



Schedule an appointment online

Link to [Additional Resources](#).

Join our FWB monthly giving Program!

Link to [sign up](#)

PPNCNY ranked #1 in the Country for patients “likelihood to recommend” PPNCNY to others based on their last visit with us! Thank YOU!

Register for Day of Action 2021!

[Sign up here!](#)



A note from Tess Barker President & CEO

I could not be more proud of our teams’ efforts during these unprecedented times. COVID-19 is a global pandemic that impacts all of us. We are working around the clock to ensure we protect our employees while still serving vulnerable populations who rely on the health care and support programs we offer - a demand which is only increasing under the impacts of this pandemic. To ensure our patients receive the care they deserve, we’re taking important precautions:

- Maintaining occupancy limits within our buildings and requiring all persons to remain six feet apart to the greatest extent possible
- Requiring all staff to complete a symptom and temperature check each day they enter the office
- Requiring face masks or coverings for all employees, patients, and visitors in accordance with the state’s guidelines
- Making spatial adjustments to facilitate social distancing and proper hygiene (e.g. single-use bathrooms, chairs six feet apart in all waiting rooms)
- Providing essential in-person care
- Offering telehealth appointments and at-home services
- Implementing organization-wide employee exposure guidelines
- Following state guidance on out-of-state travel and self-quarantining
- Increasing the frequency of cleaning and sanitation
- Enforcing organization-wide guidelines on attending and hosting events
- Continuing to review and update organizational protocols based on guidance from the Centers for Disease Control and Prevention (CDC), NYS Department of Health (DOH), the state of New York, and city and local officials.

I’m eternally grateful for the outpouring of support from our community — from the many generous donations, to the adherence of mask wearing and responsible social distancing — which I believe has led to significantly lower infection rates in the North Country than in many other parts of the country. When we work together, we really can provide the best care possible - no matter what.

In this together,

Tess Barker
President & CEO



You gave us your heart when times were tough. We are so very grateful.

patients and donors we could ask for. We appreciate your patience and understanding during these challenging times. We are beyond grateful for you and can't wait to see what 2021 brings.

Thank you for helping us provide care to our communities - No Matter What!

Meet our new staff!



Nicole, FNP
Pro-nouns: She/Her/Hers

Nicole is a Family Nurse Practitioner at our Plattsburgh Health Center!

Nicole has been an RN for eight years working in Critical Care and most recently Labor and Delivery. In her free time she loves hiking and canoeing with her dog Marvin. She is thrilled to join the Planned Parenthood team and is looking forward to learning and growing as a new Nurse Practitioner. She is most excited to be able to provide all of the services offered at Planned Parenthood to help ensure healthy futures.



Megan, MA
Pro-nouns: She/Her/Hers

Megan is a Medical Assistant for our Malone and Saranac Lake Health Centers!

She enjoys a challenge, and is very excited to learn. She loves the organization and everything it has to offer, and cannot wait to be a part of helping others. She is very eager to meet and get to work with everyone.



Sarah is a Medical Receptionist in Plattsburgh!

"Having done many events for PPNCNY in the past, I am so excited to officially be a member of the team. This organization does so many wonderful things for anyone and everyone and I am very excited to be a part of that. I cannot wait to meet everyone and to work together!"

Sarah, MR

Pro-nouns: She/Her/Hers



Casey, EIE Coordinator

Pro-nouns: He/Him/His

Casey is the Sexual Assault Services Enough is Enough Coordinator who serves Clinton, Franklin and Essex counties!

Casey is excited about the new opportunities this career change can hold, as well as continuing to be a part of an organization that works to improve and be invested in its community.

You can now have your visit from home!



Keep an eye out for our Telehealth Billboard on I-81 in Watertown, NY!

To help minimize potential exposure of patients and staff to COVID-19, we may be able to schedule your visit through telehealth. This means that, instead of coming to our health centers for your visit, our providers will reach you at or near the time of your scheduled appointment via video chat.

COMMON TELEHEALTH APPOINTMENTS

- Birth control consult and renewals
- Wellness and behavioral counseling
- STI screenings (may require an in-person visit)
- Follow ups from procedures
- UTIs, vaginal issues and pain
- PrEP (Pre-Exposure Prophylaxis)

We now offer gestational dating with a pregnancy test visit for people continuing their pregnancy. Most OB offices need a pregnancy verification to schedule and OB appointment.

Sexual Assault Services Updates:

Sexual Assault Services currently has 13 volunteers and we are looking for more Certified Rape Crisis Counselors (CRCC) to be a part of our hotline. This volunteer opportunity

Apply to volunteer as a CRCC!

can be done remotely and the training is provided free of cost through our program!

Nathan Niles, our Sexual Assault Prevention Educator has a YouTube channel with learning tools in regard to Sexual Assault Prevention. We encourage you to watch and share these lessons with friends & family!

[Visit our YouTube Channel](#)

Sexual Assault Services
If you or someone you know has been sexually assaulted, we are here. It's never too late to get help.
You are not alone.

1-877-212-2323
Sexual Assault Toll-Free Hotline

Sexual Assault Services
believe.listen.support

Serving Clinton, Franklin & Essex Counties

- 24 Hour Confidential Hotline
- Free, confidential counseling
- Office of Victims Services (OVS) claim assistance
- A supportive hand at the hospital, police station or courthouse
- Information and referrals

Clinton & Essex Counties: (518) 561-0605
Franklin County: (518) 483-7150

1-877-212-2323
Sexual Assault Toll-Free Hotline

Planned Parenthood
Care. No matter what.

Sexual Assault Services at PPNCNY offers free, confidential counseling to individuals in Clinton, Franklin and Essex counties. These counseling sessions can be via zoom or over the phone.

Our free, confidential hotline is available 24/7 at 1-877-212-2323.

While things may look a little different, we want you to know that we are still here for you!

If you would like brochures/flyers about Sexual Assault Services for your organization or business please reach out to shelby.gonyo@ppncny.org

Be a PPNCNY Superhero!



Donating to PPNCNY

Want to make a one time gift to PPNCNY?

Your donation will go towards helping your friends, family, co-workers and neighbors get the care that they need and deserve at little to no cost to them. Thank you for taking care of our patients, we couldn't do this without YOU!

[Donate here!](#)

In Case you missed it:

Check out what is going on in public affairs & Planned Parenthood:
<https://www.politico.com/news/2021/01/28/biden-trump-anti-abortion-rules-463347>

<https://www.plannedparenthoodaction.org/blog>

Hear 7 women share their abortion stories
<https://www.health.com/condition/pregnancy/women-share-abortion-stories>

Check out how Gen Z is taking abortion/reproductive rights to Tik-Tok:
<https://www.nytimes.com/2020/12/10/style/abortion-rights-activists-tiktok.html>

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