



Serving with Heart & Soul

KBFPFC NEWS

PUBLISHED BY KACHEMAK BAY FAMILY PLANNING CLINIC

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KBFPFC NEW OUTREACH CENTER OPENS

KBFPFC is pleased to announce that its new Outreach Center, located next door on 3957 Nielsen Circle, is up and running and open to the public. The Center houses KBFPFC's Education and Outreach Programs, including KBFPFC's NEW R.E.C. Room.

THE R.E.C. ROOM: A Youth Resource & Enrichment Cooperative

The R.E.C. Room is a space for inter-agency cooperative involvement to help meet the needs of the youth in our community. The R.E.C. room is helping KBFPFC meet its mission to provide broad access to health care and education in a supportive and empowering environment. Research shows that health risk behaviors are interrelated and that promoting youth development is a necessary strategy for reducing these risks. Out of this research is emerging a new model for health curriculum and programs that focus not only on behavior modification, but also on knowledge, attitudes, skills, and empowerment.



The R.E.C. room is open M-F from 1:00 - 6:00 p.m., & students 7-12th grade are encouraged to come by to access health information, get help on homework, work on art and craft projects, play music, work on job resumes, or just hang out with friends. There are two computer work stations, printers, a lending library, guitars, couches, snacks, art and craft supplies, school supplies, and Wii on the big screen. Parents are also encouraged to stop by to check out the clearinghouse of information and resources.

R.E.C. Room Hours

M-F 1:00—6:00

- Lending library
- Computer work stations
- Help with homework
- School, art & craft supplies
- Wii on the big screen

3957 Nielsen Circle
907.235.OPEN (6736)
www.recroom.kbfpc.org

The R.E.C. Room is available to other community agencies for youth development activities. Let us know if you are interested in using this space for meetings, art projects, concerts, performances, forums, or other youth events.

In addition, the R.E.C. Room is launching an interactive web site that is building a bridge to information, including: a calendar of youth-related events, an interactive place to ask questions and share ideas, parenting information and support, and links to many fabulous online resources.

Stop by the R.E.C. Room at 3957 Nielsen Circle, located directly behind the Family Planning Clinic, and check out the web site at www.recroom.kbfpc.org. We'd

love your involvement and ideas! The R.E.C. Room is made possible by grants from Alaska DHS Title X Family Planning Services & The Homer Foundation Youth Advisory Committee.



Providing high-quality, low-cost, confidential reproductive health care to women, men and families on the lower Kenai Peninsula

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- **WELL-WOMAN EXAMS**
 - BREAST EXAMS & MAMMOGRAM COUPONS
- **MEN'S PHYSICAL EXAMS**
- **BIRTH CONTROL SERVICES AND SUPPLIES**
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 - HIV TESTING
 - EMERGENCY CONTRACEPTION
- **NO-SCALPEL VASECTOMIES**
 - LENDING LIBRARY
- **COUNSELING, EDUCATION & WORKSHOPS**

9 A.M. ~ 5 P.M.
MONDAY ~ FRIDAY

From the Interim Director

Usually this spot is written by Michelle Waneka, KBFPC Executive Director or Maura Brenin, Board President. With Michelle away on sabbatical and Maura enjoying her honeymoon the privilege has fallen to me in my current role as Interim Director.

When I moved to Homer in 1995, to open Catzenjammers Coffee, KBFPC was in a rented space on Main Street in the little house next to NAPA. I soon realized that the Clinic is one of the strong threads weaving together the fabric of Homer. Back then Kim Smith was the director and Michelle a clinic assistant; they became regulars at the coffee shop. I remember admiring how valuable the work they did was, and being impressed with how much fun they had while doing it. I recall visits to that sweet old building, the way the light streamed in through the curtains of the exam room creating a spa-like feeling of pamper and nurture. Back then creative fundraisers like the 'Birdless Barbecue' and the 'AIDS Ball' stood out as must-do events. KBFPC has always known how to throw a good party.

Eight years ago I was fortunate to land a job here as the Clinic Coordinator. 'Here' now being on Ben Walters Lane in a repurposed family home that KBFPC purchased and moved to in 2002. The warm, homey comfort I remember from Main Street is recreated here, with the addition of more space for both clients and staff; Staff by then included a team of door-to-door outreach workers, a case manager and a health educator. Within moments I felt included in the KBFPC family, a part of an engaged, passionate crew who love their jobs. Over time, my role changed to Clinic Manager, and I've been lucky to work with a phenomenal group of people, some still here, while others are now pursuing other adventures.

