

Six Rivers Planned Parenthood[®] Voice for Choice

Vote
on
Nov. 4th

❖ Fall 2008 ❖ Issue Number 23 ❖

❖ Serving Humboldt, Trinity & Del Norte Counties ❖ Founded in 1975 ❖

Health Care and Education Keep Local Teen Birth Rates Lower Than State, National

I really think this changed my decision on sex.

A high school student in a classroom in Trinity County wrote this comment about the Planned Parenthood education program she had just finished, taught by our health educator Corky Letellier. Many teens tell us the more they know the more they want to wait to have sex.

About 46% of youth in the U.S. begin sexual activity in high school. For those youth who need it we offer confidential, convenient health care in Trinity and Humboldt Counties. About 23% of the clients at SRPP are teenagers. Rachael Trevino, HIV Coordinator, speaks about working with teens in the clinic,

Many teens come into our clinic knowing they need services for one reason or another, but lacking vital information about sexually transmitted infections (STI) and pregnancy prevention. They have put together some pieces of information gathered either from friends or family, but it is our job to help them



understand the full picture. Sometimes they are unaware of how their behaviors put them at risk, so we will spend 15-30 minutes or more talking with a teen about how to prevent pregnancy and STIs. It is really gratifying to see them leave armed with the

correct information and education needed to navigate the issues that come up with sexuality and being a teenager.

The U.S. Centers for Disease Control this past year released information that birth rates rose by 3% in the U.S. in 2006 after an impressive drop of 34% between 1991 and 2005. The national teen birthrate was 41.9 versus California's rate of 37.8 (rates are per 1,000 girls 15-19.) In Humboldt County the 2006 teen birthrate was 32.1, well



below both national and state rates. Trinity County's teen birth rate was also well below the state and Del Norte County's was higher (45.1). By comparison, in Texas, a state with demographic similarities to California, the teen birth rate was vastly higher: 64.3.

California's leaders took steps to lower the state teen birth rate starting about 1990 when our state had the nation's highest rate. These steps included funding for prevention programs like SRPP's community education efforts, setting state requirements for effective sex education and the funding for Family PACT which makes contraception and other sexual health services widely available. Planned Parenthood led these policy efforts at the state level and we work every day at the local level making prevention happen.

Heritage Society Is Growing

Gisela and Jerry Rohde Newest Members



Gisela and Jerry Rohde have been Planned Parenthood supporters for many years. Recently, the Rohdes became the 87th and 88th members of our Heritage Society because they believe in the SRPP mission of creating a world of wanted children. The Rohdes remember when Planned Parenthood helped them with their reproductive

health needs and now they want to give back to their community and help others. By leaving part of their estate to Six Rivers Planned Parenthood, they ensure their legacy and their commitment to SRPP services for men, women and teens, such as pregnancy testing and birth control options, vasectomy, HPV vaccine and cancer screening. Thank you Jerry and Gisela!

Membership in the Heritage Society is restricted to those who have made a commitment to remember SRPP in their estate plans. Planned gifts are most commonly made through bequests, although there are many other ways to give. Information about Planned Giving and the Heritage Society is available at the SRPP administrative offices. Please contact Beth Bray at 442-2961 for more information. Additionally, as a thank you for their support, Heritage Society members receive a complimentary ticket to the annual Choices Breakfast every year.

In the News

Proposition 4: Parental Notification Redux

Yes, it's back. For the 3rd time in four years the November ballot will include an initiative that would change the California Constitution to require teens under the age of 18 to notify a parent at least 48 hours prior to getting an abortion. Proposition 4 is similar to the last two initiatives that were rejected by voters, with a couple of strange additions. A teen would be allowed to notify an adult relative instead of a parent, but only if she filed an abuse report against her parents at the same time (the abuse report wouldn't need to be true, but would trigger an investigation by Child Protective Services). And doctors could potentially be sued by a girl's parents for not giving proper notification up to 20 years or more after they performed the abortion!

The backers of Proposition 4 claim that they want to protect the health and safety of young women, but their real agenda is to stop abortion for all women in all circumstances, outlaw birth control, and eliminate sex education in the schools. Most teens already involve a parent or trusted adult when making the decision to have an abortion, and those that don't, generally have a good reason. Forcing already desperate teens from abusive homes to file reports against their parents in order to obtain an abortion will only make those girls more likely to delay medical care, self abort, or seek illegal, unsafe abortions.

California voters rejected this initiative twice, and with your help it will be defeated again this fall. **Vote No on Proposition 4!**

Red Counties Project

SRPP has joined with Planned Parenthood affiliates around the state to participate in a project to increase the number of pro-choice voters in so-called "red" counties (those with a majority of Republican voters). Focus groups have shown that significant numbers of voters in these counties who oppose abortion still have a favorable view of Planned Parenthood, and are open to pro-choice information. The proof of this was demonstrated during the 2006 elections when fully 28% of California voters who say they believe abortion should be illegal in all cases voted against that year's parental notification initiative because they agreed that the initiative put young women at risk.

