

# FOCUS

December 2014



Planned Parenthood of Southern New England

## GET TO KNOW PLANNED PARENTHOOD WHERE YOUR VOICE GETS STRONGER BY THE NUMBERS

### Your Support Made a Difference in the November Elections

At PPSNE, we are pondering the outcome of the recent elections. At the congressional level, we're grateful for the re-election of our nearly 100% pro-women's health delegation to the U.S. House of Representatives, and of Senator Jack Reed of RI. Our delegation, including champions like Senators Richard Blumenthal, Chris Murphy and Sheldon Whitehouse, along with Representatives Rosa L. DeLauro and David Cicilline, will likely be called upon, more than ever, to stem a likely tide of federal abortion restrictions.



It is worth noting that nationwide, candidates for Congress largely moderated their tone around women's health issues. Many masked their beliefs behind a confusing appearance of support for access to over-the-counter contraception while, at the same time, opposing the Affordable Care Act, which mandates contraception be available without copayments. In RI and CT, we are facing general assemblies that will include a number of newcomers whose positions on reproductive health and rights are unknown to us at present.

Overall, the Connecticut House and Senate have retained a majority of legislators who support women's health. The Malloy administration and constitutional officers have been reliable allies of the work and mission of PPSNE. We look

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We are pleased to welcome Gina Raimondo

as the incoming Governor of Rhode Island and anticipate a very positive working relationship with her administration. The RI General Assembly leadership, in both House and Senate, do not support our values. PPSNE will become acquainted with legislative newcomers in the coming months. Very often, we invite new lawmakers to visit a PPSNE health center to get a firsthand look at what we do as well as, how and where we serve our patients.

Are you interested in getting involved with the legislative work of PPSNE? Let us know! **Email us at [organizing@ppsne.org](mailto:organizing@ppsne.org) to learn more.**

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## A Note of Gratitude for Your Generosity

Judy Tabar, President & CEO

The 2014 elections have ushered in a new era of challenges and opportunities for us at Planned Parenthood. Here in CT and RI, we are fortunate that the voters elected Governors who are strong champions for women's health. But the change of power in the U.S. Senate will likely result in a fresh wave of legislation aiming to turn the clock backwards on reproductive health and rights. Despite this likelihood, Americans also sent a clear message throughout this election season—attacking women's health is a losing strategy. The vast majority of voters in this country want women to make their own personal medical decisions without interference from politicians. Going forward, we will continue to vigorously engage our supporters and activists in voicing their strong support for pro-women's health laws and policies.

Yet, our elected officials are not the only ones making life-changing decisions about women's health. The legal challenge to the Texas anti-abortion law is still working its way through the courts. While the United States Supreme

Court did block the Texas government from enforcing its extreme new abortion restrictions, it did not overturn the law itself. Therefore, there is still a chance that the Court may ultimately rule against the interests of women in this case—forcing many health centers to shut down permanently.

Such a decision would have a drastic negative impact immediately in Texas with serious reverberations for women's

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RI First Lady Stephanie Chafee (l) stands with Judy Tabar at Honoring the Champions of Women's Health fundraising event in Providence, RI.

health across the country. When Planned Parenthood health centers close down, communities lose access to a wide range of vital services including abortion and beyond. We are often the only health care provider many of our patients see all year. Indeed, when the Ebola cases in Dallas were dominating the headlines last month, our patients came to us seeking information about their risks and how they can protect themselves. From flu shots to cancer screenings to birth control, PPSNE is a trusted and reliable health care provider for thousands of CT and RI residents.

We are also a go-to resource for parents seeking information and support when it comes to talking with their children about sex and relationships. As you will read in this newsletter, our Education and Training team vigorously promoted October's "Let's Talk Month," a national campaign to encourage dialogue between parents and children. We are grateful for the opportunity to support parents and other caregivers in having important conversations with the children in their lives to help keep them healthy and safe.

Speaking of gratitude—and with the fall and winter holidays upon us—I find myself reflecting upon all that we have to be thankful for here at PPSNE. With your support, we are making a real, positive difference in communities across our two states. Your generosity makes all the difference to the women, men and teens we serve.

On behalf of all of us at PPSNE, thank you for your support. Our best wishes to you and yours this holiday season!



## 'Tis the Season for a Flu Shot

Planned Parenthood of Southern New England has a long and proud history of providing quality, affordable and nonjudgmental care. For more than 90 years, patients have come to Planned Parenthood for a variety of reasons. Last year, PPSNE expanded its health care services to treat the common cold, skin rashes, ear pain, acne and more.

