



voice for CHOICE

Winter 2007

PLANNED PARENTHOOD OF THE COLUMBIA/WILLAMETTE



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A Particularly Sweet Victory!

FROM THE DESK OF DAVID GREENBERG, PH.D., PRESIDENT & CEO OF PPCW

The big news is that we defeated Oregon Right to Life's dangerous and complicated parental notification ballot Measure 43 by a vote of 54.8% to 45.2%. As noted by the Oregonian, this leaves Oregon Right to Life and anti-choice causes in a significantly weakened position politically.

PPCW played a major role in the defeat of Measure 43. In addition to contributing and raising more than \$690,000 in both cash and in-kind support, we served as part of the leadership team, loaned staff to the campaign, and dedicated our considerable field resources to defeating the measure.

We are also celebrating the three-year renewal of the Washington family planning program, Take Charge, that pays for health care for low-income women and men who are not otherwise covered by public health insurance. We're still waiting for the renewal of the Oregon Family Planning Expansion Program, but the great news is that the Governor's budget includes a \$2.5 million increase in spending for family planning. Since most of this will be matched by federal funds, we expect to see about \$20 million more available over the next two years to help ensure that every child is a wanted child.

Emergency contraception (EC), one of the safest and most effective ways to prevent unintended pregnancy after unprotected sex or contraceptive failure, is now available to women without a prescription. We worked hard to ensure that pharmacists dispense EC in both Oregon and Washington and I'm pleased that the recent FDA decision will now give countless women quicker, easier access to the back-up birth control method that, experts predict, could prevent up to 1.5 million unintended pregnancies—and 800,000 abortions—a year.

Finally, PPCW is honored to join the medical community in reducing the incidence of cervical cancer through making the Human Papillomavirus (HPV) vaccine available to our patients. This breakthrough HPV vaccine is the first vaccination of its kind which actually prevents cancer. PPCW will start providing the HPV vaccine in January 2007.

Planned Parenthood of the Columbia/Willamette couldn't continue to provide the health, education and advocacy services that are so important to so many people in Oregon and SW Washington without your support. On behalf of all those we serve, thank you.



"These doors will stay open."

Annual Planned Parenthood Luncheon honoring the 34th Anniversary of *Roe v. Wade* with Sarah Stoesz.

More info on page 7

Measure 43 DEFEATED!

Take Charge RENEWED!

HPV Vaccine APPROVED!

EC AVAILABLE OVER THE COUNTER!

GIVE 'EM THE FACTS

for your information

Ninety years ago this Fall, Margaret Sanger opened a birth control clinic – the first in the country.

Happy Birthday Planned Parenthood!

Ninety years ago this Fall, Margaret Sanger opened a birth control clinic in Brownsville, Brooklyn – the first in the country. Since contraception was illegal, Sanger's Brooklyn clinic simply offered the facts about how women become pregnant, and how women could avoid pregnancy. Ten days after opening, Sanger was arrested on allegations of "obscenity" for advising husbands and wives about how they might space pregnancies to ensure healthier birth outcomes and provide for their children.

Ninety years later, in almost 850 health centers across the United States, Planned Parenthood remains committed to making sure all people have the information and means to decide freely and responsibly whether and when to have children.

PPCW applauds Sanger's dedication and courage and wishes a happy 90th birthday to Planned Parenthood.



Donate Your Vehicle to PPCW!

PPCW is partnering with Volunteers of America to raise funds for our programs. Donations are tax deductible to the extent of the law and your vehicle will be picked up for free! Vehicles do not necessarily have to be in running condition—vehicle qualification is determined by Volunteers of America and few are turned down.

Please contact the Development Department at 503-280-6150 or development@ppcw.org for more details.



Did you know?

