



Six Rivers Planned Parenthood® Voice for Choice

• Fall 2009 • Issue Number 25 •

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

SRPP Embraces Diverse Communities

Connecting with men, students, and Trinity County residents

Weaverville Health Center

The dedicated staff at our Weaverville health center work two days a week to provide services to nearly 400 people in Trinity County. Although it's small, the health center in Weaverville provides nearly as many services as our main site in Eureka. From birth control to STD testing and treatment, the only services patients can't access in Weaverville are our surgery services and Implanon (a new form of birth control).

In addition to serving those people who come to the health center, the staff in Weaverville reaches out to the community by distributing condoms in Hayfork, putting up posters throughout the county, and teaching reproductive health in most of the local schools.

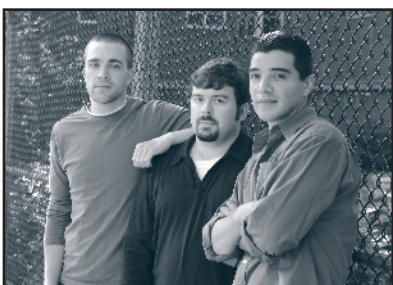


A patient checks in for an appointment at the Weaverville Health Center

Reaching out to diverse communities has always been part of the mission at Six Rivers Planned Parenthood and this year was no exception.

Male Services

Over the past few months, a team of staff members has been meeting to think of ways to reach out to our male patients. It is important for all of us here at SRPP to help everyone who comes through our doors feel safe and comfortable. In an



effort to improve conditions for men, we have been producing more marketing and educational materials featuring men, including a poster advertising our male cancer checks and a postcard highlighting services we offer to men. We have also been conscious of using more images of men in our patient services areas. Our hope is that it feels just as natural for men to come here for services as it does for women.

Outreach Program

Venturing onto college campuses, trekking to Hoopa, heading south to the CCC in Fortuna, and taking the short jaunt to The Raven Project, our Outreach Program is truly out in the community.

Over the past six years, the Outreach Program has nearly quadrupled the amount of patients it serves. Offering birth control, STD testing and treatment, and pregnancy testing and options counseling, the Outreach Program had nearly 2,000 patient visits last year. 33% of those patients were male, more than twice the percentage of male patients at our Eureka Health Center.

Our Patients Share Their Stories



When I was sixteen I was in a long term relationship and decided that if I was going to be sexually active I needed to be safe. My boyfriend and I decided to go to Planned Parenthood to get birth control and condoms so that we could be as safe as possible. We lived in

a small town outside of Sacramento, and being just sixteen, I hadn't driven in the city much. We got lost trying to find the health center and had to ask for directions near the capital building. An old man rudely said to me, "I don't know why they call it Planned Parenthood because if you have to go there it wasn't planned." I told

him I was actually going there to plan not to be a parent before I was ready.

That rude comment only furthered my resolve that what we were doing was smart and the healthiest way for us to be together. When we found the place, I was nervous. A friend of mine had gone to a "lady doctor" and cried the whole time because it hurt. I was afraid of having the same experience, but everyone in the Planned Parenthood office was so nice I couldn't imagine anyone there being mean or hurting me. When I got into the exam room, the doctor asked if I was okay, as I seemed scared. I poured out the whole story of my friend's experience and said I didn't want to be in pain. That doctor said something that has kept me getting regular pap smears every year for over ten years: "It shouldn't hurt. If it does, tell me because that means I'm doing something wrong." To this day I have a fear of doctors, but the one regular checkup I have never missed is my annual exam

with a gynecologist.

I am now pregnant with my first child at 27 years old, and she was planned. I was on birth control until after I got married and decided to have a baby. We are so excited to welcome our first child sometime in the next month, and I am so grateful to the Planned Parenthood offices who offered me support and protection for all the years I wasn't yet ready to parent. It is the greatest thing in the world to be pregnant when it is what you want and you feel safe and secure in your life and relationship. This is the most rewarding experience of my life, and I am glad I waited and glad I had the resources to make the decisions I have up to now.

- Alicia Simmons
Dedicated PP Patient

Stay tuned for a new patient story each issue!

Why do you work at Planned Parenthood?