In a continuing effort to keep its nearly 70,000 patients healthy from head to toe, PPSNE began offering flu shots at all of its 18 health centers in CT and RI this fall. The flu shots were available mid-October to patients aged 18 to 64 during their normal visit. Patients with insurance or Medicaid receive the shot without copay. Uninsured and self-pay patients in CT and RI were charged based on their income using the Planned Parenthood sliding fee scale.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone six months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the main flu viruses that research suggests

will cause the most illness during the upcoming flu season. Protecting oneself from flu also protects the people around them who are more vulnerable to serious flu illness. The CDC states that vaccination also helps protect women during pregnancy and their babies for up to six months after they are born. One study showed that giving flu vaccine to pregnant women was 92 percent effective in preventing hospitalization of infants for flu.



Offering flu shots and limited primary care services is part of the pre-conception health care provided by PPSNE. Pre-conception health care is about keeping people healthy, whether or not they plan to have a baby. Pre-conception health care keeps families and communities healthy, from head to toe.

## DOUBLE THE IMPACT

# A CHALLENGE TO GIVE MORE!

PPSNE is excited to announce that a long-time PPSNE donor has challenged our donors in a **BIG** way. This challenge is offering donors multiple ways to make their gift go **TWICE AS FAR!**

1

**Any NEW or INCREASED donation will be matched!**

OR

**Anyone who makes a sustaining gift of \$50 or more per month as a member of our Guardian Society\* will be matched!**

2

### Get to Know the Guardian Society

\*The Guardian Society is a group of donors who tell us with their monthly gift that we can count on them again and again. Our Guardians come from all walks of life, with different interests and motivations, but their one message is clear. They want to make a BIG impact for Planned Parenthood in a financially manageable way. Joining the Guardian Society is an exemplary way to show the unity of PPSNE supporters in RI and CT.

**Does this sound like you? Can PPSNE rely on you each month to support the women, men, and teens that we serve? If so, log on to [PPSNE.org/donate](https://www.ppsne.org/donate) OR call our Development Team at (203-752-2814) to make your sustaining gift.**

## Honoring the Champions of Women's Health in Providence, R.I.

On November 13, 2014, Planned Parenthood of Southern New England honored three remarkable Rhode Island women for their continual support of women's health care. It was a special night commemorating the remarkable efforts of Liz Chace, Dr. Bennie Y. Fleming and Lt. Governor Elizabeth Roberts. Nearly 150 people, including RI House Representative Deborah L. Ruggiero, RI First-lady Stephanie Chafee and Providence Mayor-elect Jorge Elorza celebrated *Honoring the Champions of Women's Health* at the Roger Williams Park Casino in Providence, Rhode Island.

"We were proud to honor three extraordinary women who have worked, and continue to work, tirelessly on behalf of all Rhode Island women," said Judy Tabar, President & CEO of

Planned Parenthood of Southern New England. "This was an unforgettable evening of togetherness, laughter and purpose. We stand with and support these incredible women, and all Rhode Islanders, who continue to advocate for and support women's health care services and rights."

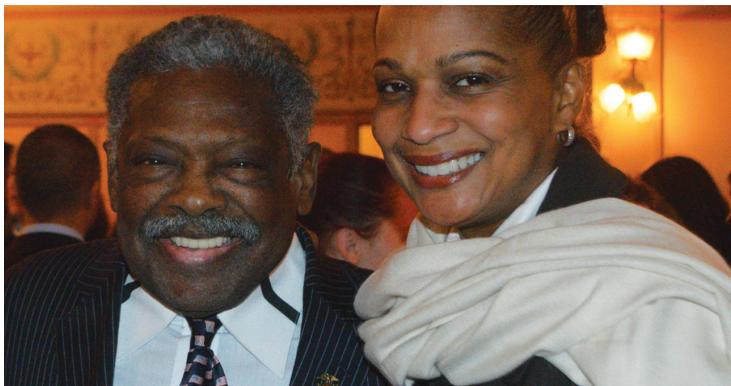
For the second year in a row, *Honoring the Champions of Women's Health* celebrated the work of remarkable members of our community who have worked toward safeguarding women's health. Dr. Cathy Lund hosted and sponsored the event which raised more than \$125,000. All proceeds went to care for PPSNE patients who receive high quality health care, regardless of their ability to pay.



*Honorees stand with Planned Parenthood president at event. (L-R) Lt. Governor Elizabeth Roberts, Liz Chace, Dr. Bennie Y. Fleming, Judy Tabar President & CEO PPSNE.*



*Event Co-chair Dr. Cathy Lund, Brett Smiley and Meghan Hughes*



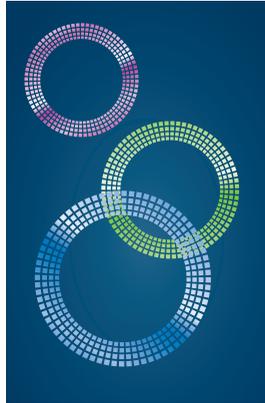
*Judge Harold Stone and Shari Russell*



*2013 Honoree Dr. Pablo Rodriguez, Event Co-chair Dr. Cathy Lund, Myrth York and Diane Rodriguez*



