

Dialogue

Planned Parenthood of Wyoming

Winter
2010

visit our website at
www.pprm.org

Planned Parenthood Continues to Fight for Meaningful Health Care Reform



Planned Parenthood is calling on Congress to get health care reform done now; and to get it done right. This means retaining all the provisions in current legislation that extend affordable health care coverage to millions of women, guarantee access to affordable preventive screenings for cancer and other life-saving tests, protect women against gender discrimination by private insurers, and ensure that women have access to comprehensive reproductive health.

Planned Parenthood's mission and core values compel us to act on behalf of the millions of women we serve each year, as well as millions of other women who need health coverage and affordable life-saving preventive care and the full range of reproductive health care. As a trusted provider of

health care to millions of women nationwide, Planned Parenthood knows firsthand how critical it is for every woman to have good health care coverage, including comprehensive reproductive health care. While the fate of health care reform remains uncertain at this moment, Planned

Flex Your Muscle

The Planned Parenthood Action Network allows you to reach decision makers with the click of a button for free. Join our network of over 70,000 activists by visiting pprm.org.

Planned Parenthood of Wyoming Meet and Greet Tour with NARAL Pro-Choice Wyoming

In August 2009 representatives of Planned Parenthood of the Rocky Mountains (PPRM) and NARAL Pro-Choice Wyoming embarked on a four-day road trip throughout Northern Colorado and Wyoming. The goal of the trip was to visit regional health centers and establish and strengthen our relationship with the pro-choice community in each town we visited.

The annual meet-and-greet tour was a huge success. Stops included Fort Collins in Colorado, and in Wyoming, visits to Casper, Jackson Hole, and Laramie. Along each stop, PPRM

and NARAL representatives hosted a cocktail reception for our supporters. We discussed our plans for future work in Northern Colorado and Wyoming. Overall, it was a wonderful setting that allowed us to connect with supporters of reproductive choice and inform them about key legislative issues we're monitoring this year and how we depend on activists for support.

The partnership between PPRM and NARAL Pro-Choice Wyoming proudly dates back to the early 1990s. This year, our organizations

will collaborate to monitor the 2010 Wyoming budget session as well as educate voters about the upcoming 2010 Wyoming election.

"It's nice working with PPRM because we are able to co-sponsor our bi-annual legislative reception, prepare jointly issued fact sheets, develop legislative strategy and share the one-on-one lobbying responsibilities," said Sharon Breitweiser, executive director of NARAL Pro-Choice Wyoming.



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Please call **1.800.230.PLAN**
or visit **pprm.org** to make an
appointment at the health
center nearest you.

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The mission of Planned
Parenthood of Wyoming is
to improve the quality of life
by enabling all people to
exercise individual choice
in their own reproductive
health.

www.pprm.org



Birth control gives me the power to plan my future

There are now more options than ever.

Planned Parenthood will help you find the method that is right for you. We are affordable and no exam is necessary.

Just walk in.



pprm.org



Join our Easy Scripts Plan and get your birth control in the mail every month.

New PPW print ad promotes a variety of affordable birth control options.



Planned Parenthood of Wyoming welcomes Toni Decklever

Toni Decklever joined the Planned Parenthood team in 2009 as a lobbyist for Planned Parenthood of Wyoming. Having been a registered nurse in Wyoming for 26 years, Decklever is an ideal advocate for issues close to Planned Parenthood. Her previous professional positions include working as a nurse at the Cheyenne Regional Medical Center, serving as development coordinator and director of nursing in a long-term care facility, and working as a health occupations teacher at East High School in Cheyenne.

After leaving the classroom, Decklever continued to work for the school district in an administrative role. She is currently the state director for the student organization SkillsUSA; and works as a lobbyist for the Wyoming Nurses Association and Wyoming Association for Career and Technical Education.

After obtaining a Master in Organizational Leadership, Decklever formed her own training and consulting business and has traveled throughout the state working in the areas of education and health care.

Ways to give

Planned Parenthood of Wyoming offers many opportunities for its supporters to help the women, men and teens we serve every day at our Casper health center.