During my tenure I've seen even more growth. KBFPC now serves more men through expanded male-specific services, including clinical appointments with Matt Wise, MD. Through extraordinary efforts of a hard-working Board of Directors, we paid off the mortgage, and when the building next door became available we acquired it too. 'Next door' is now the *Outreach Center at KBFPC*, a home to a more effective Outreach program and the innovative REC Room (see front page!). Successful fundraising events have come and gone. The *Sexy Men of East End Road* calendars, *The Crowdad Festival* and *Taste of Tajare* fond memories, while *Iron Chef*, the *Breast Cancer Run* and our beautiful T-shirts continue to gain momentum. All of which combine so we are able to provide low or no cost high-quality confidential reproductive health care.

As I proof read this newsletter, it drove home to me that while we have many exciting things to tell you about this year, at the core of it all we are doing the same we ever were: providing excellent client-centered care, and doing so with heart and soul. The more things change the more they stay the same.

~ Catriona Lowe, Interim Director



Kachemak Bay Family Planning Clinic is a member-supported organization that provides broad access to reproductive health care services and education in a supportive and empowering environment.

KBFPC Board of Directors

Maura Brenin - *President*
George Barrientos - *Vice President*
Melon Purcell - *Secretary*
Miranda Weiss - *Treasurer*
Katie Koester - *Member*
Jeff Szarzi - *Member*
Morgan Sicilia - *Member*

KBFPC Staff

Michelle Waneka - *Executive Director on Sabbatical*
Catriona Lowe - *Interim Director & Clinic Manager*
Brett Glidden - *Youth Resource Coordinator*
Chris Fontaine - *Outreach Project Director*
Sonja Martin Young - *ANP, CNM*
Julie McCarron - *ANP, CNM*
Zelda Collett-Paule—*ANP, CNM*
Shay Hoffman - *Clinic Assistant*
Marla McPherson - *Clinic Assistant*
Theresa Miller - *Clinic Assistant*
Amalia Baker - *Clinic Assistant*
Kathy Morton, Marie Herdegen, Heather Petrino, Marfa Molodih & Jillian Rogers- *Outreach Advocates*

9 A.M. ~ 5 P.M.
MONDAY ~ FRIDAY

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Homer, AK 99603
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A NOTE FROM WOMEN'S HEALTH OUTREACH

Fresh snow on the mountains across Kachemak Bay is what I see from my window in the new Women's Health Outreach office space upstairs at the Outreach Center, located right next to the clinic. This beautiful view is one of the many things I am appreciating about living and working in Homer and KBFPC's active role in reaching out to women and men on the southern Kenai Peninsula. For eleven years, KBFPC's Women's Health Outreach has been speaking with members of our community about access to no-cost and low-cost breast and cervical cancer screening, mammograms, and reproductive health care. Our caring, dedicated team of Women's Health Outreach advocates works primarily out in the community, traveling door-to-door or setting up outreach booths to provide information and education on access to affordable health care services provided at KBFPC. With the addition of the Outreach Center to the resources at KBFPC, Outreach Advocates have a spacious, comfortable base from which to meet and prepare for excursions out into the rural, sometimes rugged, roads we travel to find folks overdue for health checks and cancer screening.

Here at Women's Health Outreach, we are so very pleased and thankful for the recent announcement from the Anchorage-based Alaska Run for Women of a generous grant that allows KBFPC to continue to reach women in our community and help to eliminate any barriers--such as cost, need for transportation and childcare—so that they may access breast cancer screening services provided here at KBFPC. This second year of support and partnership of the Alaska Run for Women, along with our long-time grant funders, the Avon Foundation Breast Health Outreach Program and Alaska-based Breast Cancer Focus, Inc., integrates KBFPC into the movement to fight breast cancer and provide early detection services to women, regardless of income or insurance status. Women's Health Outreach would like to express our gratitude to these organizations for their inspiration and financial backing so that medically underserved women may access life-saving breast cancer screening services. Many thanks also to Pink Ribbon Days Charities, Inc. for their sponsorship of the 2010 Homer Breast Cancer Run.

Other outreach updates include an alliance with the American Cancer Society, who has conducted Look Good...Feel Better™ programs for women in cancer treatment in our new Outreach Center space. Most importantly, I would like to thank my wonderful staff of Outreach Advocates, who, with so much strength and love, work diligently to support men and women to access care. KBFPC's motto, "Serving with Heart and Soul" is truly what I see every day.

