



Aloha from the Desk of Andrea Anderson

Welcome to our last printed newsletter! As we have grown and expanded, increased our reach throughout the Islands (hello, Kauai!) and the world, streamlined our operations (electronic medical records — holy cow!), and watched our bottom lines, we realized that going paperless was the green and responsible choice — and since we're all about CHOICE, we knew you would support the move.

We are so pleased to be on the Garden Isle — thank you, again, to our hui of agencies who made it all possible — Malama Pono Health Services, YWCA of Kauai, and the Kauai Hospice (whose executive director, Lori Miller, is in the Hawaii Community Foundation's PONO Program with me). We are open once a week on Fridays and are working within Malama Pono's space on Rice Street in Lihue. We are also talking with the YWCA about possibly sharing some space with them inside their new building. Here's to collaborative relationships!

Speaking of the PONO Program — what a year it's been! I've met some

wonderful executive directors from other agencies, and we've been able to learn so much together. It's been one of the best investments for PPHI and has increased our inter-connectedness with other like-minded social service agencies throughout the state. Thank you, Hawaii Community Foundation, for hosting such a special training and investing in the leadership of Hawaii.

Planned Parenthood Federation is also investing in the future with a new branding initiative — to be rolled out this summer! Stay tuned for updates on our homepage, www.pphi.org. You can get a hint of things to come by listening to the President of the United States talk about how important women's health is to the future — and how essential Planned Parenthood is to that future: youtube.com/watch?v=naP2FbO8_-c.

PPHI is also heading into a bright future with our electronic health records transition — we are right in the middle of it. Staff is being trained, equipment is being purchased, and specialists are coming on island this summer to help us through it. If you have a second, please send some positive energy to my overworked and overwhelmed clinical team — they could really use it as we transition over the next year from all-paper to all-electronic. Twenty-first century, here we come!

As always, it's a joy and a privilege to work for such an amazing agency in the most

beautiful state in the nation. Thank you to everyone for standing with us through the tough times, cheering with us when we prevailed, and never leaving our sides No Matter What!

Mahalo Nui Loa,



Marjorie Au, Board President; Andrea Anderson, CEO; and Cara Mazzei, Board of Directors — at Andrea's graduation from the Hawaii Community Foundation's PONO Program.

Photo by Cara Mazzei

Hawaii Legislature Honors PPHI for Outstanding Service in Reproductive Health



On March 9, 2012, the Hawaii State Legislature honored Planned Parenthood of Hawaii on the floors of the House of Representatives and Hawaii Senate. Senator Rosalyn Baker and Representative Marilyn Lee gave moving floor speeches recognizing the 45th anniversary of PPHI and the value of our health, education, and advocacy services to the community.

From left: Representative Marilyn Lee; Sheila O'Keefe, Director of Development; Andrea Anderson, CEO; Dr. Ann Rahall, Medical Director; Katie Polidoro, Director of Public Affairs & Government Relations; Bette Takahashi, former Board President; and Representative Linda Ichiyama.

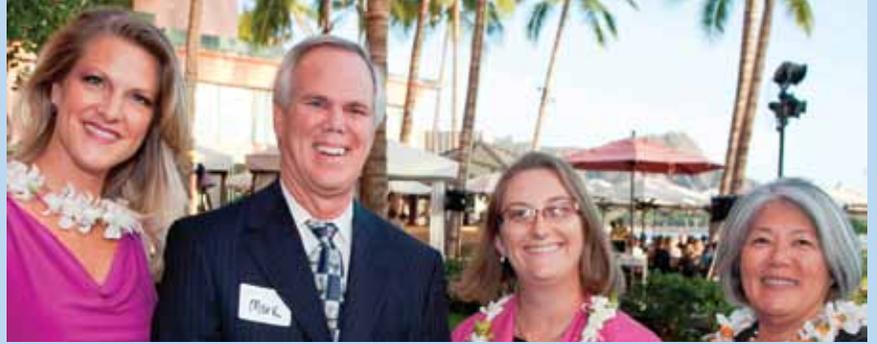
Photo by Office of Representative Marilyn Lee

Senator Rosalyn Baker — a True Champion of Choice — Receiv

Photos by Malia Leinau Photography: www.malialeinauphotog



Dr. Nancie Caraway, Senator Rosalyn Baker, Governor Neil Abercrombie, and Andrea Anderson



