

# your gift at work in our community

APRIL 2006

Planned Parenthood of the Mid-Hudson Valley

thank you

Your support gives thousands of area residents a chance for a better life. We put your gift to work by providing our clients with responsive and excellent health care, up-to-date information and a safe and respectful place to ask their questions.

Last year, you and nearly 2,000 other donors contributed over \$900,000 that helped us fill the gap between what our clients can afford and what it costs us to provide services and education.

- ◆ 31,500 clients received quality reproductive health care.
- ◆ 11,600 teens, parents and professionals participated in our education programs.
- ◆ 9,600 people were reached by our peer educators and counselors with important information about contraception, HIV/AIDS and sexual assault.

## Dear supporter and friend,

This is my first opportunity, as Planned Parenthood of the Mid-Hudson Valley's new President and CEO, to report to you on the progress we're making to provide caring and expert reproductive health care to area residents. Your support for our health services, education and advocacy has made it possible for us to serve more than 50,000 of your neighbors in the last year, and we've got big plans for the future.

### GETTING UP TO SPEED: MY ROAD TRIP

I have spent the last few weeks traveling through Dutchess, Orange, Sullivan and Ulster, meeting our clients and staff and listening to local supporters



CEO Clare Coleman (center) with V.P. of Patient Services Kyra Carr and Kim Camacho, Front Office Supervisor for our Poughkeepsie health center.

like you. With our Vice-President of Patient Services, Kyra Carr, at the wheel, I traveled hundreds of miles through the four counties in ten days, visiting our twelve health centers, two education and outreach offices and two administrative sites.

During our hours on the road, Kyra shared many details about the various ways in which we tailor our services to the diverse needs of communities, and I was able to get a good sense of the broad diversity of our clientele. I saw small, part-time health offices in rural areas of Amenia, Monticello

and Ellenville, and waiting rooms filled with patients in Goshen and in the larger cities of Newburgh, Kingston and Poughkeepsie. I've met dozens of young people arriving for an afternoon session of education or volunteering as peer educators.

I've seen first-hand the diversity of our people, our landscape and our challenges. Most importantly, I was struck by the many similarities of those who rely on Planned Parenthood for their reproductive health care needs. Let me share with you a story I heard in my travels:

### GOING THE EXTRA MILE

*Sixteen-year-old Lisa came to our Goshen health center wanting to get started on birth control. Lisa had talked with her mother about using contraception and, although her mother had suggested taking Lisa to her own gynecologist, Lisa decided she needed a more private experience. That's not unusual. We know that however close a young person is to her parents, decisions about sex and birth control are still very intimate and* (over)

personal.

*Lisa met with Rosemary, one of our nurse practitioners. Lisa was nervous - this was her first GYN exam and she was doing it on her own. Up until now, she'd only been to her family physician, and always with her mother. So this was a big step for Lisa on several different levels.*

*Rosemary asked Lisa a lot of questions about her medical history and talked with her about lifestyle issues - including whether or not Lisa smoked or used alcohol and what her risk might be for exposure to a sexually transmitted infection. She took Lisa's blood pressure, did a thyroid check and then a breast and pelvic exam.*

*In the course of doing the comprehensive evaluation and exam, Rosemary found that Lisa's blood pressure was unusually high for someone her age. She talked with Lisa about her options for birth control - what method she would be most comfortable with and what would be most appropriate, given her medical history. She also strongly recommended that Lisa tell her mother about the test results and then follow up with her family physician.*

*A few weeks after Lisa's appointment, we heard from her mother. She had taken Lisa for a follow-up visit to their family physician and Lisa had begun treatment for her high blood pressure. Her mother just wanted to tell us how grateful she was that we were so thorough and made Lisa so comfortable.*

## **NAVIGATING A BUMPY ROAD**

We know that some young women might feel fine going to their mother's gynecologist. Lisa, however, wanted more privacy. But because she trusted that her visit to Planned Parenthood would be confidential and knew it would be affordable, she got a GYN exam she might otherwise have avoided. She was able to discover an underlying medical condition that might have gone untreated and could have been quite dangerous.

So many things went right for Lisa. She lives in New York State, where the political environment is more supportive of women's reproductive rights and health than in many states around the country. Right now, she lives in a state where family planning services are affordable and accessible to young people and where their needs for confidentiality and privacy can be respected. Lisa could ask any and every question without embarrassment, knowing that her privacy and her medical records would be protected. Lisa was encouraged - but not required in New York - to share her visit and her test results with her mother.

**Thank you for supporting  
Planned Parenthood of the  
Mid-Hudson Valley and  
enabling us to share your  
generosity with so many  
others, like Lisa.**

## **PUTTING YOUR GIFT INTO GEAR**

To a great extent, things went right for Lisa because of your support. Your gift helps fill the gap between what our clients can afford and our often substantially higher cost for providing health services. It helps us ensure that access to high-quality reproductive health care is not determined by how much money you have. It also helps us keep thousands of young women like Lisa safer and better prepared for the decisions about sexual health she'll confront in her lifetime.

Your generosity makes our community a better place and provides the very framework for Planned Parenthood - a safety net of reproductive health services and education programs that offer support to our patients, and their most intimate realities and hopes. Thank you for supporting Planned Parenthood of the Mid-Hudson Valley and enabling us to share your generosity with so many others.

I look forward to sharing more of our good work with you in the months ahead. In the meantime, let me know if we can do more in your community. Call me at 471-1530 ext. 117 or [info@ppmhy.org](mailto:info@ppmhy.org). See you on the road!



President & CEO