~ Christine Fontaine, Outreach Project Coordinator

CONGRATULATIONS MICHELLE WANEKA

KBFPC'S Executive Director Michelle Waneka was one of six Directors in Alaska to receive a sabbatical award from the Rasmuson Foundation in 2010. The Rasmuson Foundation Sabbatical Program is designed to provide time away from the job for nonprofit leaders to engage in activities for personal renewal or professional growth. The Foundation believes that nonprofit CEOs/executive directors and tribal administrators better serve their organization when they have extended opportunities to reflect on their work, gain insight into what they want to accomplish in their careers, learn better ways to run their organizations, and renew their personal energy. Michelle is on sabbatical through the end of the year, with Clinic Manager Catriona Lowe assuming the role of Interim Director.

DID YOU KNOW?

You can receive a \$20 gift certificate when you refer a friend to KBFPC
CALL 235-3436 to sign up today!

OR

fill out the Tell-A-Friend Enrollment Form on our web site at www.kbfpc.org.

Thanks to Two Sisters Bakery and Maura's Café for supporting KBFPC's Tell-A-Friend.

KBFPFC Mixing It Up

2010 Fundraising Highlights



PRETTY IN PINK: 16th Annual Breast Cancer Run

On August 15, nearly 150 runners, walkers and volunteers gathered together at Bishop's Beach for KBFPFC's festive Breast Cancer Run. The proceeds support local programs which help ensure that more than 300 local women will have access to free mammograms over the next year. A big thank you to the many donors, volunteers and to Diann Martin, Amy Johnson & Elizabeth Neumann for raising the most pledges.



Photos by Homer News

CHEFS TEST THEIR METAL AT IRON CHEF

Twelve chefs representing Kachemak Bay's finest restaurants competed for the fun but highly coveted Iron Chef trophies as part of KBFPFC's annual fundraising event on September 5th. This year's secret ingredient was—shark! An especially big thank you goes out to Saltry owner Marian Beck who hosts the annual event in a creative and generous spirit, donating much of the food, wine, service and the unequalled location.



GET INVOLVED ONLINE

Check us out and stay posted on KBFPFC events and news at

KBFPFC.ORG

Also, get involved with our online networking by becoming a fan of KBFPFC on Facebook!

A HUGE THANK YOU

To all our many, many generous volunteers, donors and sponsors!

AirTemp Alaska
Alaska Boats and Permits
Alderfer Group
Alice's Champagne Palace
All Seasons Honda
Alyeska Tire
American Legion
Art Shop Gallery
Beachy Construction
Bear Creek Winery
Beluga Lake Lodge
Best Western Bidarka
Brian's Appliances
Café Cups
Captain's Coffee Roasting Company
Clinic of Chiropractic Health
Cosmic Kitchen
Cycle Logical
DamselFly
Don Jose's Mexican Restaurant
Driftwood Inn
East End Mini Storage
Fat Olive's Restaurant
Finn's Pizza
Fresh Sourdough Express Bakery
Fritz Creek General Store
Gig's Beads N Things
Grant Aviation
Healing Hands by Jessi
Highland Autobody
Homer Bookstore
Homer Brewing Company
Homer Community Schools
Alaska Shellfish Growers
Amy Maxon ~ *Cosmic Kitchen*
Bear Creek Winery
Beka Thoning ~ *Still Point Lodge*
Bunnell Street Arts Center
Carri Thurman ~ *Two Sisters Bakery*
Fireweed Gallery
Food Services of America
Fritz Creek General Store
Grant Aviation
Halibut Cove Experience Gallery
Harley Stephenson ~ *Freelance Chef*
Homer Chamber of Commerce
Homer Electric Association
Homer Harbormaster
Homer Insurance Center
Homer Medical Clinic
Homer News
Homer Physical Therapy
Homer Real Estate
Homer Saw and Cycle
Homer Theatre
Homer Tribune
Homer's Jeans
Irene Saxton ~ *Two Sisters Bakery*
Jessie Hiller ~ *Mermaid Café*
K&L Distributors
Jars of Clay
Jessie Hiller ~ *Mermaid Café*
Joy Huffman local Scentsy Rep
K&L Distributors
Kachemak Bay Lions
Kachemak Bay Title
Kathy Kiefer local Avon Rep
KBay Caffe & Roasting Company
Land's End Resort
Latitude 59
Lower Peninsula Power Sports
Matt Robinette ~ *Tutka Bay Lodge*
Mako's Water Taxi
Marine Services of Alaska, Inc.
Martin Realty
Maura's Café & Delicatessen
McDonalds of Homer
Mermaid Café
Michael Hough, ATTY
Nancy Deever ~ *Sweet Berries*
NOMAR
North Wind Home Collection
Northern Enterprises Boat Yard
Odom Distributors
Petro Marine Services
Picture Alaska
Pratt Museum
Printworks
Public Works
Rainbow Tours
ReMax
Ring of Fire Meadery
Roland Kennedy ~ *Sweet Berries*
Safeway
Save U More
Scruggs Automotive
Seafaring Strangers
Seaside Farmers South
Peninsula Hospital
Spenard Builders Supply
Story Real Estate
SunDog Consultants
Sunny Services
Sweet Berries Café
Tammy Ackerman, CPA
Tech Connect
Teri Robl ~ *Kachemak Cuisine Column, Homer News*
The Alibi
The Center
The Gear Shed (Redden Marine)
The Grog Shop
Thoughtful Therapies
Timeless Toys
Two Sisters Bakery
Ulmers True Value Hardware
Vickey Hodnik, DDS
Wasabi's
Wells Fargo Bank
Wells Fargo Insurance
White Earth Tile
Wilderness Garden Day Spa
Young's Downtown Inn
Zuva
Suzanne Alvarez
Avery Ault
Kara Bakken-Clemens
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Tracy Tillion
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Matt Tucker
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Chase Warren
Lisa Wood

