

PPWNM connection

Summer 2011

Introducing: the PPC



What started as a parent's concern over sex education at her child's school, has grown into a movement. The Parent Protection Connection (PPC) is PPWNM's newest advocacy group, created for parents of school-aged children. The PPC is committed to educating about, and advocating for, comprehensive sex education programs in schools.

PPC Co-Chair Stacy Grossman's life changed when she attended PPWNM's Healthy Families Luncheon in Grand Rapids in 2010. Her daughter Ellie had just started taking sex education class at her middle school, and was troubled by what she was being taught. According to Ellie, "We were not given accurate or complete information. I felt insulted and disrespected."

Stacy was concerned too, but didn't know what to do – until she attended the 2010 luncheon, "After hearing the stories that were shared, I knew Planned Parenthood was the right organization to offer some guidance," Stacy said. "I headed directly for the information table after lunch and said, 'HELP!'"

PPWNM told Stacy the power to create change was in her hands. With help from Planned Parenthood staff, Stacy and her daughter were able to convince their district's sex education advisory committee to switch to a comprehensive sex education program. In fact, they invited PPWNM educators to teach it!

But Stacy wanted to do more. So she helped create the Parent Protection Connection at PPWNM, with the goal of bringing comprehensive sexuality education programs to other schools, "We'd love to get more parents involved in creating change in their own school districts," said Stacy.

PPWNM Vice President of Education and Community Services Jan Lunquist co-chairs the PPC, "The purpose of human sexuality education is to protect and promote health and to provide skills needed for caring, safe, and responsible relationships. We want to ensure that programs are age, developmentally, linguistically, and culturally appropriate, and of sufficient duration for students to acquire the knowledge and skills needed to adopt healthy behaviors."

This past spring, Stacy and Ellie's year-long journey came full circle, when they spoke about their experience in front of 400-plus people at PPWNM's 2011 Healthy Families Luncheon in Grand Rapids. Annie Rouvillois was a table captain at the event, "I happened to bring my teenage daughter this year, as did one of my table guests. It was so powerful for them to hear from one of their peers. As for us parents, many of us will now be finding out what is taught in our schools. If it is an abstinence only program, this needs to change."

And that's where the PPC can help. The group will hold a planning meeting for the 2011-12 school year on August 16. Contact publicaffairs@ppwnm.org to learn more about how to get involved.



Stacy (r) and daughter Ellie (l) share their story at PPWNM's Healthy Families Luncheon in Grand Rapids.

Our MISSION:

To promote and ensure reproductive and sexual health, responsibility, and freedom.

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PPWNM Now Offering the

HPV Vaccine

Thirty women are diagnosed with cervical cancer in the U.S. every day. This can be prevented!

The infection believed to cause most cervical cancers is called human papilloma virus, or HPV, which is spread through sexual contact. But there is a way to stop cervical cancer before it starts.

The vaccine Cervarix® helps protect against the two types of HPV that cause 75 percent of all cervical cancers in the U.S., according to its creator, pharmaceutical maker GlaxoSmithKline.

Cervarix is now available at six of the eight PPWNM health centers to women aged 19–26, “We are collaborating with many health departments that

offer the HPV vaccine to younger women and girls, but not to this age group of women, who can still benefit from the vaccine,” said PPWNM Vice President of Medical Services Bridget White.

The HPV vaccine is available at PPWNM health centers in Big Rapids, Grand Rapids, Marquette, Petoskey, Traverse City, and Wyoming. PPWNM centers in Ionia and Muskegon are located in county health departments and are coordinating providing the vaccine with the health department programs.

The Cervarix vaccine consists of three shots; the second shot comes one month after the first, and the third shot comes six months after the first. PPWNM will offer Cervarix for \$145 for each shot, “It is not inexpensive,” said White, “But most health insurance plans do cover this vaccination, and there are other funding resources available to women who qualify, which can help lower the cost.”

Your PPWNM health care provider can speak with you about risks and side effects associated with the HPV vaccine, and whether Cervarix is right for you. To make an appointment at any PPWNM health center, look for contact information on page six of this newsletter. You can also learn more about the Cervarix vaccine at cervarix.com.

