



mar monte  
news WINTER  
2019

# Teen Moms

Thanks to you,  
they're learning how  
to be super moms



## PLUS:

Enjoy retirement while  
building your legacy

Where we've seen you  
joining the fight

## Letter From PPMM CEO Stacy Cross

Dear Friends of PPMM,

Your dedication and commitment to supporting our work means we're starting 2019 with some good news.

You've put Planned Parenthood Mar Monte on a course to expand services in the community, including our unique and newly enhanced education programs. We are especially excited to offer one-on-one counseling sessions to teen moms, which you'll read about in this newsletter. Your generosity made this all possible.



You have helped in so many other ways as well. I was truly inspired to see how many of you hit the pavement with us during the 2018 midterm elections to get out the vote and protect health care for everyone. You knocked on doors, made phone calls, wrote checks and spread our message on social media. And look at the result! There's a new reproductive rights majority in the House and even more reproductive rights advocates in California and Nevada legislatures – including two governors who are big supporters of Planned Parenthood.

I'm sure you're as delighted as I am that Dr. Leana Wen is the new president of Planned Parenthood Federation of America (PPFA). Dr. Wen, former Baltimore City Health Commissioner and a highly respected emergency room physician, is exactly the sort of leader I was hoping for who will bring fresh eyes and new enthusiasm to our mission and our work.

Despite the fact that PPMM services are still under dire threat in the national political climate, including the new conservative majority on the Supreme Court, you've given us a lot to be excited about this year. We know you will be standing with us while we continue to serve the people who need us – no matter what. And we are deeply grateful for you.

On behalf of the 250,000 people you are helping this year – thank you for all you do.

Warm regards,  
*Stacy*



# One-on-One with Teen Moms

How your support has improved  
the Teen Success program

**Y**ou're a steadfast supporter of Planned Parenthood Mar Monte, so you probably already know about the decades-old Teen Success peer-support program that helps pregnant and parenting teen girls set personal goals, finish school and be self-sufficient.

But, did you know that your continued generosity has now made it possible for the program to adopt a new, enhanced model?

We have partnered with Teen Success, Inc., founded by former California State Sen. Becky Morgan, and we now have specially trained PPMM Teen Parent Support Advocates. These Education staff members lead personal coaching sessions with young moms to give them a stronger foundation for the future.

"The one-on-one coaching lets us fully support the girls, individually," said Nikki Raffail, Teen Parent Support Advocate in Reno. "It's a big improvement from only working in group sessions because you can focus for an entire hour on the specific needs of one girl instead of focusing on 10 to 14 girls at once over two hours."

More than 60 teen moms and moms-to-be in PPMM's California and Nevada service region are enrolled in the new Teen Success, Inc. model. Participants start with 4-6 weeks of one-on-one coaching with their advocates, including being linked to community and school resources. Then they begin attending weekly support groups in addition to their weekly coaching sessions with advocates.

“As much as I might be able to help one teen mom, that’s not the same as her being with other teen moms who are going through a lot of the same challenges,” Nikki explained. “Both of these sessions are helpful in different ways.”

The mothers agree, including Sacramento-area 17-year-old, “Sarah.” She has been working with her PPMM coach Rosario Rosas to get a driver’s license and effectively handle some issues with her baby’s father.

“I’ve been in the program for a while now, and I got to see how it was before and after the coaches were involved. It was always great, but the whole thing has really improved,” Sarah said. “My coach helps me with whatever I need and lets me call her any time.”

Brendy Mendoza, Teen Parent Support Advocate in Fresno, said she wishes she’d known about Teen Success when she was a teen mom. She’s been in the shoes of the girls she’s counseling, and she knows that some young mothers are treated like they’ve ruined their lives.

**“It’s amazing to watch them accomplish the things that they thought they could not and celebrate every milestone throughout their journey.”**

“It gave me firsthand knowledge about the stigma and challenges this population is confronted with,” Brendy said. “I am able to understand how difficult it can be to envision a bright future, especially when the odds are statistically against you.”

Even though it’s only been a few months since the new model was rolled out, we’re already seeing coaching successes for participants and staff.

For example, Reno teen support advocate Nikki is counseling one young mom who is figuring out how to set up childcare while she’s studying for her GED so she can get a job.



“For some girls, finding out the extent of things they have going on and how things layer on top of each other is so important,” Nikki said. That’s how they learn to navigate challenges that many of their peers don’t have to face.

The pay-off is a better chance at self-sufficiency for teen moms and their children. Fresno teen support advocate Brendy knows that from personal experience.

“The most rewarding aspect of working with teen moms is watching them grow and become confident individuals,” she said. “It’s amazing to watch them accomplish the things that they thought they could not and celebrate every milestone throughout their journey.” ■



# From Mar to Monte

NEWS FROM AROUND  
THE AFFILIATE

## Women's March



Planned Parenthood Mar Monte supporters and staff joined locally planned and funded Women's Marches on Saturday, January 19 to promote inclusivity and equity.