- For more than 40 years, PPCW has successfully carried out our mission of providing, promoting and protecting access to reproductive and sexual health care.
- In FY 2006 PPCW served 56,000 people. 95% of all patient visits to PPCW are for family planning and sexual health care, including contraception, annual exams, sexually transmitted disease screening and treatment, and safer sex counseling. 5% of patient visits are for surgical services including early cervical cancer screening and treatment, male and female sterilization, and early abortion care.
- PPCW's education programs promote communication between parents and teens, and help youth make more responsible choices.
- Nationally, one in four American women has received medical services from Planned Parenthood.
- EC (the morning after pill) is a method of contraception – preventing an egg from implanting in the uterus. It does not cause an abortion. EC is very safe, and is available at Planned Parenthood health centers and now over the counter at pharmacies.



EC Update

Since December 15, PPCW has been offering over the counter emergency contraception (EC) at all of our health centers to our patients 18 or older. Those under 18 still need to consult with a nurse before getting a prescription. PPCW remains the most affordable source of EC in Oregon.

Stay tuned—after the New Year we plan to host a “free EC day” event to raise awareness of this vital service.

PPCW + the HPV Vaccine

PPCW will start providing the HPV vaccine in February 2007, and we have put in place several programs to make sure as many of our patients as possible can take advantage of this medical breakthrough. We will be participating in Oregon’s, and soon Washington’s, Vaccine for Children Program.

For those 18 and older, PPCW will make the vaccine available at the most reasonable rate possible. PPCW will participate in the Merck financial assistance program, designed to assist low-income patients access the vaccine. PPCW will also accept any insurance and will bill a patient’s insurance for the vaccine series.

Cervical Cancer Screening

Cancer screening is the third most common service that PPCW provides, after contraception and STD testing. This includes both breast and cervical cancer screening. Last year, PPCW provided 15,324 PAP smears and 406 colposcopies/LEEP procedures (advanced cervical cancer screening and treatment) to our patients throughout the region.

Colposcopies and LEEP procedures are not covered by public health insurance programs like Medicaid, and those without private insurance must pay out-of-pocket. Those who cannot afford the necessary procedure, which can cost up to \$450, tend to delay or avoid treatment altogether, putting themselves at a higher risk of cervical cancer. To ease this problem, PPCW created the Cervical Cancer Prevention Fund, a financial assistance fund that offsets some or all of the expense of colposcopy services for low-income women. To make a donation, contact development@ppcw.org.

Health Centers/Patient Services Update

In the face of a dire nursing shortage across the country, PPCW is pleased to announce the hiring of 11 new health care providers over the past few months. As a result, PPCW patients will have access to even more quality health care providers—which will reduce waiting time and enhance all PPCW health center teams.

HPV Vaccine Now Widely Available

Countless women have experienced that sinking feeling when the doctor or nurse phoned to say, “Your PAP has come back abnormal.” Quite often, the underlying cause of the abnormal PAP test can be traced to condyloma or the Human Papillomavirus (HPV). Indeed, HPV is the most common sexually transmitted virus in the U.S. Now, thanks to a new vaccine, women around the world will be able to protect themselves from this potentially deadly virus. The HPV vaccine is remarkably effective against the two viral strains that cause 70 percent of all cervical cancer in women.

In Oregon, the new HPV vaccine was added to the list of immunizations covered under the federal Vaccines for Children Program on December 1, 2006, which means we can provide the vaccine at no cost to our under-18 patients. The vaccine has been approved by the FDA and is recommended for girls and women from age 9 through 26 years, with a specific recommendation that all girls ages 11 to 12 be routinely given the three-dose series of HPV vaccine to provide maximum protection.

What our patients have to say:

“The staff was very competent – I felt safe and well supported.”

“Bedside manner was important to the nurses and it showed.”

“The nurses and counselors were phenomenal.”

TAKE ACTION!

make your voice heard!

Roe Anniversary Events

In addition to our Annual 34th Anniversary of *Roe v. Wade* Luncheon, we will celebrate the anniversary with additional commemorative events in cities around Oregon. To learn more about this year's activities, please contact Carmen Schwisow at (503) 280-6150 x2173 or check out the web at www.ppcw.org.

