

Choice News

Letter from President & CEO



It has been a busy summer at PPHP, from threats of federal defunding, to opening a new health center, to successful events bringing together

friends, new and old.

I know you supported Planned Parenthood as we faced uncertainty of continued federal funding and the fight to repeal the Affordable Care Act. You made calls, sent letters, attended rallies, signed petitions, and shared information on social media. We have been victorious to date, but the fight is not over. We must remain vigilant as opponents will continue attacking people's access to health care.

Our 2016 Annual Report is now available at www.pphp.org. The report highlights our health care services, education programs, advocacy efforts, and fundraising events for the past year, to many of which you contributed.

Our Empower Gala is Thursday, October 19 at the Westchester Hilton. The keynote speaker is Dr. Willie Parker, a reproductive justice advocate. I hope you will join us for what promises to be an exciting evening.

Thank you for supporting PPHP.

In solidarity,

Vincent Russell
President & CEO

New Riverhead Health Center Opens

On July 18, our new, state-of-the-art health center in Riverhead opened to a packed schedule of patients. The center was custom built to best meet the needs of our patients and staff.

Our new center features three exam rooms, two counseling rooms with restrooms attached to each one, a laboratory, and a spacious waiting room with a restroom.

During the transition from our previous location to the new center, patients were able to receive certain services on *SmartWheels*, our education and testing vehicle. The response from our patients has been very positive about the new center.



The Ribbon-Cutting Ceremony will be on Friday, September 15 at 11 a.m. for the new health center. Tours will be given throughout the day until 5 p.m.

Reservation are required to attend the ribbon cutting ceremony and tour the new center. To register, please contact Durrie Golding at (914) 467-7337 or durrie.golding@pphp.org.

PREP Work Is Underway

Earlier this year, we were awarded a federally-funded 5-year grant for the Personal Responsibility Education Program (PREP). Through PREP, young people in Suffolk County will have increased access to comprehensive, evidence-based sexuality education and reproductive health services.

Our Education and Training PREP staff delivered two cycles of the evidence-based program, Be Proud! Be Responsible! to youth at Central Islip High School. These cycles were the first implementation of evidence-based programming under PREP. Delivered in multiple sessions to almost 40 students, the curriculum engages participants in various activities to help them learn skills that will reduce their risk of

unintended pregnancy, STIs, and HIV. This program was presented as a result of an enhanced partnership with the Central Islip School District.

Our PREP staff looks forward to cultivating similar relationships with other schools and community-based organizations to help young people stay safe and have increased access to reproductive health care.

To learn more about our PREP activities in Suffolk County, please contact Maritza Quintero, PREP Manager, at (631) 240-1130 or maritza.quintero@pphp.org.





Summer Filled with Events

This summer, we hosted a number of fundraising, fun, and educational events. From our East End Benefit, to the 30th anniversary screening of *Dirty Dancing*, to PPHP Comedy Night, to the Summer Benefit, to Pink Out the Night, our supporters have turned out to stand with PPHP. We greatly appreciate all of your continued support for our mission and services. We couldn't do it without you.

Putnam County STI Awareness Campaign

PPHP's Bridge Builder Liaison, Claire Volain, funded by the Dyson Foundation, builds partnerships and collaborations throughout Putnam County to link residents to reproductive and sexual health services. As the leader of the Putnam County Reproductive Health Coalition, Claire provides Putnam County communities with educational programs, free, rapid HIV testing, and events to promote awareness around sexual and reproductive health.

Recently the Coalition launched an STI awareness campaign to address the increasing rates of

sexually transmitted infections in Putnam County. The Know Your Status campaign includes flyers in the community and emails to school social workers, health professionals, and principals.

If you are interested in learning more about our education programs in Putnam County, please contact Claire Volain at (914) 220-1055 or claire.volain@pphp.org.

New Pre-Menopause Services

In our continuing efforts to expand services and meet the needs of our patients, PPHP is now offering health care services to patients entering or already experiencing menopause. Menopause is the time in life when a person stops having periods because of hormonal changes. This usually happens in their late 40s or early 50s, but may happen earlier. It starts when ovaries stop making estrogen and slow down making other reproductive hormones, like progesterone. If someone is between 45-55 and hasn't had their period in a year, isn't pregnant, and doesn't have a serious illness, they may be going through menopause.

Perimenopause means the time leading up to menopause where someone may have symptoms. This stage can last anywhere from a few months to up to 10 years, and is a process that may start, stop, and start up again. Perimenopause usually begins in a person's 40s, but it can start earlier, too. People who smoke usually start perimenopause

2 years earlier than nonsmokers.

For more information about perimenopause and menopause, or to schedule an appointment at one of our health centers, visit www.pphp.org.



Baby Showers for Our Prenatal Patients

On Saturday, August 19, we hosted our first baby shower for our prenatal patients in White Plains. Each mother received a diaper bag, diapers, wipes, portable sleeper, books, and more.

During the shower, guests learned about safe sleeping for newborns, breastfeeding, and early signs of post-partum depression. Fun baby shower games were also played.

Additional baby showers are being planned for our prenatal patients in Yonkers, New Rochelle, Smithtown, and Patchogue. If someone is unable to attend the shower, they will still receive the gifts to help them with their newborn. The showers are funded by Planned Parenthood Federation of America and private donations.

Upcoming Events

For more details, visit www.pphp.org or contact Durrie Golding at durrie.golding@pphp.org or (914) 467-7337.

Sex Ed Trivia

Hosted by PPHP Emerging Leaders Council
Thursday, September 28, 2017
KOI Creative Space, White Plains

Empower Gala

October 19, 2017
Keynote Speaker: Dr. Willie Parker
Hilton Westchester, Rye Brook

Salon Art + Design Private Viewing

Friday, November 10, 2017
Park Avenue Armory, New York City

Dirty Mouths Dirty Martinis Comedy Night

Wednesday, January 17, 2018
Irvington Town Hall, Irvington