HPV and Cervical Cancer**What is HPV?**

Human Papilloma Virus (HPV) is the most common sexually transmitted infection (STI) in America.

Who has HPV?

Every year, more than 5 million American men and women become infected with genital HPV.

How do I get HPV?

HPV is spread from contact during oral, vaginal, or anal sex with an infected partner.

How do I know if I have HPV?

Many people with HPV have no

symptoms and do not know they have it. Some forms of HPV can cause warts on the genitalia. HPV may cause you to have an abnormal Pap test.

What do I do if I have HPV?

Genital warts may be treated. If you have an abnormal Pap test, your health care provider can help you decide on the next step in your care.

Does HPV Lead to Cervical Cancer?

Some types of HPV may cause cancer, usually of the cervix. Abnormal cells can be treated before causing cancer.

Client Voices

“The entire staff was very thorough. They listened and answered all my questions. I’d recommend Planned Parenthood to anyone.”

~ Jaime, Marquette

“Planned Parenthood has played a very important role in my life concerning sexual health and family planning. When I felt like no one could give me the answers I needed, Planned Parenthood was there for me. They gave me facts about sexual health and educated me about various family planning options that I hadn’t considered. Without Planned Parenthood, I can’t say that I would have made the right choices to protect myself.”

~ Moriah, Wyoming

“Without Planned Parenthood it would be very hard for a young woman like me to stay protected and get regular visits for annual exams and checked for STDs. When I was working I always donated whatever I could and I’m asking that you please do the same. Every penny counts.”

~ Catherine, Grand Rapids

“Planned Parenthood has provided me with excellent service for 13 years. I don’t know what I would do if they didn’t exist.”

~ Gretchen, White Cloud

“I am a 40-year-old nurse with no health insurance. I have a 19-year-old daughter who also benefits from your services. For those of us who do not have insurance, but do not qualify for Medicaid, you are a life saver. Thank you.”

~ Tracy, Kentwood

How Can I Help Protect Myself?

Use condoms when having sex, limit your sexual partners, know their STI status, avoid sex when warts are visible, get regular Pap tests, and ask your clinician if the HPV vaccine is right for you.

Source: Planned Parenthood of New York City

Bullying: It's Everyone's Concern

PPWNM has a history of providing information and skill-building related to healthy relationships; including what it means to act respectfully, kindly, and responsibly in interaction with others. One of our partners in this work is Barb Flis, founder of [Parent Action for Healthy Kids](#). Her blog from July 11, 2011 shares the following:

"Bullying is a means of rejecting and excluding others. Belonging is a fundamental human desire, and for middle school adolescents, it is essential. When kids are excluded the effects can be devastating and long-term. The good news though, research shows that the presence of one, caring adult can make a positive difference in a child's life. Creating connections with kids by talking, listening, asking questions, validating, supporting, challenging, and enjoying them can result in their feeling significant and create resiliency that can last a lifetime."

Watch for much more from PPWNM as we bring the latest research and tools about bullying to students and families this fall. Meanwhile, Barb suggests checking out these websites for more information:

[Massachusetts Aggression Reduction Center](#)

[Overcomebullying.org](#)

[The Surviving Bullies Charity](#)

[The Ophelia Project](#)

[Stop Bullying Now](#)



Did you know?

Every school district that chooses to implement sex education must have a sex education advisory board. The local school board determines the terms of service, the number of members, and a membership selection process that reflects the school district population. The advisory board must include: parents of children attending the district's schools, pupils in the district's schools, educators, local clergy, and community

health professionals. At least half of the members must be parents who have a child attending a school operated by the school district. A majority of those parent members must not be employed by a school district. (Michigan School Code: 380.1507)

Brought to you by the Parent Protection Connection (see cover story to learn more about this PPWNM advocacy group).

