



Upper Hudson Planned Parenthood

# CHOICE REMARKS

SERVING ALBANY, COLUMBIA, GREENE &amp; RENSSELAER COUNTIES • SPRING 2013

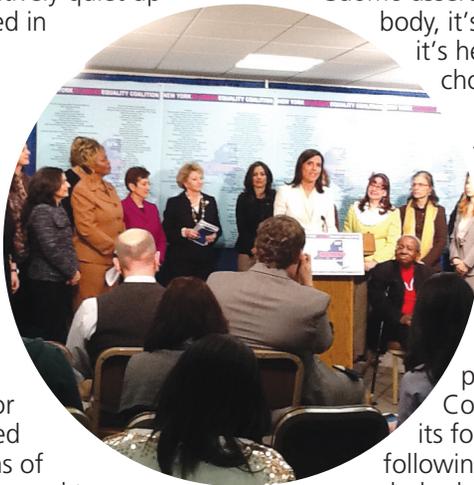
## Women's Equality Agenda: Bringing Equality to New York in 2013

When Governor Cuomo first put forward the idea of a Women's Equality Agenda for New York during his State of the State address in January of this year, he called New York the "equality capital of the nation" but asserted "we still have work to do." The crowd, which had been relatively quiet up to that point, erupted in cheers.

The Governor went on to list 10 areas where women still face significant barriers to health, safety, employment and equal pay. The 10 issue areas he outlined would address equal pay for equal work, increased protection for victims of domestic violence, an end to pregnancy discrimination, reduction of sexual harassment in the workplace and strengthening of laws against human trafficking.

Also included in the Women's Equality Agenda outlined that day were the key provisions from the Reproductive Health Act: a bill UHPP and other women's health advocacy groups have been working to pass for four years. In fact,

when the Governor came to this section of his speech, and declared that women in New York should be assured of the same protections in New York law that they now enjoy under federal law, he received a standing ovation. Tumultuous applause rang through the room, as Cuomo asserted, "Because it's her body, it's her choice! Because it's her body, it's her choice!"



Just six weeks later, on March 4, as Women's History Month began, the New York Women's Equality Coalition was officially launched at a Capitol press conference. The Coalition, which began its formation immediately following the Governor's speech, had grown with unprecedented speed and already comprised over 500 labor groups, business leaders, civil rights organizations, women's groups, medical associations and religious groups.

Cynthia DiBartolo, Chair of the Greater New York Chamber of Commerce and CEO of Tigress Financial Partners, was one of the first coalition representatives to speak. "While some individual

## SAVE THE DATE

### UHPP Annual Meeting and Volunteer Recognition

*Date:*  
May 22, 2013, 5:30 – 7:30

*Location:*  
First Unitarian Universalist Society of Albany

405 Washington Avenue  
Albany, NY 12206

Featured speaker:  
Albany Law School  
President and Dean  
Penelope Andrews



To make reservations or for more information, call 518.512.9028.

*Thank you to our sponsors:*

Albany Medical Center  
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New York State  
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# CEO CORNER

From Chelly Hegan, President/CEO

One of the things I admire about Upper Hudson Planned Parenthood is its ability to adapt to challenges without ever losing sight of the core mission to provide exceptional services, honest education and fearless advocacy. I am proud and confident when I say, that will not change. So much is changing in the way that healthcare is delivered, the way that educational tools are accessed and delivered and the way that we advocate for the issues that affect or threaten us. But our commitment to continue to deliver on our promise has not and will not waiver.

Recently our Board of Directors spent part of their weekend at the Carey Conference Center in Rensselaerville participating in a strategic planning retreat. Along with our senior management team, the group grappled with the political and social climate along with changes that will accompany full implementation of the Affordable Care Act. They took the time to analyze where we are and where we are going.

Strategic planning can be an intense activity and this retreat was no different. But what was different was how in sync the Board was, and how fluidly they agreed on what our strategic goals must be. There was no disagreement when the Board decided to focus on areas such as a strong, healthy and sustainable organization, integration of technology into all that we do and, of course, being the provider of choice for reproductive healthcare. The Board focused their energy on identifying some key strategies to get us where we need to be in three years. I am really excited with this process and with the evolution of our strategic plan over

the coming months. We look forward to publishing it and sharing it with all of you – our supporters.