In the third annual march, thousands of people across California and Nevada carried signs affirming women's rights. They cheered when speakers celebrated the triumph of female candidates in the mid-term elections and listened to stories about how far women have come – and how far we still have to go.

## Community Rummage Sale

Imagine Democracy, an activist group based in Santa Cruz, held a rummage sale in November that benefitted PPM education programs in Santa Cruz. The group's event was held over two days and raised more than \$4,000 that will be matched by an anonymous donor.

## WorldWideWomen Girls' Festival



PPMM educators set up a popular booth on the Santa Clara University campus in Silicon Valley last October as part of the Girls' Festival, sponsored by Bay Area gender-equity company, WorldWideWomen. The educators also gave a short workshop about sexual consent, and more than 300 adults, kids and teens came by to check it out.

## Peninsula Breakfast



For the past 24 years, The Peninsula Breakfast in Redwood City, CA has brought out hundreds of dedicated neighbors and allies who support our mission and the people we serve in their communities. Every gathering is more memorable than the last, and this year we are thrilled to have **the new President and CEO of Planned Parenthood Federation of America, Dr. Leana Wen, join us as our key note speaker.** To learn more visit us online at: [ppmarmonte.org/penbreak2019](http://ppmarmonte.org/penbreak2019).

# Donating to Save Money & Transform Lives

How the Lagiers thought beyond cash



*Larry and Sara Lagier, who support PPMM while enjoying their retirement, on an island off the south coast of Turkey*

**L**ike you, Larry and Sara Lagier are lifelong advocates of women’s rights who know first-hand just how important – and vulnerable – reproductive freedom and health care are.

“I’m worried about our country,” Sara said, “and think it’s important to stand with women and fight back against mean-spirited attacks on health care.”

The Lagiers came from humble upbringings, with parents who taught them the value of helping others.

“Even though we didn’t have much growing up, both of our families made a point to set some money aside for charities. That value stayed with us,” they agreed.

Now, as a retired couple, Larry and Sara enjoy making a difference for the causes they care about while spending their free time exploring the world. At the recommendation of Larry’s daughter, Sydney, they discovered that they could do both on an even larger scale.

Sydney, a retired CPA and longtime supporter of Planned Parenthood Mar Monte herself, suggested that Larry and Sara donate part of their IRA Required Minimum Distribution (RMD) directly to PPMM as a way to lower their taxes.

“Giving this way can be a complicated thing to explain, but it’s worth understanding,” Sydney said. “By giving assets outside of cash, you can generate more income for yourself while helping a charity. There are very few things in life where both parties win, but this is one of them.”

Larry agreed. “It’s a terrific way to save taxes while being able to give more,” he explained. “Not only do we have that instant gratification from giving to Planned Parenthood Mar Monte and helping women, we get to avoid income taxes on the donation. It’s even better than writing off a cash donation.”

But they didn't stop there. When Larry sold his condo in San Jose, rather than investing the money in a mutual fund, Larry's daughter suggested he set up a Charitable Remainder Trust (CRT) with Planned Parenthood Mar Monte as the beneficiary. In doing so, Larry and Sara receive monthly payments with interest for life, and when the term is complete, the remainder is gifted to PPMM.

"Honestly, because of the interest on the CRT, we've already made back the sale of the condo through our monthly checks," Larry said. "For people who don't need the money all at once, putting a large deposit in a CRT is an outstanding way to invest. You get to deduct the full amount from your taxes, receive monthly checks, and make a large gift at the end of it." ■

## How you can strategize your giving

You can take advantage of the same opportunities that Larry and Sara are employing to maximize their retirement savings, or you can reach out to us for more information about additional options that will serve your community while ensuring your own security.

With the new tax law, you may need to be more strategic with your gift planning in order to maximize your tax savings. For those 70 ½ years and older, donating part of your IRA Required Minimum Distribution (RMD) can be an effective strategy to accomplish this. Here's how:

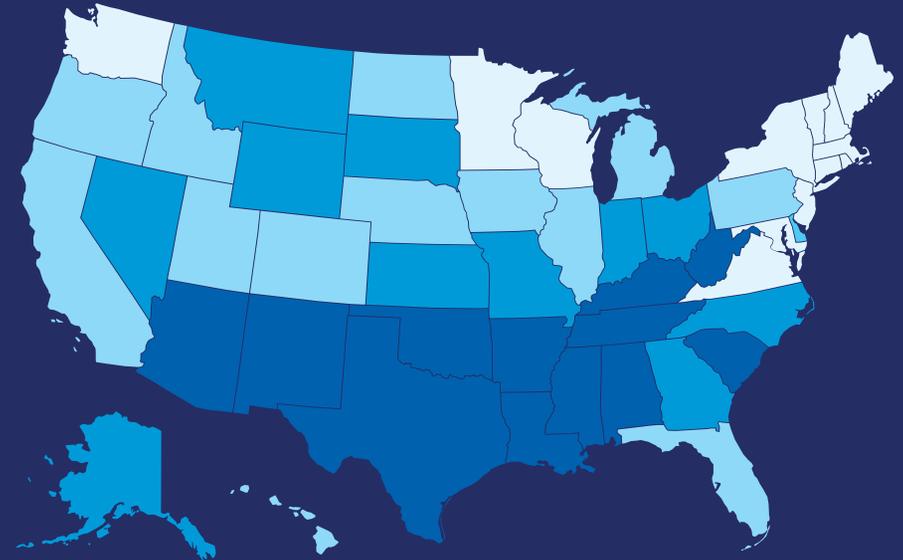
1. Contact your IRA account administrator.
2. Ask your administrator to transfer all or a portion of your IRA RMD directly to Planned Parenthood Mar Monte (Tax ID #94-1583439), and notify us of your incoming gift.
3. Avoid income taxes on your gift, which may lower your annual tax rate.