Although Election Season is over...

The November 2006 election is over and we have much to celebrate. Not only did Planned Parenthood activists help defeat Measure 43, but our political action arm—Planned Parenthood PAC of Oregon—supported many pro-choice candidates and we now have pro-choice majorities in both the Oregon House and Senate.

While it might be tempting to take a break, we still have very important work to do and we need your help. We are busy preparing for the 2007 legislative session and it is important that legislators from all corners of the state hear from their constituents about Planned Parenthood's reproductive health care agenda. Some of the issues we will be supporting include:

- Requiring insurance coverage for birth control
- Ensuring that victims of sexual assault are offered emergency contraception in the emergency room
- Securing full funding for state family planning programs

You can help us move our legislative agenda forward by joining the online Planned Parenthood Action Network (PPAN). PPAN will provide you with critical updates and, most importantly, a variety of ways to make your views count with those who are making the decisions. To sign up, go to www.ppcw.org and click on "Take Action."



What's happening in Washington

PPCW volunteer leaders have been working overtime to increase the pro-choice movement in Clark County. On January 22, they are hosting a commemoration of the 34th anniversary of *Roe v. Wade* at the First Congregational United Church of Christ in Vancouver at 7:00pm.

With a pro-choice majority in the House and Senate, it is time to pass comprehensive sex education laws and fully fund reproductive health care in Washington State. You can make it happen. Join the Reproductive Health, Rights, and Justice Lobby Day in Olympia on February 12. For more information about Lobby Day and the *Roe v. Wade* event, contact Laura Ellsworth at laura.ellsworth@ppcw.org or 360.571.0160, ext. 2832.

TRAINING & EDUCATION

let's talk about healthy sexuality

Commemorating World AIDS Day

PPCW volunteers and staff worked with several partners to commemorate World AIDS Day. On December 1, our Teen Council Peer Educators honored World AIDS Day by making announcements at school (with permission from their principals), conducting education and outreach, posting "STOP AIDS: Keep the Promise" posters, and distributing red ribbons, stickers, and other prevention focused materials.

N/NE Portland and East Multnomah County Teen Council Peer Educators partnered with the Cascade AIDS Project teen group Teen to Teen, Sexual Minority Youth Resource Center (SMYRC) teens, and teens from the 503 African American Youth Health Coalition to create ribbons, buttons, and t-shirts with HIV prevention messages. Teen Council Peer Educators also participated in community events in Vancouver and Salem.

Reaching Out

Our Education staff have been extremely active in the community. In late October, Aylett Wright, the Training and Education Coordinator in Bend, participated as faculty for Woman Power, an annual retreat for HIV-positive women from around the country.

Fanny González-McKamey, Latino Youth and Family Education Coordinator, began working this fall with the Latino community

in Woodburn. She has participated in a number of events, including the Annual Health Fair at Colonia Libertad and Nuevo Amanecer. The Fair was attended by 20 organizations that provide health education and clinic services for the Latino community in the area. It was a fantastic opportunity



for staff to network with professionals from other organizations and to connect with the Latino community in Woodburn.

Fanny was also invited to give an overview of Planned Parenthood services for a group of 50 parents attending an event sponsored by the Migrant Parents Involvement Program. Fanny spoke about our clinical services and our Latino Family Program.

In November, Education staff and Teen Council Peer Educators participated in the African American Wellness Village. Over 60 participants stopped by to learn more about our services and take family communication kits and/or safer sex kits. We continue to actively participate in the 503 African American Youth Health Coalition.

Did you know?

Nearly half of American high school seniors are sexually active. Medically accurate sex education increases responsible sexual behavior among sexually active teens.

4 out of 5 adults support medically accurate, age-appropriate sex education in our schools.

Research shows that in families that openly discuss sexuality, teens tend to delay sexual activity and make healthy, responsible choices.