New Resource for Spanish Speaking Families

According to the most current data released by the Centers for Disease Control teen birth rates in general have reached all time lows and the birth rate among Hispanic teens declined 10 percent in 2009

A public opinion survey released in December 2010 by The National Campaign to Prevent Teen and Unplanned Pregnancy provides some important context for the new birth data. Two of the top lines from With One Voice 2010, a nationally representative telephone survey of 1,008 young people (aged 12-19) and 1,000 adults (age 20 and older), are:

- Teens (46%) say parents most influence their decisions about sex. By comparison, only 20% say friends most influence their decisions.
- Although 78% of teens say they have all the information they need to avoid an unplanned pregnancy, one-third (34%) agree "it doesn't matter whether you use birth control or not, when it is your time to get pregnant, it will happen," and half (49%) admit that they know "little or nothing" about condoms and how to use them.

Other findings from the survey of teens and adults include:

- Eight in ten teens (80%) say that it would be much easier for teens to delay sexual activity and avoid teen pregnancy if they were able to have more open, honest conversations about these topics with their parents.
- Six in ten teens (63%) agree that the primary reason teens don't use contraception is because they are afraid that their parents will find out.

We know that parents and other trusted adults have a strong influence on young people's decisions on when to initiate first intercourse and whether or not to use protection.



PPWNM, with the generous support of the Padnos Foundation, has created a Spanish language Parent Toolkit to help families open and improve lines of communication about sexuality and healthy behaviors. The toolkit offers information on how to answer questions about sex, what children/teens need to know about their bodies and changes as they grow, and sex and technology safety. The kit also contains a family homework packet with parent/teen interviews, word searches, and a table mat of conversation starters. Parent Toolkits (English and Spanish) are available for \$5 plus shipping by calling 616.774.7005, or the kits can be purchased through any PPWNM health center.

2011 Advocacy Campaign:

I Stand With Planned Parenthood

The battle to protect women's health did not end in Washington. After failed attempts at the federal level to defund Planned Parenthood and restrict access to reproductive services, state governments have now taken up the charge.

According to the Guttmacher Institute, legislators in 49 states have introduced 513 bills this session that aim to restrict access to reproductive health care, women's health services, and birth control.

In Michigan, 22 anti-choice measures have been introduced, five of which have been passed out of the Senate Committee on Judiciary and are currently awaiting action on the Senate floor. These bills include:

- Personhood Amendment (SB 13) in which a fetus would be defined as an individual.
- Parental Consent Law (SB 135) that would further restrict minors' ability to access abortion services.
- Restriction on Telemedicine (HB 4688) in which medical abortion would not be allowed through this new technology.

Similar bills have been introduced in states around the country, with varying degrees of success.

Family planning funding is also facing direct attacks. The Michigan legislature recently voted to decrease the Healthy Michigan Fund from \$10 million to \$5 million, and completely remove teen pregnancy prevention as a specific line item. Planned Parenthood Advocates of Michigan fully expects a vote to eliminate this funding altogether in the 2011–12 state budget.



Over the past two years, Michigan's family planning funding has been reduced by more than 75 percent, leaving 32,000 Michigan residents at risk for unintended pregnancies. With the unemployment rate persisting in double digits, Michigan families without health insurance are often one unintended pregnancy away from economic disaster.

Enough is enough! We call on the Michigan legislature to find solutions that build a better future for our state. Solutions that do not wipe out critical state programs, leaving our citizens with no place to turn for basic services and health care needs.

The legislative attacks at the federal level this past spring spurred the "I Stand With Planned Parenthood" campaign. More than one million supporters signed on with their support.

If you would like to stay up to date on Planned Parenthood issues, and informed about attacks against us, you can sign up for e-mail Action Alerts at plannedparenthoodaction.org.

PPWNM Teen Advocate Goes National

PPWNM youth advocate and Peer Leader Emily Rankin, 17, has been appointed to the Planned Parenthood Federation of America's Young Leaders Advisory Council for 2011–12! Emily was chosen from among 50 nominated youths from across the country to sit on the 20-member council.

The council will help Planned

Parenthood continue to develop its best national youth outreach program. As a member, Emily will be a voice for youth involved with the organization — young people will depend on her not only as a representative but also as a leader.

