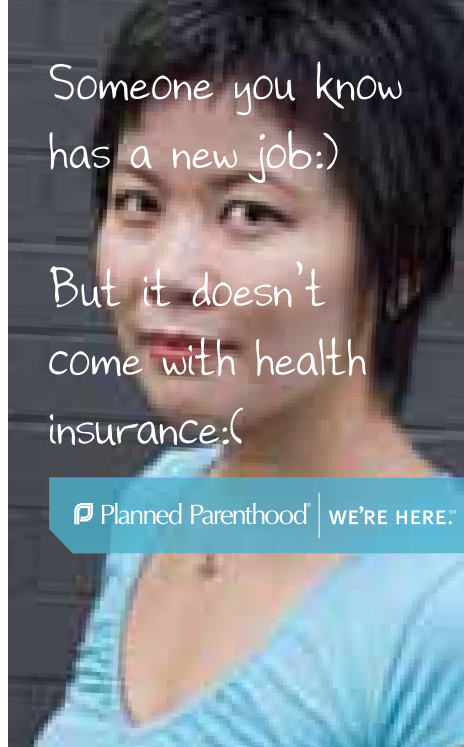




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# NOTICIAS

YOUR PLANNED PARENTHOOD® ARIZONA NEWSLETTER | WINTER 2010

## IN YOUR COMMUNITY

Each year Planned Parenthood Arizona (PPAZ) welcomes new Board members. This year we have the honor of six new community leaders joining our family.

We're here for someone you know.



## We've Been Here Before, and We're Up for the Fight

**On election night the pro-choice community suffered some tough losses. But what we sustained only strengthens our resolve and our fight for Arizona families and for a better Arizona.** In many ways, we have just begun. We will need to reinforce our work to defend the right to reproductive health care, while expanding services and education. We've been here before, and we are up for the fight!

Jan Brewer was elected governor, we must be aware that the future in Arizona holds very real potential for more attacks on women's health and harmful laws which will negatively affect the women and families of our state.

During the 2010 election cycle, Planned Parenthood Advocates of Arizona (PPAA) Board members, staff and volunteers put in more than 1,000 hours, dialed 7,802 phone numbers, and reached 145,159 voters through our mailings. A huge "thank-you" goes out to everyone who worked so hard this election season — you made a difference.



Election volunteers with Attorney General Terry Goddard

Unfortunately, on November 3 we found Arizona remains a state that will continue to put women at risk, a state in which women and families are the real losers this year. As the Arizona legislature increased their anti-choice majority and

Across our nation, there were many disappointing choice defeats. The social-conservative, anti-choice machine combined with an enthusiastic "tea party" movement definitely had momentum in 2010. The political landscape has shifted significantly as there are already members of Congress who would use any means to block access to abortion, and they now have a horde of new allies.

Every phone call made, every voter visited on their doorstep, every Tell-A-Friend message sent, and every dollar donated to PPAA and the PAC had an impact. *We thank you for your steadfast support of our organization's goals and mission, and for your dedication to protecting the rights of the more than 75,000 Arizonans we serve each year.*

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Rick Small and the Stonewall Foundation make a difference

### In Your Community

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### Annual Roe v. Wade Events

Mark your calendars for the Roe v. Wade celebrations

**Planned Parenthood Arizona promotes strong families, planned, wanted children and sexual health for all.**

Proudly serving the metropolitan Phoenix and Tucson areas and the communities of Flagstaff, Prescott, and Yuma.

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## From the South

**Chloe Alley-Sarnack, Youth Director**  
"Planned Parenthood has provided invaluable services and support to the community; PPAZ Board of Directors is no different. I am honored and excited to be welcomed into such a diverse, dynamic group."

and older women and men to receive high quality, affordable reproductive and sexual health information and services when and where they need and want them."

