



## GET YOURSELF TESTED!

In April 2008, the Centers for Disease Control released report findings that indicate at least one in four teenage girls nationally—more than three million—have a sexually transmitted infection (STI). According to the Oregon Department of Human Services, Chlamydia is the most common STI in Oregon.

To address the problem, Planned Parenthood of Southwestern Oregon (PPSO) will offer free STI screening and targeted treatment aimed at lowering the rate of STIs among young people as part of a “Get Yourself Tested” Campaign. This effort is part of a national campaign introduced by PPFA. In collaboration with the CDC, the Kaiser Family Foundation, Seventeen Magazine, and MTV, PPFA will promote a month long public awareness campaign with clear links to Planned Parenthood clinics as a source of free or low cost testing in April 2009.

Often youth don’t recognize the need for sexual health and contraceptive care, so we anticipate that targeted marketing emphasizing the risk of STIs will bring more young people into the clinics, including men who are currently not covered under the Oregon Family Planning Expansion Project, or FPEP.

The goals of the project are to lower the percentage of young people with STIs through testing and treatment; raise awareness of the 1 in 4 statistic among supporters, young people, and

parents; and increase the number of clients receiving essential birth control and family planning services through the FPEP program.

PPSO hopes this program will bring in new clients for STI testing and introduce them to family planning services at the same time. PPSO also reaches out to parents through educational programs, which include the value and need for teens and young people to get tested for STIs.

PPSO will offer services that include a physical examination by a clinician and laboratory testing to screen for STIs, with treatment available for identified infections. Additional services, testing, and birth control will be made available at affordable rates. Our goal is to provide services to 350-400 young women and men over several weeks.

Young people will directly benefit from the project by having increased access to this important health care service and greater awareness of STI prevention. In the long run, STI treatment, testing, and prevention benefit the community as a whole by promoting a healthier community. This project would not be possible without generous donations from:

- Spirit Mountain Community Fund
- PacificSource Foundation
- Private donations
- Women in Philanthropy Fund - United Way

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LETTER FROM THE CEO...

CYNTHIA PAPPAS

*Planned Parenthood of Southwestern Oregon equals peace of mind!*

Where do you turn if you need birth control and aren't covered by insurance? What if the condom breaks and you need emergency contraception? Who do you call if you have a question about the appropriate amount of information to give your child when they ask about sex? These are real issues that many in our community face every day. During these increasingly difficult times more and more people are seeking help from Planned Parenthood of Southwestern Oregon. We have met these needs for 42 years and will continue that important role as a foundation of our community. However, we need your help, more than ever, to make that happen.

With the economy faltering, you might question the value of giving to PPSO. I want to assure you that I see the value of your gifts every day in our health centers, our schools, and in our State Capitol. Annually, our work providing birth control helps prevent 2,307 pregnancies. The information we provide to legislators helps them understand the importance of keeping families healthy by supporting PPSO's call for medically accurate, age-appropriate sex education legislation.

Over 66,000 Oregonians already lack health insurance, and we expect this number to grow. Regardless of income or insurance, all Oregonians deserve to have confidential care, accurate information, and the right to make decisions about whether and when to start a family. Women, teens, and families are relying on us for help.

When you give to PPSO, you become part of the Planned Parenthood family. With your support we will continue to make our confidential services affordable to those in need. Your action – through voting, sending donations, and taking a stand in your community – provides health care, education, and hope to our most vulnerable neighbors.

The commitment to mission and the spirit of engagement that have characterized the Planned Parenthood community during previous economic downturns give me abundant grounds for confidence and optimism. We will find a way to not only survive, but thrive, during these turbulent times.

I welcome your feedback. Please email me at [Cynthia.pappas@pphsso.org](mailto:Cynthia.pappas@pphsso.org) or write me at 360 E. 10th Avenue, Suite 104, Eugene, OR 97401.

Happy Spring!

*Cynthia Pappas*

President and CEO

SAVE THE DATE!

