

SUMMER 2023

HORIZONS

A Publication of Planned Parenthood South Texas



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MISSION STATEMENT

We provide and protect the health care and information people need to plan their families and their futures.

COVER

Youth Organizers with Planned Parenthood Texas Votes (L-R): Celeste Lee-Wo, Emma Wake, and Alona Henry

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THANK YOU TO OUR GENEROUS FUNDERS

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Letter from the Board Chair

When it comes to attacks on abortion access, men – from politicians to judges – are frequently the ones leading the charge. But when it comes to the fight for reproductive rights, men too often stand on the sidelines.

This must change if we are to restore equitable abortion access in Texas. Men: now is the time to leverage our societal privilege and our platform to advocate for basic human rights including the right of all people to make personal medical decisions without government interference.

As Board Chair of Planned Parenthood South Texas, a lifelong advocate of reproductive rights, and a man, I urge other men to use their voices and whatever influence they may have to fight against the abortion restrictions and outright bans in Texas and other states.

A Pew Poll in 2019 found that more than 6 in 10 men believe abortion should be legal in most or all cases. But many of them also believe that abortion isn't their fight and it isn't their place to speak up. I understand that instinct to step aside and remain quiet. I realize that it can come from a place of deep respect for the women in our lives. But our silence has become dangerous. And, as Gandhi put it, "silence becomes cowardice when occasion demands speaking out the whole truth and acting accordingly."

Let's be clear, there would be no unintended pregnancies, and thus no need for abortion, if it weren't for men's participation. Consider this: one in five men in the U.S. have impregnated someone who has had an abortion, according to data from the National Survey of Family Growth.

Let's be clear, there would be no unintended pregnancies, and thus no need for abortion, if it weren't for men's participation.

Yet it's overwhelmingly women who advocate for reproductive rights. If men want to have sex, they must also advocate for expanded access to abortion, not to mention birth control, STI testing and treatment, prenatal care, maternal health care, and age-appropriate, medically-accurate sex education.

Men often say they support abortion access because they have daughters. And certainly, women (and other people who can become pregnant) bear the brunt of the burdens resulting from laws restricting access to abortion. Researchers behind the Turnaway Study at the University of California San Francisco found that forcing people to continue pregnancies against their will often leads to long-term economic hardship and harm to their mental and physical health.

The study found that people who were not able to access abortion were three times more likely to be unemployed and four times more likely to live below the federal poverty line compared to people who were able to access an abortion. In addition, people who were denied abortions were more likely to be enrolled in government benefit programs such as food assistance.

People who are denied abortions are more likely to raise the resulting child alone without support from a partner or family, according to data from the Turnaway Study. The same study showed that such children are more likely to live in poverty and experience poor maternal bonding.



(L-R) PPST President & CEO Laura Terrill, San Antonio Mayor Ron Nirenberg, District 6 Councilwoman Melissa Cabello Havrda, and PPST Board Chair Merritt Clements open the new health center at Richland Hills.

But it's not just women and children who are affected by bans or unreasonable restrictions on abortion. Being forced into fatherhood before a man is financially and emotionally ready to become a dad can also hurt his educational and economic opportunities.

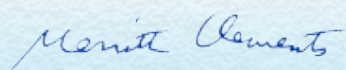
The data are clear, and our own common sense tells us: abortion bans hurt women, families, children and entire communities, not just in the short-term, but potentially for generations.

Men must become strong allies in the fight for abortion access. If you believe people should be able to control their own bodies and make their own health care decisions, now is the time to speak up. *How?*

- Download the starter kit from Men4Choice, an organization that educates and mobilizes male allies in reproductive justice work, at men4choice.org.
- Ask women how you can best help support them.
- Write your elected officials so they know that not just female constituents but male constituents, too, are willing to hold anti-abortion politicians accountable.
- Talk with candidates vying for public office about the importance of access to the full range of reproductive health care, including abortion, and vote for candidates who share your values.
- Attend rallies for reproductive rights, because there is strength in numbers and because women and other men need to see men represented in the fight.
- Talk to your male friends about their role in this effort. I recently hosted a small group of men friends to discuss abortion rights with PPST President & CEO Laura Terrill.
- Tell your stories and, with permission, those of the women in your lives.
- Say the word "abortion," often and with conviction, in order to reduce stigma. Abortion is health care, not a bad word.
- Donate money to groups working in the trenches to restore abortion access in Texas.