The "Red Counties Project" is conducting research and developing new ways to connect with these voters by showing that Planned Parenthood is a leader in vital community health care, benefiting everyone in the community because of the services we provide. Ultimately this research will be used to craft new advertising, community information, and voter education materials to foster positive perceptions of Planned Parenthood.

Clinic Staff Thankful For New Ultrasound Machine

Dedicated Donors Made It All Possible



Clinic staff (L-R) Lisa Petterson, Liz Land, Jessica Brown, Amy Bishop, and Valerie Schramm are thankful for the opportunity to provide better care to their patients. Just a few dedicated donors made the desire for a new ultrasound machine come true. SRPP would like to thank those people who made the purchase of this new technology possible: Carol & Dick Laursen, Steve Gompertz, the Jill Irvine Memorial Fund, the Burton D. Morgan Foundation, Peter Pennekamp, and anonymous donors. Thank you for your support!

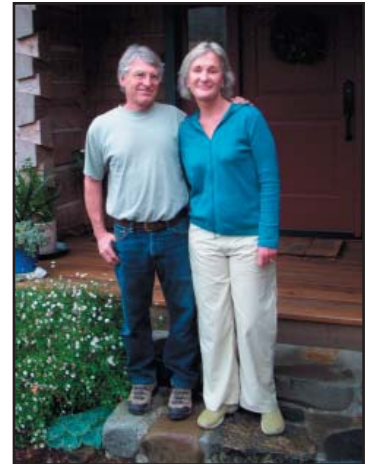
Volunteer Corner

Spotlight on an SRPP Family

SRPP provides a necessary service.
-Ginny and Bob Felter

When Ginny and Bob Felter moved to Humboldt County five years ago, they were ready to “kick back and give a little back to the community.” Lucky for us, Ginny and Bob decided to give back by being volunteers and donors at Six Rivers Planned Parenthood.

Initially, it was former CEO Tina Mackenzie who got the Felters involved with SRPP. Tina lives just up the street from Ginny and Bob and when she noticed Bob building a new house, she invited him to be a contracting consultant at SRPP during the construction of our new building. Since then, Bob has donated to the annual Choice Affair through his company, Bob Felter Construction, and Ginny and Bob have attended numerous SRPP events.



Ginny volunteers at SRPP weekly and has done a variety of projects ranging from updating phone lists to helping with mailings. Over the past school year, Ginny worked hard to get the Baby Think It Over infant simulators organized, cleaned, and distributed to ten schools, ensuring students in our community are taught the realities of childrearing. Most recently, Ginny has been working in the clinic completing chlamydia screening data collection surveys. These surveys are sent to the Infertility Prevention Project and are used to develop chlamydia reduction plans.

Both Ginny and Bob think that education is one of the most important parts of Planned Parenthood. Ginny put it well when she said, “You can’t make a choice without education.”

SRPP is blessed to have dedicated volunteers and donors like the Felters. Thank you Ginny and Bob!

If you are interested in more information about volunteering, please call 442-2961 and speak with Gina Figueroa, Volunteer Coordinator.

New Volunteers

Jennifer Ammon, Options Educator
Sara Champie, Education Intern
Hannah Doherty, Clerical/Escort
Stephanie Esparza, Clinic Intern
Dylan McClure, Outreach/Clerical
Caroline Nelson, RN Assistant

Departing Volunteers

Jessica Furland, Options Education Intern
Amy Johnson, Options Educator
Clifford Moon, Clerical
Marisa Mogianesi, Escort
Jennifer Shouse, Clerical
Erika Thompson, Escort
Jennifer Taft, RN Assistant

Spare Change

Teens Contribute 3,522 Volunteer Hours



2007-2008 Spare Change members celebrate their final performance of the year.

Spare Change is a program where teens teach their peers about the realities and responsibilities that come with their developing sexuality. Trained peer educators offer one-on-one support and also teach in local schools. There are two components to the program: Peer Educators and the Spare Change Theatre Troupe. In 2008, Spare Change performed theater pieces for 1,875 people at 12 sites throughout the county.

Spare Change Alum Pays It Back

Alexa Punnamkuzhyil, a senior at Oberlin College and a former Spare Change member, has received a 2008 Compton Mentor Fellowship. One of only 10 seniors in the nation selected to win the fellowship, Alexa will travel to India to engage community members in the creation of an extensive sexual health campaign. The keystone of the campaign, titled *Theatrical Education: Global and Local*, will be a series of six mini-films inspired by her experience in our local Spare Change program.

