

SPRING
2010

GET connected

UPCOMING events

March 10

Birds and Bees Forum
Hurley Reform Church
Hurley, NY
6:30-8:30pm

March 25

Birds and Bees Forum
Bloomington Reform Church
Ulster, NY
6:30-8:30pm

April 15

Celebrate Women
Sisterhood is International
Wallkill River School
Montgomery, NY
5:30-7:30pm

May 7, 2010

Annual Benefit
Celebrating 76 Years
Locust Grove
Poughkeepsie, NY
6:30-9:30pm

May 22, 2010

Benefit and Art Auction
Warwick, NY
6-9pm

For more information about events, visit www.ppmhv.org

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Celebrating Women This Month and EVERY Month

CELEBRATE WOMEN

sisterhood is

INTERNATIONAL

APRIL 15, 2010

Historically, women's involvement in the development of politics, medicine, art, culture, religion and the world has been excluded from history books except for a few notable women here and there or the occasional "chapter" on women. With the women's movement in the 1960s and 1970s, contributions women made started to be voiced and included. It wasn't until the

late 1980s, when the national celebration of "Women's History" was expanded to the entire month of March, that classrooms across the country received curricula that included the many important contributions made by women throughout our past.

But what does the future hold? Who are the women who will shape and guide our world? Who will the next generation mention as "influential women"? Will it be Jessica Valenti, Cristina Fernandez de Kirchner, Michelle Obama, Christine Amanpour, JK Rowling, Beyonce, Shelby Knox, Mae Jemison, Indra Nooyi or Michelle Goldberg? Our guess is all of them, plus many more, as they make history, now—this minute, this month, this century.

We hope you will join Planned Parenthood Mid-Hudson Valley and YWCA Orange County as we look to the future on April 15th for **Celebrate Women: Sisterhood is International**. Michelle Goldberg, author of *The Means of Reproduction: Sex Power and the Future of the World*, will talk about her book that takes readers across four continents, examining issues that illustrate how the battle over women's bodies has been globalized.

GO TEENS!

Our very own Ulster County Peer Educators were selected out of a highly competitive group of applicants to participate in Planned Parenthood Federation of America's annual **Young Leaders Summit** in March at Planned Parenthood's National Conference where 60 youth from around the nation will come together. The peers all worked very hard on their application and are eager to learn from each other and be more involved in teen education and advocacy. Our Dutchess County Peer Educators also qualified for the Summer Program in July that will be opened up to more teens.

Nearly 60 local teens from across our region will travel to Albany on March 15 for the **Get the Facts Youth Leadership Conference** hosted by Family Planning Advocates of New York. For more information, please call our Education office at (845) 838-1200, ext 103.

Way to go all! You make us proud of who you are.

Community Connections

- Kudos to four of our Ulster Peer Educators, who took it upon themselves to create a **Safe or Sorry (SOS)** club at Kingston High School. They also advocated for and succeeded in gaining approval for an SOS to be offered in the high school beginning in February. SOS clubs are led by teens who have completed Planned Parenthood's program which trains them to talk to their peers about preventing pregnancy and sexually transmitted infections (STIs).
- Planned Parenthood Mid-Hudson Valley continues its **offsite outreach** including monthly HIV testing at community colleges in all four counties and at other partnering agency sites. Our "Peers on Campus" student volunteers are helping to promote our off-site services and our Health Educator in Sullivan County continues to provide educational programming in Freshman Seminar classes.
- Planned Parenthood Mid-Hudson Valley is collaborating with the Adolescent Pregnancy Prevention & Services of the YWCA Ulster County and other local agencies to offer **Birds and Bees**, a teen pregnancy prevention forum. This series of community meetings and focus groups will offer and collect useful information from young people and their parents and then present their findings in April. The meetings will be held throughout Ulster County and are geared for ages 10-21 and their parents. For more information, call the YWCA at (845) 338-6844 or visit www.ywcaulstercounty.org.



Across the Country



We are pleased to announce that Planned Parenthood has signed on to be an official outreach partner in the **text4baby** campaign, a new and innovative national campaign to promote healthy women and families.

Each year in the U.S., more than 500,000 babies are born prematurely and an estimated 28,000 children die before their first birthday. The infant mortality rate in the U.S. is one of the highest in the industrialized world. Alarming, for the first time since the 1950s, the U.S. infant mortality rate has increased.

Text4baby is a free, mobile information service designed to promote maternal and child health. An educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), **text4baby** provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) will receive free text messages each week, timed to their due date or baby's date of birth.

For more information about how text4baby works, please visit: www.text4baby.org.



During the month of April, Planned Parenthood will highlight **Get Yourself Tested (GYT) NOW**, a national awareness campaign which focuses on reducing the spread of sexually transmitted infections (STIs) among young people by providing information, encouraging conversations, and promoting testing and treatment. During the campaign's first year in 2009, nearly 125,000 people came in for STI testing in just one month and we hope to reach even more this year.

We are delighted to be working once again this year with MTV, the Kaiser Family Foundation, the Centers for Disease Control and Prevention, and other partners nationwide on the campaign.

For more information about the **Get Yourself Tested NOW** campaign, please visit www.gytnow.org.