Above all, use your power, even when it's uncomfortable — *especially* when it's uncomfortable.

Abortion isn't just a women's issue. The government's interference in private health care decisions is an issue that affects all of us, and it will take all of us to end it.



Merritt Clements, *Board Chair*

***Men must become strong allies
in the fight for abortion access.
If you believe people should be
able to control their own bodies
and make their own health care
decisions, now is the time
to speak up.***



Opening new doors to care

With abortion banned in Texas, preventing unintended pregnancy has never been more important. As part of our work to forge forward in the face of state attacks on reproductive health care, Planned Parenthood South Texas opened a beautiful new health center on the Far West Side of San Antonio in March.

We built this new facility from the ground up at 235 Richland Hills in 2023 to relocate our health center previously housed in a small, rented space on Marbach Road. We will provide birth control, STI testing and treatment, cancer screenings, and much more to 4,000 patients at this health center every year.

Above: San Antonio Mayor Ron Nirenberg and Pat Smothers



Left: Jeffrey Hons, former Planned Parenthood South Texas President & CEO, speaks about the power of collective action

“Access to reproductive health care, which is a basic human right, belongs here on the West Side of San Antonio,” said San Antonio Mayor Ron Nirenberg at the ribbon-cutting on March 15. “Last year alone, [Planned Parenthood South Texas] saw 25,000 Texans. That tells you the critical work that’s going on in this facility.”

“Access to reproductive health care, which is a basic human right, belongs here on the West Side of San Antonio”



(L-R) Richie and Joan Wyatt pose with San Antonio Mayor Ron Nirenberg



The health center, located near the junction of Loop 410 and State Highway 151, features four exam rooms and a consultation room, a spacious layout and gorgeous natural light. The facility

also includes a training & education center.

The succulent garden is named for Jeffrey Hons, PPST's CEO for 22 years.

"We are the fastest growing district in the state," said District 6 Councilwoman Melissa Cabello Havrda at the ribbon-cutting ceremony. "[Planned Parenthood South Texas] really understood that, came to where the need was, and we appreciate that."

"We're offering high-quality health care in a space that provides an excellent patient experience"



This health center is the only Planned Parenthood site in San Antonio to receive Title X federal family planning funding. **At this site, people who live at or below 100% of the Federal Poverty Level can receive family planning services at no cost to them.**

The welcoming facility has been embraced by both patients and staff, said Candy Padron, Center Manager at Richland Hills.

"We're offering high-quality health care in a space that provides an excellent patient experience," Padron said. "It doesn't matter if you have insurance or not, if you have money or not. **We invite everyone to come visit this wonderful clinic.**"



Donors, supporters, volunteers and staff pose for a photo at the opening event of the Richland Hills health center.



Frontera Fund partnership increases access to health care

Planned Parenthood South Texas and Frontera Fund, the only abortion fund in the Rio Grande Valley, have teamed up to help Valley residents obtain essential health care.

For a limited time, Frontera Fund is providing financial assistance to qualifying Valley residents to receive services at no cost from Planned Parenthood health centers in Harlingen and Brownsville.

Patients can access birth control, pregnancy tests, STI testing and treatment, wellness exams, gender-affirming hormone therapy, clinical breast and pelvic exams, cervical cancer screening and treatment, HIV prevention, UTI testing, and more. The partnership also funds transportation to Planned Parenthood health centers for those who need it, as well as telehealth services.

