



My Abortion, at 23 Weeks

By Judy Nicastro, Attorney, Former Seattle City Council member, & PPGNW Board of Advocates member

Adapted from a piece published in The New York Times on June 21, 2013.

I support abortion rights, but I reject the false distinction between the terms “pro-choice” and “pro-life.” Here’s why.

I married my husband when I was 40 and we began trying to start a family right away, but we had trouble conceiving. We eventually conceived through in vitro fertilization. I was six weeks pregnant when I learned I was carrying twins, a boy and a girl. We were absolutely elated.

But in my 20th week we got the first hint that something might be wrong. After a few ultrasounds and an M.R.I. our worst fears were confirmed — the organs in our boy’s chest were not developing properly.

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Executive Update

A message from Christine Charbonneau, CEO

In the last two years, Planned Parenthood has fought many vicious congressional attacks on women’s health. And just weeks ago, the same politicians who attempted to defund Planned Parenthood in 2011 and 2012 pushed the government into a 17-day shutdown — all in the name of denying health care to millions.

Just prior to the budget vote that could have prevented the shutdown, extremist politicians introduced the Blackburn Amendment. This amendment, attached as a rider to the 2014 federal budget, did not just seek to derail the Affordable Care Act (ACA, also known as Obamacare), it specifically targeted women, and would have given employers the power to deny their employees access to coverage for birth control and other basic reproductive health services. It seems that politicians like Senator Ted Cruz (who, as I write this, is making headlines for ignorantly equating birth control pills with abortion) just can’t understand what you and I have known for years: **society is better off when women have access to the care they need!**

Fortunately, this amendment was not passed by the Senate nor worthy of any part of a compromise.

Attacks aside, Planned Parenthood of the Great Northwest (PPGNW) is busy adjusting our systems for the biggest expansion of health care in 50 years. No matter the obstacle — whether legislative, technological, or logistic — I’m proud of PPGNW’s ability to continually evolve to meet our clients’ needs.

Here are a few of our current initiatives:

Ensure Access to Affordable Health Care for All

PPGNW’s immediate concern is helping our clients navigate the Affordable Care Act. The ACA is the largest advancement in women’s health in a generation. One of the major benefits of the ACA is that reproductive health care — like annual exams, birth control, and cancer screenings — is classified as preventive health care, which enables clients with insurance to receive these services without a co-pay or deductible charges. In fact, over 27 million women have already benefited from this change in the law.

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Political Update

By Elaine Rose, CEO,
Planned Parenthood Votes Northwest

The Affordable Care Act (ACA) is the single biggest advancement in women's health in a generation. It brings renewed promise of solutions to the long-standing crises surrounding access to preventative and reproductive health care. This is a historic year as women who have never before had health insurance now have the opportunity to get coverage and be seen by their chosen provider.

Planned Parenthood Votes Northwest and Planned Parenthood of the Great Northwest are working hard to inform, organize, and engage women and families about the changes the ACA brings, what they will need to do to get enrolled, and how they can get involved in advocating for good public policy that expands access to information and care. We recognize that in our combined roles as health care provider, educator, and trusted advocate for women's health and rights, it is imperative we do all we can to help women prepare for the changes brought about by the ACA.

With the open enrollment period beginning on October 1, our organizers across all three states have been working around the clock to step-up our education efforts. Our staff and volunteers have been organizing door-to-door canvasses, phonebanks, tabling events, and other outreach activities to get the word out. Obamacare is already benefitting millions of Americans and with enrollment underway, millions more are able to enroll and access affordable new health coverage. We are making sure women and their families know about their options and know Planned Parenthood is here to help. ■

Executive Update

Many of our clients are eligible for new health insurance coverage but don't know it or are skeptical about the new law. To that end, PPGNW has hired staff as In-Person Assisters to educate clients about the insurance exchange marketplaces and show them how to sign up for coverage. Health insurance plans are organized into four brackets: platinum (covering 90% of health care costs), gold (80%), silver (70%), and bronze (60%). Federal subsidies are available for those with incomes under 400% of the federal poverty level. For a 30-year-old single woman making \$25,000 per year, federal subsidies would lower her premium so that monthly costs for silver bracket insurance would be \$106 in Alaska, \$135 in Idaho, and \$124 in Washington.

However, because Alaska and Idaho failed to expand their Medicaid programs, the poorest of the poor will remain without affordable health care. The situation is especially dire in Idaho, where single adults do not qualify for Medicaid unless they have children and their income is less than 26% of the federal poverty level; *that's \$4,033 per year for a family of two*. As we have for nearly 100 years, Planned Parenthood will continue to be an essential resource for the most vulnerable members of our community. I so appreciate your contributions to our Someone You Know Fund, which helps low-income women and men access critical preventive health services they otherwise simply couldn't afford.