Emily has been working and volunteering for PPWNM for three years, and is also active in diversity initiatives

Remembering



Betty Ford

Former first lady of the United States, Betty Ford, died July 8, 2011, at the age of 93. Mrs. Ford grew up in Grand Rapids, MI. She was buried next to former President Gerald Ford, on the grounds of the Gerald R. Ford Presidential Library and Museum, in her childhood town.

In 1976, first lady Ford served as honorary chairwoman of the annual fund drive for the Planned Parenthood Association of Kent County. The fundraising goal that year was \$67,000.

We are proud to call Betty Ford a friend of Planned Parenthood. She did not set out to become first lady; in fact, she did not want the role. But she served her country and in the process became a role model for women: speaking out in favor of women's rights and standing up for her beliefs, no matter what. Mrs. Ford's openness while struggling with challenges in her life, like breast cancer and addiction, may have been controversial at the time. But what started as one woman's candor has resulted in much-needed help for countless numbers of people. Betty Ford will surely be missed, but her legacy lives on.

Rally in *Washington*

Dozens of staff and supporters of PPWNM joined thousands in Washington D.C. in April, to rally for women's rights, women's health, and continued federal funding for Planned Parenthood. An effort by some anti-choice members of Congress to defund Planned Parenthood was defeated the next day.



at her school and in the community. We are proud of Emily's accomplishment and grateful to have such a valuable resource as part of our family! Way to go Emily!



Celebrating our *Circle of Friends* in GR

Unusually cold and wet summer weather did not dampen the enthusiasm at PPWNM's Circle of Friends reception June 23 at the home of Rachel and Mike Mraz, on the shores of Fisk Lake in East Grand Rapids.

Rachel sits on the PPWNM board of directors, which encourages members to serve the organization in different ways, "We are so blessed with such a lovely setting here that I was delighted to open my home for this event," she said.

Nearly 50 members of the Circle of Friends, along with their guests, came out to the thank you party in recognition of their generous contributions of \$1,000 or more annually. The Circle of Friends currently has more than 200 members throughout West and Northern Michigan.

David Hager joined to honor his wife, who was a Planned Parenthood nurse



practitioner for 15 years, "I feel like I am still carrying on her work," he said.

While David is honoring the past, other members give to preserve the future.

Janet Boyles is driven by her belief in comprehensive sex education, "We have to reach young people with the facts, before it's too late."

PPWNM President/CEO Katherine Humphrey thanked guests for their generous support. And, with political

attacks on the rise against Planned Parenthood and freedom of choice, she added: "We ask you to get involved in advocacy and activism, to be our ambassadors as well as our most generous supporters, so that we can ensure continued access to birth control and preventive reproductive health care and education for the people who count on us every day."

Healthy Families = Strong Communities

Planned Parenthood of West and Northern Michigan (PPWNM) held its annual Healthy Families Luncheons in Grand Rapids and Marquette on May 5 and May 19 respectively.

The Grand Rapids luncheon at the Frederik Meijer Gardens and Sculpture Park was attended by a record crowd of 430 and donations totaled nearly \$85,000. The event was graciously underwritten by the O'Donovan Family Foundation, and co-chaired by Jill Jacobson and Mary Lee McClure. PPWNM Board of Directors member Jon M. Bylsma served as emcee, and PPWNM President/CEO Katherine Humphrey thanked the crowd for their support in a time of both challenges and opportunities due to health care reform, and, "The escalation in the debate over women's health care."

A powerful personal family story came from mother and daughter Stacy and Ellie Grossman, whose lives were changed after Stacy attended the 2010 luncheon (read more in this month's cover story).

The day wrapped up with a musical performance from the Lowry Family: four singing sisters, and their mom

accompanying them on ukulele, all avid Planned Parenthood supporters. The women sang a song of support to the tune of a traditional number called "Reuben and Rachel," which dates back to 1871.

The Marquette luncheon was held at the Masonic Building with more than 100 people in attendance.

An annual luncheon tradition is to present the Martha Hatch Award to a stellar supporter of PPWNM. This year instead, a past recipient and Planned Parenthood hero, Dr. William Addison, was remembered and honored, after he passed away in June of 2010. Event co-chairs Candy Miller and Sheryl Waudby presented Dr. Addison's widow, Lorna Addison, with a crystal vase in appreciation of the doctor's friendship and loyalty to Planned Parenthood, and the cause of reproductive choice.