In a telephone interview with SRPP Education Director, Debbe Hartridge, Alexa shares her thoughts about Spare Change,

“Spare Change gave me an incredible gift. I wanted to pay it back in a community that needed it. Spare Change isn’t just a program, it’s a path you take in life.”

Three Ways to Help

Use the Six Rivers Planned Parenthood Co-op number when buying groceries at the Eureka or Arcata Co-op.

Our # is: 84096

Last year you donated over \$500 at the register. Let’s make it an even bigger and better year in 2008-2009!

Visit **THE GARDEN GATE** during Arts Arcata, have a glass of wine, and make a donation to the programs at SRPP. Wine benefiting SRPP will be served on the following dates:

November 14 and December 12

Become friends with SRPP on MySpace (or encourage your children to do so). You will get special bulletins and can add comments.

Visit: www.myspace.com/6riverspp

Thank you to everyone who attended or donated to our annual Choice Affair!



Ed Olsgard, long time Medical Director of SRPP and Michele McKeegan, co-founder of SRPP, enjoy themselves at the event.

Bali Hai: A South Pacific Evening

was a huge success! This year we raised \$50,622. Due to **your** generosity we are able to ensure that all people in need are provided with high quality reproductive health care. No one at SRPP is turned away due to lack of funds.

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Trinity County Highlights

Weaverville Client is "Forever Grateful"

Uma Bingham, NP, is our Weaverville Clinician. She reports from Weaverville, "I saw a 58 year old woman for her first visit to us last August. She hadn't had an annual exam or mammogram for 2 years due to a lack of insurance. We put her on our EAPC program for the visit and signed her up for the Cancer Detection Program (CDP) to pay for a mammogram. Her mammogram came back with possible abnormalities. The CDP program paid for a full work-up including further mammographic studies, ultrasound and biopsy which revealed invasive breast cancer. Due to the timing of the report and the long distances between patients' homes and our clinic, I had to disclose the results to her over the phone. Later that day, we met with her and her family to talk about making plans for referral and treatment. We were able to sign her up for another State program, the Breast and Cervical Cancer Treatment Program, to enable her to afford surgery and radiation therapy. Another staff member helped us negotiate the

application process on the internet.

The patient and her family were so very grateful for the availability of this remote rural clinic and the programs we administer to make health care available to our uninsured patients. I have a letter we received from her in which she says 'I have never come across a staff so friendly & helpful as you have been to me. I am forever grateful.'"

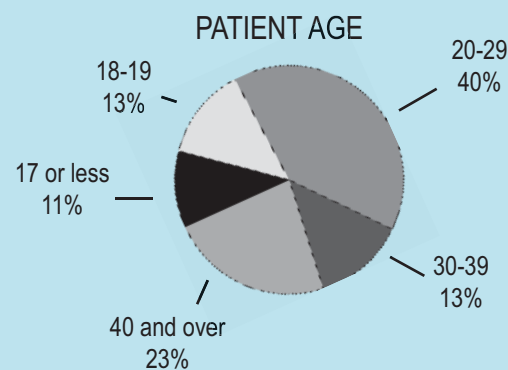


The Trinity County Advisory Council meets with SRPP Weaverville Clinic staff.

2007 Statistics

Weaverville Clinic

- 382 unduplicated patients
- 675 visits (almost 60 visits per month)
- 19% of visits were new patients



Trinity County Education

- Reach 300 middle and high school students.
- Have programs at 10 schools and juvenile hall, including Trinity High and Hayfork High

BOB FELTER
CONSTRUCTION

Six Rivers Planned
Parenthood thanks

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Tribute and Memorial Gifts to Six Rivers Planned Parenthood

Tina Mackenzie and Norman Polston, Ann Morgan, Denise Vanden Bos, Elizabeth Thompson, and Coleen Kelley Marks in memory of Claire Courtney Wendy Woman in memory of her parents Alice and Mark

Lily Bhavani Aquarian in honor of the Scher family

Clark Fenton in honor of Tera Prucha

Maryann Hatfield in honor of Audrey Godfrey

Joan Gold in honor of Shelley Holstein

Karen Lorenzo in honor of Maggy Herbelin

Nancy Noll in honor of Marla Joy

Pearl and Samuel Oliner in honor of Shelley Holstein

Tina Mackenzie and Norman Polston in honor of Ed Olsgard

Peter Pennekamp in honor of Denise Vanden Bos

Timothy and Gay Vance in honor of Lyle and Evelyn Vance

Len and Robin Wolff in honor of Alia Burdick

Helen Anderson in honor of Kelley Devlin Lake's birthday

Maureen Kearns in honor of Stephanie Perrett's birthday

Virginia Plambeck in honor of Mrs. Isabel Plambeck's birthday

Nancy Peregrine in honor of the birthdays of Jessica Van Arsdale and Anna Van Arsdale

Phylis Geller in honor of Miss Samantha Blue's Bat Mitzvah

Six Rivers Planned Parenthood thanks Los Bagels
for generously underwriting costs of this newsletter.



