

Winter 2011

Dialogue

“Greetings”

THE NEW YEAR IS QUICKLY APPROACHING. FOR MANY THIS is a time of reflection and remembrance. This past year Planned Parenthood of the Rocky Mountains celebrated its 95th anniversary, which reminded us to take a step back in history and remember how far we've come since 1916.

During our founding, women could not vote, sign contracts, have bank accounts, or divorce abusive husbands. They could not control the number of children they had or obtain information about birth control, as contraception and information about family planning was illegal.

Today, Planned Parenthood has grown to be the nation's leading women's health care provider and advocate. Everyday we provide life-saving cancer screenings, breast health care, prenatal services, annual exams, contraceptive services, STD prevention and treatment, men's services, vaccinations, and much more.

Each year Planned Parenthood of the Rocky Mountains sees more than 100,000 patients go through our doors, providing 308,000 methods of birth control, 58,000 STD tests, 17,000 annual exams and screenings for breast and cervical cancer, and 13,000 HIV tests. The services we offer help women, families, and communities stay healthy.

And while people want Planned Parenthood in their communities—never before has Planned Parenthood come under fire with such tenacity and regularity at the national level. In the first half of the year, states enacted 162 new provisions related to reproductive health and rights. Of these new laws, 80 seek to restrict access to abortions, that's a sharp increase from last year when 23 new laws restricted a woman's choice.

Clearly we need people like you standing with us to protect a woman's right to make personal, private medical decisions about her own body. We need people like you who will work with us to

support pro-woman, pro-family planning and pro-choice policies. We need people like you who understand that someone you know may need Planned Parenthood. You ensure that future generations have Planned Parenthood advocating for their health and providing access to essential health care regardless of their ability to pay.

THANK YOU FOR STANDING STRONG AND THANK YOU FOR STANDING WITH PLANNED PARENTHOOD. HERE'S TO 95 MORE YEARS!



Vicki Cowart
PLANNED PARENTHOOD OF THE
ROCKY MOUNTAINS AND WYOMING



PPRM EDUCATION TEAM RAISING THE BAR

Planned Parenthood of the Rocky Mountains

has been recognized as a leader in age appropriate, comprehensive sex education for over 30 years in the regions we serve.

Most recently, PPRM's Community Education Department was a large contributor to the "Raising the Bar" conference hosted by Colorado Youth Matter and Healthy Colorado Youth Alliance. This year's conference had a social justice focus on teen pregnancy and STD/HIV prevention as well as an advocacy and leadership development focus.

Not only did PPRM staff assist with planning pre-conference sessions, we taught and offered our expertise throughout the two day, state-wide event. Specifically, PPRM staff were considered the experts in, "Sexuality in the Digital World," "Building and Sustaining Collaboration for Change in Ft. Collins and Beyond," "Progressive Abstinence Education," and "A Journey of Improving Sexual Health of Thousands of Teens in Colorado."

PPRM educators also serve as leaders in educating professionals through our work with the "Sexual Health Educator Institutes" (SHEI). SHEI provides youth serving professionals with a forum for developing their skills around educating youth on responsible sexual health. Additionally, SHEI educators attend area conferences teaching the public at large about this important issue. SHEI is a program of PPRM's Professional Training Department.

In December, PPRM staff will again offer their expertise at the Annual Colorado Coalition for Girls Conference with an encore of the "Sexuality in the Digital World" presentation.

Presenting and educating the public at statewide conferences is just one more way PPRM serves the community. We are proud to work with our state and local partners to ensure that our department's expertise expands beyond a classroom setting.

Look for photos on Page 8!

PPVC

Rates Denver School Board Candidates

Leading up to the November 1 election, Planned Parenthood Votes Colorado rated school board candidates based on responses to a PPVC candidate survey. The surveys asked candidates about issues related to sex education, safe schools, and the ability of teens to receive confidential services and information in schools. The survey was sent to all Colorado school board candidates, which numbered over 400. Responses were received from several candidates in four key districts: Colorado Springs, Denver, Durango, and Fort Collins, as well as from a handful of other candidates from across the state. Answers to the survey garnered each candidate the title of Advocate, Ally, Detractor, or Opponent depending on their level of support.

Congratulations to the 15 Advocates or Allies who won their board seats!

You can learn more about your new school board members by visiting Planned Parenthood Votes Colorado's website at www.PPVotesColorado.org where you can view candidate rankings and survey responses.

This portion of Dialogue was paid for by Planned Parenthood Votes Colorado.