The afternoon was full of moving stories of Dr. Addison's kindness and his sense of humor, "He loved a joke and had a never-ending supply of stories," said Janet Graham, who worked for Dr. Addison as a labor and delivery

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Supporter Stories: *Kate Dernocoeur*



If there was one phrase Kate Dernocoeur frequently heard from her mom when she was growing up, it was "Thank God for Planned Parenthood!"

"My mother was adamant: 'every child should be a wanted child!'" says Kate, 57, of Lowell. Planned Parenthood benefitted constantly from the efforts of Janet W. Tyler, who served on affiliate boards in both Connecticut and Colorado, and organized many fundraisers over the years. The education wing of Planned Parenthood of the Rocky Mountains is named in recognition of Janet's decades of dedicated work.

Kate, too, believes heartily in the mission of Planned Parenthood. "There is an old English proverb that says, 'A full cup must be carried steadily.'" she says, "and I have the benefit of a pretty full cup in life. Why would I not share that?"

After growing up in Colorado until she was six, Kate and her family moved East, where she received her education before moving back to Colorado and then, in 1987, to West Michigan for a job. "I did not realize how difficult the move would be," says Kate. "Some of my views that were considered mainstream in Colorado were seen as extreme here." One of the first things she and her now-former husband, Jim, did was attend a Planned Parenthood event in hopes of meeting some like-minded people, many of whom have become truly deep friends.

Kate and one of those friends, Penny Ladd, created the idea for the Sister!Act! campaign in 2007, when PPWNM was forced to close health centers due to a significant government funding cut. Sister!Act! encourages donors to sponsor one year of Planned Parenthood health care for a "sister" in need, "It comes from the global concept that we are all related as part of the human 'family.' Even if you never

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Kate's Story, cont'd.

meet the woman you are sponsoring, she is still your sister in the human sense," explains Kate.

That global outlook, honed from Kate's passion for travel, also drives her passion for Planned Parenthood, "A bumper sticker that hung in our garage growing up read, 'Ease the squeeze: Support Planned Parenthood.'" She has witnessed the impact of overpopulation many times first-hand. "It's another reason why my supporting Planned Parenthood is a no-brainer," she says.

Growing up in a philanthropical family, Kate learned that giving isn't just about money. "If you don't have money," she says, "then give your time or your talents or whatever else you can, but give. It's important to support causes that touch your heart and reflect your values."

One of these, for Kate, is Planned Parenthood. Referring to those who seek help from Planned Parenthood — often with trepidation and mixed emotions — she says, "I wonder: where would they go if Planned Parenthood weren't here for them? Thank God for Planned Parenthood, indeed!"

Luncheons, cont'd.

nurse and later as a nurse practitioner, "He was calm in any situation and was always upbeat and walked into the office with a smile and a spring in his step. He never gave anyone less than wonderful care, and was respectful of women in every way."

Dr. Addison served women and families in the Marquette area for nearly 30 years. Mrs. Addison reminded luncheon guests that they must continue to stand up to extremists because silence will only empower the opposition.

PPWNM President/CEO Katherine Humphrey and PPWNM supporter Kathy Davis both spoke passionately about the opposition that PPWNM has recently faced locally from protesters, and at the state and federal levels with legislative attempts to limit Planned Parenthood or its services, "Limiting women's access to birth control and choice is all about control and power over women," insisted Davis, who went on to say that as supporters of the freedom of choice, "We may sometimes be the quiet majority, but we are never the minority."

The Marquette luncheon raised over \$16,000 for PPWNM.



This publication is meant to provide updates about PPWNM and information to aid supporters in furthering the cause of reproductive rights for all. If you have comments, corrections, or suggestions please call our Director of Communications at 616.774.7005, or e-mail publicrelations@ppwnm.org. Please consider making a gift to PPWNM that will help offset the costs of providing this information, as well as our other services.

Serving West and Northern Michigan

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