## In the Middle

**John Beshears**  
"I joined the organization for the obvious reasons – I believe in the mission; I've seen first hand the profound impact it has on Arizonans; and I want to do my part to contribute to the organization's continued success in a very trying time. What I have found in the Board, both individually and collectively, is a supremely dedicated and professional group that is inspiring and empowering."

**Douglass Jamison, Youth Director**  
"I've joined the Board because I want to help educate my peers and fellow high-school students about the responsibilities of sex."

Through Planned Parenthood, I can advocate for my peers politically and socially in regards to sexual health and education. As a young African-American male, I would like to assist Planned Parenthood in their mission."

**Tyne R. Naven**  
"My generation has benefited from the efforts of Planned Parenthood in protecting the fundamental reproductive rights of women and access to health care. Serving PPAZ allows me to advocate for these important issues and help shape policies and practices that will ensure my daughter's generation, and those that follow, will continue to enjoy these fundamental rights and protections."

**Lori Marie Williams**  
"In today's political climate, it becomes vital that we are all aware of how easily women's rights can be taken away. I am excited to be a part of an organization that helps protect everyone's right to sexual health."

## Annual Roe v. Wade Events

**Planned Parenthood Advocates of Arizona (PPAA)** is proud to present the **38th Annual Roe v. Wade Anniversary Celebrations in central, northern and southern Arizona.** During this five-city celebration in the months of February and March, attendees will hear from inspiring keynote speakers, and also honor our very special friends who have advanced a prevention agenda in the state of Arizona.

We also want to know why you think Birth Control Matters. **Planned Parenthood Arizona (PPAZ) is holding a contest this year, asking members of the community to submit their 30-second Public Service Announcement (PSA) on why birth control is so vital to the prevention care women receive.** Five finalists will be chosen and their videos will be shown at the 2011 Roe events. One video will win \$2,500 for his or her entry. For more details on the PPAZ Birth Control Matters PSA Contest, visit [facebook.com/plannedparenthoodaz](http://facebook.com/plannedparenthoodaz).

### Please join us:

**Tucson:** Thursday, February 17, 2011  
Doubletree Hotel at Reid Park

**Phoenix:** Friday, February 25, 2011  
Arizona Biltmore Resort

**Flagstaff:** Thursday, March 10, 2011  
Museum of Northern Arizona

**Prescott:** Tuesday, March 1, 2011  
Location TBD

**Yuma:** Thursday, February 3, 2011  
Please RSVP for location details

Visit [www.advocatesaz.org](http://www.advocatesaz.org) for more info or call (602) 263-4213.

This is a paid advertisement.

## Donate Now

**Giving actually puts money back in your pocket! Your generous donation to Planned Parenthood can be applied to the Arizona Working Poor Tax Credit.** What this means to you is in addition to a federal tax deduction, if you itemize your deductions and you contribute to Planned Parenthood in Arizona, you are eligible for a dollar-for dollar state tax credit of up to \$200 for an individual filer and up to \$400 for a married couple filing jointly.

Visit [www.ppazdonate.org](http://www.ppazdonate.org) to make your gift today!

# From the Desk of Patti Caldwell



**This is a time of year for giving thanks and for sharing.**

**At Planned Parenthood, we have much to be thankful for.** We have come through difficult economic times. We were able to survive and to continue providing critical education and medical services because of the forward-thinking key donors, Board members and senior staff who built savings in better years to tide us over while we made the necessary adjustments. We have done our best to advocate for reasonable public policies to

maintain access to accurate information and core prevention services. We can all be grateful to the staff who stay positive and come to work each day to do their best and share their skills and knowledge in support of our client's lives and our mission.

This is an organization that attracts smart, creative passionate people. The work we do is important and needed. There are very few not-for-profit organizations that make the difficult decision to put hard earned and donated resources into BOTH direct provision of services, AND advocacy for improving access to those services – in order to improve

the quality of life for the people of our communities.

