



healthmatters.

PPCCC Leads on Monkeypox by Dr. Maryam Guiahi, PPCCC Chief Medical Officer

Over the summer, we saw a worldwide outbreak of Monkeypox (Mpox). This virus is transmitted through close contact, which can include sexual contact. Currently, the primary mode of transmission has been close or sexual contact, and the primary population impacted has been men who have sex with men (MSM). On August 2, California declared Mpox a public health emergency given the increasing rates of infection, predominantly in San Francisco and Los Angeles.

In late July, PPCCC diagnosed the first case of Mpox in our three-county service area in a patient who presented for care in Ventura County. After diagnosis, we learned that significant barriers in our communities existed for patients in need of treatment. In particular, access to an anti-viral medication (tecovirimat or TPOXX) was extremely limited. Our team worked hard to secure medication for the patient we diagnosed, who reported that we were like an “angel on earth” for caring for them, especially at a time when the new virus was highly stigmatized.

Given the role PPCCC plays as a trusted and nonjudgmental healthcare resource for vulnerable communities, we jumped in to play a leading role in the local community response. We quickly implemented disease protocols which included educating the team on the disease and creating a screening policy. We partnered with the California Public Health Department and our local public health departments to become a tecovirimat (TPOXX) provider. TPOXX is a drug that is FDA approved for smallpox and has been shown to be effective in the treatment of Mpox. Currently, we are one of the few TPOXX providers in our three-county region.

In partnership with community organizations, like Pacific Pride Foundation, Gay and Lesbian Alliance (GALA), Cottage Health, Santa Barbara Neighborhood Clinics, UCSB and all three public health departments in our region, we are working to improve education and prevention efforts. This has included an Mpox Town Hall which was attended by 100 community members. We also introduced two vaccine opportunities hosted by Pacific Pride Foundation in Santa Barbara on August 18 and in Santa Maria on August 25th. Many of our providers served as volunteers at these events to accommodate over 200 community members seeking vaccination.

We are seeing the impact of these education and prevention efforts as infection rates have lowered and new cases rates are plateauing or declining. We continue to remain in close collaboration with public health agencies in monitoring this disease and intervening as needed.

At PPCCC, one of our values is “we return to our mission.” Our six health centers were still acclimating to seeing an influx of out-of-state patients seeking abortion care as a result of the Dobbs v. Jackson Women’s Health decision, which overturned the protections of Roe v. Wade as Mpox came to our communities. We are so proud of their dedication and commitment to mission which drove our timely and effective response to Mpox, even with so much else happening in our world.



PPCCC Welcomes New Board Members

Alejandra Mahoney spent 15 years with Peoples Self-Help Housing (PSHH) until her early retirement in 2021. As Director of Education, she oversaw development and administration of PSHH K-8 After-School and College Club programs at 11 learning centers, and worked with numerous local and grant funders on mutual priorities. She has guided education initiatives across the Central Coast, serving as a board member for the FUND, and as an ambassador for Allan Hancock Community College and Leadership Santa Maria Valley. Alejandra was also a co-organizer, Charter Board Member and Founding Board President of the Central Coast Future Leaders (CCFL), a local nonprofit serving Latino youth and parents that emphasizes youth leadership and empowerment.



Before transitioning to a career in education, Alejandra worked for her family agricultural business. As co-owner of TKP Farms, one of the first certified organic farms in the area, she became engaged not only in organic farming, but in organic farming development and public education. She is a past Board Member and President of the California Certified Organic Farmers' San Luis Obispo Chapter, where she worked on organic system plans, policy, certifications, and outreach to farmers, communities and policymakers.



Sarah Valverde, LMFT has spent her career in non-profit organizations specializing in trauma-informed mental health care within Santa Barbara and San Luis Obispo Counties. She provided child and family therapy services at CALM in Santa Maria for six years before becoming a child forensic interview specialist and supervisor at CALM. In 2018 Sarah took the position of Sexual Assault Response Team (SART) Coordinator for the county of Santa Barbara. Sarah enjoys presenting at conferences like the California Sexual Assault Investigators Association and guest lectures for Cal Poly's Psychologist and Child Development Graduate Students. Sarah continues to provide child, adult, and family therapy through her private practice in Santa Maria, CA.

Minako Watabe, MD, the Chief Medical Officer at Ventura County Medical Center (VCMC), is one of the skilled OB/GYNs who work within the Ventura County Health Care Agency working with patients in Santa Paula and Ventura, delivering babies at Santa Paula Hospital and Ventura County Medical Center. She also leads the VCMC's Diversity, Equity and Inclusion work.

