

Insider News



Providing Care, No Matter What

Since the beginning of the COVID-19 pandemic, everyone at PPHP has remained committed to our goal of providing care, no matter what. And that's exactly what we did.

Our 10 health centers remained open to provide vital reproductive health care. Additionally, we expanded our Telehealth service to provide care to patients who remained in the safety of their home. Patients would use a smartphone, tablet, or computer and speak with our health care providers to access birth control, emergency contraception, testing and treatment for sexually transmitted infections (STIs), HIV testing, PrEP and PEP for HIV prevention, Gender Affirming Care, and other gynecological issues. We also added medication abortion care to our Telehealth program.

Not every patient's care was

available through Telehealth, including prenatal care, in-center abortion care, and other health issues. Some patients were also not comfortable with Telehealth and we happily welcomed them into our health centers.

As we entered the end of the summer, more patients began choosing to come to our health centers for care, but our Telehealth program is still available for patients who prefer that option.

Throughout this crisis, our staff members showed incredible strength and determination to be there for our patients. Adjusting to the new safety measures to protect themselves and our patients was not easy but they did it with smiles on their faces, behind their masks.

The support from our communities as we continued caring for individuals was greatly appreciated by everyone at PPHP.



Staff members in our health centers ensured every individual who needed care during the COVID-19 pandemic received the high-quality, compassionate care we are known for.



Message from the President

Dear Friends,

I know these have been difficult months for many of us and I want to begin by thanking you for your continued support of PPHP. Many of you have reached out to see how our staff adjusted to working during this pandemic and sending notes of support. Please know those efforts are greatly appreciated by our staff members.

Because of COVID-19, we had to cancel our in-person events but that didn't stop you from supporting us. Through our virtual Suffolk Supports PPHP and Empower Gala events, your generosity continued and I thank you for being there for us. A full recap of our Empower Gala will be in our next e-newsletter.

We have many exciting things happening here, from adding new services like vasectomies and treatment for HIV, to renovations to our health centers. I hope we are able to get together in person in 2021 so you can see all we are working on.

Our Education and Training and Public Affairs staff members have adjusted and remain in contact with young people and activists virtually. However, they eagerly await the time they can get back into classrooms and in the community to further our mission.

Election Day is coming and I hope you have your plan ready to ensure your voice is heard. There are many seats on the ballot this year from federal, to state, to local offices. Be sure you know how, when, and where you plan to vote.

Thank you again for your continued support of PPHP's health care services, education programs, and advocacy efforts. We could not do it without you.

In this together,
Vincent Russell
President & CEO



Improvements to Health Centers Continue

We remain committed to providing the highest quality reproductive health care to our patients. Part of that means having state-of-the-art health centers for our staff and patients.

As you know we recently renovated our White Plains, Smithtown, and Riverhead health centers to improve the patient and staff experience. Despite the COVID-19 pandemic, we have moved forward with renovations to our New Rochelle and West Islip health centers.

Earlier this year, we made the decision to relocate our New Rochelle health center to a new space in the city. This new space is being built to our specific needs for optimal patient-flow. The health center will be nearly 5,200 square feet and increase the number of exam rooms from four to six. The waiting room will be larger to make our patients more comfortable while waiting for their visit. We anticipate this work will be completed by the end of this year.

Our West Islip health center is almost doubling in size from 2,000 square feet to 3,882 square feet. We are increasing the size of the waiting

room and doubling the number of exam rooms from three to six. Patients will continue to receive care during the renovations.

In addition to improving our health centers, we continue to add new health care services for our patients. In February we launched Vasectomy services for patients who choose that form of permanent birth control. The service is available in our Smithtown and White Plains health centers but consultations are available at all 10 of our centers. We offer the No-Scalpel Vasectomy so the recovery time is faster and risk of complications is lower.

