



**OUR MISSION** | To assure that quality, comprehensive reproductive health care and education are available to all.

# the NEWSLETTER

Planned Parenthood in Waco since 1939

Fall/Winter 2010



Someone you know  
is almost certain  
you can't get  
pregnant the first  
time.



**Planned Parenthood**<sup>®</sup>  
in Waco since 1939

**WE'RE HERE.**<sup>SM</sup>

**WE'RE HERE...**

- ...providing reproductive health care to Central Texans who have no other place to go.
- ...making sure Central Texans have the comprehensive sexual health information they need to make healthy choices.
- ...serving over 12,000 patients annually in our health centers.
- ...delivering accurate information to students in 5-9th grades, every year, for 21 years at our Nobody's Fool<sup>®</sup> Conference

**88%**

of the patients at Planned Parenthood health centers in Waco are adults (18 and over).

**96%**

of the life-saving services provided at Planned Parenthood health centers in Waco are **preventive** - like birth control, cancer screening, STD testing and treatment, and education.

Visit us @ [www.ppwaco.org](http://www.ppwaco.org) for donations, questions, information, and appointments!

## A MESSAGE FROM OUR CEO, FELICIA GOODMAN



During this holiday season, I am reminded of how thankful I am for the many years of community support that Planned Parenthood has enjoyed from Waco and the surrounding community.

For over seventy years, building healthy communities has been the mission of Planned Parenthood. Our healthcare services include cancer screenings, breast health care, well woman exams, contraceptive services, STD prevention and treatment, and much more.

**96%** of the services we offer to our communities are **preventive** services that help women, men, families, and communities stay healthy. Every day we help all kinds of people get the health tools, information, and the care and compassion they need to prevent unintended pregnancies or to plan for families when they are ready. Every day we supply our clients with the most sophisticated instrument in medicine – accurate information which can help them make the best decisions about their health.

At Planned Parenthood, we treat healthcare as a basic human right – one that’s dispensed freely and without judgment to every person regardless of race gender class or age. We don’t believe that you should wait and see. We don’t think that a once a year screening means once every five years. We don’t think that only people with health insurance or cash get to be healthy. Or even that there are questions too embarrassing to ask. We are here to educate and care for healthy communities.

That means coming to see us just as you are. Come see us when you are healthy—just for a checkup. Come see us when you are curious or want accurate information. Come see us when you are embarrassed or afraid. We are here with an open mind, a caring touch, and extraordinarily sophisticated tools and expertise. We’re here regardless of your health status or your insurance status.

We are here for every person, every family, and every community. You can count on Planned Parenthood.

**And we are thankful that we can count on you. In this time of economic and political uncertainty the need for family planning is more urgent than ever! Please donate now.**



**Friend us on Facebook and follow us on Twitter @ ppwaco**



By providing low cost contraceptives,  
**WE SAVE FAMILIES.**

With sexuality education programs for teens,  
**WE SAVE FUTURES.**

Through our cancer screening,  
**WE SAVE LIVES.**



Our health centers celebrated Breast Cancer Awareness Month in October with life saving information displays for our patients.

## 2010 - 2011 OFFICERS & BOARD OF DIRECTORS

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**Right now, right this second, as you are reading this, there are young lives at stake. All across the globe, educators are giving information to their audiences. As the saying goes, “information is power,” and in the case of sexuality education, it’s no different. It’s the power to say yes or no. It’s the power to understand what sex is and if you’re ready for it or not. It’s the power of understanding what causes pregnancy. It’s the power of understanding what causes STDs and how you can avoid them. It’s the power to protect your sexual health. It’s the power to make decisions that will have an effect for the rest of your life.**

## **MEET ANNIE... OUR NEW EDUCATION & VOLUNTEER COORDINATOR!**

From Bristow, Oklahoma (pop. 4,370) to Waco, Texas and everything in between... My name is Annie Norman. I’m the new Education & Volunteer Coordinator at Planned Parenthood in Waco, and I’d like to tell you a short story of how I became inspired to be a sexual health educator and how I arrived in Central Texas.

As I went through high school and my first two years of undergraduate studies at the University of Arizona, I met a lot of people and formed a lot of friendships. Along the way, there were pregnancy scares, broken hearts, and late-night conversations with friends about relationships and dating. I have described, I dare to say, a fairly normal undergraduate college experience. But there I was, a small-town Oklahoma girl who knew more about the importance of birth control and condoms than her ‘big city’ counterparts. Was it because my mother and father played active roles in my dating life; that mom took me aside and said, ‘Hey, I see you’ve been hanging out with this boy lately, let’s talk?’ Probably. Whatever the reason, my college experience was the spark that ignited the fire and prompted me to wonder why there was (and still is!) such a lack of information on college campuses?