The staff at Six Rivers Planned Parenthood all recognize that working here is special in one way or another but each person has different reasons why they came and why they stay. Read on to hear what some of our staff members have to say about why they work at SRPP:



**Debbie
HATCH**

Nurse Practitioner
Employed at SRPP: 29 years

I have worked at Planned Parenthood for 29 years. Planned Parenthood sponsored me to become a nurse practitioner in 1980. At first it was a job for me, but something changed.

I began to realize that Planned Parenthood provides medical services the way they should be provided: patient centered, compassionate and always striving for excellence. I realized that this is where I will stay and it no longer felt like just a job. I am given the opportunity to grow professionally and I am able to impact many peoples' health outcomes in a dynamic way.

We see people of all ages, ethnicities and economic backgrounds. Each is treated with respect, and is provided the information they need to make good choices about their health. There is a chance for clients to establish a rapport with their provider and to receive the best services that are available on the northcoast. I am thankful Planned Parenthood took me under their wing 29 years ago.

**Jill
NICHOLS**



Payroll Technician
Employed at SRPP: 3 years

I wasn't actively seeking a position with Planned Parenthood. I was hired through a temp. agency and as far as I'm concerned, it was the best thing to happen to me in my 30+ years of employment! I've always enjoyed working with people in general, but at my other jobs that meant working with the public. Here, I really, truly enjoy working with the people who are my fellow employees.

I work in the administrative portion of the agency so I don't interact with patients. Instead, I interact with all of the other employees here and am in awe of their passion, conviction and dedication to the service that they provide and the work that they do. I have never worked anywhere else that could boast this characteristic!

Environmental Health: A New Civil Rights Movement

Internationally Known Author and Researcher
Sandra Steingraber to Speak in October

When Denise Vanden Bos, SRPP's Chief Executive Officer, heard Sandra Steingraber, PhD. speak at the Planned Parenthood Western Region conference in Montana she was so inspired by Steingraber's eloquence and solution-oriented approach that she decided to work on bringing her to Humboldt County. Steingraber is an ecologist, author and cancer survivor and an internationally recognized expert on the environmental links to cancer and reproductive health. She is the author of a number of books including *Living Downstream: An Ecologist Looks at Cancer and the Environment*, *Having Faith: An Ecologist's Journey to Motherhood*, and *Post-Diagnosis*, a volume of poetry. She is also the co-author of a book on ecology and human rights in Africa, *The Spoils of Famine*.

Far from gloom and doom, Steingraber's approach adds to the current discussion among public health professionals in support of knowledge that can move society to make positive changes through education and policy. She's a believer in the power of both large scale and individual actions to make a difference.

Steingraber's talk will raise funds for both SRPP and the Humboldt Community Breast Health Project. It is part of the Humboldt State University Speaker Series and will take place in the Kate Buchanan Room on campus Saturday, October 10. There will be a reception at 6 pm with the talk beginning at 7 pm.

Tickets are free for students with an ID but should be reserved ahead of time. General admission is \$20 and parking is free at HSU on the weekends. Ticket outlets are listed below.



Free tickets for students are being made possible by a generous donor who feels it is important to give young people an opportunity to hear this exceptional speaker.

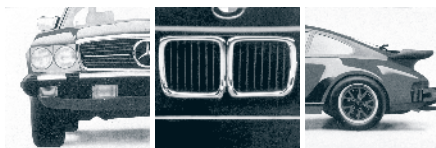
Also helping to bring Steingraber to Humboldt County is the Green Sanctuary Committee of the Humboldt Unitarian Universalist Fellowship which is part of a national effort by the Unitarian Universalist Association to build connections between spiritual practice and environmental consciousness.

Tickets are available at:

North Coast Co-op - Eureka
Six Rivers Planned Parenthood - Eureka
Humboldt Community Breast Health Project - Arcata
Northtown Books - Arcata
HSU Health Center - Arcata
Blake's Books - McKinleyville
Blue Moon - Garberville

Call SRPP at 442-2961 for more information.

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for underwriting costs of this newsletter.

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



New Technologies Increase Access to Care

Birth Control Refill Line

Getting prescriptions refilled at SRPP just got easier! If you have a current prescription on file, all you have to do is call (707)442-4118, leave a message as prompted, and pick up your refill at the Eureka Health Center. The refill line can also be used to request emergency contraception.

