



WINTER 2013

PLANNED PARENTHOOD®
OF THE SOUTHERN FINGER LAKES

online at PPSFL.ORG

p3

...Our logo gets refreshed with our new branding initiative!

p4

...Research confirms that family acceptance is crucial to the well-being of LGBT youth

p5

...Our educators are branching out, presenting at conferences and having their work published!

CHOICE

A Landmark January

by Casey Martinson

The 40th anniversary of the Supreme Court's decision in *Roe v. Wade* ticked by on January 22nd, providing advocates a good opportunity to reflect on the history of our movement. As many observers have pointed out, much of the freedom won by *Roe* has been eroded, particularly in the last few years. And according to a recent poll, an astounding 57% of young people (18-29) could not even correctly identify the issue at stake in the court's decision.

We also know that old labels — pro-choice and pro-life — feel increasingly uncomfortable for a lot of Americans, who may not identify with either label, or who may identify with both at the same time. And yet, despite the shifting labels, the fading cultural memory about what *Roe* means, and the ongoing political campaigns to restrict women's health care choices, one thing remains abundantly clear: nearly two-thirds of Americans (63%) still believe that abortion should be kept safe and legal. As a society, we continue to affirm that women should be trusted to make their own decisions about health care. We saw that clearly in the last election when candidates endorsed by the Planned Parenthood Action Fund were elected or re-elected in stunningly high numbers.

Roe 40th
Health Care
Decisions
are
Personal




Against this backdrop, a busload of staff and supporters from Planned Parenthood of the Southern Finger Lakes (PPSFL) went to Albany on January 14th, just a week before the *Roe* anniversary, to participate in the annual Day of Action convened by Family Planning Advocates, our state-wide advocacy coalition. At the Capitol, our group joined a record crowd of more than four hundred advocates, and everyone in attendance was particularly excited about a proposal outlined by Governor Andrew Cuomo in his recent state of the state address. The proposal, known as the Women's Equality Act (WEA), includes the language of the Reproductive Health Act (RHA), our signature legislative issue for the past several years.

Like RHA, the Women's Equality Act would ensure that a woman's right to make her own decisions about contraception and pregnancy will always be respected in New York. But beyond that, WEA aims to address a number of other pressing issues — domestic violence, sexual harassment, human trafficking, discrimination in housing, lending, and employment, and more.

Continued on page 4

LETTER FROM JOE SAMMONS, CEO

Dear friends:

Our celebration of the 40th anniversary of Roe v. Wade is more than simply recognizing a date on a calendar, or the celebration of an historic victory. Every day, the staff, volunteers and supporters of Planned Parenthood bring the fundamental promise of reproductive freedom and personal choice alive. We provide compassionate, non-judgmental health care; we deliver innovative, honest, and relevant education and community programs; and we are a fearless, hardworking advocate to advance women's health and freedom.

The anniversary of Roe v. Wade is more than just another celebration for us; it is a reminder of why we are here and what we need to do.

As you can see in this latest edition of CHOICE, we are working harder than ever. We've had one of our most successful lobby days ever, and our growing team of grassroots volunteer advocates is joining with thousands of people across the state and across the country to take on our opponents. We've received tremendous support for our LGBT program, our rape crisis program, and new funding to support critical preventive services offered in our health centers. Our campaign to create new spaces in Hornell, Ithaca, and Corning continues to move forward – we are thrilled to have our architect Grace Chiang tell us why she supports Planned Parenthood and has been such an integral part of this effort!

We know all of the work we do – and all the plans we have for a brighter, healthier future – simply would not be possible without your enduring support and passion. Thank you for all that you do!



Warmly,

Joe Sammons
President / CEO

YOU CAN GIVE THE GIFT OF PEACE OF MIND

Each year in the U.S., there are approximately 10,000 new cases of cervical cancer and almost 4,000 deaths as a result. The FDA-approved vaccine Gardasil has the power to change those statistics by saving lives.

It is estimated that Gardasil will prevent up to 70% of cervical cancers by helping to inhibit genital warts or human papillomavirus (HPV), often the root cause of cervical cancer.

Until recently, PPSFL provided 375 doses of Gardasil annually in Ithaca alone. However, as the result of New York State deficit budget cuts, the funding for this life-saving program was reduced from \$100,000 in 2010 to \$32,000 in 2011. In 2012, funding was eliminated altogether.

We were so grateful when late last year we received \$2,500 from the Women's Fund and \$1,500 from the Children and Youth Fund, both of the Community Foundation of Tompkins County, to restore cervical cancer vaccines for uninsured girls. Our hope is to match the funds given to us by the Community Foundation — with your support, we can save even more lives.

