



PLANNED PARENTHOOD OF SOUTHWESTERN OREGON



## CERVICAL CANCER VACCINE NOW AVAILABLE A MAJOR BREAKTHROUGH FOR WOMEN'S HEALTH

As part of Planned Parenthood's commitment to helping women maximize their health and well-being, we began offering the Gardasil HPV (Human Papilloma Virus) vaccine in all of our clinics on February 20<sup>th</sup>.

The HPV vaccine represents a major breakthrough for women's health — providing protection against the high-risk viruses which cause virtually all cases of cervical cancer and genital warts.

Dr. Audrey Garrett, a Eugene surgeon (and PPSO board member) who is advocating for rapid and widespread dissemination of this vaccine, asserts that the HPV vaccine is the most important contribution to the prevention of cancer since the Pap smear. (Dr. Garrett also cautions, however, that the high level of protection afforded by the vaccine should not replace the need for regular Pap smears.)

Cervical cancer is the second most prevalent cancer in women in the U.S., with 10,500 new cases diagnosed in 2005. Our experience at Planned Parenthood tells us that exposure to the high-risk viruses can occur as soon as a woman becomes sexually active. In fact, nationwide, the incidence of HPV

infection typically occurs just 16 months after a young woman's first sexual encounter. According to the Centers for Disease Control, at least 80 percent of women will acquire HPV by age 50.

The Advisory Committee on Immunization Practices (ACIP) recommends routine HPV vaccination for females 11 and 12 years old; however, vaccination can begin as early as nine years of age. Catch-up vaccination is recommended for females 13 to 26 years of age. *Planned Parenthood will also vaccinate women over age 26 with the client's consent, but there are no programs to assist with the cost of the vaccination over age 26.*

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### PAYMENT OPTIONS

The HPV vaccine actually consists of a series of three vaccines that cost \$120 per injection plus an administrative fee (PPSO intends to make no profit on HPV vaccinations). There are several options for payment:

- Girls ages 18 and under may qualify for the federal Vaccines for Children (VFC) program, which will cover the \$120 for each injection;

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## LETTER FROM THE CEO... CYNTHIA PAPPAS

When I joined the Planned Parenthood family in December as the new CEO, I was delighted to find an agency with deep organizational capacity, and staff with a passion for the mission. After three months on the job, I find that I am still in the process of transitioning from a 23-year career in municipal government to leading a non-profit.

PPSO is also undergoing a transition. We are experiencing rapid changes in contraceptive pricing, new regulations imposed by the Deficit Reduction Act (clients now have to show their birth certificate to obtain services), and limits on services that are covered under the Family Planning Expansion Project (pregnancy tests and sexually transmitted infection checks must now be paid for out-of-pocket). While uncertainty clearly exists, these are incredible times for innovative and creative thinking. Boundaries are more permeable and new connections can be formed.

In this liminal state — where nothing is fixed — the organization must remain open and fluid to respond to opportunities. With our deeply committed staff, a visionary Board of Directors, facilities that are in solid shape, and a strong support base, we have the ability to take the organization to the next level.

Nearly 30,000 individuals rely on Planned Parenthood of Southwestern Oregon for their health care needs. Thousands more turn to us as the most respected source of accurate information about sexual and reproductive health, and as experts on policies that affect and advance this vital health care. So much of what we are able to accomplish is due to your generosity.

We need to do more. How do we create a strategy for change? By abandoning our divisive extremism and initiating a dialogue. Choice is a deeply personal and complex emotional issue — to characterize it as less does no justice to the women and families involved. We need to trust the people who want to stand with us. We need to know that people will make reasonable decisions if given the chance. If we abandon our pro-choice vs. anti-choice language and instead embark on a transformative journey that involves collaborating with new partners, we can make a difference by campaigning for healthy families. Until we lay aside our fear, we cannot carry our highest hopes into the dialogue and be our best selves. Take up the conversation, neighbor to neighbor.