From left: Andrea Anderson, CEO; Mark Phillipson; Joanna Amberger and Amy Monk — Gala Co-Chairs



Dr. Ann Rahall and Senator Rosalyn Baker



Carmille Lim, Ann Freed, Senator Roz Baker, and Debbie Shimazu



Jimmy Borges, David Monk, Amy Monk, and Vicki Borges



Governor Neil Abercrombie and Amy Monk



Amy Monk; Carol Wilcox; and Jennifer Taylor, Board of Directors



Susan Quintal and Bette Takahashi

Another fabulous Waikiki evening at the incomparable Royal Hawaiian Hotel, the backdrop for the 7th Annual Gala fundraising event for Planned Parenthood of Hawaii. Nearly 300 friends, supporters, and volunteers gathered to connect and reaffirm their support for PPHI.

Senator Rosalyn Baker, of Maui, received the PPHI *Bette Takahashi Service Award* and was honored for her unwavering support of women's health and reproductive rights. Other special guests included Dr. Nancie Caraway and Governor Neil Abercrombie, hosted by Ann and Dougal Crowe, who unfortunately were unable

to attend this year.

Honored guests, dignitaries, and friends were greeted by honorary Co-Chairpersons Rai Saint Chu and Paul Alston; Joanna Amberger and Amy Monk, the 2012 Gala Co-Chairpersons; and Andrea Anderson, PPHI CEO.

es the PPHI Bette Takahashi Service Award, Friday, January 20

raphy.com For contact: info@malialeinauphotography.com

More than \$92,000 was raised to support the services and programs of Planned Parenthood of Hawaii. Next year's gala is scheduled for

Saturday, January 26, 2013, at the Royal Hawaiian Hotel. For more information or to reserve your table now, please contact Sheila O'Keefe, PPHI

Director of Development, at 808-589-1156 ext. 225 or sokeefe@pphi.org.



Amy Monk, Governor Neil Abercrombie, and Amy Agbayani



Kim Coco Iwamoto, Katie Polidoro and Andrea Anderson



Senator Rosalyn Baker and Kelli-Rose Hooser, member of Senator Baker's staff and former PPHI Intern



Pegge Hopper, Mike Durant, Margie Durant, Lauren Hopper, and David Pojar



"We can help women who need the services that Planned Parenthood throughout the state offers. Thank you so much for all that you do."

— Senator Rosalyn Baker



"You are the Champions of Choice, and you make this happen for our patients, and for that I applaud you."

— Dr. Ann Rahall

Windward PPHI Support Grows



Representative Cynthia Thielen, CEO Andrea Anderson, and Laura Theilen



Director of Public Affairs & Government Relations, Katie Polidoro, and Esther Kia'aina

Photos by Kate Thompson

Reaching out to the Windward community, Planned Parenthood of Hawaii hosted about 40 people at Mid-Pacific Country Club on Thursday, April 19, 2012.

Guests were invited to learn more about PPHI and our advocacy efforts. Katie Polidoro, PPHI Director of Public Affairs & Government Relations, also talked about our work at the legislature this past session and the need for our supporters to stay involved and engaged as we head into the election cycle.

Andrea gave an overview of PPHI educational programs and clinical services and talked about the issues confronting sister Planned Parenthoods on the mainland. Holly Holowach, Director of Holomua Na`ohana Weinberg Village Waimanalo, a transitional housing program for homeless families, talked about the impact PPHI educational programs can have on her client base.

Alexandra Avery, another sponsor for the evening, closed the speaking program with a call to action she terms the Power of Five. She encouraged those present to invite five of their friends to learn more about Planned Parenthood and to strengthen community and personal connections to our work.

More than \$1,100 was raised and several people volunteered to hold a "House Party for PPHI" for their friends in the near future. Mahalo to all who came.

For more information about hosting a PPHI gathering in your home or other location, please contact Sheila O'Keefe, Director of Development, at 808-589-1156 ext. 225.

Save the Date!

OUR 8TH ANNUAL GALA



will be held on Saturday, January 26, 2013 at the Royal Hawaiian Hotel Waikiki.

Check www.pphi.org for more info coming soon.

PPHI Supports GYT

GYT is Get Yourself Tested — and April is GYT Month for all Planned Parenthoods nationally, with support of GYT from MTV, the Kaiser Family Foundation, and the Centers for Disease Control and Prevention (CDC).



