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Heart & Soul*

KBFPC NEWS

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KBFPC in Jeopardy?

Despite funding threats, our doors are open

By Jillian Rogers

We're not out of the woods yet. Not by a long shot. Title X is still at the top of a long list of federally-funded programs that will head to the chopping block if some politicians get their way. So, why does this matter to you? Our little Homer clinic would cease to exist if Title X funding was cut out of the federal budget. It's that simple.

At KBFPC, Title X funding is the backbone of our services — providing birth control supplies, reproductive care visits, clinical education, and even overhead expenses. It helps us provide other preventative features including STD testing and counseling at little or, more often, no cost. We can provide this support to uninsured or underinsured women and men because Title X money makes up the difference.

Those who oppose Title X

perhaps don't seem to understand that those funds don't pay for abortions. They can't. And since KBFPC is a Title X clinic, we do not provide abortions here. We never have. Title X funds are used for, among other things, preventing pregnancies in the first place with contraceptives. So think about it: if Title X goes away, abortion rates go up.

In fact, in Alaska, the abortion rate would go up 32 percent, according to the non-political Guttmacher Institute. The level of teen pregnancies in Alaska would be 29 percent higher.

"By helping women avoid unintended pregnancies and the births that would follow, the services provided at Title X-supported centers in Alaska saved \$10,502,000 in public funds in 2008," read a release from the Guttmacher Institute.

In case you missed that, it's over 10-and-a-half million dollars. So,

without Title X, Alaska alone would be spending that much, at least. How exactly does that help our financial crisis? That's a question you might want to ponder before the next election.

Last month, while talking about spending cuts, one House Republican referred to Title X and other federally funded agendas as "... wasteful programs."

Wasteful?

KBFPC serves about 1,200 women and 100 or so men annually. In the U.S., millions of women depend on family planning clinics funded by Title X. And for every dollar the government spends on family planning services, taxpayers save almost \$4 on birth-related Medicaid costs.

This all seems simple to us: eliminating Title X will cost the country more, much more, in the long run. But of course it's not all about money.

Just ask our clients.

Providing high-quality, low-cost, confidential reproductive health care to women, men and families on the southern Kenai Peninsula since 1983!

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SERVICES

- *WELL-WOMAN VISITS*
- *BREAST EXAMS & MAMMOGRAM COUPONS*
- *BIRTH CONTROL SERVICES AND SUPPLIES*
- *STD TESTING & TREATMENT*
- *HIV TESTING*
- *PREGNANCY TESTING*
- *EMERGENCY CONTRACEPTION*
- *NO-SCALPEL VASECTOMIES*
- *LENDING LIBRARY*
- *COUNSELING, EDUCATION & WORKSHOPS*

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

Rockabilly Ball added to KBFPC events

KBFPC delivered another spectacular event to the fundraising roster this spring with our first-annual Rockabilly Ball. Hepcats and cool kittens packed Alice's Champagne Palace for an evening of '50s throwbacks: dancing, outfits, auctions and live entertainment. The Rockabilly Ball will become an annual event for the Clinic and will most likely happen early in 2012. Stay tuned to kbfpc.org for more details on upcoming events!



A word from the president ...

When I first moved to town nearly seven years ago, one of the first things I did was make an appointment at Kachemak Bay Family Planning Clinic. Like so many others, I was completely taken aback by the warm, welcoming and supportive environment; and with each ensuing year, I actually looked forward to my annual visits. Besides yearly well-woman exams, this small community-based clinic offers progressive and empowering educational programming for youth; a unique outreach program designed to promote breast cancer awareness and offer free mammograms as well as support for treatment; programs and clinics dedicated to male reproductive health – not to mention a series of fabulous events that have come to be staples in many social calendars.

