

Upper Hudson Planned Parenthood Turns 90!

Upper Hudson Planned Parenthood is proud to celebrate our 90th anniversary with you. Throughout 2024, we will reflect on our rich history and roll up our sleeves as we prepare to build our future together. Our community continues to stand strongly in support of our mission, and because of you, we will continue delivering on our promise of care, no matter what.

We've endured several struggles from the early birth control initiative of the 1930s and 1940s, to the legalization of birth control (for married women only) in the 1960s. Our ability to provide care was also limited by religious influences and directives right here in Albany and were unable to provide abortions until 1985.

Today, we are proud to offer abortion care at all three centers and continue to expand our services, providing gender-affirming care, and enhancing our behavioral health program of honoring our patients as whole people. We're stronger than ever because we've needed to be.

Despite our growth, we acknowledge the ongoing challenges in health care access and its far-reaching impact on people throughout our country. "I am concerned for young people, forced to grapple with where to go to school, to work or live, with what freedoms they may have to relinquish. Restrictions on abortion rights and freedom of gender expression in countless states cannot be overstated," says Chelly Hegan, UHPP President & CEO.

As we celebrate our 90th anniversary, we invite you to join us at various events and advocacy opportunities. For our work to continue, we rely on strong alliances with local elected representatives, our coalition partners, dedicated advocates, and philanthropic support. We must get out the vote to ensure the passage of the ERA here in New York, securing our future, and advocating for the freedoms we all want and deserve, so that they can be protected and enjoyed for generations to come. Together we can make UHPP the best it can be every day for our patients, community, and ourselves.



Celebrate our 90th Anniversary UHPP Gala—Thursday, June 13, 2024!

Join us for a special evening at UHPP's largest and most important fundraising event and help celebrate 90 years of delivering high quality health care to all who need it. This year, **we are thrilled to honor former UHPP CEO, Patricia A. McGeown with the Assemblymember George Michaels Award for Bravery** for her tireless dedication to protecting abortion access in New York State. The Gala will include a seated dinner, special guests, music, and dancing. Support this premier event and help create the future we all want, where health care—regardless of race, gender, income, sexual orientation, and background—is valued and prioritized in our country and right here in our community. **For any questions, please contact Fiona McNally at fiona@uhpp.org or 518.434-5678 x118.**



UHPP Launches Abortion Doula Program

In late 2023, UHPP introduced an abortion doula program aimed at offering comprehensive physical, emotional, and informational support to patients throughout their abortion visits including during the procedure. The abortion doula's role is to enhance the comfort of patients by ensuring they have essential amenities, such as providing snacks and maintaining a warm environment. Additionally, they can engage in discussions about feelings and thoughts, offer distractions through unrelated conversations, guide patients in practicing focused breathing and relaxation techniques, provide reassurance, offer hand-holding or comforting touches, and support patients in advocating for themselves.

Dr. Lee Stetzer, Medical Director at UHPP, expressed enthusiasm about the program, stating, "UHPP was eager to implement this initiative to provide an additional layer of care beyond the medical aspect, addressing the immediate needs of patients in the present moment." The doulas came into this volunteer position with previous doula training and experience, and outside education was supplemented by UHPP's volunteer orientation team. Presently, one doula is available in the recovery room on in-clinic abortion days.

For more detailed information, please visit uhpp.org.

Successful Day of Action!

Hundreds of advocates convened at the Capitol in Albany to champion the 2024 agenda.

Reflecting on the challenges faced since the unsettling events of June 2022, New York State Governor Hochul shared at the rally, "For the first time, the march toward progress and further rights in our nation took many steps backward. We've never seen that before. And we didn't just take that – we stood up. We gathered together."

UHPP advocates engaged with eight legislators to underscore the significance of Medicaid funding, financial support for abortion services, and the passage of Comprehensive Sex Education. Notably, in this session, hospital transparency legislation successfully passed both the assembly and senate. Sponsored by NYS Senator Michelle Hinchey, the bill mandates that healthcare facilities publicly disclose information about the services they provide, particularly in reproductive healthcare (such as miscarriage management and birth control). This transparency empowers patients to make informed medical decisions. In addition, the Reproductive Freedom and Equity Program, designed to strengthen New York's abortion infrastructure, has progressed in the Senate, awaiting the Assembly's alignment with this crucial initiative.

To get involved with our Public Affairs team, email madeliner@uhpp.org.



Exciting opportunity to sustain UHPP's Future!

Celebrate Upper Hudson Planned Parenthood's 90th Anniversary with a Legacy Gift that will help us stay strong for the next century. We are launching our Planned Giving Challenge with a goal of securing \$1M in documented bequests. Once we do, we will receive a generous gift of \$100,000 bolstering our ability to provide care, no matter what. By including us in your plans you will keep our health centers strong and support our mission to promote healthy sexuality and protect reproductive choice for all through exceptional services, honest education and fearless advocacy for generations to come.

Ready to join our challenge? Contact Anne Leiber, CDO at anne@uhpp.org.



855 Central Avenue
Albany, NY 12206
uhpp.org | 518.434.5678

804 Columbia St.
Hudson, NY 12534

120 Hoosick Street
Troy, NY 12180