Frontera Fund and PPST continue to fight to restore abortion access in Texas. In the meantime, we will not lose focus on the Texans who need immediate help controlling their help, lives and reproductive futures. After the fall of Roe, PPST doubled down on prevention of unintended pregnancy, and Frontera Fund expanded their mission to provide financial assistance to people seeking a broad spectrum of sexual and reproductive health care in the region.

In the first 10 weeks of the partnership, Frontera Fund helped more than 70 people access care at no cost to them.

We are profoundly grateful to Frontera Fund for their support. For more information about their mission, go to FronteraFundRGV.org.



Legislative wins and losses



At the start of the 88th Texas Legislative session, lawmakers introduced many bills attacking Texans and their bodily autonomy. All of these bills were emphatically and vigorously resisted by Planned Parenthood Texas Votes, the nonpartisan policy, advocacy and political arm of the three Planned Parenthood affiliates in Texas.

While some of these bills passed into law, many others were defeated — and some good bills were signed into law.

Wins

Dozens of harmful bills were defeated in the legislative session, including:

- **HB 2690** would have prohibited organizations, such as abortion funds, from providing support to people traveling out of state to obtain abortion care.
- **HB 787** would have been blocked businesses who helped their employees obtaining abortion care out of Texas from receiving tax breaks they were eligible for.
- **SB 959** would have banned Planned Parenthoods from partnering with charter schools to educate students about sexual health.
- **HB 61** would have prohibited government entities from providing financial or logistical support to people seeking abortion care.
- **SB 1029** would have made it extremely difficult or impossible for health care providers to offer gender-affirming hormone therapy to transgender patients of any age.

Planned Parenthood Texas Votes also worked with allies in the legislature to push for proactive policies aimed at increasing access to health care for Texans. We are thrilled by the passage of a new law that will eliminate the “pink tax” by exempting period products and baby-related products from the state sales and use tax.

We are also celebrating a law expanding postpartum Medicaid coverage from six to 12 months.

Losses

These bills directly attacked trans rights and/or reproductive rights.

- **SB 14** prohibits transgender minors from obtaining gender-affirming hormone therapy.
- **SB 24** strengthened the state’s support of fake clinics that spread false information in order to prevent people from seeking or receiving abortion care.
- **SB 12** restricts drag shows.

These new anti-trans laws are devastating news for the trans community. The fight for LGBTQ+ rights is inextricably linked with Planned Parenthood’s mission. Both reproductive rights and LGBTQ+ rights are rooted in bodily autonomy and freedom.

LGBTQ+ people are important to the Planned Parenthood South Texas community – they are our patients, staff, and supporters. They are part of the reason we fight to provide health care, information, and education, as well as reproductive freedom in South Texas. Planned Parenthood will continue to stand in solidarity with LGBTQ+ communities, fighting back against the oppression, discrimination, and harmful laws that threaten their health and well-being.



Pride

LGBTQ+ rights are human rights, and discrimination and legislative attacks on the LGBTQ+ community harm us all.

Planned Parenthood South Texas is proud to offer a wide range of health care services, provided with respect and compassion, to everyone – regardless of gender identity, gender expression, or sexual orientation. Our services include gender-affirming hormone therapy at all of our health centers.

Beyond our health centers, we stand in solidarity with community organizations who provide services for the LGBTQ+ community and fight stigma and discrimination every day.

- Pride Center San Antonio**
- South Texas Equality Project**
- Brownsville LGBTQ Task Force**
- Valley AIDS Council**
- Equality Texas**
- ACLU of Texas**
- Casa Kimberly**
- HRC San Antonio**

Lifting our voices

On April 14, hundreds of advocates from throughout Texas arrived at the State Capitol to participate in Planned Parenthood's Texas Lobby Day. This year's event was the first-in person Lobby Day since the COVID-19 pandemic began, and it provided a welcome opportunity for supporters to meet with elected officials and advocate for reproductive freedom.



