

FALL
2010

GET connected

UPCOMING events

October 22
Words of Choice
8pm
Pro-choice theater performance.
Kingston, NY

November 4
Newburgh Hard Hat Tour
5-7pm
Newburgh, NY

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

Where Your Dollars Go

The first three quarters of this year saw a dramatic increase in health center visits. Your support has allowed us to implement changes that will help our patients even more.

- In August we received approval to begin renovations on our new 8,500 square foot Newburgh health center with ample parking! This new center will welcome patients from New Windsor and Newburgh, eastern Orange and southern Dutchess counties. The community will have access to expanded services that are available six days a week, including evenings and Saturdays. On November 4th, 2010 from 5 – 7pm, we are inviting our donors, friends and neighbors to see the space “before.” This “Hard Hat Tour” kicks off our year end campaign to raise the \$200,000 needed to renovate the space.
- Our Kingston center has been bursting at the seams with patients in need of affordable, quality services. We are awaiting state approval so we can begin the work on a new site that has three times more space than our current one. The new center is located just a block from the high school. We offered a Hard Hat Tour in June to raise awareness of this project. The tour informed – and inspired – guests. A group of donors from the Woodstock area decided to host a fall benefit to raise additional funds for this important project.



- Picketing activity at our Poughkeepsie health center has become increasingly vitriolic lately. Protestors hurl insults, threats and lies at anyone approaching the center in an attempt to frighten and intimidate our patients. We have decided that a security guard’s presence in addition to our volunteer escorts will ensure the safety of the patients as well as our employees. Generous donors from the Millbrook community gave \$11,000 at their annual summer benefit to help pay for this unbudgeted expense. This was a great start, and we are hopeful that we can raise the additional \$7,000 needed to fully fund this necessary safety measure.



After being confronted by the protestors, these teens were too intimidated to enter our health center.

Planned Parenthood Goes Mobile!



Planned Parenthood is thrilled to announce that the mobile version of our plannedparenthood.org web site is now available for interactive viewing on your smart phone. This is a huge step forward for our patients who now have on-the-go access to the health center locator, information about abortion, birth control, the morning after pill and sexually transmitted infections (STIs). There are also prominent links to info for teens, tools for parents, tools for educators, as well as our advocacy, fundraising, and job and volunteer opportunities. The Spanish language version of the mobile site will be available in the next few months.

Knowledge is POWER

Kids and parents alike love this statement and for good reason: it's true! The more our kids and teens (and let's face it, parents, too) are armed with accurate information, the better decisions they make. Our team of educators works diligently to spread that knowledge across the mid-Hudson Valley and make a difference in each neighborhood. The results are in. The demand for our educational programs is higher than ever. We design programs that enhance the understanding of sexuality and promote overall physical and emotional well-being. Some of our most popular programs are:

- **Puberty Workshops**

Parent/child puberty workshops are available for children in grades 4-6 and their parents. These evidence-based workshops provide accurate, current information, as well as help foster communication skills between parents and their children.

- **Sexting**

With more teens and tweens accessing mobile technology—more that 70% have cell phones and use social networking sites regularly—the issue of sexting has become quite a challenge for parents, professionals and the teens themselves. Our sexting workshops in schools help students realize how dangerous sexting can be and how to protect themselves. New programming will explore the underlying issues of why young people, especially girls, are sexting.

- **Girls Circle**

Girls Circle brings girls of the same age together to talk about their experiences, develop positive connections, and gain skills to pursue meaningful goals in education, careers and relationships. We have had an overwhelming response to a recent information blast about Girls Circle and have scheduled a number of workshops for the fall, so sign up now!



We would be glad to make special arrangements to provide sessions for you and your friends and children at a location of your choice. **To sign up for these and more, contact our Education team at (845) 838-1200, ext. 113.**

National Night Out



It was button-making mayhem at five National Night Out community events in Beacon, Fallsburg, Newburgh, Walden and Port Jervis held in August. Planned Parenthood connected with 1,000 kids, teens and parents in just two hours! We had an opportunity to engage in brief, yet meaningful, conversations with participants throughout the Hudson Valley. We also made hundreds of referrals for health and education services. The button-making was a great hit, as were Planned Parenthood favorites – wallet cards and condoms. These two hour events had incredible impact on the respective communities in a brief period of time. We look forward to participating again next year, and hope to expand to other communities.



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 **Planned Parenthood**
MID-HUDSON VALLEY

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