Please help us save lives by donating to PPSFL today, with any of these options:

- * check or money order (note "Gardasil" on the memo line)
- * credit card – by mail or online at PPSFL.ORG (select PPSFL from the drop down menu to ensure your gift stays in our community)
- * stocks or bonds
- * grant through your family foundation or donor-advised fund
- * charitable gift annuity
- * name PPSFL as a beneficiary in your will, life insurance policy, or retirement account

For more information call our Development Office at 607.796.0220 x309 or e-mail georgia.rennie@ppsfl.org.

REFRESHING OUR BRAND

FEATURE STORY

AND REVIEWING OUR 2012 COMMUNICATIONS EFFORTS



If you have visited Planned Parenthood online through our website or social media over the last couple months, you may have noticed our new layered logo mark and tagline, “Care. No matter what.” With Planned Parenthood increasingly in the spotlight and with our 100th anniversary approaching,

we have an incredible opportunity to communicate who we are and what we stand for – on our own terms. “Care. No matter what.” is who we are, what we do, and how we approach our work every day. We care. Deeply and without judgment. No matter what.

This new tagline proudly communicates what has made us the nation’s most trusted women’s health care provider over the past 96 years, and why we’re confident we will become a trusted health care provider for millions more women, men, and young adults in the future.

It’s our promise as a health care provider, an educator, and an advocate to truly care. No matter who you are. No matter where you live. No matter what your situation is. No matter who you love. It expresses our belief that all people deserve high quality, affordable health care; our resolve to educate and inform people so they can make their own health decisions; and our commitment to fight for women to get the reproductive services they need. It’s a promise to be here for patients, for parents, and for community professionals — to listen, answer questions, console fears, or just for a quick check-in to make sure everything is ok. Because we believe that when people are truly cared for, they will make their lives, their families — and even the world — healthier and better.

Enjoy this sneak peek at some new communications pieces we’re working on to share our new look and messages with our patients and out in our communities.

IN 2012, OUR COMMUNICATIONS TEAM:

- » placed 150 print ads
- » placed 680 radio ads
- » placed 6 billboard ads
- » placed an ad in multiple mall kiosks
- » placed an ad in Cinemapolis theater
- » created over 200 NEW files for other creative materials
- » created CHOICE quarterly newsletters
- » drafted, edited, and managed production of our 2011 annual report

In 2013, we’ll be doing much more as we update all of our materials with the refreshed brand elements, design our own annual report, and create new materials for our services, programs, and events!



Family Acceptance

PARENT-TEEN COMMUNICATION PROTECTS LGBT YOUTH

by Maureen Kelly

We know parents play a crucial role when it comes to the health and well-being of their LGBT children. Their acceptance, love, and support can go a long way toward defusing the anxiety inherent in forming an identity that can be negatively influenced by stigma and prejudice, and that can make the teens years even more challenging.

New research from The Family Acceptance Project shows that families, parents, foster parents, caregivers, and guardians can have a very dramatic impact on their LGBT children. Family acceptance promotes well-being and helps protect LGBT young people against risk for health and mental health problems, and family rejection has a serious impact that may increase risk.

LGBT youth routinely face everything from outright harassment and social isolation to well-intentioned misunderstandings about their identities and sexuality. The problems facing all teens are compounded: LGBT teens report higher levels of tobacco, alcohol, and drug use than straight teens, and are also at higher risk of depression and suicide.

At the same time, parents of LGBT youth also confront special challenges and may have unique worries. They may benefit greatly from additional support and resources to help them better understand what their teens are experiencing and how they can best support them. Things as seemingly simple as deciding how and when to come out to the extended family can loom large. Our goal is to provide parents and caregivers

the tools and emotional support they need to navigate this sometimes difficult terrain.

We are delighted to have received a grant to support this work from the Tompkins County United Way Youth in Philanthropy program. Starting in 2013, our “Being there for your LGBT teen,” project gives parents and caregivers the information, support, and resources they need to help their teens navigate the sometimes challenging social and emotional dynamics that come with either identifying as LGBT or questioning their sexual orientation or gender identity. The project will also provide much-needed resources and support for parents of LGBT youth.

PPSFL has a long and successful history of providing services and programs to LGBT youth. Out for Health, our LGBT health and wellness program, provides community outreach and programming; weekly LGBT support groups in Corning and Ithaca; technical assistance training for youth workers, health care providers, and teachers; and access to a wide array of materials and resources for youth, families, and professionals.

A LANDMARK JANUARY

Continued from page 1

While many of these issues are outside the scope of our traditional legislative focus, as a member of the growing coalition that supports WEA, we affirm that addressing all these issues is essential to advancing gender equality. And in WEA, we see the continued emergence of a movement toward reproductive justice — a movement that encompasses not only the struggle to protect legal rights and access to health care, but social justice in a broader sense of ensuring that women and communities are empowered to make truly free decisions about their reproduction, their sexuality, their families, and their lives.