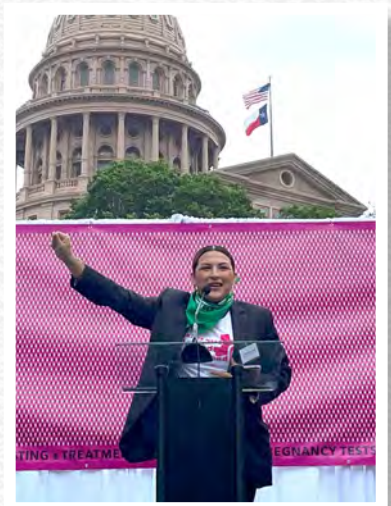
Planned Parenthood supporters sat down with legislators and their staff to share stories about how Planned Parenthood has helped them as individuals and provide education about how Planned Parenthood has strengthened the community. They thanked legislators who champion access to reproductive health care and asked what constituents can do to further their work.

Advocates also shared their stories with each other, creating moments of solidarity and energizing one another for the long fight ahead. At the midday rally, Luna Cisneros, PPST's organizer in the Rio Grande Valley and a trans activist, shared this:

"I live my life authentically, and part of why we came here today is because we cannot ignore the fifty-one anti-trans bills filed by Texas

politicians. These bills are harmful and hurt thousands of Texas families. We should be able to control our bodies, and our bodily autonomy is being attacked. **Reproductive rights are trans rights...** mi mensaje es claro: las mujeres trans también somos feministas y también merecemos ser parte de la conversación. Soy trans, soy mama - and we will not be erased! Aquí estamos y no nos vamos!"

It may seem futile to continue to advocate for reproductive freedom in Texas, but we must remember that if we don't fight, we won't make progress. **Change doesn't happen overnight, and it will take time to restore abortion rights, trans rights, and other basic human rights that Texans deserve.** Even when the odds are against us, we will continue to be loud and make our voices heard.



Join us in the movement! For more information about our advocacy programs, contact Mara Posada, Director of Public Affairs, at mara.posada@ppsouthtexas.org.



ABOUT THE FALSE CLAIMS ACT LAWSUIT

As you may know, a baseless False Claims Act lawsuit was brought against all three Planned Parenthood affiliates in Texas (including PP South Texas) and the Planned Parenthood Federation of America by disgraced Texas Attorney General Ken Paxton, the State of Texas, and an anonymous individual. You can keep up to date about the lawsuit by going to ppsouthtx.org/fca or scanning this QR code.



Ryan's story

I think I've been trans since I was a kid. Some people feel that way and some don't — we're not a monolith. But for me, I think I've always been trans.

I remember showing my parents a documentary when I was little to see how they felt about transgender people. I was asking them questions about the hormones and the surgeries to gauge their reactions. In the end, they were not supportive and they did not allow me to do that. I'm not angry about that, but I do think my experience could've been better throughout my childhood with puberty blockers.

When I turned 18, I took matters into my own hands. It was around October 2022 when I had my first appointment. By this time, I had been out for a year and been considering hormones during that year. I was nervous. I thought I was going to have to convince this doctor that I'm trans — I even had to convince myself that these feelings are real. I knew Planned Parenthood was great, but I was worried about doctors on an individual level.

But . . . It was such a smooth process.

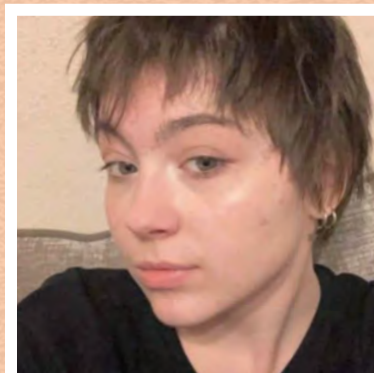
"How long have you been out?"

"Describe your gender identity."

"What do you want out of hormones?"

They were so transparent with me about everything. The nurses told me exactly what to do with my labs.