New Website

This summer, SRPP rolled out a new website. Visit us at www.srpp.org to check in with what's new at SRPP, view our publications, get information

about countless health topics, and to make a donation. Don't forget to take a look and let us know what you think!

Online Appointment Requests - Coming Soon!

In late 2009, you will be able to request an appointment during the hours we are closed and receive an email confirmation. Many Planned Parenthood affiliates in California are using this technology which will be accessed from a link on our website.

Volunteers Make the Difference!



New volunteers at Six Rivers Planned Parenthood complete a six week orientation in the Spring. These are the recent graduates.

From Left to Right:
 Back Row: Erika Boas, Laura Smith, Amanda Shelton, Amber Chisum, Casey Poor, Christine Keil, Laverne McCullough
 Front Row: Samantha Colton, Jenn Foesig, Gina Figueroa (Volunteer Coordinator), Rebecca Robertson, Alissa Morey

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

Volunteers		
New	New	Departing
Jessica Martin	Christine Keil	Andrea Gaona
Carolyn Vasilevich	Sara Champie, MSW Intern	Marielle Zumbado
Dean and Judy Heyenga	Julia Joseph, BSW Intern	
Amanda Shelton	Rebecca Robertson	
Laura Smith	Briana Roach	

Implanon Now Available at SRPP 99% Effective Against Pregnancy

The most effective reversible method of birth control besides abstinence is now available at Six Rivers Planned Parenthood. A distant relative of Norplant, IMPLANON® is a small, thin, implantable hormonal contraceptive that is effective for up to three years.

Karen Albright, Lead Clinician, inserted the first Implanon at SRPP on April 9, 2009. Terry Hubbard, a patient at SRPP for the last 14 years, was eager to be the first to get the Implanon inserted. Terry, and others who have chosen Implanon, like that there is nothing to remember except to have it removed or exchanged at the end of three years. Terry also likes that there is a certain flexibility that comes with the Implanon device - she pointed out that you can choose where on your arm it is inserted and also can remove it before the three years are up if you want to.

Implanon is a progestin only method of birth control so it is good for nursing mothers, women with

migraine headaches, and those with a strong family medical history adversely affected by estrogen.

Six Rivers Planned Parenthood makes every effort to stay on the cutting edge of contraceptive technology and the implementation of our Implanon program is no exception!



Karen Albright, NP (left) checks on the Implanon device in patient Terry Hubbard's arm.

Tribute and Memorial Gifts to Six Rivers Planned Parenthood

Pam Masterson in memory of Claire Courtney
 Helen Biermann Hui in memory of Ruth Biermann
 Rae & Jim Shiraishi in memory of Lisa Mollier
 Helen E. Stromberg in memory of Mr. William Murray
 Patricia & Stanley Larson in memory of Dr. George Tiller
 A.K. & Beth Wood in memory of Dr. George Tiller
 Martha C. Likins in memory of Janet Spinus-Cunningham
 Jim & Janelle Dupree in memory of Ken Barney

Cris McCollum in honor of Lisa Petterson's 15th anniversary at SRPP
 David & Jamie Rich in honor of Judy Anderson's birthday
 Kay Escarda in honor of Tio Escarda's birthday
 Mary Beth Brown in honor of the women of the world
 Theresa Malloy in honor of Kelley Devlin-Lake's birthday
 Virginia Plambeck in honor of Mrs. Isabel Plambeck's birthday
 Peter Pennekamp in honor of Denise Vanden Bos
 Wendy Chaitin & John Wright in honor of the wedding of Peter Martin & Diqui LaPenta
 Anonymous in honor of Judy Anderson

In the news: Health Care Reform

Many people in our community turn to local health centers for trusted health care. Community health centers, like Six Rivers Planned Parenthood, often serve as an entry point for essential health care needs. In fact, many of our patients admit that the only time they see a health care provider is when they come through our doors.

Today, one in four women in California who receive contraceptive care and one in six who obtain a pap test or a pelvic exam do so at a women's health center. The basic health care these women are receiving at women's health centers is essential, particularly during difficult economic times, to give women the tools they need to protect and support their families. This is particularly true when you consider that women of childbearing age spend a remarkable 68 percent more in out-of-pocket health care costs than men, in part because of reproductive health-related needs.

Any health care reform must ensure women have access to reproductive health care and their women's health provider. Women should not be worse off after health care reform than they are today.