Highlight:

PPCW AmeriCorps Member Bertha Alvarado

PPCW is thrilled to have Bertha Alvarado as one of our two AmeriCorps Members this year. Bertha is bilingual and bicultural, and prior to this position worked with the Embassy of Mexico. PPCW is sharing Bertha's position with the Woodburn School District, where Bertha's office is located. Bertha's work will focus on coordinating the Woodburn

Teen Council; delivering the Making Proud Choices curriculum to high school students; and providing support to the school district's Estrellas program which trains high school students to give 6th grade students the skills and information they need to postpone sexual involvement until they are older.

AROUND TOWN

development events and updates



Sexy Tuesdays

October 7
Zaytoon's



Barbara Roberts Birthday Benefit

December 7
Portland Hilton



What is Sexy Tuesdays?

As our Sexy Tuesdays event gains popularity, we receive many questions asking, “what is this event all about?” Sexy Tuesdays is a place to get together with like-minded people to have fun and talk about issues related to choice.

This hip series of events was created in the Spring of 2005 as a response to PPCW’s desire to attract younger supporters. The idea originated with former PPCW staffer, current board member and Sexy Tuesdays committee member Saskia de Boer, who envisioned a series of affordable events that would attract Portland-area young professionals to PPCW.

Saskia’s vision became a volunteer committee, who worked together to develop the mission of Sexy Tuesdays—to build a new generation of supporters and advocates for PPCW and to raise awareness of and financial support for the agency and the services it provides to the community. Committee members, working with PPCW Development staff, meet regularly to plan out future events.

You may wonder, why the name Sexy Tuesdays? The founding Sexy Tuesdays committee chose Tuesday nights for the events because young professionals often have hectic, over-booked schedules, and Tuesdays were considered to be a lull in their weeks. The committee then wanted a fun name for the events that would attract young supporters. They tried to avoid names that would appear to limit the group

to “young professionals” and focused on names that would be more inclusive. The group decided on “Sexy Tuesdays” because it sounds fun and empowering.

Their efforts have met with great success. According to Saskia, “Our Portland events typically have over 100 attendees, which is wonderful for us and also good business for the venue!”

Since the inception of Sexy Tuesdays, events have been held at a variety of places and in several different formats, including live music performances, an evening at a trendy Portland wine bar, an art auction and more. Most importantly, since the first event in May 2005, more than 300 new supporters have been introduced to PPCW by attending a Sexy Tuesdays event. The program has also received attention in local publications such as *Portland Monthly*, where Saskia de Boer received their “Light A Fire” award in recognition of her efforts as an extraordinary board member for her involvement with the Sexy Tuesdays program.

In 2006, PPCW expanded its Sexy Tuesdays program to Salem and Bend in response to interest among local supporters and volunteers. Event attendees have been excited to have opportunities to gather with other PPCW supporters in their communities.

Currently, the Portland Sexy Tuesdays committee is planning events for 2007 that promise to be even better than last year’s—including a potential



Choice Rocks! 2006

October 14
PPAA Club



performance by a nationally recognized comedian, an evening of pampering at a Pearl District spa, and much more!

Please save the date for Portland's next Sexy Tuesdays event, to be held on Tuesday, January 30th, at the wine bar VINO Vixens, located at 2929 SE Powell Blvd in Portland.

For more information about Sexy Tuesdays, email: sexytuesdays@ppcw.org or visit our website at: www.sexytuesdays.org.

Barbara Roberts Event

On December 7, more than 250 family members, friends, and colleagues came together to celebrate Governor Barbara Roberts' 70th birthday, and to support Planned Parenthood of the Columbia/Willamette. Born in Corvallis on December 21, 1936, and raised in Sheridan, Barbara is a fourth generation Oregonian whose belief in a woman's right to choose began as a young girl listening to her mother and aunt talk about the women they knew who had dangerous, illegal abortions. Barbara realized then that making abortion against the law did not prevent it, it only made it unsafe.