Please let us know if we missed you...we want to be sure that you are thanked!

KBFPC Hosts "The David Bowie of Evidence-Based Medicine" *Dr. Ned Calonge, USPSTF Chair Presents New Screening Guidelines in Homer*

In August, KBFPC joined with the Alaska Breast and Cervical Health Check program to present Dr. Ned Calonge MD, MPH, the chair of the United States Preventive Services Task Force (USPSTF), to speak to practitioners and the community about the new evidence-based mammogram screening guidelines.

Dr. Calonge presented to a room full of health-care workers in Homer, explaining why the task force has made controversial changes in its recommendations for breast cancer screenings.

In 2009, the task force recommended women 50-74 years old who are not at high risk for breast cancer should only get a mammogram every other year, and that the decision to start regular, biennial screening mammography before the age of 50 years should be an individual one and take patient context into account, including the patient's values regarding specific benefits and harms. That replaced a long-standing recommendation that all women over 40 should get yearly mammograms.

Dr. Calonge shared how the 16-member task force team made that decision, and the community appreciated learning about the new recommendations and how to make sure we provide clients with the tools they need to make informed decisions about their health.

Calonge's itinerary in Alaska also took him to Barrow, Anchorage and Fairbanks.



KBFPC Practitioner Zelda Collett-Paule flew to Seldovia to offer a clinic in October.

KBFPC Welcomes New Practitioner Zelda Collett-Paule

One of KBFPC's greatest strengths is its fabulous practitioners who are client-centered and trained in the most current reproductive health research and practices. That's why we are thrilled to welcome a new clinician, Zelda Collett-Paule, who is joining Julie McCarron and Sonja Martin-Young to be part of the KBFPC team. Zelda has been a practicing Certified Nurse Midwife since 1980, with her most recent work at the Alaska Native Medical Center in Anchorage. She continues to work with ANMC in remote clinics throughout Alaska. Zelda is working with us on a fill-in basis and we hope to add more clinic dates as possible.

Welcome Zelda!

KBFPC HOLDS CLINICS IN SELDOVIA

This spring and fall, KBFPC traveled across Kachemak Bay to Seldovia to offer its clinical services. KBFPC is pleased to make its low and no-cost reproductive health and breast and cervical cancer screening services more accessible to women and men on the lower Kenai Peninsula. We hope to offer another clinic in Seldovia in May 2011. Keep posted!

WEAR YOUR SUPPORT!



