

The Newsletter of Planned Parenthood of Northern New England
Serving Maine, New Hampshire & Vermont

BRINGING GOOD CHEMISTRY TO NORTHERN NEW ENGLAND

As one of the largest providers of reproductive health care in our region, going green requires a lot more than reducing our carbon footprint and switching out a few (hundred) light bulbs. With growing evidence linking chemical exposure to infertility, pregnancy loss, adverse birth outcomes, various cancers, and other health issues, it has become increasingly clear to those of us who work for reproductive justice — and who have long fought for a woman's right to control her reproductive destiny — that we must begin to turn our attention to the environmental toxicants that are affecting women's ability to become pregnant, have healthy pregnancies, and give birth to healthy babies.

PPNNE has been educating the public, mobilizing activists, and shaping public policy for over 40 years.

We believe that it is now our responsibility to help our patients and communities understand the link between their health and the products they use, and to educate them about how to reduce their exposure to harmful contaminants.

We are working toward the goal of “doing no harm” with our practices by ensuring that we



More than 300 people learned about Good Chemistry at Greendrinks in Portland, ME.

are doing everything in our power to minimize reproductive contaminants (such as mercury, latex, and vinyl) in our facilities. And, because we feel that it is appropriate and responsible for our government to do its part, we're also working to eliminate harmful chemicals in our air, water, and food by advocating for better public policy.



Green Works

This April, in conjunction with Earth Month, we publicly launched our Good Chemistry initiatives in Portland, ME, with a series of events designed to raise awareness about environmental toxins and their adverse health affects. From a mercury thermometer exchange and Nalgene® bottle drop to a volunteer green-up day at our Portland health center, the events drew a lot of attention and showcased our important work. The multi-week campaign came to a close on May 7 at our *David Wagner Award Reception and Recycling the '80s Dance Party* honoring PPNNE educator and Real Life. Real Talk.® project coordinator Lauren Grousd.

On September 10, 2009, PPNNE is presenting *A Critical Link: The Environment and Women's Health*, in Burlington, VT. This ground-breaking conference will feature a keynote address by ecologist, author, and cancer survivor Sandra Steingraber. Steingraber and other environmental health experts will participate in a panel discussion moderated by Dave Rapaport, Seventh Generation's senior director of corporate consciousness. Planned Parenthood Federation of America President Cecile Richards will kick off



Bev Shadley, Vice President of Development, at Greendrinks

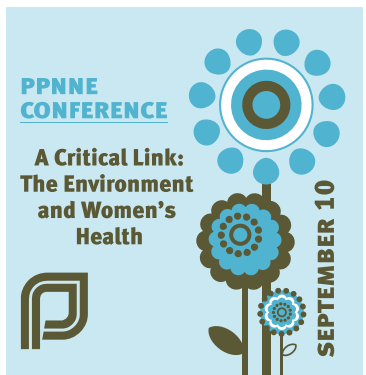
the conference and share the Planned Parenthood perspective on providing greener, healthier choices to patients. We hope you'll join us!

Can't make it to Burlington? We'll come to you. Modeled after a project developed by the Campaign for Safe Cosmetics, our Green House Parties are facilitated by PPNNE educators and bring conversations about sexuality, Planned Parenthood services, and how to choose safer products right to your home. Party-goers can also learn how to advocate for change by contacting cosmetics companies and elected officials. We're hoping that future parties will include making all natural, non-toxic “spa products” (like face masks, foot scrubs, and massage/bath oils), too. Contact education@ppnne.org for more information — or to schedule a party!

Learn More

Did you know that some plastic water bottles are made with Bisphenol A, or BPA, and that this chemical is widely known to disrupt the hormonal system?

Register for our *Critical Link* conference, find great books and online resources, and get lots of green tips for better health at our new blog: www.good-chemistry.org



GET MORE INFORMATION ABOUT PPNNE'S SERVICES AND LOCATIONS AT
WWW.PPNNE.ORG OR CALL **1-800-230-PLAN**
TO REACH THE HEALTH CENTER NEAREST YOU.

Short Takes

Doors, Windows... Sex Education?

Close to 6,000 people who attended New Hampshire's annual Hanover HomeLife Show in March had the opportunity to learn about PPNNE's services and ways to get involved. "All of our giveaway items were popular, and our materials designed to help parents talk with their kids about sex were great icebreakers," says PPNNE Associate Vice President of Development Ellen Gitomer.

Is THIS love?

