

Planned Parenthood of Western Washington

Fall 2007

## A Day in the Life of an Educator

### **While the medical services**

we offer have a great impact on our community and are very visible, a service of equal impact and less visibility is our Education program. Every day during the school year, Educators are arriving at schools while it's still dark to do their jobs as fearless, tireless advocates of reproductive health. Imagine someone with a warm heart and a thick skin, who must understand kids but be convincing to adults, have courage in one's convictions but know when to say they need help. These seemingly contradictory traits are basic requirements for being a good educator for Planned Parenthood of Western Washington.

We'll call her "Rachael." It's not her real name but she's been a Community Educator with us for over four years. From the moment she begins her work day she is after one goal: To provide accurate, relevant, engaging sex education to whomever needs it. Here's how one of those *long* days played out:

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## I ❤️ Planned Parenthood

### **In late August, Planned Parenthood of Western Washington**

(PPWW) went on full security alert. A group that calls itself the American Life League sent notice to its members that it was planning a national siege of abortion providers that would start on September 26<sup>th</sup>. David Bereit, executive director of the group, called the effort "40 Days for Life" and promised 40 days and nights intimidation and harassment of Planned Parenthood patients and staff.



Threats such as these are always taken seriously. Our intelligence suggested the anti-choice forces would target five of our health centers, Seattle Madison (which includes our administration offices), University District, Everett, Tacoma, and Olympia. PPWW formed a special security team that sent word out to our many volunteers and donors in the

community. The response proved, once again, the high level of support we have enjoyed for decades here in the northwest.

More than 300 people called or emailed saying they wanted to stand for us. Our Volunteer Manager scheduled well over 100 people to show up on key days at the five locations listed above to show their support for PPWW. We made bright orange t-shirts that read "I ❤️ Planned Parenthood" and signs with similar messages. Together with you, the community, we were ready to counter the bloody-fetus signs of the protesters with enthusiastic support for Planned Parenthood.

Then something funny happened. The protesters stayed home.

Our five "targeted" health centers saw only their usual number of protesters, which is two or three per week. At our Olympia health center, two to five protesters made

*"I ❤️ Planned Parenthood" continued on page 7*

# 365 Days of Birth Control.

1 Visit.

## Zero Worries.

### Plan Now, Pay Later!

Visit us for one short appointment and walk out the door with a year's supply of birth control and a convenient low monthly payment plan.

Now you can include any outstanding balances or other Planned Parenthood health care services and set up automatic deductions to your credit or debit card without any finance charges. You'll only pay for your needs and a \$2.00 monthly convenience fee for the duration of your plan.



**www.pppw.org**  
**1.800.230.PLAN**

## Executive Update



### College Without Birth Control

**Yet another damaging** byproduct of the Deficit Reduction Act (DRA) is being seen this fall on college campuses here in Western Washington. If you recall, the DRA was signed into law by President Bush in November of 2006. Some of what it called for was good economic policy, but another section of the act calls for draconian cuts to reproductive health care, resulting in a host of unintended consequences. Such is the case with college students in the fall of 2007.

To put this as simply as possible, college health centers are no longer able to buy birth control pills at a reduced rate and pass the savings on to students. Where students used to buy pills for \$10-\$12 per cycle, they are now paying \$40-\$55. Most of us remember how difficult it was as a student to suddenly have to budget another \$450 per year.

What's a student to do? They can come to a Planned Parenthood of Western Washington health center and sign up for the Take Charge program, which provides free family planning for anyone within 200% of the federal poverty level. But here is where the DRA strikes again.

If a patient has ANY health insurance coverage at all, and most students carry some form of health insurance from their parents, they no longer qualify for Take Charge. Some, for reasons of confidentiality, don't want to use their parents' health plan, or have no access to information about their parents' plan. They can still buy their pills from Planned



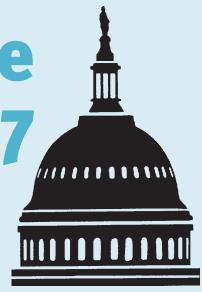
*Christine R. Charbonneau*  
President, CEO

Parenthood on a sliding fee scale, but the DRA is also affecting our ability to maintain stable prices for birth control pills, as we have faced skyrocketing costs as well.