Strategic planning is an exciting time for any organization. I think it's especially exciting for a Planned Parenthood affiliate. Right now we have the wind at our back. Our supporters are stronger and more outspoken than ever before, our services are widely seen as the very best quality anywhere and our education programs are second to none. But we have a lot to do. Our opponents are equally strong and VERY noisy. The Affordable Care Act, while fantastic in its scope of providing health insurance to so many who have been left behind, presents operational and delivery challenges that we must face. Constantly evolving technology changes everything, both in terms of how young people access information and where they go to get answers. We need to be prepared to meet all of these challenges head on.

The plan we are developing will certainly position us to take advantage of the moment while building strength as the changes keep coming our way. We will continue to rely on your support and look forward to hearing how you envision your Planned Parenthood! Your ideas and suggestions are just as important as your financial support.

Planned Parenthood has never been about a location or a small group of people. It has, and always will be, about all of us putting a stake in the ground that sexual health and healthy sexuality are important for a healthy community. We all have a strategic role to play in making sure that Planned Parenthood is here for our community, no matter what. ●

**Deborah Rosen Zamer**  
Chairperson,  
Board of Directors

**Chelly Hegan**  
President/CEO

**Laura Alpert**  
Editor, Choice Remarks

## LOCATIONS

### ALBANY

855 Central Avenue  
Albany, NY 12206  
518.434.5678

### HUDSON

190 Fairview Avenue  
Hudson, NY 12534  
518.828.4675

### TROY

Hendrick Hudson Bldg.  
200 Broadway  
Troy, NY 12180  
518.274.5640

[www.uhpp.org](http://www.uhpp.org)



## PATIENT SERVICES: MEGHAN SHARP



Meghan Sharp's reason for applying to become a Physician Assistant at UHPP is simple: "The opportunity spoke to me. I was a patient at a Planned Parenthood affiliate when I was 17, and I wanted to work with teens and young adults again."

Physician Assistants (PAs) are a critical part of UHPP's clinical team. "A PA can do almost anything that her supervising physician can do," Sharp (above, right) explains. This includes conducting physical exams, diagnosing and treating illnesses, ordering tests, prescribing medication, counseling on preventive healthcare and assisting with surgery.

Sharp notes that UHPP's Hudson and Troy health centers' typical patients are different. "Hudson tends to serve teens, migrant workers and older women. Troy serves a lot of patients in their 20s and 30s. Regardless of who they are, what patients appreciate most is someone taking the time to listen and to reassure them that they're not alone. When they're conflicted about their decision regarding their pregnancy; when they tell you they were sexually assaulted; we're here for them. It's truly comforting."

Sharp is also an active UHPP volunteer, participating in Capital Pride, the Columbia County Fair and Condom Week activities. "I like to bring my 14-year-old daughter to UHPP events. She wants to be an advocate. It's important to show her how we can change the world and make it a better place."

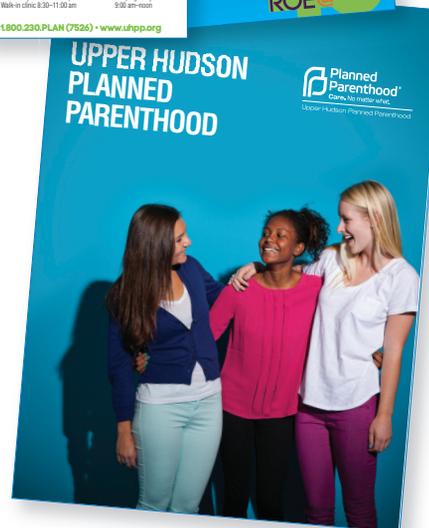
Sharp also enjoys working with her colleagues. "It's nice to work in a place where mid-level clinicians are so important. We have a voice here." ●

## Planned Parenthood : Care. No Matter What.

Planned Parenthood Federation of America (PPFA) has launched a new and refreshed brand! The brand reflects nearly a century-long commitment to providing care to women, men and young people. The time is right to more directly communicate who we are and what we stand for, on our own terms.

Often people think a brand is the logo or look of a company or organization, such as the Nike swoosh or the McDonald's arches. But the real brand is the total emotional, physical and psychological relationship we have with our many customers and audiences. It reflects who we are, who we want to be, and where we want to go.