Over the course of our day in Albany, we met with each of the legislators — or in some cases, their staff — who represent PPSFL’s service area. While some legislators like Assembly Member Barbara Lifton expressed total support for WEA, and while we are optimistic about passing this legislation with the Governor’s backing, it is clear that we have work to do in bringing some of our representatives along. In the weeks and months ahead, we will continue to update our supporters through e-mail and social media about progress we make on WEA, and we hope that all of you will join us in asking our elected officials to support the bill.

As we celebrate the anniversary of *Roe v. Wade*, it is worth remembering that New York legalized abortion three years before that historic case. We led the nation in saying that no woman should be criminalized or forced to risk her life in order to take control of her own reproductive destiny. Today, with the Women’s Equality Act, New York has another opportunity to be an example to the rest of the country. Let’s make sure we seize that opportunity together.

Exciting News From OUR TALENTED EDUCATION TEAM!

We have some exceptional educators at PPSFL, who in addition to providing programming and resources to every corner of our region and serving on many regional and national committees and workgroups, are now taking their work and expertise to a much broader audience.

Workshops at National Conferences

Jennifer Mainville and Christine McLearn have brought their expertise on working with lesbian, gay, bisexual, and transgender (LGBT) youth in rural communities to two national conferences. Their workshop was accepted and they presented an interactive learning opportunity for peers and colleagues at Drawing Water from a Deeper Well: A National Planned Parenthood Conference for Sexuality Education and Training last summer in Washington D.C. and at the Center for Family Life Education (CFLE) National Sex Ed Conference in New Jersey in the fall. Their workshop shares successful approaches for creating safe spaces for LGBT teens and offers best practices, tools, and tips to starting youth groups in other rural communities.

In January, Jennifer Mainville co-presented two workshops at Common Threads Youth Empowerment Retreat with Audrie MacDuff of Planned Parenthood Mohawk Hudson. *Teaching without Taboo: Learning How to Effectively Communicate with Teens on Sexual Health Topics*, an activity-based professional training workshop covers the depth of sexuality topics, how language and comfort are vital in effective communication, and guidelines for age-appropriate information. *Let's Talk about Sex: Discussions You Probably Didn't Have in Health Class* focuses on LGBT sexual health, encouraging youth to consider what sex is and where they learn messages about sex and sexual health. Group activities, media clips, and discussions help youth examine messages about sexual health, and information is offered to help LGBT youth protect themselves against unintended pregnancy and STIs.

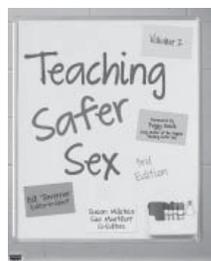
Tammy Miller's workshop on helping teens navigate technology safely and thoughtfully was also featured at Drawing Water from a Deeper Well. Her session addresses the reality of living in a rapidly changing world of technology in which new methods of communication are being developed every day and redefining how people interact. The immediacy of texting and other electronic communication, in conjunction with inaccurate perceptions of privacy, has led to unintended legal and social consequences for some youth. Tammy will also be presenting this workshop at the Pennsylvania Adolescent Health and Wellness Conference in May.

Jennifer Mainville and Devon Ritz will be presenting at the 6th Annual Gay-Straight Alliance (GSA) Leadership Summit which is hosted by the LGBT Center of Central Pennsylvania, Planned Parenthood of Central Pennsylvania, and Dickinson College.



The summit brings together students and professionals to meet, network, and participate in workshops designed to help everyone better understand and advocate for lesbian, gay, bisexual, transgender, questioning and allied youth. Their workshop, *It is NOT a Phase: Biphobia and Why it Matters to Everyone*, is aimed at increasing understanding and inclusion of bisexuality and bisexual people within our programs and outreach. Their interactive session will open a long overdue discussion on negative perceptions of bisexuality/fluidity, both in and out of the LGBT community, with the goal of providing tools for changing language around bisexuality/fluidity as well as advocating against biphobia in our communities and everyday life.

Maureen Kelly has been a consultant and guest faculty member with Answer, at Rutgers University, since the beginning of 2012. Answer is a national organization that provides and promotes unfettered access to comprehensive sexuality education for young people and the adults who teach them. Their Training Institute in Sexual Health Education (TISHE) is a week-long, annual residential training that transforms participants into the most effective, powerful sexuality educators they can be. As a content planner and core staff member, Maureen has brought her expertise as a trainer and educator to a new cadre of sexuality educators and teachers.



Publications

Using current research and input from teens, Tammy Miller has developed a fun and interactive lesson on *Practicing Safe Text*, which she has facilitated for teens all over our region; this lesson was published in the CFLE manual *Teaching Safer Sex* in 2012.