After the appointment, they told me my total would be \$116. Being a full-time college student with only a part-time job, that would've been hard for me to pay. The nurse told me to submit my paystubs. Once I did, they cut the cost of that visit in half.



Look to me to know you can stand on your own two feet and get the care yourself. It doesn't have to be so hard. Planned Parenthood helped to make it easy for me.

Again, I am a college student and I don't have a car, but this was a telehealth appointment that I got to take from home. Unlike going through my PCP which would have require unnecessary referrals and diagnosis by a counselor, PPST was able to provide me with all the care I needed quickly.

At Planned Parenthood, I got prescribed testosterone my first visit.

I hear young trans kids talk about how far away or impossible it feels to start hormones. There is a big misconception that these treatments are unsafe — that puberty blockers can cause infertility or they're irreversible, etc. Puberty blockers were originally intended for cis kids going through puberty too fast for their age. Now that trans kids want them, it's an issue. **They're acting like this is brand new, but trans people have been receiving hormones and getting gender-affirming surgeries for decades.**

I would tell younger Ryan that none of the misconceptions are true. Everyone wants to think they're the authority on your transition, and you don't have to let them make you feel that way. Look to me to know you can stand on your own two feet and get the care yourself. It doesn't have to be so hard. Planned Parenthood helped to make it easy for me.

—Ryan M.



Reaching people where they are

At SA Youth main campus off I-10 near downtown San Antonio, students don't have to look far if they find themselves in need of a menstrual pad or a condom.

They just visit Katherine's Closet, a cozy space behind a beaded curtain that is stocked with menstrual hygiene products, condoms, emergency contraception, pregnancy tests, educational pamphlets about STIs and other topics, and more.

Planned Parenthood South Texas provided the supplies for the closet,

and SA Youth turned a disused space into a beautiful, private, welcoming area for clients and staff alike. **The name "Katherine's Closet" honors a beloved SA Youth board member.**



"Early pregnancies are one of many reasons why students don't finish high school, and we see many of our SOAR! students coming to SA Youth because of it," said Larry Nathan, SA Youth President & CEO. "Creating a reproductive health pantry at our headquarters was our way of trying to reverse that trend."

In addition, Planned Parenthood South Texas

gave vouchers to SA Youth staff so that students in need of health care can visit a Planned Parenthood health center for services at no cost to them.

Katherine's Closet officially opened on March 30. In its first month, visitors to the closet received 144 condoms, 50 pregnancy tests, 93 menstrual hygiene products (pads and tampons) and one emergency contraceptive pill.

Planned Parenthood South Texas also provided reproductive health supplies to the YASS Center downtown, where SA Youth serves people ages 18-24 who are unhoused.





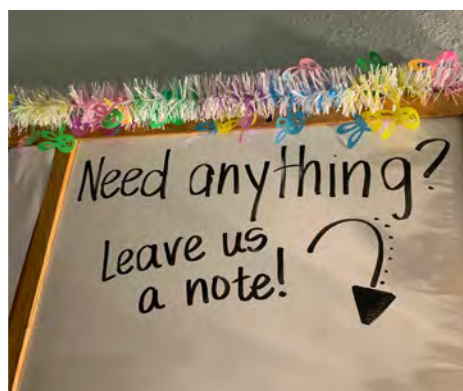
About SA Youth

SA Youth empowers San Antonio's high-risk youth and young adults to achieve their full potential by providing quality educational programming in a safe environment.

The **Academic Achievers Program** provides year-round positive youth development programs during non-school hours. The **SA Fit program** combats the issues of childhood obesity and physical inactivity by helping youth develop healthy lifestyles through free nutrition education, wholesome snacks, and necessary sustenance each day.

The **SOAR! program** provides young adults between the ages of 16 to 24 who have left the traditional school system an opportunity to complete their education by earning a high school diploma while learning marketable skills at the same time.