OCTOBER 19-24, WINESTYLES, EUGENE. 10% OF SALES WILL BE DONATED DURING THE WEEK, PLUS 100% OF THE PROFIT FROM THE TUESDAY WINE TASTING WILL BE DONATED TO PPSO.

NOVEMBER 7 - PPSO GALA AT TEMPLE AMEK SHALOM, ASHLAND.

BOARD OF DIRECTORS

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# PPSO WELCOMES NEW BOARD MEMBERS

## BARBARA DELLENBACK

I was born in Oregon and spent my childhood in Medford, Salem, and Bethesda, Maryland. I grew up in a political family, with philanthropy demonstrated by my parents as long as I can remember. I moved to Eugene, and volunteered at KLCC and became a radio journalist, a profession I enjoyed for more than 15 years. I was asked to be on the Board of the Eugene Public Library Foundation and that led me to find employment in community benefit organizations.



Board service is essential to non-profits, and I believe it is important to individuals. I am honored to be a part of Planned Parenthood of Southwestern Oregon, one of the most well-run organizations I have experienced as a Board member.

On a personal note, I have been married to Dave Ouellette for 22 years. We are the parents of two sons, aged 18 and 20. We moved back to Medford (having lived across the street from each other here 53 years ago) three years ago. I am in the ranks of the growing unemployed and seeking my next adventure.

## VICKI SILVERS

I have a Masters in Public Administration and I am a mom of two amazing girls ages 12 & 14. For fun and exercise I run and play all kinds of sports; lately that's been dodge ball and kickball. I love to travel and visit big cities.



I've lived in Eugene for over 25 years. For the past 17 years I've been a part of an improvisational comedy troupe, WYMPROV!

I have always been interested in issues of women's access to resources like wealth, health care, child care, and employment. Being on the board of Planned Parenthood is a way for me to participate in helping break down one barrier for women, by providing access to critical reproductive health care.

## ANN FIDANQUE

I recently retired from the Eugene School District where I taught students in a variety of settings with a special focus on reading instruction. I co-authored a beginning reading curriculum that is used nationally. Currently I volunteer in the schools and other community organizations.



I have long supported Planned Parenthood and PPSO in particular because I know the difference that PP has made in the lives of so many. As a teacher for more than 30 years, and as a parent, I have seen the benefits of PPSO's nationally recognized sex education programs in the schools. I have been especially impressed with the New 3 Rs program and its ability to involve an even wider group of stakeholders to support comprehensive sex ed.

I look forward to continue working with PPSO's fine staff and fellow volunteers to ensure that PPSO meets the challenge of delivering both health care services and education to an increasingly diverse community throughout Southwest Oregon.

## JIM ST. CLAIR

I joined the Board of Directors in 2008 after becoming involved with the organization during the local and national elections. I have a passion for choice and believe that reproductive education and empowerment are key solutions to many of the social problems facing America and the world.



In 2004, I moved back to Eugene and started selling real estate in my family's business after graduating from the University of Washington (I am not a Husky fan). I work predominantly with investors and developers near the campus area and I'm also the owner and manager of Campus Connection Property Management and Payment Genius Inc.

I also have a passion for travel and the outdoors and for Odell Lake in particular. I enjoy rafting down the McKenzie River, tailgating at Autzen, and most importantly spending time with family and friends.

## EMEM IBANGA

Roe v. Wade, Planned Parenthood v. Casey, Stenberg v. Carhart, these are case names that most people may be familiar with or perhaps, should be. However, there are human faces behind these names, there are lives and health issues affected by these cases. I joined Planned Parenthood of Southwestern Oregon because I believe it is an organization that goes behind the names of cases and provides invaluable resources to those who need them the most. Planned Parenthood provides education on reproductive rights, health care, and fights to make this information accessible to everyone. Being a board member affords me the privilege of helping at the local level. At the local level you can see the tangible results of educating young men and women about health issues and reproductive rights. Planned Parenthood of Southwestern Oregon is more than the big case names. It's about putting faces behind the case names and providing real services to real people.