Faced with this staggering additional cost, will students go without birth control or use less effective methods? Will more students be faced with unintended pregnancies? We must ask ourselves how much money the DRA has really saved taxpayers if it causes talented young women to withdraw from college.

It's unfortunate that we even have to consider these possibilities. Also unfortunate is the glacial pace of Congress in enacting a bill that will provide relief for those seeking reproductive health care while keeping the cost-cutting aspects of the DRA in place. This is an issue that's affecting more than three million undergraduate students across the country. Contact your Senator or representative and tell them to vote in favor of restoring beneficial industry-funded birth control pricing for the young people we and our colleagues serve.

# Court and Legislative Update 2007



## Move to De-fund Planned Parenthood Fails on House Floor

### ***Dave Reichert votes to deny family planning services to thousands of low income women, men and teens in King and Pierce Counties***

On July 19, as the House was debating the Labor Health and Human Services and Education Appropriations bill, Rep. Mike Pence (R-IN-6) introduced an amendment that would have denied family planning services to millions of women, men, and teens by restricting federal family planning funds from going to Planned Parenthood health centers.

Thanks to our friends in Congress, Representatives Inslee (WA-1), Larsen (WA-2), Baird (WA-3), Dicks (WA-6), McDermott (WA-7) and Smith (WA-9) who voted “No” on the House floor, this amendment was overwhelmingly defeated by a vote of 231–189.

Unfortunately, the Washington congressional delegation split along party lines. Republican member Dave Reichert (R-WA-8) was the only member in Western Washington to vote for the Pence amendment which would have barred Planned Parenthood from receiving critical Title X (family planning) funding.

Title X supports services to five million low-income and/or uninsured women and men each year — to help plan pregnancies, prevent sexually transmitted infections (STIs), including HIV/AIDS, and detect breast and cervical cancer.

If you live in the 8<sup>th</sup> congressional district, please call Congressman Reichert’s office, 206-275-3438, and tell him you support Planned Parenthood’s efforts to provide access to birth control and other preventative health care services.

## Physician and Patients to Join Lawsuit

On September 26, a federal court allowed seven concerned citizens from across the state to join a lawsuit in order to defend two rules enacted in April by the Washington State Board of Pharmacy. The rules, adopted after a lengthy public rule-making process, require pharmacies to ensure that patients always have access to their lawful medications and that patients not be denied their medications based on individual pharmacists’ personal feelings or moral objections to the medication or patient.

These Defendant-Intervenors include a doctor, an HIV patient and several other women with an interest in using emergency contraception, known as Plan B. They are jointly represented by the American Civil Liberties Union of Washington, the Northwest Women’s Law Center, Planned Parenthood of Western Washington and the law firm of Heller Ehrman.

On July 26, 2007, the day the rules took effect, two individual pharmacists and a pharmacy owner (Stormans, Inc.) sued the state of Washington, challenging the new rules on constitutional grounds. Their lawsuit seeks to allow pharmacies and pharmacists to refuse to fill customers’ requests for valid prescriptions and to deny medications with restricted distribution that conflict with religious beliefs.

In court papers filed in August, the Defendant-Intervenors asserted public health concerns, saying patients should be allowed to promptly obtain the medications their doctors prescribe. Patients should not be required to go from pharmacy to pharmacy to find one willing to provide them with medications – particularly time-sensitive medications. The burden on patients is particularly acute in those parts of the state where the next-nearest pharmacy is many miles away.

Judge Ronald B. Leighton of the U.S. District Court for the Western District of Washington also heard oral argument on a motion for a preliminary injunction to block the rules brought by two pharmacists and a pharmacy owner. Judge Leighton will rule on the motion in the coming weeks.

## Teens Enjoy a Time of Their Own

**There is a place where medical services** and education converge. On special afternoons, our health centers become “Teen Clinics”—where the atmosphere, the services offered, and the education are all directed to patients 19 years old and younger (21 and younger in Olympia).

In addition to providing teen-centered clinical services, education is an integral part of the Teen Clinic and a community educator is in the lobby during these hours. Teens who attend the clinic will receive support in making decisions regarding their sexual health, with an emphasis on sexually transmitted infection and pregnancy prevention.

Most pregnancy prevention (birth control) services and supplies are covered by State and Federal programs so there is no cost to the patient. Services which may not be covered (such as STI testing) are provided at the lowest possible cost on a sliding fee scale based on their income. At Teen Clinic, we can help determine eligibility for these programs, process applications and provide services during the same visit.