Learn more and donate at sayouth.org or call (210) 223-3131.



REPRODUCTIVE HEALTH PANTRIES

What are they?

Reproductive Health Pantries are similar to food pantries, but they are stocked with products and information related to reproductive and sexual health care and hygiene. All products are free of charge and provided confidentially. These pantries — which range in size from a small cabinet to a large closet — increase access to these essential items.

Products included:

- Menstrual supplies
- Condoms
- Pregnancy tests
- Emergency contraception (morning-after pill)
- Dental dams
- Medically accurate sexual health information
- Information about PPST services

Interested in funding or hosting a pantry?

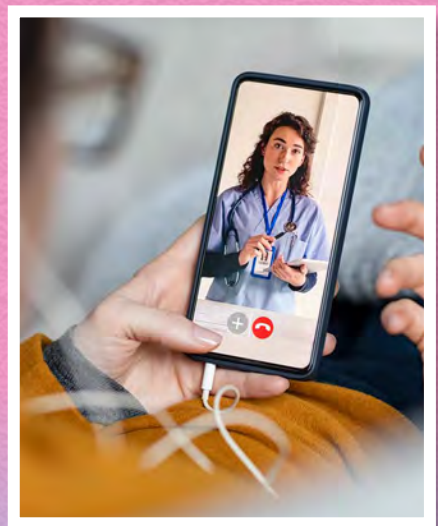
Contact Kate Russell at (210) 736-2244 ext. 340 or kate.russell@ppsouthtexas.org

While abortion rights in the United States are eroding, the reproductive rights movement in Latin America known as the “Marea Verde” or “Green Wave” – symbolized by green bandanas or scarves – has helped increase abortion access in many countries. Nubia Reyna, PPST’s Community Engagement Manager in Rio Grande Valley, will travel to Guatemala this summer as part of the Planned Parenthood Global Youth Ambassador Fellowship. She will work with a reproductive rights organization to learn the most effective ways to educate Latinx communities about reproductive healthcare. In the fall, PPST will have the honor of hosting an activist from Guatemala as part of this exchange.

The latest news from Planned Parenthood South Texas

Expanding after-hours care

In order to increase our capacity to serve patients, we have begun providing telehealth (virtual visits) in the evenings on Monday through Friday, as well as a four-hour block on Saturday. Virtual visits are available to both new and existing patients, who can connect, live, with a qualified provider. Services available by telehealth include **hormonal birth control consultation and options, UTI screening and treatment, STI consultation and treatment, PrEP (for HIV prevention) consultation, gender-affirming hormone therapy, vaginitis care, primary care, and more.** For more information, go to ppsouthtexas.org.





Trauma-informed care

Trauma-informed health care seeks to realize the widespread impact of trauma on physical emotional and mental health; recognize the signs and symptoms of trauma in patients and staff; and actively avoid re-traumatization. Planned Parenthood South Texas has began the Trauma-Informed Care Certification process through the Ecumenical Center in San Antonio. Staff are receiving training through University Health's Institute for Trauma-Informed Care. We are excited about this journey, which will support our commitment to expertly serve patients and staff who have experienced trauma.



Listening Tour

We have secured a grant to conduct a Listening Tour in 2023 to solicit input from our communities about how we can best serve them in a post-Roe world and continue to work toward health equity. We are working with a professional consultant to design a conversation framework and conduct analysis on the feedback received. While we routinely track available data about public health needs, **we must hear directly from our communities.**

Destigmatizing abortion

In order to dismantle the abortion bans in Texas and throughout the country, we need to address abortion stigma. One of the most effective ways to help dispel abortion stigma is by talking about it: what is abortion stigma, and what does it look like? Members of our Community Engagement team, Kate Sanchez and Mara Posada, have given “Destigmatizing Abortion” presentations to interested groups in the community, where there is an air of openness in learning how to dismantle this stigma. If your organization may be interested in a training, please contact Kate at kate.sanchez@ppsouthtexas.org.