Three years ago, I was honored to sit on the Board of Directors where I could work alongside an incredibly dedicated group of community members in supporting and carrying out the clinic's important mission. In the years that I have been working with the Board and the amazing clinic staff, we have succeeded in the formation of a Strategic Plan designed to keep the clinic growing and moving forward. We have worked to support and facilitate the growth of our youth education programming through the opening of the R.E.C Room, and we have continued the tradition of putting on outstanding fundraising events such as Iron Chef and the Rockabilly Ball.

I can't help but feel tremendously blessed to live in a community that values such an important community organization. Though we do receive important federal dollars that keep our clinic operational, we would be nowhere without this community and our valued members' unwavering support. As rising costs continue to force individuals to place their own health aside in order to keep their finances balanced, it is critical that we as a community continue to work together to ensure that the organizations that do offer low and no cost health services remain intact. Thanks to KBFPC for being one such organization and *thanks* to our members and supporters for keeping us going!

Morgan Sicilia

KBFPC Board President

Are YOU interested in being one of KBFPC's illustrious Directors? This enthralling and prestigious position comes with the opportunity to do much fun- and fund-raising, while getting to know the exciting ins and outs of meaningful community-based non-profit Board-of-Directors work.

Contact Morgan or Michelle for more information!



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

Morgan Sicilia - *President*
Maura Brenin - *Vice President*
Melon Purcell - *Secretary*
Jenny Martin - *Treasurer*
George Barrientos - *Member*
Suzanne Bishop - *Member*
Elysha Chapple - *Member*

KBFPC Staff

Michelle Waneka - *Executive Director*
Catriona Lowe - *Clinic Manager*
Chris Fontaine - *Outreach Project Director*
Jamie Cloud - *Health Educator*
Marla McPherson - *REC Room Coordinator*
Anna Meredith - *Peer Education Program Leader*
Sonja Martin Young - *ANP, CNM*
Julie McCarron - *ANP, CNM*
Zelda Collett-Paule - *ANP, CNM*
Theresa Miller - *Clinic Assistant*
Jillian Rogers - *Clinic Assistant*
Kathy Morton, Marie Herdegen, Marfa Molodih, & Amy Backas - *Outreach Advocates*

A NOTE FROM WOMEN'S HEALTH OUTREACH

As Peninsula residents gear up for another winter season, Women's Health Outreach workers are still knocking on doors letting everyone know how to get low- or no-cost exams and free mammograms. You might also spot Outreach Advocates around town this winter or doing some table-top outreaching at various venues. Lately advocates have been visiting the Homer Food

Pantry on Mondays, and have had a very positive response, said veteran Outreach Marfa Molodih.

New this fall was the Breast Cancer Awareness Month incentive where new or overdue clients received a free lunch from Maura's or Two Sister's just for coming into the clinic for a well-woman visit. Similar to the Tel-a-Friend Program, October's free

lunch incentive was a big success! The Tel-a-Friend program is still going strong and encourages clients to refer friends to the clinic in return for a deliciously free lunch!

Our October incentive and Tel-A-Friend programs couldn't happen without the generous support of Two Sisters Bakery and Maura's Café.

Have a healthy year!

R.E.C. Room spices up youth activities

In May 2010, KBFPC opened “The R.E.C. Room – a Youth Resource & Enrichment Cooperative” whose mission is to “facilitate healthy relationships, health education and healthy choices for youth in Homer.” This open-after-school facility provides a myriad of multi-agency programs, events, and collaborative projects. All are youth-focused and youth-driven. R.E.C. Room philosophies are based on the fundamental foundations of structure, connections, and opportunities for young people.

This summer and fall, the R.E.C. Room offered educational and enrichment activities ranging from cooking classes to movie-making, discussion groups and tutoring, dances, movies, debates, theatrics, as well as music lessons and jam sessions.

One of the highlights is the Fresh and ORganic Kitchen Club (FORK Club). This summer, the R.E.C. Room teamed with local chefs and teachers to offer a series of cooking classes for youth, aimed at providing them with the skills to be more self-sufficient



and healthy through the joy of cooking. This project took students through the process of budgeting, price comparison shopping, and preparing and sharing a meal with friends, as a way to eat locally, inexpensively and nutritiously and to demonstrate that cooking

and sharing a meal is fun and healthy.