It is a time of great possibility and promise for Planned Parenthood. With a strong service ethic and a commitment to radical authenticity, I look forward to guiding the agency into the future. Thank you for your continued trust and support.

### A HUGE THANK YOU AND FAREWELL TO OUR OUTGOING BOARD MEMBERS:

Christina Apodaca, Tamara Irminger-Underwood, Arnold Ismach, Neil Kunze, Mary Nyquist Koons, R.N., Sarah Sameh, Paula Staight

### AND WELCOME TO OUR NEW BOARD MEMBERS!

Christina Bustos, Connie DiMarco, Kate Fisher, Jolie Johnson, Joanne Noone, Ed Roussell

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# TIME TO GET PROACTIVE!

## ADVOCATING FOR THE ABC'S OF REPRODUCTIVE HEALTH

Following on the heels of the 2006 election — which returned control of both houses of the state legislature to the Democrats — Planned Parenthood family and friends have been considering what new opportunities this welcome change might present. If you have been part of the Planned Parenthood family for any time at all, you know that we have spent countless hours in the last decade playing defense against restrictions on abortion access, battling impediments to family planning, and making the case for why Oregon should adopt prevention-based legislation to impact reproductive health.

This session is different for us. This legislative session in Oregon we get to spend our time talking about the basics, the ABCs of reproductive health care. And we are highly optimistic about our ability to get something positive passed into law for Oregonians.

We are working with our coalition partners to pass the Access to Birth Control (ABC) Act, HB 2700. And we're well on our way. The bill passed out of the House on our very own Pro-Choice Coalition Lobby Day! Next stop, the Senate and then the Governor's desk! This legislation will do two important things:

- First, it will prohibit discrimination against women by requiring health insurers to cover prescription birth control in a manner consistent with other prescription coverage.
- The second component of ABC will be to require all Oregon hospital emergency rooms to offer emergency contraception (EC) to survivors of rape or sexual assault. Sadly, almost 1 in 6 women report having been the victim of rape or attempted rape. EC offers a safe, effective, and humane option for sexual assault victims.

This bill will finally bring Oregon up to par with many other states that have already taken the step to prevent discrimination in prescription drug coverage of birth control and place us with the eight states that have passed laws mandating EC in the ER.

For these two important reasons, the 2007 Oregon Legislative session will be different for us than many before.

### PRO-CHOICE LOBBY DAY MAKES HISTORY

On March 15<sup>th</sup>, hundreds of supporters from across the state made an historical impact on women's health in Oregon. Planned Parenthood and the Pro-Choice Coalition of Oregon hosted the 2007 Pro-Choice Lobby Day at the Capitol in Salem.

This Lobby Day stood apart from the rest. Pro-choice activists were present in the gallery when the House passed The Access to Birth Control Act (HB 2700) on this exciting day! After the vote, activists flooded the Capitol steps for an inspiring rally featuring Representative Diane Rosenbaum and coalition leaders. The rally motivated our supporters, who then went off to meet face-to-face with elected officials representing the majority of the districts in the state. Our voices were loud and clear on this day.

From attending a local town hall forum to writing a letter to traveling to Salem for a lobby visit—there are many ways to influence public policy. Join the Citizen Lobbying Project to ensure that our voices for reproductive justice are heard. Contact your local organizer to learn more.

Jackson County constituents, contact Leah Montgomery at 541-770-3331 x1017, [leah.montgomery@pphssso.org](mailto:leah.montgomery@pphssso.org). Benton County, Linn County and Lane County constituents, contact Kim Sprague at 541-342-6042 x35, [kim.sprague@pphssso.org](mailto:kim.sprague@pphssso.org).



# PPSO EDUCATION REACHES OUT TO TEENS

## “SOAR” TAKES FLIGHT AGAIN

On Sunday, February 11 the second annual SOAR (Sound of A REvolution) event rocked the house at Cozmic Pizza in Eugene.

PPSO’s Youth Action Council, REvolution (REV) pulled together a phenomenal event that drew more than 300 people — from young kids to grandparents. SOAR is a blend of great entertainment provided by local high school and college bands, interspersed with pertinent sexual health information and opportunities to advocate for policies that support sexual health.