Shortly after the news about Chris Brown's alleged assault of Rihanna made headlines, PPNNE's Education and Training Department brought Vicki Crompton-Tetter to Southern Maine to talk about teen dating violence. Through three school assemblies, a workshop for professionals, and a presentation to parents, Crompton-Tetter reached more than 500 people with the story of her daughter's abusive relationship and murder at age 15. "It's critical that all of us learn the warning signs, examine the causes of adolescent violence, and identify safety measures we can use to protect adolescents," advises PPNNE Vice President of Education Catriona McHardy. Visit our website to purchase a copy of Crompton-Tetter's book, *Saving Beauty from the Beast: How to Protect Your Daughter from an Unhealthy Relationship*, or to get more information about upcoming workshops and other resources.

Greeters Wanted

While 2009 has brought lots of good news for reproductive and other civil rights, the election of a pro-choice president has led to increased harassment of patients and staff at many of

Continued on next page >



Nancy at the U.S. Supreme Court in 2006 and circa 1980 (below) as a provider.

Choice Remarks: Parting Thoughts

In February, Nancy Moshier shared some surprising news: after nearly 31 years at PPNNE, she was ready to move on. Nancy will be stepping down as President/CEO at the end of September, and while the thought of saying goodbye is truly daunting, we hope you'll join us in wishing her luck in what she refers to as her "next calling." Since adjusting to this change is going to take some time — and practice — this issue's Choice Remarks was written by PPNNE Board Chair Creston Lea instead of Nancy.

Planned Parenthood has always attracted loyal, longtime employees (a.k.a. lifers), but Nancy Moshier is a lifer's lifer — finishing her 31-year career at PPNNE with an eight-year tenure as CEO during the most adverse political period in memory. I vividly recall standing with other members of the board in front of the U.S. Supreme Court building in Washington, DC, a few years ago, watching Nancy address an ocean of microphones as what seemed like all the cameras in the world bore down on her. I don't suppose that the same woman imagined such a fate when she arrived for her first day of clinical work at PPNNE's Barre, VT, health center a few decades earlier.

Nancy has become the face of Planned Parenthood to those of us in Maine, New Hampshire, and Vermont, and she remains an icon of leadership in the national movement. She is well-known and well-loved by friends of the organization and its mission. It's difficult to comprehend her departure, but her greatest gift to our

organization is the strong, capable staff she has built over the years and the forward-thinking culture that will remain as her legacy.

As the Board of Trustees searches for her successor, we do so with the confidence that comes in knowing what a powerful agency the next director will inherit.

A handwritten signature in cursive that reads "Creston".

Creston Lea



"Being part of the PPNNE staff for three decades has been so formative for me, both personally and professionally.... I've had the privilege of leading a world-class staff and of meeting and building strong partnerships with inspiring political and philanthropic leaders. I have been called on to learn, grow, and change again and again. Most of all, I've had the chance to live my professional dream of supporting and nurturing an organization that lives its values, internally and in the world."

— Nancy Moshier

GET ACTIVE!

PPNNE's health centers are seeing more patients without insurance who cannot afford the full cost of their care. You can help by calling or writing your legislators and encouraging them to continue to fund family planning programs. Remind them that family planning services save money and help ensure the health and safety of our community.

(See page 3 for additional talking points.)

REDUCING STDS THROUGH GYT

In early spring, PPNNE joined forces with a nationwide campaign for National STD Awareness Month. Spurred by studies showing that as many as one in four teenage girls has a sexually transmitted infection (commonly known as STDs), Planned Parenthood designed GYT09 (i.e.: Get Yourself Tested) to remove the taboo and stigma about getting tested and help young people talk about STDs in a more comfortable way.

“Most people would be shocked to hear that by age 25, half of all sexually active young people will have an STD — but many won’t know it. This is not just a statistic, but the reality of what Planned Parenthood health centers see every day,” says PPNNE President/CEO Nancy Mosher. “The GYT campaign is an excellent opportunity for people to learn what Planned Parenthood knows — that affordable testing and treatment and education are the tools teens and young people need to stay healthy and safe.”

The campaign launched on April 1 with an MTV world premier of the film “Pedro,” celebrating the life of Pedro Zamora, an HIV-positive Real World cast member who died of AIDS-related complications in 1994.

All of our health centers participated in the GYT09 Campaign, providing us with an opportunity to promote our confidential STD testing and treatment services and encourage new patients to give our health centers a try. Staff and volunteers put in extra hours to execute a series of exciting community visibility events, including free STD testing at our new PLANit location in South Portland, ME, several campus-based “Pedro” viewing parties, and safer sex pub crawls and other outreach

THIS IS ONLY A TEST

GYT

GET YOURSELF TESTED TODAY!
YOU'RE HERE... WHY NOT?