### **Services offered at Teen Clinic:**

- Birth control (without exam)
- Pregnancy testing
- Sexually transmitted infection (STI) testing and treatment
- Emergency contraception
- Answers to your personal questions

No appointment is needed and patients are seen on a first-come-first-served basis. Everything is totally confidential.

To find out when a health center near you is holding the next Teen Clinic, call (800) 230-PLAN or click on [www.ppww.org/teen](http://www.ppww.org/teen)

## A Day in the Life from page 1

**8:30 a.m.**

**Taught a Birth Control Methods Class with Teen Council.**

I arrived 15 minutes before class began to find my two Teen Council members, Mary and Jake, waiting in the main office. After a quick huddle we walked together to the 11<sup>th</sup> grade health room for the class. The students were sleepy at first but quickly perked up when asked to write slogans for birth control methods that include how that method works, where someone could get it, and if it reduces the risk for STIs. The slogans were hilarious and the Teen Council members cracked up right along with their peers while providing any facts the students missed.

**9:30 a.m. Discussed the class with Teen Council members.**

I gave each Teen Council member a list of things they did especially well during the class and a shorter list of critiques.

“Mary, you gave great instructions for group activities – they were clear and easy to understand! Jake, wonderful condom demo, it was cool that you helped them figure out where they can get condoms right here near their school!”

**10:00 a.m. Met with school Principal.**

I headed to the main office to chat with the Principal who was concerned that Teen Council members might be neglecting to discuss abstinence. I assured her that our message is consistently: *abstinence is the safest possible choice and one that anyone can make anytime in her/his life*. The Principal seemed calmed for now and approved the 2<sup>nd</sup> semester’s Teen Council efforts ...

**11:00 a.m. Ate lunch in the car.**

Stopped for a sandwich while cruising to my next stop and listening to tunes. I wasn’t exactly hungry but it was my only opportunity to eat before my busy PM schedule.

**11:30 a.m.**

**Taught a class for men at the County Jail on STI and HIV/AIDS.**

After navigating the security doors at the county jail, I moved plastic chairs into rows in my “classroom” and set up for the patiently waiting students. As soon as the session started, the men who attend fired question after question, “How long can you have HIV and not know it?”, “Where can my daughter get birth control?”, “Since I use condoms, what are my chances of getting an STI?” It was a whirlwind 45-minute meeting – facts were flying and connections were made.

# Teaching Teachers

## Education Update

**1:00 p.m.**

**Met with other Educators to prepare cultural competence training.**

I'm supposed to facilitate the next All-Ed meeting. It's on cultural competence, so four other Educators and I met to figure out just what we might cover. After lively debate we decided to focus on *How to Better Serve Latino Populations*. Each Educator left with a task: 1) find some research on health disparities between Latinos and the general population, 2) locate a speaker who can discuss Latino culture a bit and help us separate fact from stereotype, 3) plan some warm-ups, and 4) pick up breakfast for the meeting. Off to the next stop.

**3:00 p.m. After-school session about puberty at the YMCA.**

A chance to talk about puberty, one of my favorite topics! Turns out that a few parents came with their kids so I seized the opportunity to help each group, kids and grown-ups, take on each others' roles in a game to increase their empathy and build skills to talk about puberty. The room warmed right up; families laughed and asked questions. The highlight is when light bulbs go off all around the room when kids get what the menstrual cycle is, "oh, she only has her period for a few days?! I thought she had it *all the time!*"

**4:00 p.m. Prepared materials for Teen Council meeting.**

Photocopies, cued up the 10 minute video clip, set out markers, made snack of apples and cheese, yum.

**6:00 p.m. Facilitated a Teen Council Meeting.**

The Teen Council members showed up bubbling over with stories about Homecoming weekend. Reports about football games, dresses and after parties were swapped until the meeting came to order. Tonight's topic was gender. The teens spent the entire time considering, examining, questioning, exclaiming about what it means to be a man or woman, media images, family expectations about gender roles, what it might like to be transgender, how they could make the world more accepting of all people and break-down rigid rules. They were fired up – just like always.