In selecting Communication as this year’s SOAR theme, the 11 members of REV wanted to emphasize what they consider to be one of the most pressing issues facing teens today as they strive to make healthy decisions about sex. With that in mind, the event featured education and activities focusing on various aspects of communication — from understanding accurate sexual terms to speaking the language in a comfortable, positive way.

Audience participation games like “Taboo,” “Gender Gumby,” and “Battle of the Sexes” provided a playful way to talk openly about important issues, all with one notion in mind: when people can communicate openly, honestly and comfortably about sex, it ensures healthier individuals and healthier communities.

Thanks to REV and PPSO’s Youth Advocacy Coordinator, Shannon Kilduff, for a great event. And thanks to Cozmic Pizza for providing a free venue — they even fed all the bands!

## NO SUBJECT TOO TABOO

The connection between Valentine’s Day, Planned Parenthood and sex ed was a no-brainer for local DJ Layla and Taboo, one

of Eugene’s hottest nightclubs. That’s why they generously proposed that PPSO be the beneficiary of Taboo’s annual Valentine’s Day festivities — a donation of \$600!

Planned Parenthood staff were on hand for the evening, doing what they do so well: providing sexual health information, promoting agency services, sharing safer sex messages, handing out free condoms, and being extraordinary role models for communicating about sexual health issues in a positive, matter-of-fact way.

Speaking of models, PPSO Community Educator and Youth Advocacy Coordinator, Shannon Kilduff looked stunning in an elegant condom dress of her own design, which she breaks out only for those very special occasions! (See photo at left.)

Many thanks to DJ Layla, Taboo, and patrons for their generosity and a memorable Valentine’s celebration.

## ANNUAL PARENT-DAUGHTER FAIRS PROMOTE FAMILY COMMUNICATION & FUN

In late February and early March, Planned Parenthood co-sponsored the 13<sup>th</sup> annual Parent and Daughter Fairs in Ashland and Medford. These hugely popular events are designed for girls aged 9 to 14 and their parents or a caring adult. More than 300 people attended this year.

Both events opened with a performance by Planned Parenthood’s Teen Theatre, with skits on body image, appearance, friendship, relationships, puberty, and more.

Fair-goers then chose among six small group workshops. A female police officer led a self-defense workshop, and another workshop gave parent-daughter pairs the opportunity to improvise scenarios in theater games. Others got their groove on in a hip-hop dance workshop, or got informed about nutrition in a healthy eating workshop.

In Ashland, a family communication session divided girls and adults into groups to discuss issues ranging from wearing make up and high heels, to co-ed sleepovers, and one-on-one dating. And in Medford, a “natural beauty”



PPSO’s own Youth Advocacy Coordinator, Shannon Kilduff, models her famous Condom Dress!



## S, FAMILIES, AND CLERGY

workshop gave girls a chance to make bath salts while exploring the definition of beauty.

The Parent and Daughter Fairs are an enormous success every year. They have proven to be a wonderful way to support parent-child connectedness, which is an important element in the prevention of early sexual activity and teen pregnancy. PPSO is proud to co-sponsor these annual fairs with The American Association of University Women, Ashland Community Hospital, and Asante Health System.

### WHAT'S RELIGIOUS ABOUT SEX EDUCATION?

Most of us probably wouldn't equate church with sex education and yet, what an important place for a young person to receive sexual health and safety information they can carry with them for a lifetime!

PPSO is teaming up with First Congregational Church in Eugene on April 20 – 22<sup>nd</sup> to offer a facilitator's training in Our Whole Lives (OWL), a comprehensive K - Adult series of sexuality curricula developed by United Church of Christ and The Unitarian Universalist Association.

OWL equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture.

Grounded in a holistic view of sexuality, Our Whole Lives provides not only facts about anatomy and human development, but helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. The facilitator's training is open to faith and community organizations interested in making sexuality education available to their youth.