# 2009 PPSO GALA



*Left: Long time supporters Edgar and Phyllis Peara.*

*Left: Cynthia Pappas, CEO, Audrey Garrett, Chair Elect, and Margie Kelly, Board Chair.*

*Below: George Russell & Jane Burgess*

*Right: keynote Betsy Myers & Margaret Sanger Award recipient, Judy Anderson*

*Left: Bob Weiss, keynote speaker Betsy Myers, Tom & Frances Dyke, Dave & Ann Fidanque*

*Left: Matt Dennis, Lizzie Reisdennis & REVolution member Leah Reisdennis*

## ANNUAL GALA

PPSO held its Annual Gala on February 26 at the Valley River Inn. Hundreds of guests came out to support PPSO and listen to Betsy Myers, COO of the Obama for America Campaign and Chair of Women for Obama. Guests were also treated to a performance from South Eugene students singing selections from *Rent*. PPSO proudly presented the Margaret Sanger Award to Judith Anderson, who worked as our primary Nurse Practitioner for over 30 years and is an ardent supporter of women's reproductive rights. Thank you to everyone who attended and volunteered. Your support means so much to us.

*Thank You to our major SPONSORS for the 2009 GALA! The Garrett Family Foundation, Siu-law Bank, and The Jackson Family Foundation, in memory of Stephanie and Lindsey Jackson*

*Thank you to the Special Events Committee for all your hard work!*  
 Jen Bell  
 Jim St. Clair  
 Lindsey Johnson  
 Jami Skiver  
 Shannon Thienes  
 Anne Hallinan

## DO YOU LIKE TO PARTY?... HOST ONE FOR PPSO!

Every non-profit tries new approaches to fundraising in an attempt to give donors a fresh look at its organization. PPSO is always seeking alternative ways to appeal to our donors.

PPSO wants to work with supporters who agree to host a house party. The host provides light refreshments and the PPSO staff person makes the presentation, which concludes with a formal ask, usually assisted by the host. Once the formal part of the party is finished, guests are invited to mingle. This is a good opportunity to get better acquainted with PPSO supporters.

We have held two house parties in the Rogue Valley and more are being planned. Each party has its own flavor. One was a birthday for the host, board member Jolie Johnson, where the guests were asked to donate to PPSO in honor of her birthday. Former board member Ann Shevlin and current board member Dr. Patricia Jett hosted the second party, which focused on the medical community.

If you're interested in hosting a house party for PPSO, please contact Claudette Vincent at (541) 322-2632 ext. 12.

## DONOR PROFILES



Marilyn and Jane Scheidecker both appreciate Planned Parenthood. Marilyn, a devoted mother of four active children, was concerned as she raised her family that not all children received the care

they needed — care that she and husband Don were able to provide to their four children. She knew of women who had illegal abortions because legal abortions were not available at that time. Marilyn wanted abortion to be safe and legal so that every mother would be safe and every child would be

lovingly anticipated and grow up in a home that provided for the child's needs.

Marilyn's daughter, Jane encountered PP as a college student on a budget. PP was her provider of choice for gynecological and reproductive health-care and education. She had always known she did not want children and sought out clear facts about how best to prevent pregnancy. PP provided science-based, non-judgmental care. Jane wants to ensure that other young women have access to that compassionate care that she received.



## SUPPORT PPSO WITH GOODSEARCH

Earn money for PPSO every time you search the web! GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up! Just go to [www.goodsearch.com](http://www.goodsearch.com) and enter Planned Parenthood of Southwestern Oregon as the charity you want to support. And be sure to spread the word!

## ABORTION ACCESS FUND

After only 72 hours in office, and with the stroke of a pen, President Barack Obama ended eight long years of policies blocking access to basic health care information worldwide. Now, health care organizations across the globe, previously prevented from even mentioning abortion because they received funding from the US, can finally share information about where women can find safe abortion services.

Despite these positive changes, women in Oregon still must find the money to pay for the services, since no federal tax dollars, either here or abroad, can be used to provide abortion care.