“We are strongest when we see the most vulnerable in our society, bear witness to their struggles, and then work to create systems to make it better. Whether it’s the civil rights acts of the early ’60s or the advance of women’s rights or marriage equality, we are a better country when we defend the weakest amongst us and then empower them to choose their own futures.”

Stacey Abrams | *Speak Truth to Power*

Right now women across this country, and in particular our home state of Texas, have been robbed of the power to choose their own futures by having their access to abortion and the general health care services Planned Parenthood provides decimated.

The breadth of this harm and the urgency with which we must confront it cannot be overstated. Stacey Abrams has shown us in her career that the insurmountable and the impossible are in fact neither when we use our votes and our voices to make a future that grants all people agency. **For women the right to control their bodies is the most fundamental of choices, and to be robbed of that choice is to be robbed of our agency.**

We raise funds at the Planned Parenthood luncheon to provide health care for all women who need it, and we come together to hear Stacey Abrams help us formulate our path forward. The New York Times Book Review called *Our Time is Now* “a striking manifesto, a stirring indictment and a straightforward roadmap to victory.” We gather on September 12th to fundraise and we gather to plan how to be fundamentally disruptive to the status quo so women can take back control of their futures.

Please join us with your physical presence, your financial support or your friendship from afar. However you can show up, stand up, speak up and step up we need you now more than ever.

With gratitude,

Jennifer Hwa Dobbertin
& Josie Negley Gill Schlather
Luncheon Chairs





As the largest provider of sexual and reproductive health care in the region, **Planned Parenthood South Texas empowers people to make decisions about their bodies, their lives, and their futures.**

Your support of the Luncheon underwrites the top-quality, nonjudgmental care Texans count on us for: birth control, emergency contraception, cancer screenings and prevention, STI testing and treatment, gender-affirming hormone therapy, primary care, fertility assistance, menopause care, and education.

Sponsored tables of 10 available for \$3,500 • \$5,000 • \$10,000 • \$25,000

Pledges welcome!

Questions? Contact Angela at angela.koester@ppsouthtexas.org / 210-262-2499

More information at ppsouthtx.org/2023luncheon or scan this code



Save the Date!

The Big Give | September 20 – 21

Join your community in a day of giving and donate to Planned Parenthood South Texas during the Big Give! This year, we're asking you to help support four of PPST's most impactful services – health care vouchers, reproductive health pantries, cervical cancer screenings, and gender-affirming care.

The need for accessible, affordable healthcare is ever-growing in Texas, and we can be there for people who are counting on us because of supporters like you. All donations received during the Big Give 2023 will go towards these four services and will directly impact our patients and our community.

Go to www.thebiggivesa.org between Wednesday, September 20 at 6 p.m. and Thursday, September 21 at 6 p.m. to make a gift.

For more information, contact Kate at kate.russell@ppsouthtexas.org or (210) 736-2244 ext. 340.



Dudley Harris Pottery Sale | December 3

Master craftsman Dudley Harris will open his studios exclusively to the friends of Planned Parenthood South Texas for a private sale from 9 a.m. to 5 p.m. Sunday, December 3. Browse hundreds of beautiful, handmade pots (microwave and dishwasher safe) in this urban oasis. Dudley will donate 100% of the proceeds to fund the health care that PPST provides.

Contact Kate at kate.russell@ppsouthtexas.org or (210) 736-2244 ext. 340.

84 years of impact

When the political attacks on Planned Parenthood South Texas and our communities seem overwhelming and insurmountable, we must think back to the summer of 1939.

That's the year a brave group of women opened San Antonio's first birth control clinic, despite much opposition from the community. Empowering women to control their reproductive futures? It was a radical idea.

Nevertheless, the women persisted. **Their single clinic, the Maternal Health Center, grew into Planned Parenthood South Texas, which served more than 24,900 patients at seven health centers in 2022.**

Every year, we provide health, hope and healing to tens of thousands of people throughout South Texas.