The evening paid homage to not only a milestone birthday, but a lifetime of accomplishments, and included a loving tribute to Barbara from her son, Mark Sanders, as well as happy birthday wishes from Al & Tipper Gore, Howard Dean, Joe Solmonese of the Human Rights Campaign, and Governor Ted Kulongoski. If you would

like to make a gift to Planned Parenthood in honor of Governor Barbara Roberts' 70th birthday, please call 503.280.6150.

Choice Rocks!

The beach-themed Choice Rocks! took place on Saturday, October 14th. Over 125 supporters of all ages rocked out to great tunes, while supporting our great cause and raising \$7000 for PPCW. Many thanks to the following lead sponsors who helped make the event a success.

\$1000+

Direct Resources Group
Documart
Jammin' 95.5
ThinkAV
Water Closet Media

\$500+

Anonymous (1)
Bernie's Southern Bistro
Fantasy For Adults Only
Gilt
Portland Mercury
Reds Electric Company Inc.

\$250+

Basic Rights Oregon
Eileen Brady & Brian Rohter
Canines for Choice
c.h. Physical Therapy Personal Training
Coffee Haven
Doctors for Choice
Villa Villa Kula

Upcoming Events



"These
doors
will stay
open."

Annual Planned Parenthood Luncheon

honoring the
34th anniversary of
Roe v. Wade
with Sarah Stoesz

January 18th, 2007
The Portland Hilton's
Grand Ballroom
921 SW Sixth Avenue,
Portland
11:45 AM-1:15 PM

Keynote speaker:
Sarah Stoesz
President & CEO of
Planned Parenthood
Minnesota, North
Dakota, South Dakota

For more information,
please call:
503-280-6150 x2155
or RSVP to:
development@ppcw.org

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WINTER 2007

Evans Van Buren
Board Chair
David Greenberg, Ph.D.
President & CEO
Brandon Hrycyk
Designer

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3231 SE 50th Ave.
Portland, OR 97206
503.775.4931
info@ppcw.org
www.ppcw.org

Events on the Horizon

January 18, 2007 – PPCW's annual luncheon honoring the **34th Anniversary of Roe v. Wade**. Come join us from 11:45 am – 1:15 pm at The Hilton Grand Ballroom to celebrate the 34th anniversary of *Roe v. Wade* with Sarah Stoesz. Minimum suggested contribution is \$75. Please call 503.280.6150 or visit our website at www.ppcw.org for more information.

January 30, 2007 – Sexy Tuesdays. Save the Date for Portland's next Sexy Tuesdays event at wine bar *Vino Vixens*, located at 2929 SE Powell Blvd in Portland. For more information about Sexy Tuesdays, please visit our website at: www.sexytuesdays.org or email: sexytuesdays@ppcw.org.

March 4-7, 2007 – Phonathon. Put those phoning skills to good use, and join us for four fun nights of contacting Planned Parenthood supporters – and win great prizes as well! Contact Melisa Kern, Manager of Volunteer Services, 503-280-6150 x2176 for more information.

For appointments and information please call:
503.788.7273
1.888.875.7820

Express Locations

Clackamas Express
16068 SE 82nd Dr.
Clackamas, OR 97015

Salmon Creek Express
2105 NE 129th St.
Suite 105
Vancouver, WA 98662



Health Center Locations

Southeast Portland 3231 SE 50th Ave. Portland, OR 97206	Northeast Portland 3531 NE 15th Ave. Suite B Portland, OR 97212	Beaverton 12220 SW First St. Suite 200 Beaverton, OR 97005	Central Oregon 2330 NE Division St. Suite 7 Bend, OR 97701	Gresham 501 NE Hood Ave. Suite 100 Gresham, OR 97030	Salem 3825 Wolverine St. NE Salem, OR 97305	Vancouver 5500 NE 109th Ct. Suite A Vancouver, WA 98662	Online Health Center www.ppcw.org
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