Hundreds of women here in Oregon have no choice but to use money intended for food, rent,

and other basic needs as they attempt to raise funds for an abortion. Some are forced to continue the pregnancy, abandon their education, and stay trapped in poverty.

That is why, at PPSO, we created the Abortion Access Fund. This fund, supported by individuals like you, helps low-income women by providing the extra money they don't have — allowing them to obtain the care and services they need.

Please make a gift of \$200, \$250, or \$300 to support women who have no other option but Planned Parenthood's Abortion Access Fund. Please call Claudette Vincent at (541) 344-2632 ext 12 to donate.

# TALKIN' ABOUT A REVOLUTION

## Picture this:

- 11 dedicated and energetic teens staging a concert, *for*
- 300+ young people, their parents, grandparents and other adults, *featuring*
- 8 REALLY GREAT teen musical acts, *over the course of*
- 5 hours, *interspersed with*
- 6 audience participation sex education and awareness activities — including Fuzzy Dice Anatomy, Sex Jeopardy and Sex Taboo, *raising*
- \$103 and change at a free event, *while*
- a national documentary production crew catches it all on film!

PPSO's 4th annual *Sound Of A REvolution* Concert (SOAR) event rocked the house at Cozmik Pizza in Eugene on February 1st. It was nothing short of amazing and would not have happened without the passion and drive of REvolution (REV), PPSO's Youth Action Council. For the past four years, PPSO has been blessed to have young people volunteer their time in pursuit of ensuring the sexual health, safety, and well being of youth. We are grateful to them. Their contribution awakens all of us to the importance of partnering with young people to tackle community issues. In fact, REV and the SOAR event were filmed as part of a documentary entitled *Let's Talk about Sex*, as an example of young people in America who are working to improve the way this country addresses sexual health and teens. The documentary is currently in production and will likely be released next winter.



SOAR drew rave reviews and thanks all around: from the young women who shouted over a blaring rock band, “We love your concert!;” the parent who remarked, “This is so important! We never had anything like this growing up;” the teens who cleaned out all the money they had in their wallets to put in the donation jar; to the sound technician and manager at Cozmik Pizza who expressed how impressed they were with the respect and sense of fun demonstrated by the REV youth and audience members. They were amazed by the logistics and planning, explaining that in all the years they had been in business and witnessed a host of similar events, they had “never seen so much great stuff crammed into an event and have it be totally seamless!”

As PPSO proudly says... “REV ROCKS!!!!”

For more information about REvolution and our Youth Advocacy work, check the website [ppsworegon.org](http://ppsworegon.org) and link to “teens” or e-mail us at [revolution@pphssso.org](mailto:revolution@pphssso.org).

## LETTERS TO THE EDUCATORS

Dear Shannon,

Thank you for teaching me and my classmates. Now I know that it's really bad to have unprotected sex and I can tell all of my friends that don't have this class.

Thank you for everything you taught me.

Sincerely,  
Eugene 7th grader

Dear Jody,

Thank you so much for teaching us about STIs, healthy relationships, and everything else. It will all be helpful in the life ahead for me. I hope you had a good time, too. Come back soon!

Sincerely,  
Monroe 7th grader

Dear Maggie,

Thank you for coming into our classroom and speaking to us about puberty. Thanks to you, growing up isn't so scary.

Sincerely,  
Ashland 4th grader

Dear Shannon,

Thank you for coming in to tell us about the different types of STDs and how to get them. You said that there are three types of condoms. My mom didn't know that. So my mom learned something and so did I.

Sincerely,  
Eugene 7th grader

# YOUNG WOMEN FIND HOPE

PPSO is an integral partner in the development of a new and innovative program designed to help girls in foster care transition into successful, independent, and financially stable young women. HOPE (Helping Open doors by Preparing and Empowering young women) is a collaborative project with Looking Glass Independent Living Program, Committed Partners for Youth, NEDCO (Neighborhood Economic Development Coalition), Ophelia's Place, and Lane Workforce Partnership that is inspired and supported by United Way's Women in Philanthropy. HOPE provides wrap-around case management, individual mentors, and ongoing opportunities to build the skills, confidence, and relationships girls in foster care need to become engaged, productive members of our community.