1 IN 2 SEXUALLY ACTIVE YOUNG PEOPLE
WILL GET AN STD BY 25
- MOST WON'T KNOW IT.

GYT09.ORG



activities across our service area.

For more information about our services or to schedule an appointment at the Planned Parenthood health center nearest you, call 1-800-230-PLAN or visit www.ppnne.org.

Short Takes

our health centers. In response to this new activity, we have developed greeter programs in Burlington, VT, Manchester, NH, and Portland, ME, with expansion into Keene and West Lebanon, NH, soon. Volunteer greeters are trained to provide a friendly face and warm welcome to patients as they enter our health centers. If you are interested in volunteering, please contact grassroots@ppnne.org.

Save Time Online

With a growing number of people seeking health information on the Internet (more than one million users visit www.plannedparenthood.org each month), PPNNE is committed to improving the way we serve our patients online. New forms designed to streamline the check-in process at our health centers are now available on our website, which means patients can spend less time filling out paperwork during their visit and more time asking important health questions.

Kind Thanks...

to these businesses for their in-kind donations in 2008: American Flatbread; Aras Spa; Ben & Jerry's Homemade, Inc.; Boloco; Burton Snowboards; ChemDry; Coffee by Design, Inc.; Conger Consulting; Dish Spa; Danform Shoes; Ecco; Expressions; French Dressing; Green Mountain Coffee Roasters; Hydrangea; Lake Champlain Chocolates; Laura Z Bags; Leunig's Bistro; Lucky Tangerine; Moe's Southwest Grill; Monelle; Powerhouse Consulting; Que Sera Pedicure Parties; Shoe Shop; Silpada Designs; Small Dog Electronics; Standard Bakery; Starbuck's Coffee; Stella Shoes; Strawberry & Rhubarb; Sweet Basil Designs; Three Tomatoes Trattoria; Tiny Thai Restaurant; Tootsies; Twincraft, Inc.; Vermont Lindy Hop; Visions in Velvet; Viva Espresso; Yoga Vermont.

HEALTHY BUDGETS CREATE HEALTHY COMMUNITIES

administration is living up to its commitment to supporting women's health and investing in common-sense proposals to expand family planning programs. President Obama's 2010 budget includes a provision to expand family planning under Medicaid, which would help extend basic health care to millions more women. In addition, the President's budget promotes “evidence-based” teen pregnancy prevention programs (instead of abstinence-only).

Expanding family planning under Medicaid has been one of Planned Parenthood's top national priorities. Simply put, it would allow states to

provide family planning and other services to more women in need without requiring a complicated and burdensome Medicaid waiver process.

In Maine, New Hampshire, and Vermont, family planning programs have been on the budget chopping block — despite the fact that every family planning dollar spent saves \$4 in Medicaid costs. Not only is family planning an essential service to women and families, but providers like PPNNE are often the only source of basic health care services like blood pressure testing, cancer screenings, and disease testing for many individuals.



These days, when you turn on the TV or radio or open up the newspaper, it's hard not to feel overwhelmed by the news about the economy. For organizations like PPNNE that depend on public funding to make ends meet, the economic impact on state and federal budgets is particularly significant.

PPNNE has been following these budgets closely. So far, the Obama

NEWS SOURCE

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please give this to a friend and notify us.]

ABOUT US...

We welcome your ideas, contributions,
and questions. Please write to us at:

183 Talcott Road, Suite 101
Williston, VT 05495-2075

Or e-mail: newsourc@ppnne.org

President/CEO

Nancy Mosher

Medical Director

Cheryl Gibson, M.D.

Editor

Barrie-Hope Silver

Contributors

**Jennifer Dextrateur, Devon Karn,
Jill Krowinski, Sonja Solberg,
Heather Weinstein, Valerie Vass.**

Visit us on the Web:

www.ppnne.org

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OUR PATIENTS ARE COUNTING ON YOU

In this challenging economy, more women, men,
and teens need affordable, quality family planning
services. Increasingly, the people coming to our
health centers have lost their health insurance, their
job, or are struggling to make ends meet. They
tell us how grateful they are for PPNNE, knowing
that we will not turn them away regardless of their
ability to pay.

Our work isn't possible without the generosity of
people like you — people who believe that every

child should be wanted and loved, that teens need
honest and factual sexuality education to make
smart decisions about their bodies and health, and
that every woman should have the right to decide
whether and when to have a child.

Your gifts truly make a difference.

Please use the enclosed envelope to send us your
tax-deductible contribution today. Or, make a
secure online donation at www.ppnne.org/donate.



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