**8:15 p.m. Headed home.**

After a quick clean-up that mostly consisted of looking around and saying, "I'll get that in the morning," I found a lively radio station on the car radio, cracked the driver-side window to keep alert and headed home.

**This last May,**

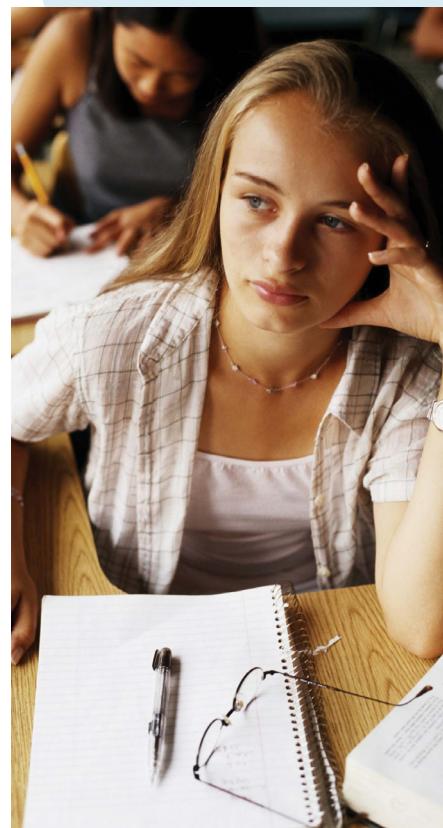
Governor Christine Gregoire signed the Healthy Youth Act into Washington State law. The act states that school districts who teach sex education must follow medically accurate guidelines. The joy and relief of finally getting the bill passed and signed after five years of effort was quickly replaced by the thought, "Okay, now what?"

How do we get teachers the training they need to teach age-appropriate, medically-accurate sex education? That question began being answered on August

21st and 23rd when teachers from across the state came to special classes in Seattle and Olympia, on how to implement the Healthy Youth Act in their school districts. The classes were sponsored by the Education Department of Planned Parenthood of Western Washington.

Among the things learned during the symposium was a history of sexuality education, the guidelines as defined by the Healthy Youth Act, assessing your school and your community, overcoming barriers, and lesson demonstrations.

PPWW will be offering another round of classes in November. The Healthy Youth Act will become law in the fall of '08. If you would like more information on future seminars, please call (206) 328-6882.



## Write in Me

We have placed "Write in Me" journals in the waiting rooms of our health centers hoping our patients would tell us their thoughts about Planned Parenthood and why they're here. Their anonymous words show a wide range of emotion and remind us again how necessary our services are to the community.

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### August 2007

I remember coming in with a friend who was really nervous about coming here. She didn't want to be seen w/o me in with her in the room. I liked how it was no big deal to let us go in together. Sometimes people can't do things alone and the women here at PP understand everyone that comes in for help.

Don't be scared to be here. They're here to help you. Always.

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### September 2007

Wow, the thought of being pregnant really freaks me out. I have no income & no job. I pray that when I come back out to the waiting room my result will be negative & I won't have to consider abortion. (Every time the door opens my stomach jumps!)

I am in a wonderful, positive loving relationship with a supportive man. We are not ready for children. We're getting married next May. Planned Parenthood has always been a safe place for me to go & has allowed me to get in touch with my sacredness as a woman of honor & with my head held high. I'm so grateful for the choices I have.



*Stylist at VAIN  
on Capitol Hill  
gives supporter  
a haircut*

## Chic for Choice a Smash!

The brainchild of Margaret Hayes, one of our newest Young Professionals, *Chic for Choice*, held on Saturday, September 8<sup>th</sup> raised more than \$5,400 for Planned Parenthood of Western Washington! *Chic* attracted 132 supporters to seven salons across Seattle, where 40 expert stylists helped them to "get their glam on" for choice. It is the most successful event to date hosted by the Young Professionals.

"I joined the Planned Parenthood Young Professionals for two reasons: to grieve over the Supreme Court's ruling in *Carhart v Gonzales* and to do something about the anger that accompanied that grief. I never imagined that my idea, which would later become *Chic for Choice*, would be so optimistically received." Margaret Hayes, a colorist at Gene Juarez in Northgate, is also a student at the University of Washington

and plans on attending law school in the future to further extend her desire to protect choice. "*Chic for Choice* brought together an entire community of business owners, stylists, fashionistas, artists and volunteers to raise over \$5,000 for Planned Parenthood. Even though a dozen volunteers and I were busily running all over Seattle that night, we each made time to stop in and witness the ambiance and energy of each salon. The creative energy brought people in off the streets just to see what was going on."