After considerable testing and research, PPFA decided to convey our brand promise through the "un-nested P's" logo and the "Care. No matter what." tagline. You'll notice the new brand in this newsletter, on our website and in our other materials. Our caring – with respect and without judgment – is the foundation of helping people to lead healthy lives. ●



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## NATIONAL CONDOM WEEK



UHPP's National Condom Week outreach efforts were a huge success! UHPP's team of 20 volunteers distributed 500 safer sex kits, 750 temporary tattoos and 500 Mardi Gras bead necklaces with condom inserts. We tabled in the lobby at our Albany health center, visited 25 bars in four counties and gave out more than 2,000 condoms. Volunteers engaged patrons in "Fact or Crap" trivia about sexuality and sexual health issues and brought demonstration models to show proper condom use. UHPP's VOX chapters at Rensselaer Polytechnic Institute (RPI), Russell Sage College, and UAlbany celebrated Condom Week with campus tabling, a safari scavenger hunt for Jeremy Scott's Proper Attire® condoms, condom grams and condom roses. UHPP's Condom Week Facebook ads had 1.2 million impressions, and 209 people clicked for more information. DJs from 102.3 KISS FM and JAMZ 96.3 FM interviewed Education Director Meaghan Carroll about the importance of using condoms to prevent pregnancies and STIs. The affiliate's radio spot on KISS promoting National Condom Week ran 38 times. Dozens of people followed the progress of UHPP's outreach events in real time on Facebook and Instagram. ●



# LEGISLATIVE UPDATE



**NYS Senate Switchboard:  
518.455.2800**

**NYS Assembly Switchboard:  
518.455.4100**

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## UHPP Turns Out for 2013 Day of Action

Thank you to all those who came out to lobby with UHPP and Family Planning Advocates of New York State on January 14 for the statewide Day of Action! The event brought hundreds of women's health advocates to Albany. We filled the Legislative Office Building with a sea of pink, met with many newly elected Assembly members and Senators, and put all state legislators on notice that 2013 would be a historic year for women's equality.



## Join us on April 22 for Clergy Lobby Day

Clergy Lobby Day, organized by Family Planning Advocates of New York State, has always provided an important opportunity to demonstrate the strong support among diverse faiths for women's health issues including medically accurate sex education, affordable birth control and the ability of women to make personal, private decisions about pregnancy and parenthood. This year, clergy from around New York have been invited to bring along their members to lobby in support of the Women's Equality Agenda. This is a wonderful opportunity to make a real impact on legislators and to alter their thinking on where people of faith stand on this historic initiative. There is no cost to participate.

**Register for Clergy Lobby Day today! <http://tinyurl.com/ClergyDay2013>**

**Date: Monday, April 22, 2013**

**Time: 9:30 AM - 3:15 PM**

## Follow Us On Social Media

For the most up-to-date information, find us on your favorite social media site!

 UHPP Advocates of NY Facebook:  
[www.facebook.com/UHPPANY](http://www.facebook.com/UHPPANY)

 UHPP YouTube page:  
[www.youtube.com/user/theuhpp](http://www.youtube.com/user/theuhpp)

 UHPP Mobile Community:  
Text UHPP to 27722 (to receive 2-4 texts a month.  
msg/data rates may apply. Terms: [mgive.com/E](http://mgive.com/E))

 UHPP Tumblr: [omgpp.tumblr.com](http://omgpp.tumblr.com)

 UHPP Instagram:  
<http://instagram.com/omgpp>



## Capitol Switchboard: 202.224.3121

### It is the Year of the Woman

On March 7, President Obama signed into law a new, expanded Violence Against Women Act (VAWA). The law authorizes some \$659 million a year over five years for programs such as transitional housing, legal assistance, law enforcement training and hotlines that strengthen the criminal justice system's response to crimes against women and some men.

One element of this year's renewal focuses on ways to reduce sexual assault on college campuses. It also reauthorizes the Trafficking

Victims Protection Act, adds stalking to the list of crimes that make immigrants eligible for protection and authorizes programs to reduce the backlog in rape investigations.

The first VAWA was passed in 1994 and was reauthorized in 2000 and 2005 with strong bipartisan support. But the bill expired in 2011, and a 2012 renewal proposal was defeated by conservative Republicans who objected to extending the Act's protections to same-sex couples and Native Americans, and to provisions allowing battered illegal aliens to claim temporary visas.