Thanks to generous funding from the Meyer Memorial Trust, registration for the training is free. For further information contact PPSO's Rights, Respect, Responsibility Coordinator, at 541-344-1611 x14 or email joanne.alba@pphssso.org.

### WE WANT YOU! ... TO BE A NEW 3RS ADVOCATE

The New 3Rs: Rights, Respect, Responsibility initiative is now in its seventh year of promoting a positive climate that values and trusts young people — supporting them to make informed and responsible decisions about sex. Supported by a growing network of New 3Rs Advocates, the initiative aims to achieve sustainable improvements in adolescent sexual health.

New 3Rs Advocates include state legislators, clergy, educators, health professionals, community leaders, youth, parents and others. For a list of Advocates already on board, visit our web site: [www.new3rs.info](http://www.new3rs.info) and click on "Advocates."

PPSO is looking to add to our growing list — and we are looking to you!

A New 3Rs Advocate can be anyone committed to supporting effective public health strategies in addressing adolescent sexuality. Advocates publicly endorse the values and vision of the New 3Rs. They may lend the power of their names to a New 3Rs event or activity, or co-sponsor events and forums. Advocates may write letters to the editor, or choose to lobby on behalf of adolescent sexual health. They may work with PPSO to incorporate The New 3Rs vision into their work activities or personal life.

There are many ways — large and small — to contribute to New 3Rs advocacy. Together we can influence public conversation and public policies related to teens and sex. This ultimately supports young people in acting responsibly and with the greatest respect for themselves and others.

Ready to enlist? For more information about The New 3Rs, contact Joanne Alba, at 541-344-1611 x14 or email [joanne.alba@pphssso.org](mailto:joanne.alba@pphssso.org).



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- Merck, the manufacturer of Gardasil vaccine offers a patient assistance program for young women, ages 19-26, based on financial eligibility;
- Some private health insurance policies may provide coverage (private insurance clients will need to pay for the vaccine at the time of service and then submit a receipt for reimbursement from their insurance company);
- Private payment.

To realize the maximum potential benefit of this vaccine for reducing the incidence of cervical cancer among women, we must ensure meaningful vaccination levels among adolescents. The positive public health impact cannot be overstated. Accordingly, Planned Parenthood Federation of America supports HPV vaccination as a school entry requirement — but only when adequate public and private funding are in place to ensure that it does not create an obstacle for school attendance or a financial burden to the family.

PPSO will assist clients in determining their eligibility for Vaccines for Children and the Merck Assistance Fund. However, we realize that not everyone will qualify for these programs, have insurance coverage, or be able to afford to pay out of pocket, and PPSO is working hard to create solutions that will make access available to all

## **EC OVER-THE-COUNTER AND IMPLANON HAVE ARRIVED!**

After traveling a very bumpy road to FDA approval, emergency contraception is now available as an over-the-counter (OTC) product to individuals 18 and older. However, teens under 18 can still obtain emergency contraception only by prescription.

We greet this news with a mixture of excitement and disappointment — excitement that this prevention product will now have broader access; disappointment that there is still restricted access for teens. The age restriction is purely political and not based on science nor the advice of the FDA's own scientists who recommended it be approved for over-the-counter status without age restrictions.

Our Planned Parenthood clinics are now offering emergency contraception both as an OTC product and by prescription. The OTC product can be sold to males or females, and we have to see proof that they are 18 or older before selling it over the counter. Female clients under age 18 can easily obtain emergency contraception by having a brief visit with clinic staff and having a prescription written.

FPEP, the Family Planning Expansion Project,

continues to cover emergency contraception — whether prescriptive or non-prescriptive — for female clients who meet the eligibility requirements. Even for those paying out-of-pocket for emergency contraception, we are still the very best deal in town at \$20 per package. Our extended evening and Saturday hours also make it easy for individuals to walk in and acquire EC.

We are also pleased to have another birth control method to offer our female clients. Implanon, made by Organon, is a single-rod progestin-only silicone implant inserted just under the skin in the arm and is highly effective in preventing pregnancy for three years.