It's incredible that 84 years after our founding, we still face opposition from those who want to deny our bodily autonomy. It's absurd that politicians and judges overlook real problems that affect our communities, instead expending time and wasting scarce resources to limit our reproductive rights and dictate our health care decisions.

At the same time, we can be proud that our movement has endured for 84 years. No matter what, we're here for good. Everyone who has supported PPST as a donor, volunteer, patient or staff member should be incredibly proud. Every year, we provide health, hope and healing

to tens of thousands of people throughout South Texas. Birth control, STI testing, cancer screenings, fertility assistance, gender-affirming hormone therapy, and much more. This is life-changing, life-saving care. Care that impacts individuals, families, and entire communities.

Yes, we have seen some of our achievements rolled back. We won the right to abortion in 1973, only for that right to be stripped away nearly a half-century later. And our opposition is now coming after birth control and LGBTQ+ rights.

But Coretta Scott King reminds us, **"Struggle is a never-ending process. Freedom is never really won. You earn it and win it in every generation."**

And we will . . . just as we have for 84 years and counting.



The Maternal Health Center was located in a small house on Water Street, later remodeled for use in Hemisfair Park (shown here circa 1966).



Katherine Hart, Mrs. Patrick Swearingen and Mrs. Wallace N. Robinson in 1929.



Planned Parenthoods in the 1980s were at the forefront of HIV/AIDS testing and education.



Mrs. John Jockusch, Mrs. Joe Strauss, Nurse Ida L. Stuart, Mrs. Rapier Dawson, Mrs. Jack Bowman and Mrs. Pressly Shafer work in the clinic, open three times a week in the early 1950s.

Working toward period equity

In January, Planned Parenthood South Texas sent out a call to our community asking for period product donations, with the goal to deliver period packs to people across South Texas. This included migrants who are stuck at the Texas–Mexico border without access to hygiene products to keep them clean and comfortable.

The response was overwhelming.

Over the past months, our community showed up to many Period Pack Assemblies — some even organized their own. (Shout out to the Medina County Democrats, the Democratic Women of Comal County, Moms Demand Action, and the Badass Libbie Ladies Happy Hour group!)

Even in Bexar County, too many teens and adults cannot easily afford menstrual products. **So far, we have assembled more than 3,500 period packs.**

These have been distributed to several organizations in the Rio Grande Valley, including Angry Tias and Abuelas, Team Brownsville and Good Neighbor Settlement House, as well as organizations in San Antonio, including the Center for Refugee Services, Family Violence Prevention Services, Empower House, and Big Mama’s Safe House.

These packs will help keep migrants and other under-resourced people clean and comfortable — **and provide a much-needed sense of dignity.**

Thank you to everyone who has donated their time, period products, or both, and to our partner organizations for helping distribute packs. Menstrual products are a necessity, and we will continue working to provide resources to people in need across South Texas.

If you want to help with the period equity project, contact Kate at kate.sanchez@ppsouthtexas.org.



Become a patient at Planned Parenthood South Texas

Planned Parenthood South Texas provides menopause management. All of our health centers offer clinical evaluation of menopause symptoms and, if necessary, treatment to manage them.

Planned Parenthood South Texas accepts commercial insurance. When your visit is covered by insurance, you are helping to subsidize care for uninsured patients.

Planned Parenthood South Texas provides primary care. All our health centers offers a range of general health services, such as testing and treatment for diabetes, hypertension, thyroid disorders, anemia, asthma, allergies; treatment for upper respiratory infections, flu, and other ailments; and screening and treatment for mental health conditions (anxiety and depression).

Planned Parenthood South Texas offers fertility assistance. Our clinicians can diagnosis common causes of infertility and offer initial treatment options.

LET US CARE FOR YOU

Make an appointment at ppsouthtexas.org, call 1-800-230-7526 or scan this QR code.





Planned Parenthood South Texas

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