When I transferred to The University of Oklahoma (OU) my junior year, I saw the same thing. But I saw something else, too. I saw a couple of girls walking around campus one day with fairy wings on their backs and baskets of condoms. They were ‘Sexperts’ at the OU Women’s Outreach Center, hosting a campus event for Condom Week called The Condom Fairies. I immediately applied to be a peer health education intern and spent the next two years as a ‘Sexpert,’ giving presentations to fraternities, sororities, and other campus groups at OU. This was the start of my sexual health education career; I just didn’t realize it would be a career.

When I graduated from OU in December 2007, with a Bachelor’s in Journalism and Public Relations, I left the country in February 2008 to serve in the Peace Corps in Costa Rica. During my 27 months of service, while meeting my Community Economic Development pro-

gram goals through classes, workshops, and small business development, I met a lot of people, and formed a lot of friendships. Along the way, there were pregnancy scares, broken hearts, and late-night conversations with friends about relationships in dating...only this time it was all in Spanish.

And this time, I was in a small, conservative, Catholic community that would not have taken so well to the “gringa” prancing around in fairy wings, handing out condoms, and talking about birth control and STDs. I faced a lot of opposition from community leaders when trying to develop a communal project, but still sensed the public’s thirst and recognized the dire need for accurate information. It was time to think outside of the box. So I joined the Peace Corps HIV/AIDS Committee, gathered information with the help of the Peace Corps medical staff, and hit the streets – guerrilla style.

I had personal conversations, held small private classes, and received promises from my students that the chain of information would not end with them. They would help me help others. This is when I knew I wanted to devote my life to sexual health. This is when I knew I would be a sexual health educator. Information is power, and each and every human being deserves the power to protect their sexual health and make decisions about their bodies. As Cecile Richards (PPFA President) says, “There is no room for politics to get in the way of good medicine. Lives – young lives – are at stake.”

It’s an honor to be here in this beautiful city. Please feel free to stop by and see me or call for whatever your educational needs may be – and I hope to see you around on the streets – guerrilla style :) [anorman@ppwaco.org](mailto:anorman@ppwaco.org) // 254.492.1779



“There is no valid rationale for this zealous focus on abstinence-until-marriage programs. And with so many lives — young lives — at stake around the world, there is no room for politics to get in the way of good medicine. What we need is a comprehensive approach...”

– Cecile Richards, President  
Planned Parenthood Federation of America

# NOBODY'S FOOL

For the last 21 years, Planned Parenthood of Central Texas has partnered with local churches and other area non-profit agencies that work with young people to deliver accurate, comprehensive, age-appropriate sexuality education to Waco area students in 5th through 9th grades. We work to address the issues of puberty, dating, reproduction, healthy relationships, abstinence, birth control, HIV and more, in a way that is both fun and informational. Our annual event in July was very successful as the students received accurate sexual health information from Planned Parenthood staff and volunteers from all over the state. A special thanks goes out to our hundreds of donors and partners both in and around the Waco community, parents/grandparents/guardians, and of course the young people who come to Nobody's Fool®. Without each and every one of you this event would not be possible. Thank you for helping us contribute to our community.



What kids say they learned:

- "Rights, respect." – 5th grade boy
- "How to prevent passing HIV, and about the anatomy of boys and girls." – 6th grade boy
- "To be safe. And not have sex." – 7th grade boy
- "Puberty and being a woman." – 5th grade girl
- "What HIV is, and new things about my body." – 5th grade girl
- "I am unique, and I am special." – 6th grade girl
- "Diseases and how you get pregnant." – 8th grade girl
- "That 1 out of 5 teens get pregnant their first time. Protect yourself." – 8th grade girl
- "The different ways to get an STD, and how to prevent it." – 8th grade girl
- "You can get a disease from oral sex." – 9th grade girl
- "Birth control comes in a patch." – 9th grade girl
- "Oral sex is sex. You can get HIV through oral sex." – 9th grade girl
- "What is HIV and what is abuse." – 7th grade girl
- "That when you are pregnant, you don't have a period." – 7th grade girl
- "HIV can't be spread though hugging." – 7th grade girl



For more information, to register, donate, become a volunteer or staff member, email us at [nf@ppwaco.org](mailto:nf@ppwaco.org), call us at 254-759-5777 or visit our website at [www.ppwaco.org](http://www.ppwaco.org).



## PLEDGE-A-PICKET

**Do the Protesters Make You Mad?  
Join Pledge-a-Picket to offset the  
opposition's impact on patient care!**

Each week at our Audre Rapoport Health Center, every year at our Nobody's Fool education event, and occasionally at our family planning centers, people who oppose birth control, comprehensive sex education, and abortion care picket outside our facilities.