From Colorado to Mississippi PPRM DEFENDING CHOICE

The "personhood" ballot initiatives that PPRM defeated in the 2008 and 2010 elections headed south to Mississippi this year. On November 8, Mississippi voters were faced with the following yes-or-no question regarding their state constitution: "Should the term 'person' be defined to include every human being from the moment of fertilization, cloning, or the functional equivalent thereof?"

Thankfully Mississippians defeated this amendment, saying 'no' to this radical agenda that places the courts and lawyers in the middle of personal, private medical decisions families make everyday and instead voted in favor of trusting women and doctors.

PPRM joined our Mississippi Planned Parenthood affiliate along with numerous Planned Parenthoods across the nation to get out the vote through phone-banking, door-to-door canvassing and the use of social media. We had an outpouring of support among our Colorado volunteers in addition to hundreds of volunteers across the country.

In Colorado, we will see another personhood ballot initiative on the 2012 ballot, making it all the more important to keep our volunteers energized and mobilized and informed about the dangerous consequences of these ballot measures.

To stay up to date on anti-choice measures in Wyoming, Colorado and across the nation, please sign up for our action alerts at: <http://www.ppaction.org>.

WILL YOU BE THE \$1,000,000 donor?

IF current giving trends from Community Shares of Colorado continue, PPRM might celebrate the milestone of receiving a total of \$1,000,000 in donations through donors just like you who have directed gifts through Community Shares of Colorado since 1993.



CommunityShares

Community Shares is a nonprofit community giving fund that provides funding, raises awareness, and marshals resources for more than 100 Colorado nonprofits through workplace giving programs. Partnering with more than 175 local businesses to offer employees the option to support the nonprofits they care about the most through payroll contributions, Community Shares is unique in that they are committed to diversity in charitable options, donor choice in giving, and focused on Colorado nonprofits. With an average workplace giving pledge of \$1 a day, Community Shares raises \$1.6 million annually through its Community Giving Campaign.

Celebrating its 25th Anniversary in 2011, Community Shares seeks opportunities for Coloradans to donate smaller amounts in regular increments and watch those funds add up. Giving through payroll contributions is a cost-accessible approach which welcomes new givers and diversifies the pool of philanthropists in Colorado. Offering a workplace giving program at your place of work is an easy, no-cost way to show a company-wide commitment to community investment, and a commitment to supporting your employee's personal philanthropic goals by offering them an accessible incremental giving option through payroll contributions.

Community Shares honors all gifts with no minimum and invites every individual to choose the nonprofit recipient of their donation so philanthropic decision-making remains as local as possible. One dollar at a time, one donor at a time, Community Shares has collected more than \$20 million for local investment in Colorado nonprofits.

Please contact Travis Leiker at travis@cshares.org or call 303.861.7507 if you have questions or require additional information about how your workplace can join the Community Shares of Colorado family. And just maybe, if you direct your gift to Planned Parenthood of the Rocky Mountains, your gift will be the one to help us reach \$1,000,000.

The clock is ticking

ON TAX-FREE GIFTS FROM YOUR IRA

If you are 70 ½ or older, there is little time left to take advantage of a unique donation opportunity. In 2011 only, you can make tax-free gifts using funds transferred directly from your IRA to Planned Parenthood. You can transfer any amount up to \$100,000, but only through the end of 2011.

As the year is quickly coming to a close, and the spirit of giving is everywhere you look, this may be a good opportunity for you to join in.

To transfer your gift from your IRA, contact your IRA or please contact PPRM's Annette Mainland at 303.813.7657 or annette.mainland@pprm.org. You must complete your transfer by December 30 to ensure that PPRM receives your gift in 2011.

Your past support means so much to us and those we serve. We cannot thank you enough for being a loyal friend and for standing with Planned Parenthood.

Wyoming Choice COMMUNITY GATHERS

This summer a group devoted to women's health came together to support and raise awareness on behalf of Planned Parenthood by hosting two events in Jackson.

Planning for these events began in May 2010 Planned Parenthood Federation of America Board member and chair of PPFA's Leadership Council, Annette Cumming, visited our Casper health center and saw firsthand the vital role Planned Parenthood plays in Wyoming. Early this year, preparation for the event hastened at a time when women's health was under attack by anti-choice extremists throughout the United States. Even Jackson saw a number of anti-choice protests during the early summer of 2011. Accordingly, Annette joined forces with fellow Jacksonian Amy Thurston and organizer Katie Holmes to gather supporters from the region to make these events a reality.

"We were happy to see so many Planned Parenthood supporters in Jackson," said Annette. "The events were a great opportunity to bring together those who care about women's health, women's rights, and the health of Wyoming in one place."

In addition to local Jackson supporters, event attendees included Vicki Cowart, president and CEO of Planned Parenthood of the Rocky Mountains, Cecile Richard, president of Planned Parenthood Federation of America, and Jackson's mayor, Mark Bannon.

