEO Andrea Anderson, second from the left, at the Planned Parenthood Federation of America CEO conference in San Francisco



 Planned Parenthood
of Hawaii



Published twice a year by
Planned Parenthood of Hawaii
1350 S. King Street, Suite 309
Honolulu, HI 96814
Phone 808-589-1156 ext. 242
www.pphi.org



Are You a PPYL Person?

We are excited to announce the formation of Planned Parenthood Young Leaders — PPYL: Sex & Sense. This group of volunteers will be working over the next year to increase awareness of reproductive rights and sexual health in the community. They'll be holding social events and discussion groups with like-minded young professionals.

PPYL is planning three events in 2011 with the theme *The Art of...* Their first event, *The Art of Seduction*, will be held on February 11, 2011, at thirtyninehotel in Honolulu. Between the ages of 20 and 40 and want to get involved? Email contactppylhawaii@gmail.com for more information.

Transgender Services

In October, Planned Parenthood of Hawaii received approval from Planned Parenthood Federation of America to provide Transgender Services. For those of you who may be wondering what this is, let us share with you some definitions:

Transgender is a term used to describe human beings whose gender identities (how they feel themselves to be) do not match the biological sex assigned at birth and who desire and/or seek medical treatment to bring their bodies into alignment with their gender identities.

Hormone therapy is the use of sex hormones to induce characteristics of the self-identified gender.

We will begin providing these services in 2011. We look forward to expanding our services and being fully welcoming and affirming to all those we serve.

PPHI at the Honolulu Pride Parade



From left: Sheila O'Keefe, Katy Koch, and Jeanne Ohta at the Honolulu Pride Parade

On June 5, 2010, PPHI joined our friends and community partners at the Honolulu LGBT Pride Parade. This year's theme was "Ha`aheo – Justice Means Equality." Our group had a great time walking the parade route through Waikiki and celebrating equality in Hawaii!

Repeal the Ban, Protect Our Servicewomen

In partnership with the ACLU of Hawaii and the Hawaii Women's Coalition, PPHI has been working to end the ban on abortion services in military facilities in the U.S. and abroad. The ban currently denies U.S. servicewomen their reproductive rights and jeopardizes their health — forcing some to seek abortion care that is often unsafe and illegal. We've had promising meetings with members of our congressional delegation and are hopeful the ban will be repealed by the end of 2010.

We Need Volunteers

We hold several events throughout the year as well as participate in many community health fairs. We need your time and talents to make our events successful.

We also need assistance with projects throughout the year, such as bulk mailings.

If you are interested in volunteering, or if you'd like more information about a committee or a volunteer position, please contact the Development Office at 808-589-1156 ext. 242 or email donations@pphi.org.

Thank You for Voting!

Image courtesy of Planned Parenthood Advocates of Wisconsin

Throughout the 2010 election season, we did our civic duty by registering individuals to vote in our Honolulu Health Center waiting room and reminding everyone to get to the polls. According to the Office of State Elections, many of you did your part too. Voter turnout was 55.7%. Though we'd love to see 100% turnout, more of you showed up at the polls this year than in previous mid-term and gubernatorial elections.

Starting in 2011, we'll be seeing many new faces around our State Capitol and in Washington D.C. Hawaii's Governor-elect Neil Abercrombie had an impressive record of voting for reproductive rights as a U.S. Representative. We'll be sending former Senate President Colleen Hanabusa to Washington to join U.S. Representative Mazie Hirono and Senators Dan Inouye and Daniel Akaka. We're happy to see that every member of Hawaii's Congressional Delegation has a strong history of voting to support choice. We look forward to a busy and productive year!



Planned Parenthood of Hawaii Action Network

The recently revitalized Planned Parenthood of Hawaii Action Network (PPHIAN) was represented at the Windward Hoolaulea on October 2, 2010. We handed out a LOT of Proper Attire condoms, pens, brochures, and the PPHIAN endorsement list for the general elections. The Hoolaulea is a huge community event held at Windward Community College to encourage people to come to the campus for a day of entertainment, food, crafts, silent auction, and information on student clubs and community nonprofits.

The Planned Parenthood of Hawaii Action Network is a (c)(4) social welfare organization that is separate from, but related to, Planned Parenthood of Hawaii, which is a (c)(3) nonprofit. PPHIAN is permitted to engage in political

activities as part of its larger mission of encouraging advocacy and activism on reproductive rights issues such as birth control coverage under the new health care reform plan. The PPHIAN board is comprised of a combination of (c)(3) board members and community members. In 2011, we expect to grow and host a number of activities so we are looking for volunteers for help in both big and small ways. If you are interested, please contact me at 808-945-0135, pphian@hawaii.rr.com, or PO Box 235814, Honolulu, HI 96823-3513.

Melinda Wood
PPHI Action Network



Choice Art 3

The Pegge Hopper Gallery invites you to support Planned Parenthood of Hawaii by attending the annual *Choice Art* show November 10 through December 4, 2010. *Choice Art 3* features Firewater, works by contemporary artists Scott Fitzel and Kc Grennen. Partial proceeds will support the programs and services of Planned Parenthood. Opening Reception is Wednesday, November 10, from 5:30 to 7:30 p.m.



Gallery hours: Tuesday – Friday, 11:00 – 4:00; Saturday, 11:00 – 3:00
Gallery address: 1164 Nuuanu Avenue in Chinatown
Go to www.peggehopper.com/choiceart3 for more information.

◀Photo by Scott Fitzel, one of the artists featured in Choice Art 3.