Kathleen Stofocik, Education Manager, and Krystin Penrod, Health Educator, rocking their GYT t-shirts

Making Proud Choices at St. Andrew's Priory

Making Proud Choices (MPC) is an evidence-based curriculum that has been proven to delay initiation of sex among participants who are not sexually active and for those students who are sexually active, going through the MPC program will reduce the frequency of sex, reduce the incidence of unprotected sex, and increase condom use.

PPHI's Education department has been implementing MPC in various public schools in Hawaii for the past seven years, and this past semester implemented for the first time at St. Andrews Priory School for Girls with their 7th and 8th graders.

Here are some comments from the students:

"The most important thing I learned in this class would probably be how to have respect for my body and how important it is to know how one little thing can change my life forever." — 8th grader

"The thing that I liked best about this program was everything." — 7th grader

"The most important thing that I learned was how abstinence is the only 100% way not to get pregnant or and STD." — 8th grader

"The thing I liked best about MPC was that it wasn't really telling us what to do and what was best for us, but really explaining the options that we have and probably didn't know about." — 8th grader

Mahalo to St. Andrew's Priory Staff for inviting us to come into their 7th and 8th grade Health classes!

EMR Update from IT Specialist, Ben Tutor

In support of Planned Parenthood of Hawaii's goal to provide accurate and effective reproductive health care services to our patients, we began a project in August of 2011 to implement electronic health record (EHR), and electronic medical record (EMR), systems. We are quickly approaching the major milestone of going live with the first phase, the Electronic Practice Management modules of our selected vendor NextGen's EHR System.

In preparation for going live, Planned Parenthood of Hawaii has upgraded the internal

network infrastructure, which includes an updated phone system, data communication services, and computer hardware.

The Electronic Practice Management functionality of the Electronic Health Record System encompasses scheduling, check-in/check-out, and the charge-entry and billing processes of our clinics. Planned Parenthood of Hawaii is scheduled to go live in the first half of July 2012. We hope to minimize patient impact, but in the first two to three weeks, the clinic visits may be protracted due to tweaking of the new

PPHI Education Update

Members of the PPHI Education & Training team recently presented at the Pacific Rim International Conference on Disability and Diversity held March 26 and 27 at the Honolulu Convention Center. For the first time this year, the conference had a segment devoted to teen pregnancy. PPHI staff facilitated the following breakout sessions: Abstinence and Adolescents: Why Have Cake If I Can't Eat It; 16 & Pregnant: A Discussion Guide; Practicing Safer Text: Helping Youth Understand the Consequences of Texting; and Refusing with Aloha: Interactive Strategies for Teaching Refusal Skills. In addition, our friend and colleague, Bill Taverner, was a keynote speaker for the teen pregnancy module. He spoke on Using Humor in Sex Ed and Sexual Consent for Persons with Disabilities.

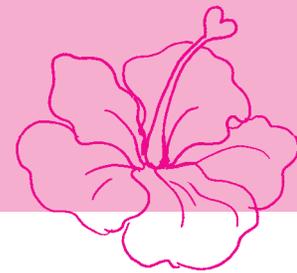
On Wednesday, March 28, Bill Taverner presented two half-day workshops for PPHI at the Ohana Airport Hotel. The morning session was Teaching Safer Sex and the Afternoon session was Older, Wiser, Sexually Smarter, both based off the Center for Family Life Education's highly acclaimed manuals of the same titles. There were over 30 participants for each session. Participants loved the interactive nature of the trainings. We still have extra manuals for sale — please contact our Director of Education & Training, Sonia Blackiston, at sblackiston@pphi.org for more information and pricing. For more information about Bill Taverner, please visit www.pacrimhawaii.edu.

Donate Your Airline Miles for Education

The PPHI Education & Training department is seeking airline mile donations to help support their attendance at the Drawing Water from a Deeper Well (DWDW) Conference in Spokane, Washington, this August. DWDW is a conference held every two years for Planned Parenthood Health Educators nationwide. It is a wonderful and rare opportunity to connect with other PP educators and leaders in our field. The last DWDW was held in Iowa in 2010, and two of our staff were invited to present breakout sessions but had to back out due to the high cost of travel. This year, we are happy to report that Razia Zelko, Community Education & Outreach Manager for Hawaii Island, has been invited to present her breakout session — Islam & Sexuality: A Study of Contradictions. Would you please help support our team by donating your air miles to offset our travel costs? Please contact Sonia Blackiston at sblackiston@pphi.org. Mahalo for supporting healthy sexuality education and training!

system processes.