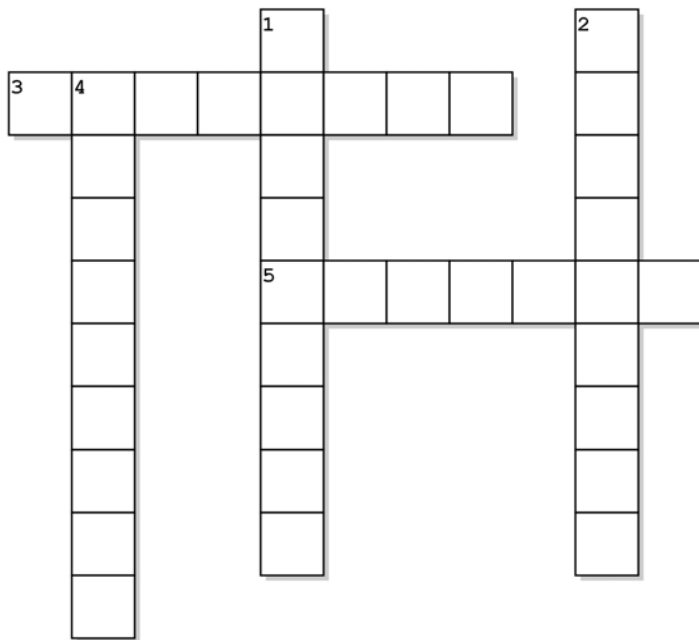
Check out our KBFPC apparel:

- t-shirts
- zip-up hoodies
- pullover hoodies

All organic!!!

You can wear your support and look fabulous by checking us out at the Nutcracker Faire or stopping by the clinic!

Crossword Puzzle



Across

- 3 long-acting contraceptive implant
5 effective for both STI prevention and contraception

Down

- 1 contraception for men
2 treatable, often asymptomatic STD
4 breast cancer screening procedure

MEET OUR BOARD & STAFF

Get to know our board and staff, read full bios on at

www.kbfpc.org.

KBFPFC is always looking for more volunteers and would love to cultivate new prospective board members. If you'd like to be involved, contact us at 234-3436. We'd love to hear from you!

NEXT MEN'S CLINIC: NOVEMBER 17



KBFPFC provides comprehensive wellness exams for men at quarterly Men-Only clinics. Men can always access sexually transmitted infection testing, birth control supplies and counseling, and other reproductive health services at the clinic on a walk-in basis. Call us at 235-3436 to make an appointment or to offer your ideas on how KBFPFC can continue to improve its services for men on the lower Kenai Peninsula.

JOIN OUR GIG

KBFPFC is looking for 7-12th grade students to participate on the advisory committee for the REC Room @ KBFPFC. The committee called G.I.G. "Getting It Going" will be comprised of dynamic youth interested in sharing their thoughts on how the REC Room can best fill community needs. For more information, contact Brett at 235-OPEN (6736).

REMEMBER TO GIVE US YOUR EMAIL ADDRESS!

KBFPFC MOVING TO ELECTRONIC NEWSLETTERS

Save resources by subscribing now!

KBFPFC's newsletter is available online at www.kbfpc.org, and we would like as many of our members as possible to receive our newsletter electronically. **Help us save resources by subscribing to our electronic newsletter.** Call us at 235-3436 or email your email address to us at kbfpc@ak.net.





*Serving with
Heart & Soul*

KBFPC Needs Your Membership

Date: _____

Name: _____

Address _____

Phone: _____

E-mail: _____

Please check your membership level:

- ___ \$25.00 Contributing ___ \$75.00 Sustaining
- ___ \$50.00 Supporting ___ \$100.00 Invigorating
- ___ \$Other _____ ___ \$500.00 or MORE... Outstanding!
- ___ I would like to volunteer

Do you support affordable reproductive health care? Do you believe that all individuals in our community should have access to quality, confidential, informative AND low-cost services? Do you believe our community deserves comprehensive educational opportunities?

If so, join or renew as a member of Kachemak Bay Family Planning Clinic—your local, independent community-based non-profit clinic. Help us continue providing valuable services for women, men, teens, families, and our whole community—by returning the enclosed membership form along with your tax deductible contribution.

PLEASE MAIL YOUR FORM WITH YOUR CHECK to...KBFPC--3959 Ben Walters Lane. **OR...**

Please charge my membership to my: VISA MASTERCARD AMEX DISCOVER

Card No.: _____ Exp. Date: _____ Signature: _____

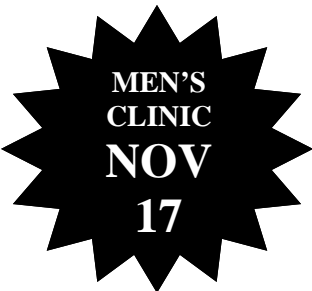
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