The insertion and removal procedures are quick and easy. For women wanting long-term contraception without having to take a pill daily or change a patch or ring at periodic intervals it will be a good contraceptive alternative.

Both FPEP and Oregon Health Plan are covering the device. Private insurance varies in its coverage for any birth control method or device, however. Be sure to check the particulars of what your plan will cover.

# SHOES, WINE, & REPRODUCTIVE HEALTH — WHO KNEW?

## REACHING OUT TO YOU IN NEW AND INNOVATIVE WAYS

To keep you engaged, informed, and involved in our vital work at PPSO, we continually study and update our methods of communicating with long-time donors and creating interest in new audiences. Recent changes along these lines include an exciting new and totally unique fundraising event planned for early summer, and our just launched e-fundraising effort.

In a class all by itself will be our absolutely fabulous fundraising event, Wine, Women & Shoes, a two-day occasion to be held June 22 and 23 in the Eugene area.

On Friday, June 22<sup>nd</sup>, we will be presenting Wine & Shoe Pairing: 101, a fun wine tasting/wine appreciation class taught in shoe terms—“a velvety red wine.” This will be held at Provisions in the 5<sup>th</sup> Street Market in Eugene from 7:00 to 9:00 pm. Tickets for the class — limited to 60 participants — are \$50.

The second part of the event will take place at King Estate Winery on Saturday, June 23<sup>rd</sup> from 11:00 am to 3:00 pm. Saturday’s event is a wine-tasting reception, shoe fashion show (with shoes from Miss Meers shoe boutique), and marketplace featuring boutiques from Florence, Corvallis, Jacksonville, and Eugene where you can purchase unique, beautiful, shoes and accessories. A portion of the money spent at the marketplace will go to PPSO.

Tickets for the Saturday activities are \$100, or \$150 for a VIP ticket which will give you priority

seating for the fashion show. (Combined discount tickets for both events will also be available.)

A first-time event, Wine, Women & Shoes promises to be great fun while raising essential funds for Planned Parenthood. Look for a Save the Date card in your mailbox soon!

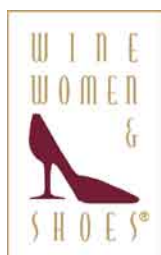
**E-FUNDRAISING GOES LIVE:** We continue to listen to our many loyal supporters who asked for paperless methods of making donations, and in January we launched our first e-fundraising appeal. Timed with the 34<sup>th</sup> anniversary of Roe vs Wade, the appeal was emailed to all those in our database for whom we have email addresses. Just think, we saved paper, ink, and postage with this simple yet effective appeal method.

But it only works if we have email addresses. For those of you who have not yet supplied us with your email address, we will still be mailing regular printed appeals and communications. If you, too, would like to help us save resources, please email us at [donations@pphso.org](mailto:donations@pphso.org) and we will add your email address to our database.

**FREQUENTLY ASKED QUESTION:** How do I limit the number of mailings I receive?

A: You might be receiving mailings from our national office as well as PPSO. If you are receiving too many from either source, please email us at [donations@pphso.org](mailto:donations@pphso.org), let us know what you would like to change, and we will see that your wishes are met.

### A SPECIAL THANK YOU TO THE EARLY SPONSORS OF WINE, WOMEN & SHOES



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- Cynthia Pappas & George Grier
- The Sid & Karen DeBoers Foundation

IF YOU WOULD LIKE TO VOLUNTEER, CALL DAWN MECKELSON AT (541) 344-2632 x33

# THE GREAT AIM<sup>o</sup> EDUCATION IS NOT KNOWLEDGE, BUT ACTION. HERBERT SPENCER

## 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.

### **HERE'S HOW:**

Go to other charity - Line 63 on the long form or Line 31 on the  
short form - and 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

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

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

Junction City  
275 Greenwood St.  
Junction City, OR 97448  
(541) 998-8311

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360 East 10th Ave., #104  
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