Around the World: Activism in Iran

SRPP's support of international women's health continued this August with a shipment of medications to Iran to treat post-partum hemorrhage. Through our established connections with family planning practitioners in Iran we are able to help poor women in that part of the world plan the size of their families and better their reproductive health. If you would like to be part of this effort, please send donations earmarked "international." We maintain a separate account for this ongoing program, which includes domestic education on international issues as well as funding family planning overseas. For further information, call Frederica Aalto at 677-0639.

Claire Courtney, Dear Friend of SRPP Passed Away June 30th

Claire's zest for life, interest in people and keen intelligence were generously applied to causes she cared about, including Six Rivers Planned Parenthood. Called by the Times Standard a "quintessential force in Humboldt County politics," she was active for many years on our public affairs and development



committees. In her honor, the SRPP public affairs committee plans to establish an award for political activism to be given at the Choices Breakfast celebrating the anniversary of Roe v. Wade in January.

Correction: In the Spring Newsletter we printed a list of pharmacies that have a staff pharmacist trained to dispense Plan B (emergency contraception). Ray's Food Place Pharmacy in Garberville was inadvertently left off the list.

Return Service Requested

Board of Directors

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Upcoming Events

OLLI Courses Available

Two courses are being offered this fall at SRPP through The Osher Lifelong Learning Institute. Register online at www.humboldt.edu/olli/courses/fall/2008. For more information on these OLLI courses, call 826-5880.

Midlife and Beyond

Hormones, vitamins, osteoporosis, empty nests, sex and relationships! Menopause is a prime time to evaluate your personal health and make a plan to be at your best throughout life. Health care specialists will talk about the latest ways to make the most of menopause and midlife. We will also learn from each other by sharing challenges and successes.

This course focuses on women's health and the aging process. Participants will learn ways to promote physical and mental health as they enter the midlife years. Topics include menopause, heart and bone health, fitness, sexuality and relationships. Four evening sessions will be offered, led by women's health care specialists, a fitness consultant and a family therapist.

Date	Mondays, Oct. 6 - 20
Time	6:30 - 8:30 p.m.
Fee/OLLI Members	\$15
Fee/Non-Members	\$20
Location	Six Rivers Planned Parenthood

Lead instructor Debbie Hatch has over 30 years of clinical experience and is currently a Women's Health Nurse Practitioner at Six Rivers Planned Parenthood. Dr. Kim Ervin completed her residency in Obstetrics and Gynecology in 1985. She opened her own practice, now known as North Coast Women's Health, in 1992. Family therapist Keta Rae Paulson and fitness specialist Stephanie Jackson will also contribute. There will also be a dramatic presentation by a local actress/writer.

**World Population:
 Past, Present, and Future**

SRPP's International Advocate, Frederica Aalto M.A., is offering a short course on world population this fall. This course covers the origins of modern rapid population growth, the demographic transition, demographic differences between countries and areas around the world, and

projections of future population growth or decline. This course will provide better understanding of the complex interaction between population growth and the environment, by means of lectures, slides and short videos, followed by a discussion of problems encountered and accomplishments achieved by various countries as they grapple with rapidly changing demographics.

Date	Saturdays, 10/25, 11/1, 11/8
Time	10 am - noon
Fee/OLLI Members	\$30
Fee/Non-Members	\$45
Location	Six Rivers Planned Parenthood

For Families

Growing Up

Saturday, October 18, 2-4 pm For parents and 9-12 year old daughters. Topics include puberty changes and positive body image.


Growing Up/La Familia Habla

Jueves, Octubre 23, 6:30-8:30 Un encuentro para padres y sus hijas de 9-13 años. The conversación incluire los cambios del cuerpo durante los años de la pubertad y los valores familiares sobre noviazgo y otros temas relacionados.

Father-Son Discussion Group


For fathers and 6-8th grade sons. Moving toward manhood. Time and date TBA.

Call 445-2018 to register or to inquire about scheduling a workshop for your group.



Protect the Next Generation

If your daughter is under 18, she needs your permission to receive the HPV vaccine at Six Rivers Planned Parenthood. **Help her protect herself by calling today.** The HPV vaccine **protects against 4 major types of HPV.** These include 2 types that cause about 70% of cervical cancer and 2 types that cause about 90% of genital warts. The vaccine is **available for girls and women ages 12-26 and is covered by MediCal and most insurances.**

 Six Rivers Planned Parenthood
 3225 Timber Fall Court
 Eureka, CA 95503
www.ppeureka.org

**Schedule an appointment today!
 Call 442-5700**

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