Minako decided in college that she wanted to pursue a career in medicine, even while tackling subjects she was equally passionate about: public policy, public health, and social justice. But it was treating a diverse group of patients as an OB/GYN that ultimately won out. It was this same passion that led Minako to obtain a master's degree in public health in 2021.

When she is not treating patients or spending time with her two daughters, Minako takes off for the outdoors, hiking, running and breathing in fresh air.



Remembering Oxnard Supervisor Carmen Ramirez 1948 - 2022

Carmen Ramirez, Ventura County's first Latina Supervisor and a longtime activist, passed away in August of 2022. Supervisor Ramirez, served on the Oxnard City Council for ten years prior to being elected Ventura County's District 5 Supervisor in 2020. As a leader in Oxnard, Ventura



Carmen inspiring the crowd at our Oxnard Health Center opening in May 2021

County, and our entire Central Coast, she leaves a deep legacy. Carmen was a tireless advocate for her community, the environment, education, and health care. As a champion for reproductive rights, she always stood with us. She was with us when we opened our Oxnard Health Center and spoke unapologetically about the right to access sexual and reproductive health care. She spoke and rallied with us countless times in support of safe and legal abortion care.

Carmen's steady and determined leadership extended to mentoring dozens of community leaders over the years. She was the best example of a true public servant. We send our deepest condolences to her family, her friends, and to all who will miss her.

When we all help one another, everybody wins

how YOU can help

1

Safe, secure online donations:

Your gift to PPCCC is protected by VeriSign. Enjoy secure credit card convenience when you visit ppcentralcoast.org and click the "Donate" link at the top of the page.

2

Pledge your monthly support:

A small amount each month makes an important difference each year. Call Zoe to start your monthly giving: 805.722.1517.

3

Remember PPCCC in your will:

"Tomorrow's dollars" are just as important as "today's dollars." Adding a charitable bequest to your existing will takes just a quick phone call to your legal or estate planning advisor. Call Lindsay Soleimani for more information: 805.722.1522.

4

Volunteer

We are always looking for volunteers for the Mary Jane McCord Planned Parenthood Book Sale. Our volunteers work year-round sorting and pricing books for the sale. If you are interested in volunteering please visit ppcccbooksale.com.

Looking for other volunteer opportunities with PPCCC? Please email volunteers@ppcentralcoast.org

ppcentralcoast.org



Congrats to our Book Sale Volunteers for being honored with the AFP Santa Barbara/Ventura Volunteer of the Year Award!



Save the Dates for Upcoming Events!

**SLO
TOGETHER**
Protecting Rights.
In Perpetuity.

February 8, 2023
5:30 - 7:30 pm

The Carrisa
San Luis Obispo, CA

Join Us for Cocktails and Hors d'oevres in Celebration of
Planned Parenthood's work in SLO County.

For more info or details please
contact Lindsey at 805.722.7153
Lindsey.stephenson@ppcentralcoast.org



Planned Parenthood California Central Coast

save the date



March 5, 2023
11:30am to 2:00pm
Spanish Hills Club
Camarillo, CA

Join us for brunch
in celebration of
Planned Parenthood's
work in Ventura County.

For more information and
details please contact
Meggan at 805.722.5012
meggan.mccarthy@ppcentralcoast.org



April 29, 2023
Hilton Santa Barbara
Beachfront Resort

For more information and details please
contact Natalie at 805.722.7870 or
Natalie.Smith@ppcentralcoast.org



GO GREEN! If you would like to receive this newsletter via email only, please email
development@ppcentralcoast.org or call 805.214.3530 to update your preferences.

The 48th Annual PPCCC Book Sale returned to The Earl Warren Showgrounds this year and ran from September 15th - 25th.

The sale was an incredible success thanks to the hundreds of supporters, friends, and community members who turned out to buy books – and thanks to our outstanding volunteers who organized the sale. Through book sales and sponsorships, the event raised over \$200,000!



With the additional efforts of dedicated volunteers who sell books year-round to dealers and on Amazon, the total book sales for this year grossed over \$450,000. Congratulations and thank you!

NOBEL PRIZE SPONSORS:

Tricia & Don Green
Karen Engberg & Douglas Jackson
Alan & Elizabeth Kasehagen

PULITZER PRIZE SPONSORS:

John & Lisa Davis

Anne & Tom Schowe
Carol Vernon & Bob Turbin

CALDECOTT SPONSORS:



Christina Schowe

SPECIAL THANKS TO:



Thank you to all of our book category sponsors!