On a personal note, I appreciate the many people who work at, or donate to, Planned Parenthood, those who have given me the gift of their time so that I could learn and grow. This is a strong, well-respected organization. **I've come to work each day for more than twenty three years knowing that what I do makes a positive difference in someone's life, and that my contributions are appreciated. I will be leaving at the end of this year to take on a new challenge.** I will miss that wonderful Planned

Parenthood spirit that I've consistently felt in staff and volunteers. Know that I will remain a lifelong donor and supporter of our mission.

Thank you Planned Parenthood!  
Patti Caldwell



## Health Care Get Your Pap Test



Guidelines for cervical (Pap) screenings are based on the various recommendations from the American Congress of Obstetricians and Gynecologists (ACOG), American Cancer Society (ACS), and the U.S. Preventive Services Task Force.

Worldwide, cervical cancer is the leading cause of death from gynecological cancer. This is not the case in the U.S. because of routine Pap screenings. The purpose of the Pap test is NOT to detect cervical cancer. It is used to detect the early changes in the cervix, called dysplasia, that if go untreated can eventually lead to cervical cancer. **Cervical cancer is entirely preventable if women receive routine Pap screenings as recommended.**

Pap screenings should begin at age 21, regardless of age of first sexual intercourse, with an exception if a woman is diagnosed with HIV.

Women between the ages of 21-29 should have Pap screenings every two years as long as the Pap test results return

normal. Women age 30 and older should have a Pap screening every three years as long as the Pap tests return normal. Pap screenings can stop at age 70 if the woman has not had an abnormal Pap test in the past 10 years. Pap screenings may also be discontinued if a woman has surgical removal of her uterus and cervix (total hysterectomy) for benign (meaning not cancer or pre-cancer) reasons. If at any time during a Pap screening the test result returns with a high grade of dysplasia, the woman is HIV positive, or was exposed to a medication in utero (meaning her mother took the medication while she was pregnant) called Diethyl Stilbestrol (DES) it is recommended that the woman have a Pap test every year. To learn more about DES exposure, go to <http://www.cdc.gov/des/>.



Written by DeShawn Taylor, M.D., M.Sc., Medical Director



## Tradition of Giving

Rick Small is one of Arizona's originals. **Having taken on the mantle of leadership of the Stonewall Foundation, created by his parents in 1977, Rick strikes his own path in philanthropy beyond the valuable contribution the Foundation makes in metropolitan Tucson.**

The Stonewall Foundation has supported Planned Parenthood's mission since the Foundation's inception, with grants totaling almost \$1,000,000. The Foundation's more recent grants have supported medical professional education and patient counseling.

Q: About the Stonewall Foundation...  
A: So far, the Foundation has distributed \$11.5 million to charity over the past three-plus decades. Given the scale of that contribution to community progress, the Foundation has flown a little under the radar. I believe its philanthropy could make more of a difference through the example the Foundation

sets if it had a higher profile, which is something on which I am working.

Q: Where did the Foundation get its name?  
A: Stonewall was the name of a family house in Barrington, Illinois. My dad liked to name things after places.

Q: Are there challenges that arise from combining Foundation leadership with personal engagement and charity?  
A: Well, you do have to think about your role at the institution, and how personal involvement in one cause or another may create impressions about the Foundation that aren't correct.

There are responsibilities associated with leadership of an institution that you just can't separate from

your personal interests, because one ends up being associated with the other, whether you like it or not. Sometimes that means I have to be an avid observer of other causes, rather than directly involved.

Q: Do you have a personal philosophy about your own giving?  
A: Giving should be more about the act itself, than what you expect the giving to achieve or what you expect

to receive in return. The concept of "pay it forward" has value in and of itself. Some really important philanthropy stems from giving without expectation, or calculating a "return on investment." Determining

ROI is up to the organization with which you've entrusted the funds. Freeing yourself from expectations, including

of being thanked, can open opportunities to give purely because you care about the cause. I also am more interested in engagement via service, as opposed to advocacy. Advocacy is certainly important, but service is where I get the most energy.