Thank you, Annette and Ian Cumming for graciously hosting these two successful events. We would also like to thank Amy Thurston, Katie Holmes and all of the event attendees. You helped raise over \$35,000 for Planned Parenthood Wyoming! Because of you, women in Casper will continue to have access to essential services like life saving cancer screenings, annual exams, birth control, and STD testing and treatment.



From Wyoming to Mississippi PPRM DEFENDING CHOICE

In Wyoming, we also saw anti-choice measures this past legislative session. Two similar anti-choice bills, (House Bills 118 and 251 respectively) were introduced by Rep. Bob Brechtel. These bills would have imposed waiting periods, biased counseling, and ultrasound requirements on women seeking abortion services in Wyoming. Fortunately both bills were defeated thanks to action from our Planned Parenthood members in Wyoming. Sen. Leland Christensen, who cast the deciding vote on one bill that made it to the Senate floor, said that his decision was solidified because of letters he received from constituents. While Wyoming has a short session in 2012, we will still

be counting on our Wyoming members to help us fight any anti-choice legislation that is brought forth.

Thank you to our dedicated Wyoming lobbyists, Chesie Lee and Sharon Breitweiser.

To stay up to date on anti-choice measures in Wyoming, Colorado and across the nation, please sign up for our action alerts at: <http://www.ppaction.org>.



Casper Health Center Welcomes New Manager

PPRM is pleased to announce Melody Meanor as Casper's new health center manager. Melody comes to the Casper health center after moving from Baltimore. She has over six years of experience working with various populations, including adolescents, in mental health and residential care facilities. Melody began working with the PPRM team in October while training with Manager Denise Allison and

staff at our Lakewood, Colo. health center.



"I'm really looking forward to expanding our reach. Planned Parenthood is such a great resource for the women and men in Wyoming, but too many individuals lack the awareness and the knowledge of the continuum of family planning services we provide. Additionally, Planned Parenthood's willingness to provide exceptional quality care to our patients and bridge the gap between uninsured and underinsured populations are one of the many priorities we have identified within our organization" said Melody.

Bunny McClave, regional director for the Casper health center,

says she's excited to have Melody on board. "This past year we have had so many folks in the PPRM family step up to help in Casper as we searched for a strong candidate to take over in Wyoming. I want to thank all of those individuals and I look forward to working with Melody in her new role at the Casper health center. Melody brings a wealth of experience from her previous work experiences and she is excited to get to know the clients, as well as, the community of Casper."

And if you visit or call the Casper health center and hear a familiar voice, it's because former Casper manager Rebecca Pollack will be assisting the center on an "as needed" basis. While being a full-time mom keeps Rebecca quite busy, she is excited to be back in the health center to cover shifts when needed. Rebecca will also help transition Melody into her new position with PPRM. Rebecca has been very involved with the Wyoming abortion fund and is very knowledgeable about the Casper community so her insight and expertise will be most helpful.



WELCOME MELODY AND WELCOME BACK REBECCA!

PPRM Promotes "The Talk" DURING "LET'S TALK MONTH"

"I don't know anyone more open with their kids than me," Andrea Tenenbaum said in reference to having talked about sex with her two daughters, Madelyn, a high-school freshman, and Leah, in 6th grade. "Once Madelyn brought home a Cosmopolitan magazine and she was curious about an article, something like '50 ways to spice up your sex life' so she and I sat down, we went page by page to talk about everything the article referenced. Some things I knew, others were new to me, but we talked about it."

Andrea and her husband David aren't alone. According to a recent poll from Planned Parenthood Federation of America, parents talk to their kids about a wide range of sexuality-related topics, including relationships (92 percent) and their own values about when sex should or should not take place (87 percent). However, fewer parents are following the Tenenbaum's lead and talking with their kids about tougher, more complicated topics. Only 74 percent are talking about how to say no to sex, and while 94 percent believe they are influential in whether their child uses condoms or other forms of birth control, only 60 percent are talking with their children about birth control.

Even with their extensive talks and the basic sex education the girls are getting in school, the Tenenbaums felt that their daughters' sex education should be supplemented. "When sex education is a week long, you spend the first half mortified that you are even talking about it, so how can you learn anything? I'm a firm believer that knowledge is power. Being girls in this day-and-age they need to know. I don't see this being just about sex, but about your resources and about your ability to find resources, where can you get

questions answered, relationship advice and I want my girls to be empowered and I want them to know that they control their choice and what goes on with them and their bodies," said Andrea.