Here are just a few examples of comments left by Six Rivers Planned Parenthood patients—these only reiterate the need for health care reform and reinforce that reproductive health care must be included in any reform plan:

- ★ My job is not providing me with health care and my income cannot cover rent, groceries, bills AND private health insurance.
- ★ Planned Parenthood programs have helped me for years, I couldn't afford my birth control without them.
- ★ I need health care reform because I have lost my job and cannot otherwise pay for my birth control and annual health care. Please support reform. Thanks!

You can help ensure that women and men are better off after health care reform by participating with Six Rivers Planned Parenthood in advocacy efforts.

If you are interested in joining our Action Alert Network, please email our Director of Public Affairs, Tia Baratelle at tia@srpp.org.

Six Rivers Planned Parenthood thanks



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2825 F Street, Eureka, CA 95501
 (707) 443-3158 FAX (707) 443-0547

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Mark your calendars for these upcoming events

October

Sandra Steingraber to Speak at HSU

Internationally recognized ecologist and writer Sandra Steingraber will be in town to speak about environmental issues, cancer and reproductive health. A cancer survivor herself, Steingraber wrote the critically acclaimed book *Living Downstream: An Ecologist Looks at Cancer and the Environment*, which presents cancer as a human rights issue.

Saturday, October 10th at 6 pm at the Kate Buchanan Room at HSU.

See page 2 for information and ticket outlets.

Father/Son Discussion Group

For fathers and their 6th-8th grade sons.

Presented by Planned Parenthood Health Educator Michael Hugo, this discussion group covers topics such as puberty, communication, relationships and responsibility.

Thursday, October 15, 6:00-7:30 pm at SRPP. A \$5 registration fee is requested for this workshop.

Growing Up

For 9-12 year old daughters and their parents.

Fostering positive attitudes about girls' bodies and the changes to look forward to during puberty. Presented by Alison Hodges, Health Educator.

Wednesday, October 28, 6:30-8:30 pm at SRPP.

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 your life. Healthcare specialists will talk about the latest ways to make the most of menopause and midlife. This three-session course will engage you with information, a theater piece on aging, and exercise and fitness tips and practice. We will learn from each other by sharing challenges and successes.

Mondays, Oct. 19-Nov. 2 from 6:30-8:30 pm at SRPP. Register at www.humboldt.edu/olli.

November

Girl Power/Women Power

For 13-16 year old daughters and their parents.

Interactive workshop designed to examine the paths that lead to healthy powerful lives as young women. Topics can include: body image, media messages, family values, birth control, peer pressure, healthy relationships, dating, love, and responsibility.

Presented by Alison Hodges, Health Educator.
Monday, November 9, 6:30-8:30 pm at SRPP

January

28th Annual Choices Breakfast

Our speaker will be Carole Joffe, PhD, whose research focuses on the social dimensions of reproductive health. She is the author of *Doctors of Conscience: The Struggle to Provide Abortion Before and After Roe v. Wade*. She is currently completing a book, *Dispatches from the Abortion Wars*. **Friday, January 22, 8:00-9:45 am.**

How to support SRPP in your community:

1. Use our Co-op number at the **Eureka and Arcata Co-ops**. A 1% donation to SRPP will be added to your grocery total. **Our Co-op # is: 84096.**
2. Use our CRV donation number at the **Arcata and Eureka Community Recycling Centers**. The recycling center will donate your CRV money to SRPP. **Our Recycling Center account # is 112.**
3. Pick up a **keychain or a lip balm** advertising SRPP at the health center and grab one for a friend. **Spread the word!**
4. Visit **The Garden Gate** during Arts Arcata in October and **Arcata Exchange** during Arts Arcata in November and December. Have a glass of wine and make a donation to SRPP. Dates for the events are October 9th, November 13th, and December 11th.

THE GARDEN GATE



ARCATA EXCHANGE



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3225 Timber Fall Court
Eureka, CA 95503-4892

P.O. Box 1416
Weaverville, CA 96093

707-442-2961 Administration

707-442-5700 Clinic

707-445-2018 Education

530-623-2386 Trinity County

stork@srpp.org

www.srpp.org

www.plannedparenthood.org

www.teenwire.com

Editor: Debbe Hartridge
Layout & Graphics: Beth Bray