Elizabeth Roberts with Judy



Board Member Dr. John Morton with Judy



Henry Sharpe and Terry Tullis



Liz Chace with Judy



Dr. Bennie Y. Fleming giving her remarks



Dr. Bennie Y. Fleming with Judy



Host Committee Members Tina Benik and Debbie Leach



Simone Joyaux PPSNE Board Chair (center) stands with Meg Clurman and Mark Patrick

## Parents – You’re Making a Difference When You Talk

Getting families to talk about sexuality, relationships and other critical topics that can help young people make healthy decisions was the focus of “Let’s Talk Month” in October.

In conjunction with this initiative, Planned Parenthood and New York University’s Center for Latino Adolescent and Family Health surveyed parents and their children aged 9-21 to investigate how families communicate about sex, sexuality, health and relationships. The survey found good news—most parents are talking about sexuality and relationships with their children; however, those conversations aren’t happening enough or in enough detail. For example, more than 20 percent of parents have never talked with their 15 to 21-year-olds about strategies for saying no to sex, birth control methods, or where to get accurate sexual health information. In addition, more than 30 percent of parents have never talked with their 15 to 21-year-olds about where to get reproductive health care services.

The majority of parents (61 percent) reported wanting young people to wait to have sex until they are ready to handle the responsibilities that come from having a sexual relationship. However, only 52 percent of parents reported ever talking about these values explicitly with their child. When parents communicate their values about sex and relationships with their children, they can make a real difference in their teen’s sexual decision-making. Talking about whether or not their teen is ready for a sexual relationship and why, emotions that accompany having sex, what to expect from sexual relationships, and the advantages and disadvantages of having sex are all important topics to address.

To help parents, PPSNE offers Real Life. Real Talk., a skill-building program designed to help open lines of communication between children and their caregivers.

*When parents communicate their values about sex and relationships with their children, they can make a real difference in their teen’s sexual decision-making.*

Throughout October and early November, PPSNE educators held more than 15 different Real Life. Real Talk. programs in Bridgeport, New Haven, Hartford and New London, CT and in Providence, RI.

These programs helped caregivers address important elements of decision making with their children and provided an opportunity for participants to explore their own beliefs and values about sexuality and relationships. PPSNE encouraged caregivers to ask clear, direct questions about relationships and sexual activity to become informed on what is happening in their child’s life and encouraged caregivers to share their own values with their children.

PPSNE is here to help parents and their children talk more often and more in-depth about the things that matter. We remain committed to making sure parents can address the important elements of decision making with their children, as well as their own beliefs and values about sexuality and relationships. **To learn more about our education programs and resources, visit [www.learn.ppsne.org](http://www.learn.ppsne.org)**



Parents are talking about sex at PPSNE Real Life. Real Talk. program.

**New Ways to Give**

**Missed #GIVINGTUESDAY?**



**THERE'S STILL TIME TO BE COUNTED.  
GIVE TODAY!**



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**How to Use Amazon Smile**

**Step 1:** Log on to [smile.amazon.com](http://smile.amazon.com)

**Step 2:** Amazon will prompt you to choose a charity of your choice to benefit. In the section labeled “pick your own charitable organization” type in Planned Parenthood of Southern New England.

**Step 3:** Click the yellow “select” button to choose us.

It will automatically connect your wish lists, registries, and other lists to benefit PPSNE with each purchase!

*Thanks to our FOCUS Contributors: Michael Moore, Josh Morgan, Danielle Piendak, Camelle Scott-Mujahid, Pierrette Silverman, Erika Ulanecki and Susan Yolen.*



# DID YOU KNOW?

PPSNE call centers answer **12,000** calls from patients, providers and community members each month.

Last year, PPSNE received more than \$2.7 million from approximately **1,750** Fairfield County donors.

## JOIN US AT OUR ANNUAL SPRING LUNCHEON



Olympia Snowe former Republican U.S. Senator from Maine and current Senior Fellow at the Bipartisan Policy Center in Washington is our guest speaker at the Annual Spring Luncheon. Please join us at this special event.

**DATE:**  
Wednesday, April 8, 2015

**PLACE:**  
Stamford Marriott Hotel & Spa

**TICKETS:**  
Tickets may be purchased by calling (203) 752-2813 or emailing [special.events@ppsne.org](mailto:special.events@ppsne.org)



### PPSNE Information

Headquarters: 203.865.5158

[ppsne.org](http://ppsne.org)

Call 1.800.230.PLAN (7526) to reach the center nearest you

345 Whitney Avenue  
New Haven, CT 06511

111 Point Street  
Providence, RI 02903

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[subscribe@ppsne.org](mailto:subscribe@ppsne.org)

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