

In her honor...

ON FRIDAY, SEPTEMBER 18, 2020, our country rose in collective mourning over the passing of Supreme Court Justice Ruth Bader Ginsburg.

Justice Ginsburg spent her career advocating for gender equality, reproductive rights, LGBTQ+ freedom, and health care for all. Her death is a devastating blow during a time when our democracy already feels embattled.

Justice Ginsburg knew that access to reproductive health care – including abortion and birth control – is already out of reach for people with low incomes, people of color, and people forced to navigate racist and discriminatory health care and economic systems.

She recognized that policies that block access to health care are part of a larger agenda to target people of color, immigrants, and women, and devoted her career to fighting for laws to ensure all people have autonomy over their bodies, lives, and futures.

We will not let Justice Ginsburg's legacy end with her. She showed us what it means to rise in dissent. We thank her. We honor her legacy. We continue her work.

May her legacy be a revolution.

“The decision whether or not to bear a child is central to a woman's life, to her well-being and dignity. It is a decision she must make for herself.”

– Ruth Bader Ginsburg, 1993 Senate Confirmation Hearings

NON PROFIT
US POSTAGE
PAID
PORTLAND OR
PERMIT NO 63



Planned Parenthood of Southwestern Oregon
3579 Franklin Blvd. | Eugene, OR 97403
Email: development@ppsworegon.org
Tel: 541-344-2632



Planned Parenthood
Care. No matter what.
Planned Parenthood of Southwestern Oregon
3579 Franklin Boulevard
Eugene, OR 97403



**“We thank her.
We honor her legacy.
We continue her work.”**

Staying grounded during the pandemic:

Lisa's top picks in quarantine

As we all navigate a world shaped by a pandemic, we caught up with PPSO President & CEO Lisa Gardner to see how she's been practicing self-care during the pandemic.

Below is a list of the books she wasn't able to put down, a podcast that inspired her to embrace her gray hair, some binge-worthy shows she couldn't turn off, the beloved sports films she always returns to, and a way to enjoy the outdoors that was under her nose this whole time...



POWERFUL PODCASTS
The Ballad of Billy Balls
Everything is Fine
Favorite episode: *Going Gray is a Power Move*



RIVETING READING

The Nightingale
by Kristin Hannah
The Splendid and the Vile
by Erik Larsen
Where the Crawdads Sing
by Delia Owens



SUPER SERIES
Unorthodox
Unbelievable
Call My Agent
When They See Us



MUST-SEE MOVIES
Invictus
Remember the Titans



SIMPLE SOJOURN
My backyard hammock!

In what ways are you practicing self-care? Post your self-care routines on our Facebook or Instagram, @ppsworegon

We'd like to hear from you!

Visit bit.ly/ppsosurvey to take a brief supporter survey.

A note from our CEO

Dear PPSO Family,

2020 has been a year of unprecedented change.

The longstanding effects of the global pandemic are ongoing and unknown. Our leaders and communities are grappling with the most significant racial reckoning since the Civil Rights Movement. Our region is only beginning to recover from a devastating wildfire season.

With all the uncertainty we are currently facing, I pulled this together to remind you of the many things we know.

I know you are making your community better.

I know you are helping to keep your neighbors healthy.

I know that you are giving young people the tools they need to make healthy choices.

Now more than ever, I am grateful for you and your support.

As I hope this newsletter makes clear, there is no question that your generosity is changing lives.

In gratitude,

Lisa Gardner
President and CEO



Let's stay connected!

Follow us for breaking news, events, and how to get involved.



Care

EARLY IN MARCH, as the state began to issue mandatory stay-at-home orders, it quickly became clear we had to do everything we could to ensure patients could safely access the care they need.

Because our providers knew that our community's need for reproductive health care wasn't going to be put on hold despite the pandemic, they worked quickly to onboard tele-health services affiliate-wide and ensure we could provide as many services as possible without jeopardizing the health and safety of patients and staff.

