



Planned Parenthood of Northern New England  
**NEWS SOURCE**  
 Winter 2021

Dear Friends,

I hope this new year finds you and your loved ones healthy. As we near the anniversary of Covid-19 upending our lives and devastating so many families, I'm struck by how we have found the tenacity, creativity, and sheer fortitude to persevere.

**As you'll see inside this edition of News Source, thanks to your support, we have been able to continue serving patients, even in the midst of a pandemic.** We used new technology and reimagined the delivery of health care – ensuring the safety of our front-line workers and the safety of our patients. It's thanks to our generous supporters that patients received care regardless of their ability to pay. We are so moved by what this has meant to our patients:

*"I'm normally someone who isn't the first to jump to the highest ratings for surveys, but this trip, the whole time from start to finish, even during COVID-19, was possibly the most easy, streamlined, pleasant experience I've had since the pandemic started." - PPNNE Patient*

We are committed to giving all patients the experience that this patient had, even in the face of challenges that continue to come our way.

Despite the pandemic and the fact that the majority of northern New Englanders believe abortion should be legal, we've seen a record number of anti-choice bills in Concord, NH and Augusta, ME for the upcoming legislative session.

When bills restricting access to abortion care are passed, they disproportionately harm those who already face the greatest barriers to care:

BIPOC, immigrants, the LGBTQ+ community, women, people struggling financially, and people with disabilities. Let's be clear – this is strategic and intentional. From our opponents' perspective, the next best option to eliminating abortion rights is making abortion care as difficult as possible to access.

We know that true reproductive freedom can only be achieved when we confront and address systemic racism. True reproductive freedom requires a health care system that delivers care as if it is a human right rather than an economic engine. Reproductive freedom requires both the right to an abortion and the ability to access it. We must ensure that freedom is available to everyone. **We know that hard work lies ahead, and we are relying on you to continue to stand with us.**

But as we look ahead to the year before us, I'm filled with renewed purpose. I know that if we carry our learnings from 2020 forward, we can do just about anything.

Onward together,

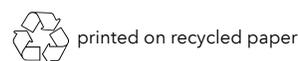
**Meagan Gallagher**  
 President & CEO



**Planned Parenthood**  
 of Northern New England

**Serving Maine, New Hampshire, & Vermont**

784 Hercules Drive, Suite 110, Colchester, VT 05446  
 supportus@ppnne.org | 1-800-287-8188 ext 9704  
 www.ppnne.org



# YOUR SUPPORT Helped Get Us Through 2020



**COVID was taken very seriously,** which I appreciate. And despite the seriousness of our pandemic, **all the staff were still really upbeat and friendly.**

I liked how the waiting area was set up for social distancing.

- PPNNE Patient

Last year, all of our lives were changed by Covid-19. Working from home, schooling from home, wearing masks, canceling vacations and gatherings, and even family holidays. You know that a lot changed.

## **One thing that didn't change: our patients relying on PPNNE for care.**

With the help of supporters like you, we got to work. We adapted, evolved, and innovated. We reimagined what delivering health care could look like. We experimented, we learned, and we adjusted.

## **With your help, last year we:**



Implemented a **telehealth program**, providing patient care safely through secure phone and video conferencing.



Provided **curbside care**, including immunizations, birth control injections (the shot), and urine sample collections.



Developed an **at-home STD testing program**, allowing patients to collect a sample at home and send it back to us for processing.



Added **new options to our birth control by mail service**, including the birth control shot, injection supplies, and education for patients to be able to do self-injections at home.



Implemented **low-touch medication abortion care** and expanded access by making the abortion pill available at 2 more sites, Topsham & Sanford, Maine, bringing our total sites offering medication abortion to 10.



Provided **free flu shots** to any patient unable to afford one.



Provided telehealth services for those facing mental health, addiction, domestic violence, or other **behavioral health needs** in Vermont.