Thanks to the 2012 election, however, most Republicans in the current Congress were reluctant to further alienate the women's vote. On February 12, the U.S. Senate passed the new, expanded VAWA by a margin of 78 to 22. A grassroots campaign urging passage in the House of Representatives received a major boost from

the international campaign, "One Billion Rising," mounted by Eve Ensler, author of "The Vagina Monologues." The campaign engaged millions of individuals around the world who gathered together at their workplaces, in malls, on streets and on campuses at 12 pm on February 14, Valentine's Day, to dance and call attention to violence against women.

On February 28, a restricted Republican version of VAWA was defeated in the House of Representatives, and a bipartisan version, including full protections, was passed by a vote of 286 to 138. U.S. Senators Kirsten Gillibrand and Chuck Schumer, as well as U.S. Congressmen Chris Gibson and Paul Tonko, all voted in favor of the expanded VAWA bill. Please contact your legislators through the Congressional Switchboard at 202.224.3121 and thank them for passing this important legislation. ●

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## Young Leaders Mobilize the Next Generation

"She's like Sacagawea!" Sarah Israel says of Brittni Gulotty.

The admiration is mutual. "I know what a huge responsibility it is to launch and sustain a VOX chapter," says Gulotty, past president of UAlbany VOX. "Sarah is dedicated to Planned Parenthood and to helping students make decisions that benefit their lives."

VOX is Latin for 'voice' and stands for Voices of Planned Parenthood. UHPP's VOX chapters at RPI, Russell Sage College and UAlbany mobilize the next generation of advocates. Chapter members get guidance and support from Blue Carreker, UHPP's Vice President for Public Affairs and Media Relations, and from Planned Parenthood Federation of America's National Youth Organizing Team.

Israel recently launched the Russell Sage College VOX chapter, and Gulotty shared advice and materials with her. Israel also is a volunteer escort at UHPP's Troy health center. "Russell Sage College is a women's college, so having a VOX chapter is natural for us," she says.

Chapter members selected the name Voices Educating for Reproductive and Gender Equality (VERGE). So far the 12-member chapter has hosted a table with safer sex supplies and information, secured more than 40 signatures for the Women's Equality Agenda and held a safari scavenger hunt for Jeremy Scott's Proper Attire® condoms during National Condom Week.

Israel and fellow Sage senior Brittany Beyus arranged for their classmates to raise funds for UHPP. During February's Rally event, Israel and Beyus presented UHPP President/CEO Chelly Hegan a \$921.64 check, enough to fund nine hours of age-appropriate, medically accurate sex education in local schools.

With five years of experience, Brittni Gulotty is a seasoned campus organizer. She joined UAlbany's VOX as a freshman and interned with UHPP's Public Affairs team for two semesters. Gulotty's now pursuing a Masters Degree at UAlbany's Women's Studies department, interning as UHPP's Campus Coordinator, and serving as a member of Planned Parenthood Federation of America's (PPFA) Young Leaders Advisory Council.

Kersha Deibel, PPFA's National Campus Organizer, and Gulotty are part of the team planning PPFA's Young Leaders Summit. "The summit's goal is to help peer educators gain new organizing and advocacy skills. Brittni's work has been instrumental."

Gulotty and Israel share the same goals for UHPP affiliated VOX chapters. As Israel says, "I'm very excited about what we've accomplished so far. Now we need to establish more events and strong chapter leadership to ensure sustainability."



Top: Sarah Israel and Brittni Gulotty

Bottom: Chelly Hegan, Sarah Israel and Brittany Beyus

# EDUCATION CONNECTION

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## New S.T.A.R.S. Learn About Sexual Responsibility

Be Proud, Be Responsible was the curriculum and theme of UHPP's weeklong sex education and leadership training with nine Albany High School teens in February. The curriculum covers HIV, STIs, contraceptives, condoms and negotiation. Students also practiced interviewing for a job and visited Hudson Valley Community College.

One teen said, "You think having sex isn't scary until you start learning about STIs. It's scary!"

"I'm not telling you that you can't ever have sex," Nicole Dallas, UHPP Youth

### S.T.A.R.S. Peer Educator Profile



16-year-old Lawan learned a lot from the S.T.A.R.S. program. "I learned how to protect [myself], safer sex, healthy relationships; that you should have a lot of trust and not invade privacy." Lawan continues to be a trusted resource for his friends regarding sex. "When my friends talk about sex or if they want to have sex, sometimes I supply them with condoms. I also use condoms myself if I'm going to engage in anything [sexual]."

He also recommends that his peers apply for the program. "[S.T.A.R.S.] was a great learning experience. Everyone should have the opportunity to do some of the activities that we did."