General Donation: Give the gift of choice through a general donation of any amount.

Monthly Donation: Join our sustaining donors who make an automatic monthly gift by electronic withdrawal or credit card.

Memorials & Tributes: A memorial or tribute gift of any amount is an ideal way to remember or honor the life of someone special. A card can be sent to the recipient or family, notifying them of your gift.

Planned Giving & Bequests: Leave a legacy of choice by remembering PPW in your estate plan or through other structured gifts.



Volunteer: Give the gift of time. PPW has many volunteer opportunities. You can learn about these opportunities by visiting pprm.org.

Workplace Giving: Designate PPW as the recipient of your payroll deduction/workplace giving campaign.

If you have questions about any of the above opportunities or wish to make a donation, please call 307.234.1669 or send an e-mail to info.development@pprm.org.

Impact of Recession on Women's Reproductive Health Decisions

The ongoing recession in the United States has had a profound effect on women's reproductive health decisions. In September 2009, the Guttmacher Institute released *A Real-Time Look at the Impact of the Recession on Women's Family Planning and Pregnancy Decisions* that provides the first real-time evidence on the impact of the economic downturn on women's fertility-based attitudes, needs and behavior and on their ability to obtain family planning services.

Researchers at the Guttmacher Institute found that because of current economic concerns, nearly half of women surveyed want to delay pregnancy or limit the number of children they have. Among those women, about half said the recession has heightened the focus on effective contraceptive use. But for many, economic hardship means having to ration their contraceptive use, for

example, by stretching their monthly supply of pills or shifting to a less expensive method—or not using birth control at all—in order to save money. Nearly one in four women have postponed a gynecologic or birth control visit in the past year to save money, and the same proportion report having a harder time paying for birth control than they did in the past.

The report also found that more than one in four women surveyed, or their partners, have lost jobs or health insurance in the past year, and that 52 percent say they are financially worse off than they were a year ago. Not surprisingly, more than half of the women surveyed worry more now about their ability to take care of their children. Among those who say they are financially worse off, three-quarters voice this concern.

“The recession has put many women—including middle-class women who are having trouble making ends meet—in an untenable situation. They want to avoid unintended pregnancy more than ever, but at the same time are having difficulty affording the out-of-pocket costs of prescription contraception,” says Dr. Sharon Camp, Guttmacher president and CEO. “Unfortunately, while delaying a prescription refill or skipping pills may save women money in the short term, it increases their risk of an unintended pregnancy and results in greater costs related to abortion and unplanned birth later on.”

Guttmacher researchers conducted the online survey in July and August of 2009 and covered a nationally representative sample of nearly 1,000 low- and middle-income sexually active women age 18 to 34, with household incomes of less than \$75,000. To view the full report, go to www.agi-usa.org.

Implanon now available

Planned Parenthood is pleased to announce that its Casper health center is expanding the methods of birth control options available to its clients by now offering Implanon.

Implanon is a matchstick-sized rod inserted into the upper arm to prevent pregnancy. Like several other methods of birth control, Implanon releases the hormone progesterin. The progesterin in Implanon works by keeping a woman's ovaries from releasing eggs.

Effectiveness is an important and common concern when choosing a birth control method. Less than one out of 100 women a year will become pregnant using Implanon; Implanon is very effective, and lasts up to three years.

For many women, Implanon is an affordable and convenient birth control option as it provides continuous long-lasting birth control without sterilization and does not need to be taken on a daily basis. Women wanting to become pregnant can do so quickly after they stop using Implanon. It can be used while breast feeding and also by women who cannot take birth control that contains estrogen.

Every woman has different needs and questions when choosing a birth control method. Planned



Planned Parenthood health center in Casper.

Parenthood's trained medical professionals are here for you – to answer your questions and to help you find the birth control method that is best for you.

Call 307.234.1669 to make an appointment today.

Want Less Mail?

Our *Dialogue* newsletter is now available via email. If you would prefer an electronic version of this newsletter, please send your email address to info.development@pprm.org.

*We are
taking care
of ourselves*



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