# Legislative Updates

In the midst of a global public health pandemic, while many across our region are struggling to make ends meet, **some Maine & New Hampshire legislators have made their priorities clear by introducing bills in their states that would take away reproductive health care, and shame people who need an abortion.**

These bans and restrictions would disproportionately harm those who already face the greatest barriers to care, including BIPOC, immigrants, the LGBTQ+ community, women, people struggling financially, and people with disabilities.

Meanwhile, in Vermont, we are working to **educate the public about Prop 5, the proposed constitutional amendment to guarantee reproductive liberty in the state constitution;** advocating for inclusive telehealth that provides equitable access to rural areas; and supporting legislation to provide free menstrual hygiene products in schools.

**The reality is, the vast majority of northern New Englanders, like you, support access to safe, legal abortion - and they do not want to see their elected officials roll back the clock on reproductive rights.**

Supporters of reproductive health will keep fighting to ensure that our rights are protected, now more than ever. **Your support, of all kinds, helps us protect our rights.** For more information, or to get involved in legislative advocacy efforts in your state, reach out via email.

**Maine:** [grassrootsme@ppnne.org](mailto:grassrootsme@ppnne.org)

**New Hampshire:** [grassrootsh@ppnne.org](mailto:grassrootsh@ppnne.org)

**Vermont:** [grassrootsvt@ppnne.org](mailto:grassrootsvt@ppnne.org)



## Vermont Youth Sex Education Summit

In December 2020, PPNNE's Education Department held our second annual Vermont Youth Sex Education Summit (*virtually, of course*).

The goal of the summit is to provide a space where **young people can get sexual health education that meets their needs**, given that health education is already scarce for many, and even more so during a pandemic.

Using Zoom, peer educators led the participants through educational workshops covering everything from STDs to consent and healthy relationships.

“ I really loved how no one made it awkward (because sex shouldn't be), it was really nice to be part of an **open and non-judgmental conversation.** ”

- Youth Evaluation Comment

# Honoring Ellin N. London

In 2019, we lost a long-time friend in Ellin N. London. Ellin was deeply devoted to access for family planning, a passionate and generous partner, and a strong and vocal advocate. We miss her dearly and remain profoundly grateful for all she helped make possible during her lifetime, and long after, thanks to her thoughtful legacy planning.

**With the support of her family and her estate trustees, we are pleased to share that Ellin's philanthropic legacy will live on for the next 10 years** through the creation of the *Ellin N. London Fund: Supporting Innovation, Equity, Youth Empowerment & Leadership*, a current-use fund in support of PPNNE's reproductive health services, education, and public health goals.

## She inspired us to pursue...

### Innovation

Ellin held PPNNE to high standards and supported us in thinking about how we could do even better; to not be complacent with our successes, but to think outside the box to make positive and daring, though well-considered, change.

### Equity

Ellin believed that ALL people should have the opportunity to pursue their dreams, and she believed without question that opportunity was inextricably linked to family planning services and information.

### Youth Empowerment & Leadership

Ellin knew that empowering young people, and supporting them in reaching their fullest potential, was vital to future well-being on a global scale, including creating a pathway to a healthier environment through information and educational offerings, youth-focused advocacy and engagement, and health care services.



**We are grateful to have this opportunity to honor Ellin as a strong and passionate sexual and reproductive health leader, and beloved friend and partner in this work with this Fund that carries on her life-long passion and values.**

## You Too Can Help Make A Difference

**Gifts to PPNNE of all sizes are needed and help us continue this vital work of providing life-changing and life-saving health care, education, and advocacy.**

**Join us this year as a monthly sustainer, or make a one-time donation by using the enclosed envelope or online at [ppnne.org/annualfund](https://ppnne.org/annualfund).**

If you have any questions about other ways to support PPNNE, including with gifts of stock, a gift through your Donor Advised Fund, by making a special donation from your IRA (if you're over the age of 70 ½ ), or through your will, please contact Jennifer Long, Director of Development Operations at [jennifer.long@ppnne.org](mailto:jennifer.long@ppnne.org), or call our Fundraising Team at **1-800-287-8188 ext. 9704**.