Program Facilitator, clarified. "When you're ready and you're in a great relationship with great communication, you can negotiate safer sex."

S.T.A.R.S. (Seriously Talking About Responsible Sex) is funded by the New York State Department of Health's Comprehensive Adolescent Pregnancy Prevention Program. S.T.A.R.S. peer educators become sources of confidential, medically accurate and age-appropriate sex education for their peers. Dallas selects teens from a wide range of social groups who will benefit from the program. "This helps spread the knowledge further."

Dallas asked the students to work in groups of three to prioritize the steps to putting on a male condom. Many seemed surprised to see more than 20 steps involved.

One group started out pretty easily. "You need to talk with your partner, decide to have sex and buy condoms," the group agreed. Steps like washing up and kissing also preceded sex.

After five minutes or so, the group called out, "We're done!"

Dallas carefully reviewed all the steps and pulled out a couple of the tabs. "The condom needs to go on before there's any sexual contact with the penis. Also, you need to hold on to the rim of the condom to make sure it doesn't slip off." The students reorganized the steps correctly.

Next Dallas said "Now let's talk about a technique for saying no. It's called STOP. S stands for "Say no." And make sure you use the word no. Be clear with your body language too."

"Right," one student said. "You can't have a question in your voice, like you're not sure."

"That's right. The next step is "Talk it out." Say how you feel, but be nice. Remember, if you're considering having sex with someone, or they're considering having sex with you, they're probably pretty important to you, so you want to be nice." The



S.T.A.R.S. peer educators working together on the steps to using a male condom



S.T.A.R.S. peer educators at Hudson Valley Community College campus visit during the spring session

students discussed how to be nice, yet direct.

"Third is "Offer explanation," and fourth is "Provide alternatives." Who remembers some of the alternatives to having sex?"

"Oh right...like going to the movies or talking," one student called out.

"That's right," Dallas said. ●



## 40th Anniversary of Roe Reenergizes Advocates

Author and advocate Rabbi Dennis S. Ross proudly accepted UHPP's 2013 Advocate for Choice award at UHPP's January 24 Roe @ 40 Celebration. This annual award recognizes individuals and organizations that have demonstrated extraordinary work in reproductive freedom and choice. As Director of Concerned Clergy for Choice, a Family Planning Advocates of New York State program with more than 1,000 clergy members, Ross declared, "Don't paint us with that anti-science brush! We affirm the moral good in access to birth control and safe and legal abortion. When it comes to teens keeping themselves safe and healthy, our schools must teach science, not religious myth."

More than 120 public officials, legislators, clergy and women's health advocates gathered at the Empire State Plaza's Corning Tower Observation Deck to celebrate the 40th anniversary of the Supreme Court decision Roe v. Wade. Two weeks earlier, New York State Governor Andrew Cuomo put the rights guaranteed by Roe into perspective through the proposed Women's Equality Agenda. These milestones caused UHPP supporters to reflect on how Roe has affected women's lives.

Jill Rafferty-Weinisch, a member of UHPP's Board of Directors, said, "Roe v. Wade shaped not only my ability to choose whether or not I would become a parent, it demonstrated for me that I could take action to shape my life's path. After the wave of legislation limiting access to abortion and birth control, I now see Roe v. Wade as a symbolic line in the sand."

Former UHPP intern Krystal Blake reflected, "When I was younger, I used to say I would never have an abortion. In my teen years, many girls I knew became pregnant and four of my close friends had abortions. It is not our role to judge others' personal decisions, or to impose our beliefs onto others. It is about a woman's ability to make decisions about her body."



## Good For You. Good For UHPP.

UHPP is a strong and healthy organization because of supporters like you. There are many ways to support UHPP's mission that also are good for you, both now and for many years to come.

- **Pledge your multi-year support.** Nothing helps UHPP and you plan better than making a consistent, long-term commitment. Please use the enclosed envelope to pledge your gift and pay it monthly, quarterly, or semi-annually.
- **Transfer stock to UHPP.** Depending on your income, there may be a tax advantage to selling highly appreciated stock while supporting UHPP.
- **Donate through your donor-advised fund or family foundation.** Reap greater tax benefits while making a meaningful gift.
- **Remember UHPP in your gift planning.** UHPP accepts a variety of planned gifts for donors with different ages and risk tolerance. Some offer stable income while others offer variable income. Options include Bequests, Charitable Gift Annuities, Charitable Remainder Annuity Trusts, Pooled Income Fund gifts and Charitable Remainder Unitrusts.