Educating More Teens and Families

Our Teen Council program teaches teen leaders to be accurate resources on sexual health for their peers; last year, nine Planned Parenthood staff taught 90 teens who then reached over **22,000** of their peers. We now have nine Teen Councils in communities across our three-state service area, but we dream of expanding in the near future to Meridian and Hailey, Idaho; Anchorage, Alaska; and Port Angeles, Washington.

Virtual Services: Meeting Our Clients Where They Are

PPGNW is working to expand our online health services, which include birth control prescriptions and sexually transmitted disease testing and treatment. Can you imagine broadly reducing chlamydia and gonorrhea rates through easy at-home testing and treatment? No stigma. No embarrassment. Stay tuned. ■

Check out our interactive 2012 Report to the Community (including infographics, patient stories, and videos) at www.ppgnwannualreport.com

Our Values. No Matter What.

By Carole Miller, Chief Learning Officer, and Liz Reilly, Director of Development

What values inspire your support of Planned Parenthood of the Great Northwest (PPGNW)? Why does one in five women in the United States turn to Planned Parenthood in their lifetime? What makes Planned Parenthood special? What do we stand for? What kind of future do we want to create?

The past few years of attacks on Planned Parenthood — as well as preparations for our national 100th anniversary in 2016 — have inspired us to reflect deeply on these questions. As we've considered them, we've told each other stories of our proudest moments working here — when our interactions with our patients, our supporters, and our fellow employees captured something unique and important about our approach.

The result is five refreshed values to guide us as we move forward.

They will inform how we treat every single person who comes into our health centers, makes a gift, becomes a volunteer, or joins our staff. These values will also help ensure we are a great place to work: they will strengthen our bonds with each other; attract like-minded, passionate people to the cause; and align our efforts to support lifelong sexual health for all.

Here are our refreshed values, and some stories from our staff about how we live them every day:

Justice

Social justice informs our decision-making and planning

"I love how, in the education department, we are continuously applying our own learning to our work. We revise lesson plans to reflect new understandings about gender, race, and other social justice issues."

Excellence

We are the gold standard of health care, education, and advocacy

"A patient told us she had relied on us for years because

she had always received great care and compassion from us. She wanted to get information for her teen so she could get the same great care. She said no one educates the way we do."

"PPGNW trains all new employees to ensure excellence. They really care about the knowledge you gain while working here, whether it be the basics you learn at the beginning of your career here, or the ongoing training that gives employees confidence in what they are doing and creates a foundation of knowledge for years to come."

Integrity

Honesty and truthfulness are reflected in our actions and communications

"Recently, I was with our clinician in the grocery store and someone who seemed to be a patient began to approach her. She never greets any of her patients when she sees them in the community unless they approach her first. At that moment, she turned to me, said 'Excuse me,' and then walked slowly down the aisle with the person so that they were out of earshot of anyone around. I'm proud that this clinician takes very seriously her commitment to maintaining her patients' confidentiality."

Fierce Compassion

Care — no matter what

"A girl came in crying, saying she had just gotten a phone call from an ex-boyfriend saying that he had an STD. She was very upset, broke, and didn't know what to do. We got her seen right away, some charges were waived thanks to the Someone You Know Fund, and we put her on an affordable payment plan for the rest. We all felt great we could see her!"

Courageous Innovation

We create an environment that encourages and supports calculated risk-taking

"A patient came in needing emergency contraception on a day our health center had no clinician. Using telemedicine, we were able to get her a prescription from a remote clinician that same day. We now have other organizations asking us to teach them about telemedicine."

We'd love to hear your thoughts on these refreshed values. Please email us at carole.miller@ppgnw.org or liz.reilly@ppgnw.org if you'd like to share a story you feel represents Planned Parenthood living these values. ■

Planned Parenthood of the Future

Nearly 300 supporters recently gathered at our Annual Check-Up events in Anchorage, Boise, Fairbanks, and Seattle. These intimate events were opportunities for us to personally connect with key supporters and share stories of our recent work with those who make that work possible. We also discussed opportunities and challenges ahead with health care reform and invited those gathered to share their ideas about our initial plans to celebrate the 100th anniversary of Planned Parenthood in 2016. *(All captions from left to right.)*

Thanks to all who joined us! ■



Kim Wright and Desiree Wright (Seattle).



Caitlin Hedberg (Development Officer) and Kate Gerlek (Board of Advocates member) review the long list of all Alaskans who have served on the Planned Parenthood Board of Directors — more than 180 committed individuals since 1966 (Anchorage).