American History

John & Sue Burk
In memory of Nancy Davidson

"A people without the knowledge of their past history, origin and culture is like a tree without roots." - Marcus Garvey

Thank you for all your work on the book sale to our wonderful daughter, Christina Schowe

"In history lies all the secrets of statecraft." - Winston Churchill

Thanks to all the Wonderful Book Sale Volunteers!

Philip Seymour
In Celebration of Women's Rights
Mary & John Romo

Animals & Pets

In honor of Pat Coppejans
In honor & memory of Mimi Applegate Elder
BUNS, Bunnies Urgently Needing Shelter Adopt a Shelter Rabbit or Guinea Pig

Art

In support of unfettered access to women's healthcare -
Antenore & Associates
Kellow Construction
Barbara & Ken Hershberg
Laurie & Thad MacMillan
Abraham & Suzanne Peck
Shirley Waxman

Big Print

Pat Coppejans, The Energizer who keeps on volunteering in so many ways.
Thanks Fran, Tia and Christina

Biography

Antenore & Associates
Suzan Garner & Bart Mendel
Katherine Hunter
Ely & Jim Langer
Barbara & Ken Hershberg

CDs/DVDs

The Book Sale Volunteers Thank Bea Oshika & Vince Doerfler for their generosity and dedication
In memory of Carlos Hunt
In memory of Dennis Doph
Thanks to Lori and Vince for Shipping All Those Books

Children & Young Adult

Weston Alexiades
Jeannette & Dave Bauer
Gail Tennen, Annette Bothman, & Teresa Bothman
Shoreline Publishing Group/Jim Buckley
Kellow Construction
Moms Demand Action Santa Barbara Group
Suzan Garner & Bart Mendel
Katherine Hunter
Zavellyn, Lindsey & Jesse Kasehagen
Garden Preschool of Santa Barbara - "You can find magic wherever you look. Sit back and relax, all you need is a book." - Dr. Seuss
Wendi Ostroff, The California Learning Center
Luz Reyes-Martin, Goleta School Board Member
Thank You PPCCC!
In memory of Peggy Nicholson
Pegeen White

Coffee Table

The Jensen Family
The Bets Life - Betsy O'Brien, thebetslife.com
Elizabeth Downing & Peter Hasler
Rick Dahlquist & Pat Lambert

Computers

Kent Schmidt & Family

Cooking

Abby Alexiades
Tricia, THANK YOU is not big enough- to acknowledge all you have been to the Book Sale over the years. Fran, Tia, and Christina
John & Sue Burk
Harriet Eckstein
Sue & Leigh Ehrlich & Aurora Ivanova - 3 Generations for Choice
Nancy Even & Joel Ohlgren
In memory of Dennis Doph
Kathleen & Don Scott

Drama

Philip Levien & Theatre Eclectic
In memory of Dennis Doph

Fiction (First Editions)

Kellow Construction
Thanks to Christina, Fran, Tia for your leadership

Fiction (Hardcover)

Leslie Sweem Bhutani, in honor of Pat Sweem, the reader who taught me!
Bernice James & Glen Mowrer
Judy Stapelmann

Fiction (Paperback)

In memory of Terrie Mershon
Rebecca Brink & Jason Bedford
In honor of Nancy Davidson & Sue Dodds

In honor of Pam Gartner. Love, Jonathan, Eleanor & Simon
The Bets Life - Betsy O'Brien, thebetslife.com

To A, G, H, J, S, and S: Thank you for the invaluable and delightful pleasure

of friendship, books, and book club. - T

Judy Stapelmann
A Local Women's Book Club Est. 1997
Jinny Webber

Foreign Language

Antenore & Associates
Learning another language opens many doors

Gardening

Susan & Jim Deacon
Suzan Garner & Bart Mendel
Ellie Glazer
Frances Shannon Marsh
In honor of my mama, Jan Walters, for giving me her adventurous spirit and support!!!