How Could That Be? A Lesson About Identity, Behavior, Perception, and Risk was created by Maureen Kelly, and PPSFL consultant and trainer Lis Maurer, and was published in the *Teaching Safer Sex* manual. The lesson addresses the notion that despite "conventional wisdom" that might indicate otherwise, lesbian, gay, and bisexual youth are at even greater risk for unintended pregnancy than their heterosexual peers. Their lesson provides an opportunity for students to explore unintended pregnancy and the risk of STIs, learning through this unexpected and complex lens to assess their own risks. Students are given information to encourage behavior changes toward intentional and safer sex choices.

We are very proud of all the hard work and tremendous talent of all of our fabulous educators!

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Rape Crisis of the Southern Tier
888-810-0093

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Nov. 9, 2012 - Jan. 29, 2013

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Hazel Thompson

Marjorie Schooler

Katie Thompson - Happy Anniversary!

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The work PPSFL is performing

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Carol Warshawsky

Sarita Warshawsky

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Volunteering with our Trans* Youth Group

by Will Shishmanian



When I was asked if I would be interested in volunteering with the trans* youth group, I immediately jumped at the opportunity. I was excited to learn that Planned Parenthood offered this resource to trans* youth, and wished there had been such a group available to me when I was younger. Maybe then it would have taken less time for me to become comfortable with myself, and I would have been able to come out sooner.

When I volunteer with the trans* youth group, I am there to support other trans* people, help answer questions about transitioning, and be there to listen and truly understand some of the more emotionally taxing aspects of being trans*; the frustration of being misgendered by that one person over and over again, how close relationships and friendships can change when you come out, the frustration of waiting for things such as hormones or surgery so that you don't feel a disconnect from your body every day.

As a transman who has never been “stealth,” I believe that education about trans* people and issues is the most important step we can take toward becoming more understood and accepted in society. This is why I always try to be on LGBT panels at Ithaca College, and give comments in articles having to do with LGBT issues. Being able to volunteer for the trans* youth group is one more way that I can continue to share my experience as a transgender man, and help others understand their own path and gender identity.

I look forward to volunteering with the trans* youth group every month because I truly enjoy spending time with the kids and other volunteers in the group and getting to discuss the complexities of gender identity. I love being part of a space that allows the members of the group to open up and be themselves and not have to worry about judgments they may have to face elsewhere. I look forward to continuing working with this group in the upcoming year simply because I am so invested in the well-being of its members. I love hearing their stories and being able to help talk out their concerns, and reassure them that it's going to be okay.

VOLUNTEER WITH OUR TRANS* GROUP!

E-mail jennifer.mainville@ppsfl.org if you would like to volunteer with or join the Trans* Group.

WHY THE *?

“Trans*” has become a commonly used term in the field of sexuality and gender educators and activists. Trans* — with the asterisk — is a word used for a variety of identities that are incredibly diverse, but share one simple, common denominator: a trans* person is not your traditional cisgender person. Beyond that, there's a lot of variation.

WHY I SUPPORT PLANNED PARENTHOOD

Continued from page 8

After two and a half decades of helping the organization enlarge, enhance, and renovate the house at 314 West State, to better serve patients as health care practices evolved, it was so exciting to help think about a new facility that could be purpose-built and that would consolidate administration, education, and the health center, allowing the organization to fulfill educational and clinical goals under one roof and in a space that was actually designed and organized for their specific needs. We spent several years looking at buildings and properties before a suitable site was finally found, one that was located in an accessible and central location, large enough to accommodate a health center to serve the patient population — which has doubled since moving into the current building — and provide educational programs onsite with space for library resources, meeting and activity space. Fortunately, the local regulatory approval process this time around went along much more smoothly than it did in 1984, and the support of the local community will likely soon make the dreams for a new facility a reality.



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PLANNED PARENTHOOD® OF THE SOUTHERN FINGER LAKES

CHOICE

WHY I SUPPORT PLANNED PARENTHOOD

by Grace Chiang

Were it not for Planned Parenthood, there would be a gaping hole in our society for reproductive health advocacy and access to affordable health care, and particularly women’s health care, which is why I feel so strongly about supporting Planned Parenthood. My connection with the organization began over three decades ago, in the late 1970’s. As a student at Cornell University, I received health care services at the local affiliate housed in Sage House near the university infirmary. Soon after, Planned Parenthood moved to their current location at 314 West State Street. This coincided with the beginning of my professional career as an architect in Ithaca. With expansion to provide abortion services requiring renovation and connection to the adjacent carriage house, I had the opportunity to work as a young architectural designer on my first project for the organization in 1984, and a chance for up-close observation and participation in the fight to be able to realize this decision.



Making sure I understood the organization’s goals was the only way I could help ensure that the physical environment supported the high quality care, and also make sure that it was a place where patients feel safe, secure and comfortable, and had their privacy respected. My appreciation for Planned Parenthood’s work, advocacy, and support for woman’s rights grew quickly as I learned more about the mission and the organization.

Continued on page 7