After going live, Planned Parenthood of Hawaii will assess the new system and continue to improve and evolve processes in the best interest of our patients. We will then begin the second phase of the Electronic Health Record System, the Electronic Medical Record phase. This phase will include electronic charting, e-prescribing, and electronic lab order/entry. We are scheduled to go live with the second phase in June 2013.



Mission

The mission of Planned Parenthood of Hawaii (PPHI) is to be the leading provider of reproductive health services, education, and advocacy for the people of Hawaii.

Health Services

Planned Parenthood of Hawaii works to prevent unintended pregnancy and is committed to making every child a planned and wanted child. We believe that decisions about childbearing should be made by women in good conscience with their families and doctors. PPHI provides accurate sexual and reproductive health information and access to affordable services to help sexually active adults and youth be safe from unplanned pregnancies, from sexually transmitted infections (STIs), and from sexual coercion. Nearly 70% of all Planned Parenthood of Hawaii patients are low-to-moderate-income individuals and are eligible to receive family planning services at low to no cost, subsidized by the federal Title X program and contributions from our donors.

We routinely provide family planning services to underinsured and noninsured persons, persons with low income, immigrants, males, adolescents, at-risk youth, and persons with Limited English Proficiency. We provide professional interpreter services free of charge for patients who need them. We have hydraulic exam tables that accommodate individuals with physical disabilities.

During FY 2011, Planned Parenthood of Hawaii (PPHI) served more than 8,750 individual patients in more than 12,750 separate visits to our three clinics located in Honolulu; Kahului, Maui; and Kailua Kona, on Hawaii Island. PPHI has also expanded services to serve Kauai Island, beginning with one day a week on Fridays, as of February 17, 2012.

Our clinical program offers patients a full range of reproductive and sexual health care and contraceptive services, including:

- Annual pelvic examinations, Pap smear screening for cervical cancer, clinical breast exams, and advanced screening and treatment for cervical abnormalities;
- Pregnancy testing and options counseling;
- Testing and treatment for STIs, including Rapid HIV testing;
- Affordable birth control services and supplies (all FDA-approved methods, including the pill, the shot, the patch, the ring, and long-term reversible contraception, such as IUDs [intrauterine devices] and the implant), and emergency contraception (EC);
- In-clinic and abortion pill services and support;
- Reproductive health care, education, counseling, and birth control services (as requested) for adolescents age 14 and older. Adolescent counseling includes resisting sexual coercion, encouragement to involve parents, STI prevention, and contraceptive options;
- Services for women approaching and experiencing menopause;
- Vaccination against human papilloma virus (HPV) to help prevent cervical cancer;
- Hormone therapy for Transgender patients (male to female).

PPHI accepts most employer-sponsored and public health care insurance plans. We accommodate uninsured patients in need of family planning services by offering a sliding fee scale based on income

PPHI offers both medication (the abortion pill) and in-clinic (surgical) abortion services and support. The abortion pill is offered up to 9 weeks LMP (last menstrual period). Surgical abortion services are offered up to 18 weeks. Because PPHI provides abortion services outside of a hospital setting, we can offer these services at a substantially lower cost. This is particularly true for patients who are at 14 to 18 weeks and need intravenous sedation.

Planned Parenthood of Hawaii operates four clinics in the State of Hawaii.

HONOLULU CLINIC

1350 S. King Street, Suite 310
Honolulu, HI 96814
808-589-1149

M 8:30 – 5:30
T – F 8:00 – 4:30
S 8:00 – 4:00

KAUAI CLINIC

357 Rice Street, Suite 101
Lihue, HI 96766
808-482-2756

F 10:00 – 4:00

KONA CLINIC

75-184 Hualalai Road, Suite 205
Kailua Kona, HI 96740
808-329-8211

M 8:30 – 5:00
T, W, F 8:00 – 4:30

MAUI CLINIC

140 Ho'ohana Street, Suite 303
Kahului, HI 96732
808-871-1176

M – F 8:00 – 4:30

Partner agency



Administrative Office:

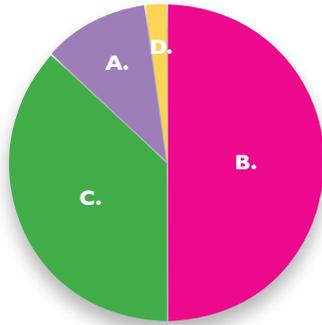
1350 S. King Street, Suite 309, Honolulu, HI 96814, 808-589-1156, M – F 8:00 a.m. – 5:00 p.m.

www.pphi.org

Planned Parenthood of Hawaii Patients

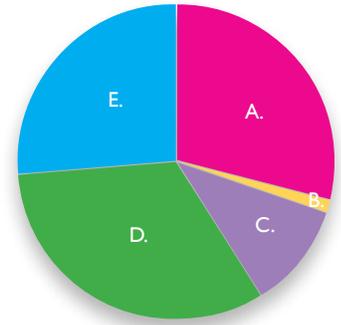
AGE

A. Teen (under 18)	12%
B. Young Adult (18 – 24)	40%
C. Adult (25 – 39)	42%
D. Older Adult (40 and older)	6%



ETHNICITY

A. Asian / Pacific Islander	29%
B. Black	1%
C. Hispanic	11%
D. White	33%
E. Other	26%



Educational Programs

The PPHI Education & Training department provides medically accurate reproductive and sexual health education and training that includes evidence-based programs, in public and private school settings, universities, and community groups/organizations. In FY 2011, PPHI educators presented over 775 separate educational sessions and made 20,343 direct educational and outreach contacts reaching more than 7,392 individual students, parents, teachers, youth-serving professionals, and other interested individuals across the State of Hawaii and in the Pacific Basin. The PPHI Education team implemented lessons in 45 schools, 10 community-based agencies, and 2 faith-based agencies on Oahu, Maui, Lanai, Kauai, and Hawaii Island.

PPHI Education & Training staff also facilitated sex ed workshops statewide, in the Commonwealth of the Northern Marianas Islands, and the continental U.S. Staff provide technical assistance to various organizations and teachers statewide. PPHI is incredibly proud to be working on both of the Office of Adolescent Health (OAH) contracts in Hawaii.

Through Hawaii Youth Services Network (OAH Tier 1), staff implement and provide training and technical assistance on the multi-week Making Proud Choices (MPC) curriculum. The MPC curriculum has been identified by the Centers for Disease Control as “a program that works” to teach early teens healthy and responsible sexuality behaviors, including condom use.

Working in coordination with the University of Hawaii Centers on Disability Studies (OAH Tier 2), staff developed and piloted the new Pono Choices program geared for middle school youth. Pono Choices is a culturally responsive teen pregnancy and STI prevention program.

Advocacy

The 2012 legislative session has come to a close. Throughout session, PPHI worked hard to pursue measures that protected women’s health. We are happy to report that again this session, the Hawaii State Legislature did not consider any measures that would have limited access to sexual and reproductive health care.

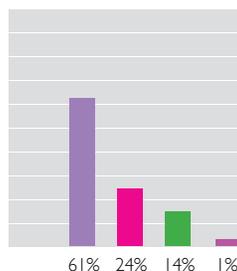
We are disappointed that our top priority bill, The Compassionate Care Act, did not pass. But, we are grateful and heartened by the incredible support our community gave. Over the course of the session, over 1,500 of YOU submitted supporting testimony, came to hearings, called and emailed your representatives, and signed our petition. What a tremendous response! With your continued support, we’re optimistic that we can pass Compassionate Care in 2013!

Sources of Revenue and Use of Funding

Planned Parenthood of Hawaii relies on the support of individual donations, grants, and the revenue generated by fee-paying patients to provide free or low-cost services to individuals unable to afford reproductive health care. PPHI educational programs are funded primarily from donated revenue. During fiscal year 2011, Planned Parenthood of Hawaii’s revenue was \$3,685,175.

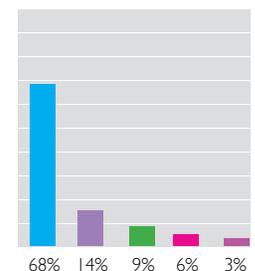
Source of Revenue

Patient Revenue	\$2,248,787	61%
State / Federal Funds	\$890,458	24%
Fundraising Revenue	\$526,977	14%
Other Revenue	\$19,252	1%



Use of Funding

Patient Care Services	\$2,332,394	68%
Management	\$466,977	14%
Education	\$355,216	9%
Fundraising	\$200,182	6%
Public Affairs	\$112,813	3%



For more information, call the Planned Parenthood of Hawaii Development Office at 808-589-1156 ext. 200.