For more information, contact Laura at 518.512.9027 or LauraA@uhpp.org.

## Board Members and Volunteers Achieve Record Fundraising Results

Thanks to support from a record 27 Board members, Development volunteers and staff, UHPP raised nearly \$89,000 through our annual Leadership Campaign, which reaches out to people who have given gifts of \$250 or more. In December alone, UHPP donors gave more than \$105,000 to sustain the organization's mission. During the last quarter of 2012, hundreds of donors made their donations count in response to visits, phone calls, and appeals through mail, email and social media. Sharing examples of how donations can make a difference encouraged donors to stretch to higher levels of giving (see <http://bit.ly/W9ivib>).

## Generous Gift to UHPP Annual Fund

UHPP is happy to announce receipt of a \$25,000 gift to the UHPP Annual Fund from the Sidney and Beatrice Albert Foundation in support and recognition of the importance and impact of our agency's work.

## GIFTS IN TRIBUTE

Giving tributes is a great way to remember or honor someone special, while helping others in our community. If you would like more information about tributes, please call 518.512.9028.

### In memory of Barbara Alexander

Genesis and Victoria Jackson

### Betsy Owens Memorial Swim

Adirondack District Masters Swimming

### In memory of Minette Munson

Ms. Marion Price

### In memory of Jane M. Dwyer

Wendy J. Dwyer

### In honor of Marjorie Geiger

Nancy J. Ross

### In honor of Pat McGeown's retirement and service to UHPP

Jean and Robert Poppei and Janet M. Thayer

### In honor of Georgiana and James Panton

Lois Wilson

### In honor of Nada Rifai

Linda and Brad Garnet

### In honor of Ethel Silverberg

M. Douglas Silverberg

### In memory of Vicki Simons

Tony Jones

### In honor of Ann Umlauf

John N. Umlauf

### In memory of Nancy Woodward

Robert T. Cross, Elsa G. deBeer, Glenn N. Durban, Elizabeth W. Hannock, John P. and Jane C. Hawn, Mary C. and William F. Kahl, Charles M. Liddle III, Helen and Joseph Mann, Melissa M. Palmer and Sherry and Ted Putney

This list is inclusive from October 31, 2012 to February 28, 2013. Please notify us if we have made any errors and accept our apologies.





Upper Hudson Planned Parenthood

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companies have done a stellar job in making their workplaces diverse and inclusive," she stated, "the overall progress in the corporate sector has been painfully slow. At the current rate of change, it would take women executives more than 70 years to reach parity."

Barbara Bartoletti, Legislative Director of the League of Women Voters of New York State, said "The Governor's Women's Equality Agenda will again lead New York State into a future where women have economic security and more control over their own futures."

"This comprehensive and significant agenda has the potential to improve the lives of thousands of women and girls that YWCAs work with across the state," said Christine Sadowski, Executive Director of the YWCA Orange County. Donna Lieberman, Executive Director of the New York Civil Liberties Union, said, "The Governor's commitment to pay equity, extending protections against sexual harassment

to all of New York's workers and protection of a woman's right to make her own private health care decisions will undoubtedly help level the playing field and ensure that all New York's mothers, daughters, sisters and wives can fully and equally participate in society."

UHPP President/CEO Chelly Hegan spoke to a crowd at The College of Saint Rose at a February 15 rally for "One Billion Rising," a national event designed to bring renewed attention to the need to end violence against women. She called on professors and students to join the growing New York Women's Equality Coalition and to be a part of history in the making. "This agenda will come to pass in New York this year," said Hegan. "It will change the lives of women in New York and it will set a new precedent for our nation."

UHPP supporters and activists are urged to sign up in support of the Women's Equality Agenda at [www.governor.ny.gov/2013/womens-equality](http://www.governor.ny.gov/2013/womens-equality). There will be many



opportunities to speak out and get involved. A Clergy Lobby Day is now planned for April 22, and all people of faith are welcome to attend (see details on page 4). Phone banking, canvassing, petition, and postcard campaigns and rallies are all a part of the plan. Those who want to make a regular volunteer commitment to work with UHPP on this agenda are urged to contact Blue Carreker, Vice President for Public Affairs and Media Relations at [blue@uhpp.org](mailto:blue@uhpp.org) or 518.434.5678, ext.133. ●