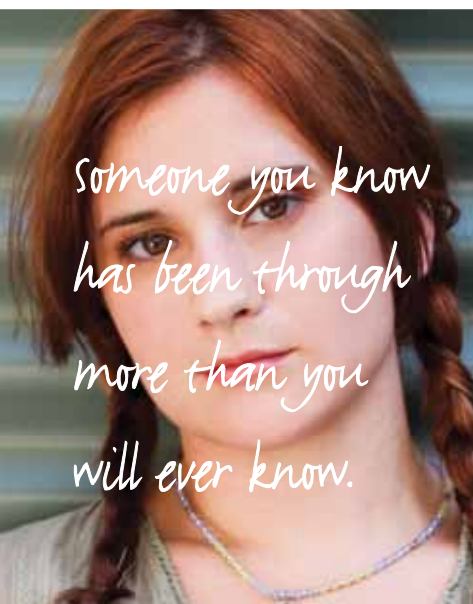
Q: What was your first encounter with community leadership and volunteerism?  
A: At Catalina High School I was in the Model Legislature, a program in which we each played out the role of legislators, drafting legislation, etc. We ultimately convened a session at the state capitol.

Q: Is there a community need which particularly captures your attention these days?  
A: There is an immediate need around veterans' affairs and returning veterans. One organization that is doing good work in this area in Tucson is called Coming Home whose mission is to provide housing and facilitate a continuum of services for homeless veterans in Tucson and Pima County.



Rick Small

## My Planned Parenthood



**Planned Parenthood Arizona is fortunate to have the community support us with monetary donations and the donation of time. Sometimes we are blessed to have both. Ann Davies is one of our most loyal volunteers and supporters. Below she tells us why:**

*"For many, many years I've supported Planned Parenthood Arizona with small annual donations and since my retirement in 2004, in addition to my financial gifts, I have become a volunteer working in the administrative offices.*

*"This year I've dug deeper into my pockets on behalf of Planned Parenthood Arizona (PPAZ), not because I'm any more affluent during this recession, but because I'm less affluent. My own budgetary struggles make me more aware of the belt-tightening Planned Parenthood has had to do, necessitating the curtailment of services that are*

*so badly needed, especially in times like these. Minimized budgets don't minimize the number of young people and families who need the services that PPAZ provides. On the contrary, because families' budgets are smaller, the need for health care services at reasonable/minimal cost becomes even more urgent.*

*"So as a fortunate person who has been able to provide financial support in good times, I believe in tightening my belt even a little bit more to help make up the difference."*

~ Ann Davies, volunteer and supporter



## Education

### Parent Workshops

**Planned Parenthood seeks to support parents in their role as the primary sexuality educator of their children.** Parents are the greatest influence on teen sexual decision-making, according to a survey of adolescents released by the National Campaign to Prevent Teen and Unplanned Pregnancy. While we acknowledge that many parents struggle to talk with their children about sexuality, we encourage open family communication about this topic. Our parent

workshops underscore the belief that sexuality is a natural and healthy part of living and that children learn about sexuality beginning in infancy and continue to learn throughout their lives.

Each of our workshops offers something different. A parent(s) could attend all three workshops and leave each time with an increased knowledge of and renewed confidence in his/her role as the primary sexuality educator of his/her children. Our current workshops include:

**Being An "Askable" Parent** – helping parents identify messages they received about sexuality growing up and identify their personal goals for their children around the issues of sexuality.

**Parents as Sexuality Educators** – parents become familiar with sexual development across the lifespan and examine their own values and attitudes related to their role as the primary sexuality educator of their children.

**Parent and Teen Night** – parents and teens have an opportunity to learn more about sexuality issues that goes beyond

factual information and helps facilitate future conversations.

For more information on upcoming workshops in the community, please visit [ppaz.org](http://ppaz.org).