Annie Hollis, Volunteer & Community Outreach Coordinator

Annie is originally from Columbus, Ohio, and moved to Honolulu via Alaska in 2010 after graduating with a Bachelor's degree in Women's Studies from Ohio State University. She has a seven-year professional history in nonprofits, working in domestic violence, foster care, affordable housing, and mental health. She is a student in the Master's in Social Work program at the University of Hawaii at Manoa and joined Planned Parenthood of Hawaii in December as the part-time Volunteer & Community Outreach Coordinator. She is enjoying her community-based work and encourages any interested supporters to contact her at ahollis@pphi.org!

Gordon LaBedz, MD, Kauai Clinic

Gordon LaBedz, MD, retired from a career at Kaiser Permanente three years ago. He contacted Planned Parenthood two years ago and offered to volunteer his services if an office was opened on Kauai. He continues his community activism as a conservation activist on Kauai and nationally. He is on the Board and a founding member of the Kauai Vegetarian Society of Hawaii, Zero Waste Kauai, the Kauai chapter of the Surfrider Foundation, Kohola Leo (Whale Voice), and is active in KKCR community radio. Dr. LaBedz was a professor of Family Medicine at the University of California at Irvine School of Medicine and a practicing family physician at Kaiser in East Los Angeles and on Maui. He lives on West Kauai with his wife, Diana, who is also a conservation activist. LaBedz surfs and practices yoga every morning.

Kauai Update

After months of planning, we are thrilled to report that Planned Parenthood of Hawaii started providing basic reproductive health services on the island of Kauai on February 17, 2012. This was made possible through the assistance of many Kauai organizations and donations. Malama Pono has generously provided us with space in their office one day a week, and we are open every Friday from 10:00 a.m. to 4:00 p.m. Due to space limitations, we are providing non-table-visit reproductive health services only, which consist of the following:

- 🌸 Birth Control Consultation Visit
- 🌸 Birth Control Pills
- 🌸 Birth Control Shot
- 🌸 Birth Control Vaginal Ring
- 🌸 Birth Control Patch
- 🌸 Emergency Contraception (Morning After Pill). This is NOT the abortion pill.
- 🌸 Pregnancy Test
- 🌸 Chlamydia & Gonorrhea Testing
- 🌸 Rapid HIV Test
- 🌸 HPV Vaccination (3 required)
- 🌸 Condoms
- 🌸 Vaginal Contraceptive Sponge
- 🌸 Vaginal Contraceptive Film
- 🌸 Safer Sex Counseling & Education
- 🌸 Reproductive Life Planning

As of mid-April, we are averaging four patients per week, and we expect this number to grow significantly as we increase our marketing efforts and presence on the island. We have a wonderful physician who is donating his time, Dr. Gordon LaBedz, and we have fantastic Health Care Associate staff members who have been taking turns flying to Kauai to assist with services. To our surprise, we have often had more protestors than patients, and the protestors don't seem to care that we are not currently providing abortions on Kauai. However, our staff will continue to be there to support our patients and provide services for them. We look forward to continuing our services there, expanding soon to table visits, and helping to reduce the rate of unintended pregnancy on Kauai.

PPHI received significant support from the Planned Parenthood Federation of America, Fund For the Future program for expansion to Kauai. PPHI also received generous grants from the Marisla Fund of the Hawaii Community Foundation, as well as a private family foundation that prefers to remain anonymous. Kauai donors also provided direct support as a result of the mixer at Kalapaki Joe's last fall and in response to direct mail appeals over the past year. We appreciate the community support.

PPYL

Planned Parenthood Young Leaders is back! Are you between age 20 and 40 and want to get involved in a committee that supports, promotes, and drives the work of Planned Parenthood of Hawaii?

Our first event is tentatively planned for September 2012! Please contact our PPYL co-chair, Cu Ri Lee, at cu26lee@gmail.com, for more information.

PPHI Welcomes New Lead HCA

We are thrilled to announce Esther Solomon, our Lead Health Care Associate for the new Kauai Clinic.

Outreach Events

This year, Planned Parenthood of Hawaii's Education and Public Affairs departments coordinated to be present at the following events, providing their respective communities with education and information about sexual and reproductive health, free condoms, and information on PPHI's services!