Speakers Cynthia York (Idaho Board of Advocates Chair), Liz Reilly (Director of Development), Rebecca Poedy (COO), and Camille Oldenburg (PPGNW Board of Directors Chair) get ready to welcome guests (Boise).



Irene Toporovskaya shared her powerful story about immigrating to the U.S. from Russia and being shocked at the state of women's rights in this country (Anchorage).



Supporters from Terri Pickens Law: Tami Springer, Terri Pickens, and Michelle Silva (Boise).



Debra Pearson and Flora Davis (Fairbanks).



Ann Buckner, Evelyne Rozner, Shelley McIntyre, and Alison Harris (Seattle).



Mary Ann and Ed Reynolds (Boise).



Marie Booker and Bernie Jacobs (Seattle).

Milestones and Honors

Milestones: Board of Directors Members

Planned Parenthood of the Great Northwest (PPGNW) would like to thank our members with terms concluding at the end of 2013 for their service and dedication.



LLEWELYN PRITCHARD

*Planned Parenthood of Seattle, King County Board of Directors, 1972-1978
Planned Parenthood of Western Washington Board of Directors, 2007-2008
Planned Parenthood of the Great Northwest Board of Directors, 2008-2013*

Llew is currently a member of the PPGNW Board of Directors and serves on the Fundraising Committee. In the early 70s, he served on a United Way Taskforce convened to determine utilization of a group of organizations that focused on unwed mothers and unwanted children. The taskforce visited many empty homes for unwed mothers, and then visited Planned Parenthood, which had a line out the door and around the corner for birth control! Inspired by the work Planned Parenthood of Seattle, King County (PPSKC) was doing, Llew served on the board from 1972-78; during this time, PPSKC expanded from one health center to include another in Bellevue. Llew is a partner with the Seattle law firm of Helsell Fetterman, LLP, is a counselor to the American Bar Association (ABA) Center for Human Rights, and a member of the boards of the ABA Rule of Law Initiative and the World Justice Project. Llew was awarded the 2011 American Jewish Committee's Judge Learned Hand Award for his service to both the profession and the public in the field of human rights, civil liberties, and access to justice.



ROBIN SMITH

*Planned Parenthood of Alaska Board of Directors, 1999-2003
Planned Parenthood of the Great Northwest Board of Directors, 2008-2013*

Robin is a community activist in Anchorage, Alaska. She served as Board Chair for Planned Parenthood of Alaska from 1999 to 2003. During her tenure, Planned Parenthood of Alaska expanded to Fairbanks, purchased a facility in Anchorage, and began offering abortion services. She is currently involved with Planned Parenthood Votes Northwest, the Alaska Democratic Party, and the Bird Treatment and Learning Center. She and her husband own a small industrial supply company. They are guarantors with MicroCredit Enterprises and active philanthropists in Anchorage. They were recently honored with the Outstanding Philanthropist Award by the Association of Fundraising Professionals Alaska Chapter.

One of her proudest accomplishments was to be an angel investor in the Women's Capital Corporation that brought Plan B (emergency contraception) to the marketplace. She is currently an angel investor in Afaxys.

Milestones: 25 Years at PPGNW



CHRISTINE CHARBONNEAU

Planned Parenthood of the Great Northwest President and CEO

A University of Washington political science and history graduate, Chris has been at Planned Parenthood for 30 years, 25 in leadership at PPGNW. Beginning as a volunteer in the Seattle Health Center in 1982, she expanded her volunteer commitment to include community education and public policy activism. These early experiences lead her to believe that volunteers are the heart and soul of our cause. In her tenure, Chris has helped change laws and health policy in a number of states; co-founded Planned Parenthood Online, now serving 50 million visitors per year; and is the Board Chair of Voxent, a not-for-profit, technology services organization enabling Planned Parenthood affiliates to adopt and utilize Electronic Health Records. In 1988, Chris and two other colleagues started work to commission the manufacture of affordable contraceptive supplies for providers serving low-income women; 25 years and much hard work later, that goal has become a reality in Afaxys, a virtual pharmaceutical company she helped to found and of which she is the current Board Chair. Afaxys has begun to supply Planned Parenthood, public health departments, and other health organizations this year. In 2010, nominated by the PPGNW board and selected by her peers, Chris was honored with Planned Parenthood Federation of America's (PPFA) highest honor, the Ruth Green Award. According to PPFA President Cecile Richards, "Chris is a true visionary among health care providers."