Making sure the girls know their resources meant introducing them, and their friends to Planned Parenthood. Earlier this year Andrea hosted a Planned Parenthood healthy relationships talk for Madelyn and her friends. As the girls were in the basement learning about what makes for a healthy relationship from a Planned Parenthood educator, the parents were upstairs sitting in on a lesson of their own. "I wanted the adults to know Planned Parenthood, so they can use it as a resource with their kids as well. I wanted them to know there is more to Planned Parenthood than one issue and I want them to be comfortable sending their kids," said Andrea. "If as a very open parent, I'm searching it out from Planned Parenthood, maybe these other parents don't know that the resource is there."

Even with PPRM's education department providing supplemental sex education, Andrea says her girls still fell victim to playground myths in elementary school. "The girls were in the car with friends and I heard Madelyn say, 'you know you can get pregnant from kissing' and I had to stop them and correct the misinformation. Even with the extra classes there is sometimes confusion, so it is good to supplement because sex education is an ongoing education."

In the spirit of continuing education, the Tenenbaums plan to host a refusal skills class for Madelyn and her friends later this year. If you'd like resources to talk about sexual health, please visit: www.plannedparenthood.org/parents.

I don't know anyone more open with their kids than me.

WORKPLACE GIVING IS AN EASY WAY TO

direct your donation to Planned Parenthood

Every year, billions of dollars benefit charities through workplace giving. Making a gift to Planned Parenthood is as easy as setting up a convenient automatic payment at your place of work with no loss of tax benefits to you. Workplace giving provides vital support for our health care services and educational programs.

Please look for Planned Parenthood in the campaign at your workplace. If your company runs a United Way campaign, you can write in "Planned Parenthood" as your "donor choice" option on the pledge card. United Way

will direct your donation to Planned Parenthood. If needed, our federal tax identification number is 84-0404253.

Ask about your workplace's matching gift program. Many employers match your donations dollar for dollar – some even triple it! If you (and your spouse) work for a company that matches gifts, you maximize impact of your giving to Planned Parenthood's programs and services.

Help us continue to provide reproductive health care and accurate information with your workplace support. We appreciate and are grateful for your generosity.



Tackling and Talking THE TOUGH ISSUES ABOUT SEX

While more parents than ever are talking to their children about sex, many young people still lack access to accurate information. One young person took matters into her own hands to make sure she and her friends have the information they need to make healthy decisions.

Yuki Diaz personally experienced the impact lack of information has on young people. Last year she started attending a Denver Metro area high school. "In my first year there we lost like 10 girls because they were pregnant," she said. She further explained that she saw many of her peers learning about sex from their friends and in some cases they were "just trying it out." She added, "Most of their parents are scared to talk to them about sex, and they're afraid to ask their parents questions."

Yuki decided that something needed to be done. Before she attended her current high school she was a member of PPRM's Dollar-A-Day program (at her previous school in the Denver area). She knew

that Dollar-A-Day was just what her new school needed. "Dollar-A-Day taught me to respect my body," said Yuki. "I was able to ask them [PPRM educators] questions that got answered and they're respectful." So, she met with the principal of her new school and once the principal agreed to start Dollar-A-Day, Yuki called Daniela, one of our educators, to get the ball rolling. "I called Daniela every day until Dollar-A-Day started here," joked Yuki.

The Dollar-A-Day group Yuki helped form includes 11 young women who meet once a week during the school year. Additionally, there are four other groups in the Denver Metro Area and groups in Colorado Springs, Fort Collins, and Durango. Each of the girls enrolled in Dollar-A-Day gain sexual health knowledge, communications skills, and techniques to delay sexual activity and/or increase contraceptive and condom use.

To learn more about PPRM's Dollar-A-Day program, contact Education Program Specialist Daniela Vallez at 303.813.7665.

 **Planned Parenthood**
of the Rocky Mountains

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Would You like to Double
the Impact of your Gift

TO PLANNED PARENTHOOD?

You have until December 31, 2011

to have your gift to Planned Parenthood matched. Through the generosity of several PPRM donors, donations received by December 31, 2011 will be matched to increase their impact. To be eligible for the match, your gift must be received by December 31, 2011.

You can use the enclosed envelope to send your donation, or contact Rick West at 303.813.7641 or richard.west@pprm.org.

You make a positive difference in the lives of our clients. Thank you for your commitment to the women, men, and young adults who turn to Planned Parenthood for services and education throughout the year.



Photos from PPRM's
"Raising the Bar" Conference

www.pprm.org
1.800.230.PLAN

The mission of Planned Parenthood of the Rocky Mountains is to empower individuals and families in the communities we serve to make informed choices about their sexual and reproductive health by providing high quality health services, comprehensive sex education, and strategic advocacy.

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