In October we are launching treatment for patients who have a positive HIV test. Previously, we would refer patients to another provider for care; now they will be able to receive the necessary treatment from our health care staff. The faster the patient begins care, the better results they have. We are the only Planned Parenthood affiliate in New York to offer this care, and the second affiliate across the country.

We will continue exploring ways to provide more services and improving our health centers.

Educating Programs Move Into The Virtual World

As schools in our region began closing, our Education and Training staff members knew we needed to adjust our programs in order to continue providing comprehensive sex education to young people. And we did just that!

Our health educators recorded their lessons to share with students online. The videos were posted on our Youtube page, making them accessible to more young people. We also began offering live lessons through platforms such as Zoom.

We also began using social media for live sessions with one of our health educators and a staff member from our Public Affairs

Department. During these live sessions, we discussed a wide range of sexual health topics and answered questions from our viewers. It has been a great way to engage with young people while unable to meet in person.

In June, our Teen Information and Peer Services (TIPS) program participants held a virtual prom. Even though schools closed in March, these teens continued their meetings online for the remainder of the school year, concluding with a prom celebration. The TIPsters were very appreciative of the opportunity to wear their prom attire, as their school proms were cancelled.

During the summer, we

launched a virtual summer camp called Peer Health Ambassador Summer Enrichment (PHASE). Fourteen young people attended and learned about reproductive health as well as other life skills, all while having fun. The group met twice a week through Zoom and Google Classroom. It was a great opportunity for youth to interact with others while remaining safe.



Get Out And Vote!

As you know, Election Day is Tuesday, November 3, but did you know that you can cast your ballot before then?

There are several ways you can vote in New York:

- Absentee/Mail-in Voting: You can request your ballot through the mail by submitting the New York State Absentee Ballot Application before Oct. 27. Once you receive your ballot, it must be postmarked by Nov. 2 if you mail it in, or you can drop it off at your local polling location on Election Day.
- Early Voting: You can vote in-person Saturday, Oct. 24 through Sunday, Nov. 1 at designated locations in your county. Check with your local Board of Elections for locations and times.
- Election Day: You can vote in-person at your designated polling location on Tuesday, Nov. 3. from 6 a.m. to 9 p.m.

It's important to have a plan for voting. Decide how and when you want to make your voice heard, ensure you know the deadlines for voting, and research the candidates. To see a sample ballot for where you live, visit www.ballotpedia.org. Enter your address and it will show you who is running for each seat representing you—federal, state, and local.

Once you have your plan, make sure your family and friends have their plans too. If you have questions about voting, visit the New York State Board of Elections at www.elections.ny.gov or your county Board of Elections.



Story Corner

Matisse shared her story:

“At my (Catholic) university, it went beyond birth control. The health center there wouldn't provide prescription birth control, STI tests, or even condoms. Not even when I was sexually assaulted and called the campus health center for help. No emergency contraception, no STI testing, nothing – when I needed it most.

When I asked if they knew where the closest Planned Parenthood was, they told me to use my own resources to find out.

Thankfully, I have access to the magic of the Internet, and the means to travel. ”





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For more information about PPHP services and programs, please visit www.pphp.org.

Health Center Locations: Huntington, Mt. Vernon, New Rochelle, Patchogue, Riverhead, Smithtown, Spring Valley, West Islip, White Plains, Yonkers

US Supreme Court Justice Ruth Bader Ginsburg 1933 - 2020



"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. When the government controls that decision for her, she is being treated as less than a full adult human responsible for her own choices."

Ruth Bader Ginsburg,
1993 Senate Confirmation Hearings

Continue Your Support

A monthly gift to PPHP ensures continued care for patients in your local communities. Consider joining our Monthly Giving Program today.

Double your impact! Does your employer have a matching gift program?

Committed to safeguarding the future of reproductive health care?
Consider leaving a legacy gift to PPHP.

Please contact the Development Department at Development@pphp.org for more information.

Donate today! Visit www.pphp.org/donatotoday.