Honors: Awardees Selected From Over 70 Planned Parenthood Affiliates



ANNA ALSTON, ARNP

Planned Parenthood of the Great Northwest Assistant Director of Health Services

Anna Alston, ARNP, is Planned Parenthood Federation of America's 2013 Miriam Manisoff Award Winner. This award is given to the one medical practitioner each year who best embodies leadership in

women's health services. Anna carefully, competently, and thoroughly moves mountains with the large cadre of clinicians this affiliate employs. She teaches, she writes protocols, she innovates, and she leads. Looking to the future, Planned Parenthood of the Great Northwest is part of the pilot for pioneering how, as a Federation, we "virtually" serve the millions of underserved women who need us. Anna's experience providing services to women in Idaho from her office in Seattle via telemedicine gives her current insights into how this should work.



LIZ REILLY

*Planned Parenthood of the Great Northwest
Director of Development*

Liz was recently named the national Planned Parenthood Fundraiser of the Year. Elected by her peers across the country, Liz was recognized both for growing the support of Planned Parenthood of the Great Northwest

in her tenure and for chairing the national Professional Development Committee, which advances fundraising best practices throughout the Federation. Liz was hugely honored by the award: "I've been a Planned Parenthood patient, volunteer, donor, consultant, and staffer; it's been a major privilege to work for this cause that has so touched my own life. My job is to light and tend a lifelong fire in people's bellies by making clear how they can change the world through this mission. What job is better than that?"



"WHERE DID YOU WEAR IT" CAMPAIGN

"Where Did You Wear It" was recognized with the Planned Parenthood Federation of America Affiliate Excellence Award for Media and Public Relations during the 2013 Planned Parenthood National Conference. Launched during

National Condom Week in 2012, "Where Did You Wear It" is intended to normalize and encourage condom use among sexually active college students and young adults by showing that "Safe Sex Happens." PPGNW distributed 60,000 condoms with a QR code that links to www.wheredidyouwearit.com. Users can anonymously check in and see just how common (and local) condom use is. ■

My Abortion, at 23 Weeks

My world stopped.

After ten more days of tests and meetings, we were in the 23rd week and had to make a decision. We met with a nurse, a surgeon, and a pediatrician. They told us that only one lung chamber was partially formed and that if our boy survived birth, he would be on life support for a long time. The thought of hearing him gasp for air and linger in pain was our nightmare.

My husband is more conservative than I am. He is also Catholic and I am an old-school liberal and not religious. But from the start we were in complete agreement. We desperately wanted this child and would do whatever we could to save him if he could have good quality of life.

The pediatrician cautioned that medical ethics constrained what he could say, but also added that "termination was a reasonable option" that he could support. The surgeon and nurse nodded in agreement.

I burst out sobbing. My husband cried, too. But in a sense, the pediatrician's words were a source of comfort and kindness. He said what we already knew, but needed to hear from professionals, who knew we were good parents who wanted what was best for our children.

In having an abortion, we would take a risk that my body would expel both fetuses, and that we would lose our daughter, too. I tried to postpone the abortion until my daughter was more fully developed to reduce her risk, but my doctor pointed out that abortion after 24 weeks is illegal.

The next day, I had an abortion; 17 weeks later, our baby girl, Kaitlyn, was born — healthy and beautiful.

In the past two years there has been a significant trend toward restricting second- and even first-trimester abortions across the country.

Second-trimester abortions must remain legal because, until a child is viable outside the womb, these decisions belong with the mother. I don't know if *Roe v. Wade* will be overturned in my lifetime, but the chipping away of abortion rights is occurring at an astounding pace. I share my story in the hope that our leaders will be more responsible and compassionate when they weigh what it means to truly value the lives of women and children. ■

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To make a gift to PPGNW, please contact:

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We welcome the chance to talk to you about our work. Feel free to contact us anytime:

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A Lasting Legacy

Visit our new planned giving website at ppgnw.org/plannedgiving for several easy-to-use tools to help you plan your philanthropy:

- Identify which type of gift is best for you and your family — whether a bequest, annuity, trust, or insurance policy.
- Determine, based on your age and the size of annuity you might consider, what regular payments you could expect to receive in return.
- Calculate your tax savings on cash gifts this year — illustrated with easy-to-read charts.

If you have any questions, please feel free to contact Caitlin Hedberg at 907.770.9715 or caitlin.hedberg@ppgnw.org.

“Creating an annuity for Planned Parenthood was one of the best decisions I’ve made. It allowed me to make a significant gift to a cause I care deeply about, while also providing me with the security of regular income for the rest of my life, at a much higher rate of return than other investment options. It was a win-win.”

– Sondra Shira,
PPGNW donor