**Join the Pledge-a-Picket program to show your opposition to the opposition!**

**Here's how it works:** You sign up and agree to pay between \$0.25 and \$1.00 each time a protestor comes to a Planned Parenthood health center or event. You receive an update on the protesters' activities and a monthly "bill" for your pledge, which can be capped. *This is similar to sponsoring a runner in a charity marathon.* **To sign up, please complete the form and mail it in the enclosed envelope, or sign up online at [www.ppwaco.org](http://www.ppwaco.org) – click on "Get Involved in Waco."**

**Since January 2002, Pledge-a-Picket has raised over \$73,000!**

I pledge \$\_\_\_\_\_ per anti-Planned Parenthood protestor. Total pledge not to exceed \$\_\_\_\_\_ per month.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*All contributions are tax-deductible. Your pledge will be ongoing for one year unless you indicate otherwise.*

## THINK ABOUT IT

What other women's health care facility provides a full range of reproductive medical services and educational programs for low-income women? Only Planned Parenthood. Because the need is so great for thousands of your neighbors.

## YOUR DOLLARS MAKE A DIFFERENCE!

It is because of your support that we are able to offer the programs and services we do. Please be generous – Every gift no matter the size, makes a difference in the lives of our patients.

After 71 years of providing reproductive health care and responsible sexuality education in the community, the patients that came to us as teenagers years ago now bring in their daughters and granddaughters. It's good to know we are making a difference!

Your support today means that this generation and the next will continue to receive the best family planning, health care, and information they need to make healthy choices for themselves.

## BECAUSE OUR PATIENTS COUNT ON US, WE COUNT ON YOU!

HERE'S  
HOW YOU  
CAN HELP!

- Mail your check in the gift envelope enclosed in this newsletter.
- Donate by credit card: Visa, MasterCard or Discover.
- Donate online at [www.ppwaco.org](http://www.ppwaco.org) It's quick, easy & secure. (Be sure to choose "local" to ensure that all of your donation goes to Planned Parenthood of Central Texas)
- Make a multiple-year pledge.
- Join Pledge-a-Picket.
- Donate stock and securities.
- Become a Sustainer Donor and give monthly by credit card or electronic fund transfer.
- Include Planned Parenthood in your will/estate planning.

*2010 tax deductible gifts must be postmarked by 12/31/2010.*

Call Trudy Woodson - 492-1783 for more information

## PPCT RECEIVES GRANT FROM THE WACO FOUNDATION

Planned Parenthood of Central Texas received a grant from the Waco Foundation for \$51,765 to remodel the exam area of the Mary Ruth Duncan Health Center on Ross Avenue to add two additional exam rooms. This will allow us to achieve maximum productivity and accommodate our patients more efficiently.

PPCT has realized a 46% increase in patient visits since 2006. Additional Nurse Practitioners/Clinicians have been added to the staff to sustain this patient growth.

This grant will provide the furnishings and equipment needed for these additional rooms plus painting and other enhancements.

Thank you, Waco Foundation Trustees for recognizing the life saving services we provide and the difference we are making in the lives of families in our community.

Non-Profit  
Organization  
U.S. Postage  
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Waco, Texas

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1121 Ross Avenue  
(254) 759-5750

**MARLIN HEALTH CENTER**  
146 Bridge Street • Marlin, Texas 76661  
1-866-387-4256

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625 McClintic Drive • Groesbeck, Texas 76642  
1-866-387-4256

**AUDRE RAPOPORT HEALTH CENTER**  
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(254) 759-5772

**ADMINISTRATION & AUDRE RAPOPORT LIBRARY**  
1121 Ross Avenue  
ADMINISTRATION  
(254) 759-5762  
FAX - (254) 759-5761  
[www.ppwaco.org](http://www.ppwaco.org)



**JOIN US FOR LUNCH  
AND A TOUR**

Do you have a lunch bunch, study club, investment group, or friends and neighbors who would be interested in learning more about Planned Parenthood?

We are continuing to showcase our Audre Rapoport Library, Administration Building and the Mary Ruth Duncan Health Center at 1121 Ross Avenue to the community through "Lunch Stop at Planned Parenthood." Most of our guests have never visited our health center and are surprised by the scope of professional health services we offer to our patients. They are also very interested to learn about the vast holdings on every aspect of reproductive health and sexuality in our Audre Rapoport Library. The tour ends with an informal lunch and an opportunity to ask questions.

We would love to show you our facility. If a "Happy Hour" (late afternoon) works better for your group, we can do that, too. Please call Trudy Woodson (254) 492-1783 to schedule.

**To apply for job opportunities at  
Planned Parenthood Waco  
Apply online at  
[www.ppwaco.org](http://www.ppwaco.org)**

*Holiday Giving Made Easy*

Finding that special gift for the person who has everything can be a difficult task. We have the perfect solution: Give a TRIBUTE gift to Planned Parenthood in Waco in honor of that person or family. We will notify the recipient for you with your best wishes. Use the enclosed envelope with your instructions and we'll take care of the rest! Remember that a TRIBUTE gift is thoughtful any time of the year.

*Happy Holidays*

**THE NEWSLETTER IS A PUBLICATION OF  
PLANNED PARENTHOOD IN WACO**

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