- 🌸 University of Hawaii at Manoa Condom Fair, Feb. 14
- 🌸 Next Step Shelter Health Fair, April 10
- 🌸 Honolulu AIDS Walk, April 15
- 🌸 Let's Talk About Sex screening by PPHI, the ACLU, and the YWCA of Oahu, May 15
- 🌸 Prince Kuhio Elementary School Health Fair, May 19
- 🌸 Chaminade University talk story/class presentation, May 22

Patient Comments

Planned Parenthood of Hawaii strives to provide the highest quality health care in our health centers. We seek input from patients via patient satisfaction surveys and suggestion boxes. The following are all comments from PPHI patients left on the day of their service:

"Thank you for taking such good care of me!"

"I have no suggestions for Planned Parenthood. You guys are wonderful. I'm so thankful for what you guys do. Thank you!"

"You guys are so caring and sweet. Especially Amy and June. I felt comfortable here and well taken care of. Thanks for everything."

Show of Support for PPHI

Planned Parenthood of Hawaii often gets protestors at our clinic sites. These protestors are legally prohibited from interfering with patient access to our clinic, and they are not permitted on private property. They are as zealous in their "right to life" belief as we are in our belief in a woman's right to choose what's best for her.

We do not verbally engage with these individuals, but we do make sure they follow the law. If they don't, we contact police and have done so on a few occasions.

We also get a number of phone calls that are disconcerting, but staff are trained in how to handle them and what calls to report to the local police or FBI. The local FBI has made trips to our clinics to inform and reassure staff of their support, and we appreciate this.

We also sometimes receive anti-choice mail.

None of these tactics will stop us.

If any of our supporters are so inclined, it would be great to receive community-support phone calls or letters from pro-choice protestors!



PLEASE NOTE:

This is the LAST newsletter that will be published in print! To save trees and much-needed funds, we will be delivering our newsletter electronically only beginning with our fall 2012 issue. You will still be able to let us know if you'd like us to send you a copy in the mail for a little while after we go green, but then we will be phasing out paper altogether. Please send us your email address at contact@pphi.org so we can include you in our electronic communications.



Do You Want to Tri?

Planned Parenthood of Hawaii is honored to be a partner and the charitable beneficiary of this year's Na Wahine Festival! We are very excited about our new partnership! Not only is it a great way to raise funds, but it also helps us spread the word about the importance of women's health.

The Na Wahine Festival is one of the oldest all-woman triathlon events in Hawaii. It brings together women of all ages and backgrounds to celebrate and empower women, and to promote the importance of fitness and health.

We hope that friends of PPHI will consider participating. There are lots of options to choose from, including a Sprint Triathlon (500 meter swim/12 mile bike/5k run) and Super Sprint Triathlon (250 meter swim/6 mile bike/1.5 mile run) a Duathlon (1 mile run/12 mile bike/5k run) and a Swim and Spin (500 meter swim/12 mile bike). Race individually or as a team. Partial proceeds from the triathlon race and other Festival activities will be donated to Planned Parenthood to help support women's fitness and health programs.

The Festival takes place on Sunday, September 16, 2012, and features an afternoon of music, awards, and entertainment after the race. More information about the Na Wahine Festival and registration information can be found at tryfitnesshawaii.com/events/. Training programs are also available through Try Fitness. Want to be part of a Team PPHI race team or cheering section? Email us at contact@pphi.org!

Are You a Fan?

Don't forget to follow
Planned Parenthood of Hawaii
on Facebook and Twitter!



www.facebook.com/plannedparenthoodhawaii



www.twitter.com/PPHI

New to social media? Need help figuring it out? Contact the Development Office at 808-589-1156 ext. 242 or donations@pphi.org.

The Cider House Rules by John Irving

Looking for summer reading material? Check out *The Cider House Rules*, by John Irving. This book, which was made into an award-winning movie starring Michael Caine, is about a doctor who performs abortion and illustrates why we need to engender the fourth wave of feminism and stop the war on women.

Honolulu Pride Parade, June 2

PPHI is proud to be Organization Grand Marshal for the Honolulu Pride Parade. President Obama has been selected as Honorary Grand Marshal. Email us at contact@pphi.org to join Team PPHI on Saturday, June 2, and show your support! More info: honoluluprideparade.org.