Gender

Democratic Women of Santa Barbara County
In Honor of The Gay Agenda
Rey & Yol

Graphic Novels

Alan Irwin
Melissa Sorongon

Health & Fitness

Kathy Gruver.coach
Moore On Health™
Dolores Jones Cheek
Elizabeth & Alan Kasehagen
Fitness with Rachel

Holiday

Attributed to the Democratic Women of Santa Barbara County

How-to (Arts and Crafts)

In Memory of Martha MacGillivray
With admiration and appreciation for all that Planned Parenthood does, Shannon & John
In memory of Susan Malmgren

How-to (Home)

In tribute to Mary Fox
In honor of Mary Fox

Humor

Standing Together to End Sexual Assault (STESA)
BL Borovay & George Relles, in Honor of Luz Reyes-Martin, Goleta City Council Candidate
In honor of Democratic Women of SB County
Barb Edmison
Deborah & Marty Lynch

Literature

Democratic Women Of Santa Barbara County
Susan & Jim Deacon
For my mother Barbara Julian. The library was her place of worship
Darlene Craviotto
In Memory of Dennis Doph
In Honor of Debbie and Greg Armstrong
The Best Book Club Ever
In support of reading, life long learning, and bodily autonomy for all! - Jill Title

Money (Business)

Book Sale volunteers are the BEST! With gratitude, Amy & Bob
Honoring Teri Brown & Maureen DeMaio

Mystery (Hardback and Trade)

In tribute to Mary Fox
In Memory of Dennis Doph
In Honor of Temmy Bowman
Peggy Rothschild, Author

Mystery (Mass Market)

Laure Handelman & Bob Pierce summon you to get another grip
Scott, Tina, Max, and Emma McCord
The Moore Family
Marcia Moore
Not voting causes unintended presidencies

Natural History & Ecology

What would the Book Sale do without Alan & Elizabeth?
We love you & thank you! -Fran, Tia, & Christina
The Jensen Family
Elizabeth & Alan Kasehagen
Jean Silva & Philip Seymour

Offbeat & Oddities

Law Office of Herb Fox
Linda Tuomi

Performing Arts

In support of unfettered access to women's healthcare
Pamela Gray, In honor of Stephen Sondheim
Bob & Carole Shapiro

Poetry

Mary Brown & Tove Matas
In memory of Judge Joseph Lodge
Gunpowder Press

Psychology & Self-Help

Einbund Family
"Holistic Well-being Coaching for Positive Change" Proudly Sponsored by EssentialWell-Being Coaching. -Tracy Johansson, NBC-HWC, MA
In honor of our grandchildren, Heidi & Keith Turcot

Puzzles & Games

To Honor Teri Brown whose steadfast work keeps the wheels turning -Fran, Tia, & Christina
DowntownDetectives.com

Recent & Best

Maureen you are the BEST! We thank you for all you do!
- Fran, Tia, and Christina
Kellow Construction
Renee deJong
Tracy Shawn Award-Winning Author, Available as a guest author at local book clubs
Kathleen Werner "Your Vote Matters"
To G-Cat, T, Stacey, Heidi, Shan, Pam & Jill--My fearless, brilliant, and inspiring book group. Endless gratitude, Angela

Recent & Best (Non-Fiction)

A.A. Alexander
Law Office of Herb Fox
Peter Ford & Mary Howe-Grant

Religion & Philosophy

Trinity Episcopal Church - Santa Barbara
Thank you The Satanic Temple for fighting for Women's Reproductive Rights

Romance

Peggy Polos
Liisa & Andrew Primack

Santa Barbara/California

Santa Barbara Adventure Company
No Agenda Breakfast Group Honoring Mary Jane McCord
The Moore Family
Santa Barbara Urban Creeks Council
The Bets Life - Betsy O'Brien, thebetslife.com

Schooling

Vote For Candidate: Gullap-Moore SBCC Board Trustee #1

Science

Daniel & Donna Hone
Peter Ford & Mary Howe-Grant
Elizabeth & Alan Kasehagen
Rick Dahlquist & Pat Lambert

Science Fiction & Fantasy

In Memory of Judy Robertson
Leslie & Stephen Hughes
Dystopian Fictions Need not become Realities - Mary Raven
In honor of my son, Jeff Brown, Marilou Fenton Rivera
Proudly sponsored by Polyverse Publications

Sexuality

Keep your hands off our books!

Short Stories & Essays

Alex & Stacey Matson

Specials, Rare & Collectibles

Now more than ever Mom, I am so proud of your legacy.
Love, Holly McCord and your grandsons
Renee deJong
Harriet Eckstein & Alan Irwin, In Memory of Chuck Cail
Mary Rose & Frank Artusio

Sports and Games

In memory of our son, Avery

Travel

Santa Barbara Adventure Company
Shirley Waxman

War & Military

"There's no honorable way to kill, no gentle way to destroy.
There is nothing good in war. Except its ending."
Abraham Lincoln

Western

Kellow Construction

World History

The Georgakis Family in Memory of Our Friend Burt Rosen
"In support of unfettered access to women's healthcare"
Catherine Swysen

Young Adult/Teen

Melissa Sorongon
Books change hearts and minds! Happy Reading,
Madhu Bajaj