By offering tele-health for services including birth control, no touch STI testing and treatment, HIV/AIDS preventatives, medication abortions, and emergency contraception, we've been able to drastically reduce the number of individuals entering physical health centers and prioritize critical in-person care.

In addition to the Lane County and Rogue Valley regions, tele-health has made it possible for us to serve patients in areas where we don't have brick and mortar health centers, especially on the southern coast. No matter what happens, tele-health is here to stay, and we look forward to providing care through this easily accessible new model.



48

AVERAGE NUMBER OF PATIENTS PER DAY SERVED BY TELE-HEALTH FROM APRIL 1 - JUNE 30, 2020

Your gift at work

Your gift makes a difference in the lives of individuals and families across Southwestern Oregon. Here are just a few ways your gift supported the health of your community this year.

Education



IN THE FIRST WEEKS OF COVID-19, our Education team realized we would need to be creative in order to continue delivering top-notch programs to our schools and communities. Recently, I sat down with Ruby Bebekian, left, Educator and Program Expansion & Curriculum Specialist based in Rogue Valley, to learn more about how the team

got our virtual programs up and running and how they're looking towards the future.

Q: When did you realize we needed to transition Education programs to a virtual platform?

We realized our program needed to become virtual really early on, and a big priority was ensuring we met the commitments we already made to schools. In order to do that, we hit the ground running and immediately started adapting our most popular programs and classroom sessions to the virtual space.

Q: What was the most challenging part? The most exciting?

Our in-person programming is very experiential, so transitioning that into a virtual space was challenging at first. Our first thought was, "Woah, how are we going to do this?" but since we were already working fairly remotely, developing virtual lesson plans helped bring us all together.

Q: What have you learned?

We really had to be patient and embrace that change doesn't have to happen overnight, and that it's okay

to offer ourselves some grace. Developing lesson plans really gave us the opportunity to learn about the existing resources for virtual education and how to build strong lesson plans that worked well virtually.

Q: What were you most surprised by?

We've all been most surprised by how many folks we're now reaching through virtual ed! It's been really cool to see our reach, not just in our typical schools or service area, but beyond the state as well.

Q: How are participants responding?

Teaching virtually isn't unlike teaching in the classroom – some are really into the virtual programs and others are a little more difficult to engage. It seems like folks are really excited to be participating in the programs.

Q: What are you most looking forward to with virtual education in the new year?

Recently we've been working on a solution for in-school sessions that would have been taught in person, and have been working on creating a virtual curriculum that can be used across platforms. I'm really excited for that to be completed and launched.

Q: What else would you like our supporters to know?

Sex ed has always been challenging to offer and is even more so in the virtual environment. But I am so grateful and appreciative of all the work that has gone into the transition to virtual, and the resilience of our young people and participants to get through it, continue learning, and stay positive. It's a really beautiful thing and it wouldn't have happened without the support of our community.

Sex-Ed Bootcamp in the virtual world

AS PART OF A COMPREHENSIVE RESPONSE to the COVID-19 pandemic, our Education team made the quick decision to adapt their annual Sex Ed Boot Camp (SEBC) to a virtual environment!

Typically offered in person in Lane County and Rogue Valley, this collaborative online training experience brought together sex education experts to address topics relevant to this unique and challenging time.

Highlighting racial justice, online teaching, gender inclusion, and youth access to technology, SEBC provided 40 professionals from throughout the country with new skills and tools to better serve the young people in their lives.

“Discussing racial justice as it relates to sex ed is not something I'd ever been exposed to, in my years of being educated, as an educator. I am very appreciative of the wisdom and shared experience of our facilitator...”

– Bootcamp participant



31,091

TOTAL PATIENT VISITS PROVIDED IN FY 2020*, A 10% INCREASE OVER FY 2019

*FY 2020: JULY 1, 2019 - JUNE 30, 2020



10,500+

NUMBER OF PARTICIPANTS IN EDUCATION PROGRAMS THROUGHOUT OUR 8-COUNTY REGION IN FY 2020*



≈900

HOURS OF EDUCATION PROGRAMMING PROVIDED DURING FY 2020*