Interested in learning more about how to set up a Charitable Remainder Trust? You can use cash or stock to fund it, with one or two beneficiaries who are at least 50 years of age. Contact us to learn more.

**Questions?** We'd love to hear from you. Please contact our Planned Giving Department at [plannedgiving@ppmarmonte.org](mailto:plannedgiving@ppmarmonte.org) or 916-325-1705.

# Did you know?

**Q:** Where are the highest teen pregnancy rates in the United States?



Teen births per 1,000 females ages 15-19 by quartile  
Source: CDC Division of Reproductive Health

■ <20   ■ 20 to <25   ■ 25 to 30   ■ >=30

**A:** According to the Guttmacher Institute\*, teen pregnancy and teen birth rates are often higher in rural areas, where there is less access to comprehensive contraceptive services than in urban areas. Also, U.S. states that have large populations of people with conservative religious beliefs tend to have higher rates of teenagers giving birth because of prevalent views about abstinence and contraception.

As of 2016, Nevada was ranked 15th highest and California was 35th for teen birth rates.

\* Guttmacher is the nation's leading research and policy organization dedicated to reproductive health and rights.

# Pros & Cons

## NEWSWORTHY QUOTES

"Can you think of any laws that give the government the power to make decisions about the male body?"

**Senator Kamala Harris**

*September 5, 2018, during the senate confirmation hearings for Brett Kavanaugh*

"I'm not thinking of any right now, Senator."

**Supreme Court Justice Brett Kavanaugh**

"Health care was on the ballot and health care won."

**House Speaker Nancy Pelosi**, in reference to 2018 midterm election results, during a press conference

"My mom was a patient when I was a kid, and I volunteered as a patient escort when I was a medical student. I remember thinking: What kind of world do we live in where, in order to get health care, women – and men, but mainly women – have to walk through lines of protesters? The politicization of care deeply troubles me. That's, unfortunately, the reality that we're in."

**Dr. Leana Wen**, President of the Planned Parenthood Federation of America and the Planned Parenthood Action Fund, in interview with New York Times reporter

"The president of the United States is a position that is respected around the world, and he needs to respect it, and he needs to treat it with dignity and stop the politics of divisiveness and bring us together in ways that we can look forward."

*Newly elected Nevada Sen. Jacky Rosen, during a press conference in Las Vegas on November 9, 2018*

"Study after study has shown that when men make less than women, women generally don't want to marry them. Over big populations this causes a drop in marriage, a spike in out of wedlock births and all of the familiar disasters that inevitably follow. More drug and alcohol abuse, higher incarceration rates, fewer families formed for the next generation."

**Tucker Carlson**, Fox News host, January 3, 2019, during Tucker Carlson Tonight on Fox News

"I feel very excited. I have never seen so many great people mobilized, volunteering for candidates and serving in campaigns. This is our moment. It's our turn at the leadership table. And we need to keep pulling up the generations after us. It's an absolutely pivotal time."

**Congresswoman Veronica Escobar**, who is the first Hispanic woman Texas has elected to Congress, speaking to an NBC News reporter on September 15, 2018

# 5 Things You Can Do Now

## 1. DONATE

You can make a donation today to support PPMM's mission:

[ppmarmonte.org/donate-today](https://ppmarmonte.org/donate-today)

or call us at (408) 795-3780

## 2. VOLUNTEER

Join hundreds of volunteers across PPMM who support our mission daily:

[ppmarmonte.org/volunteer](https://ppmarmonte.org/volunteer)

## 3. SHARE YOUR STORY

Tell us about a time PPMM helped you or someone you care about:

[ppmarmonte.org/my-story](https://ppmarmonte.org/my-story)

## 4. HUG A HEALTH CENTER

Drop off a thank you card or other sign of support for staff at your local health center.

## 5. ENGAGE

Hear the latest via our social media work. Join the conversation, share with friends, help spread the word:



[twitter.com/ppmarmonte](https://twitter.com/ppmarmonte)



[fb.com/plannedparenthoodmm](https://fb.com/plannedparenthoodmm)



[instagram.com/ppmarmonte](https://instagram.com/ppmarmonte)



[youtube.com/PlannedParenthoodMM](https://youtube.com/PlannedParenthoodMM)

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