The positive response from post-event surveys will ensure that *Chic* is in the repertoire for next year's events. The Young Professionals is a volunteer group for people between the ages of 21 and 35. For more information, call the Volunteer Hotline at (206) 328-7713 or go to [www.ppww.org/takeaction](http://www.ppww.org/takeaction)

# PPWW Happily Scores a Zero

**Planned Parenthood** of Western Washington recently came up with zilches on an important test and couldn't be happier.

Every four years, Planned Parenthood Federation of America sends accreditation teams to its affiliates. The purpose is to ensure that federation standards are maintained, and that patients are receiving consistent, professional, and compassionate care.

The scoring for accreditation adds up the number of deficiencies in all departments of the agency and when all 100 indicators were checked, PPWW had no deficiencies. In other words, a big fat zero!

Here are some highlights of their report:

- No findings from the audit of over 600 charts
- Strength of our staff training and orientation programs
- Our superb accounting processes exceeding the requirements of both PPFA and auditors
- Our intranet and on-line manuals
- A model fund raising department

This is great news for our hard-working staff. But most of all, it's great news for our patients who can trust they're receiving care from one of the best Planned Parenthood affiliates in the nation.

# Bremerton Lab Exceeds Expectations

**Our new Bremerton STI lab**, open only since May, has pushed the boundaries of our own rosy predictions, and has provided enormous cost-savings for Planned Parenthood of Western Washington as well as faster test results for our patients.

When creating a business plan for the lab, we figured it would perform about 1,900 gonorrhea and Chlamydia tests per month. Since its first full month of operation, the lab has averaged more than 2,600 tests per month, and is still growing. One plan on the table is to collaborate with other Planned Parenthood affiliates into accessing the lab, resulting in more cost-saving along with faster test results for regional patients.

Another benefit to having a high complexity lab in our system is the ability to introduce other tests in the future, such as syphilis (RPR), quantitative HCGs, hepatitis B-surface antibodies, hepatitis B-surface antigens, and thyroid stimulation hormone (TSH).

The success of the Bremerton Lab justifies our decision to purchase the building where our Bremerton health center and lab now reside. It also reminds our supporters that their investment in us is sound and results in better and more timely health care for our patients.

# I ❤️ Planned Parenthood

*continued from page 1*

round-the-clock shifts during the first week. But beyond that, it's been business as usual, and hardly what anyone can call a "siege."

This has been a victory for our patients, our staff, and the community. It's good to know that those who support our mission far outnumber those who would take reproductive rights away. Our community understands that these "prayer vigils" are in fact scare tactics that only succeed in making some women feel shame. They also realize that the time to stand up is now. And left unchecked, the anti-choice forces will get what they can't through intimidation by chipping and chiseling at reproductive rights until we wake up one day to find they are gone.

We will continue to let you know how you can help. The volunteers who stood with us in front of our health centers in late September and rallied support from the community showed commitment and resolve. We also need patient escorts for some of our locations.

A good way to keep in touch with our issues is to become a member of the Planned Parenthood Action Network (PPAN). Simply go to our website, [www.ppww.org/takeaction](http://www.ppww.org/takeaction). From there you will find a link that lets you sign up for PPAN online and other Planned Parenthood grassroots efforts.

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A charitable gift annuity (CGA) provides income for you and a gift to Planned Parenthood. This is why we call it a “win-win” gift. The heart of the CGA is a contract with Planned Parenthood which agrees to pay a fixed sum in return for a gift of cash or other property. The donor may designate one or two individuals (including themselves) to receive that fixed sum for their lifetime.

The fixed sum is called the “pay out,” and it is based on the total gift amount and the age(s) of the individual(s). Here are some representative pay out rates:

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Rate	6.5%	7.1%	8.0%	9.5%

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**Fred Matthews, Senior Donor Advisor**

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**2001 E. Madison St., Seattle, WA 98122**

**(206) 328-7726 or [fred.matthews@ppww.org](mailto:fred.matthews@ppww.org)**

There is no cost or obligation, and all information is absolutely confidential.