FIREWATER

Scott F. Fitzel & Kc Grennen
The Pegge Hopper Gallery
Nov. 10th - Dec. 4th, 2010



Donor Holiday Reception

The Pegge Hopper Gallery will host the annual Planned Parenthood of Hawaii Donor Holiday Reception on Wednesday, December 1, from 5:30 to 7:30 p.m. at the Gallery. Call Sheila O'Keefe for more information or to confirm your attendance: 808-589-1156 ext. 225.

Want LESS Mail?

Planned Parenthood of Hawaii offers you a choice! (We love Choice, don't you?)

You can choose to receive our newsletter electronically via email instead of, or in addition to, regular mail delivery.

If you choose to receive newsletters and other solicitations via email, we promise not to inundate your in-box!

Occasionally, we may send messages regarding events or special appeals. Remember, you can opt out of emails if you choose.

Please use the enclosed remittance envelope

or send an email to donations@pphi.org to inform us of your mail/email preferences. Please provide the specific email address you wish Planned Parenthood of Hawaii to use, update your postal mailing address info, and give us any other relevant info, such as alternate addresses and dates, so we can accommodate your requests. Thank you.

There Is a Difference

Sometimes there is confusion regarding mail from the Planned Parenthood Federation

of America (PPFA) and Planned Parenthood of Hawaii (PPHI). PPFA mails to donors and advocates several times during the year. We have little control over the PPFA mailings, but we will help you have your name removed from their list if you request it.

Please note that 100 percent of all donations made to PPHI stays in state and helps support all clinic, advocacy, and education services in Hawaii.

Wish List

If you have any of the following items to donate or know of anyone who does, please contact the Development Office at 808-589-1156 ext. 200, or email donations@pphi.org:

Administrative

1. Conference table
2. Chairs
3. Desks

Education

1. Lamination machine to ensure longer life of our education and training materials
2. Buzzersystemtohelpwithteamactivities that we do with youth in the schools and community-based settings (www.trainerswarehouse.com/quotMe-Firstquot-Wireless-Buzzers-12-user-set/productinfo/GAMFAD/) — would love 3 to 5 sets so each educator could use one

3. Rolling file carts for educators to transport their equipment to and from classrooms (2)
4. Sets of Tweakers – (Mini-Speakers) to use during educational and training sessions (5)
5. Netbooks for education staff to use out in the community

Honolulu Health Center

1. Flat-screen monitor for the phone room
2. DVD player for waiting room
3. G- or PG-rated DVDs

Options for Giving to Planned Parenthood of Hawaii at Year End and Year Round

You can make a difference in someone's life today.

Your generous donation to Planned Parenthood of Hawaii will help hundreds of young women and teens now and in the coming months.

Your gift to Planned Parenthood helps keep our prices affordable and supports women and teens in preventing unintended pregnancy and sexually transmitted infections. Your contributions support our educational programs that reach and teach young people how to remain healthy and pregnancy free. All our advocacy efforts, working at the legislature and with various agencies, are also supported through

your generosity.

Year-end giving is vital. Please, make your contribution today. It will help so many! Mahalo.

🌸 **Remember PPHI in your estate plan.** One of the simplest and most significant things you can do to ensure the future of Planned Parenthood is to include us in your will or through other estate-planning measures.

🌸 **Give online at www.pphi.org anytime day or night.** Click the word DONATE on the top right. Select Local and use your Hawaii zip code.

🌸 **Gifts of stock or other securities.** Making a donation of stocks, bonds, or mutual funds offers unique advantages. The total value of the stock upon transfer

is tax deductible and there are generally no capital gains taxes on any appreciation. For more information on any of the above options, or to make a donation, contact the PPHI Development Office at 800-589-1156 ext. 225 or 242, or email donations@pphi.org. You can also make a donation using your Visa or MasterCard. Use the enclosed envelope anytime.

Planned Parenthood of Hawaii is a tax-exempt, nonprofit 501(c)(3) organization. Our Tax I.D. number is 99-6012377. This information is for general purposes only and is not intended as legal or financial advice. PPHI recommends that individuals considering a planned gift consult with their own legal or financial advisors.



To contact the Development Office, call 808-589-1156 ext. 242, or email donations@pphi.org.

To be more green and save some trees, send me an electronic version of the newsletter ONLY. My email address: _____

Are You a Fan?

Don't forget to follow
Planned Parenthood of Hawaii
on Facebook and Twitter!



www.facebook.com/plannedparenthoodhawaii



www.twitter.com/PPHI

New to social media? Need help figuring it out? Contact the Development Office at 808-589-1156 ext. 242 or donations@pphi.org.

RSVP Line

Call 808-589-1156 ext. 200, or email RSVP@pphi.org, to RSVP to any of our events. Please leave your name, contact number, the names of any guests, and any special meal or accommodation requests.

Our Partners at the East-West Center Toured Our Honolulu Health Center in July



41st Summer Seminar Workshop on Communicating with Policymakers about Population and Health
1st row (sitting left to right): Li Yuyan, Reynalda Perez, Virginia Benosa-Llorin, Raquel Coutinho
2nd row (left to right): Sudeshna Ghosh, Tetiana Rastrigina, Phyllis Piotrow, Sidney Westley
3rd row (left to right): Lolito Tacardon, Pramod Raj Regmi, Mansoor Qaisar, Pham Hoai Thanh, Abdul Shukur Abdullash

2 August 2010

Dear Jo and Katie and other friends at Planned Parenthood,
I just wanted to say - yet again - how much our workshop participants enjoyed their visit to your clinic. You are so good to invite us all and share your good work. Every year, our visit with you is one of the highlights of our workshop.

Thank you so much,
Sidney Westley