Every young woman aging out of foster care faces significant hurdles to attaining education, employment, housing, etc. However, these young women also have great personal strength, resilience, and determination. Women in Philanthropy's HOPE Program envisions a community that:

- Supports young women through their transition out of care, to help them maintain a level of personal stability that allows them to identify and concentrate on future goals;
- Provides opportunities for them to gain the self-knowledge, confidence, skills, and strong personal relationships necessary to navigate the adult world;
- Connects them to a broader community that can provide resources, support, and encouragement; and

- Celebrates their successes.

Planned Parenthood's role is to provide education and services that support these young women in decision-making around relationships and reproductive health. We are thrilled to be part of such a forward thinking project.

In January, young women were matched with mentors, spent a full day at team building training, and embarked a life-changing journey. The HOPE Program offers a 3-year structured experience, including:

- Supportive case management on a 10:1 client to staff ratio, which is the target ratio identified by Positive Youth Development models;



- One-on-one adult mentors, who will provide a unique, supportive adult relationship for each young woman;

- Weekly group classes about topics that will help each young woman build the skills necessary to become a confident, independent adult, including budgeting and

financial management, healthy relationships, self-defense, and career and college exploration;

- Structured work experience that will allow each young woman in the program to participate in a 10-hour per week paid work experience position for up to six months;

- Matched savings accounts to help each participant save toward goals important to independent living, such as a car, computer, or apartment deposits.

*Donate Now Online!*

YOUR SUPPORT IS NEEDED NOW MORE THAN EVER

[www.ppsworegon.org](http://www.ppsworegon.org)

HAVE YOU CONSIDERED PLANNED PARENTHOOD OF SOUTHWESTERN OREGON IN YOUR ESTATE PLANNING? FOR MORE INFORMATION CONTACT CLAUDETTE VINCENT AT 344-2632 EXT.12

**IF YOU WOULD LIKE TO VOLUNTEER, CALL RENEE DeLAURENTIS AT (541) 344-2632 EXT. 16**

***WOULD YOU LIKE TO HELP US SAVE BOTH TREES  
AND MONEY? THIS IS THE LAST ISSUE WE'LL  
SEND OUT BY MAIL! SEND AN EMAIL TO  
DONATIONS@PPHSSO.ORG  
ASKING TO SIGN UP TO RECEIVE THE  
NEWSLETTER ELECTRONICALLY.***

**TURN YOUR TAX REFUND INTO  
HEALTHCARE AND EDUCATION!**

**IT'S EASY TO DONATE ALL OR PART OF YOUR TAX REFUND BY  
CHECKING OFF PLANNED PARENTHOOD OF OREGON ON YOUR  
STATE OF OREGON TAX FORM. IN THE LINE TITLED "OTHER  
CHARITY," ENTER CODE 13 FOR PLANNED PARENTHOOD.**

**CLINIC LOCATIONS**

Eugene  
1670 High Street  
Eugene, OR 97401  
(541) 344-9411

Eugene Express  
793 N. Danebo Avenue  
Eugene, OR 97402  
(541) 463-9731

Springfield  
225 Q Street  
Springfield, OR 97477  
(541) 744-7121

Grants Pass  
160 NW Franklin Blvd.  
Grants Pass, OR 97526  
(541) 474-2784

Medford  
125 S. Central #201  
Medford, OR 97501  
(541) 773-8285

Ashland  
1532 Siskiyou Blvd.  
Ashland, OR 97520  
(541) 482-8700

Florence  
4969 Highway 101  
Florence, OR 97439  
(541) 902-7861

Cottage Grove  
1450 Birch  
Cottage Grove, OR 97424  
(541) 767-0566

**ADMINISTRATIVE  
OFFICES**

360 East 10th Ave., #104  
Eugene, OR 97401  
(541) 342-6042