Local chefs taught students basics such as food safety, hygiene, kitchen safety, introduction to utensils, and introduction to recipes. Teams prepared dishes such as Mediterranean halibut and potato stew, creamy potato chowder, southwestern salad, Caesar salad, BBQ salmon, Indian brown rice, baked pesto

chicken, and roasted farmers market vegetables. During the meals, students talked about feeling a sense of personal accomplishment and satisfaction, that they enjoyed the teamwork and learned new things about cooking, budgeting, and nutrition.

The FORK Club was made possible with grant funding from the Alaska Initiative for Community Engagement / Association of Alaska School Boards as well as support from the Homer



Community Food Pantry.

The R.E.C. Room will be offering programs throughout the winter and spring, based on what youth are interested in learning and TEACHING! The R.E.C. Room is open Tuesday through Friday, 3:00 – 6:00 p.m. for youth 12-18 years old. If you have ideas of programs and activities you would like to see offered at the R.E.C. Room, call us or stop by, and get more involved by “liking” the R.E.C. Room on Facebook.

New KBFPC grant promotes healthy teens

KBFPC is pleased to announce it was selected as a recipient of a three-year “Promoting Health Among Teens!” grant from the Alaska State Department of Health & Social Services.

Through this funding opportunity KBFPC will implement a new project: Promoting Health Among Teens, with the specific goal to strengthen and increase positive experiences for Kenai Peninsula youth, promoting the prevention of adolescent pregnancies and STD/HIV infections, promoting healthy relationships and good communication, and empowering young Alaskans to develop into healthy, car-

ing, respectful, and responsible citizens.

As part of this project, KBFPC will be hiring *youth* health educators who will work alongside KBFPC health education staff to implement a comprehensive reproductive health curriculum to their peers.

Jobs for teens include extensive training, and will average 10 hours a week and begin at \$9.50/hr.

KBFPC looks forward to the opportunity to continue working with young people, and to have them on staff.

Job applications are available now.

WEAR YOUR SUPPORT!

Check out our KBFPC apparel ~

Organic T-shirts and hoodies in many colors available — think GIFTS!

You can wear your support and look fabulous by stopping by the Clinic!



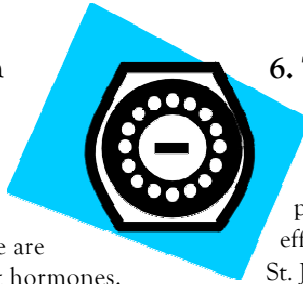
Birth control myths **BUSTED!**

KBFPFC is always striving to give our clients the most accurate and up-to-date information and services. Here are a few of our favorite myths followed by the facts.

Look up www.arhp.org/methodmatch for more info and help in choosing what's best for YOU!

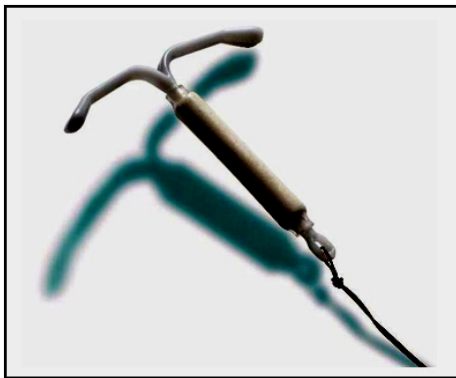
1. Only women who have had children can get an IUD.

Guideline changes in the last few years encourage all women to consider an IUD as a form of birth control, including young women who have not had children. They are highly effective and very safe! There are two kinds available—Paragard and Mirena, one without hormones, one with.



2. Birth control pills will make me gain weight.

Weight gain is directly related to diet and exercise! If your pills are causing changes that you don't like, consider different pills – there are different types to try before abandoning the method altogether.



3. Birth control pills cause cancer.

There is **no** evidence-based information that suggests a correlation between birth control and cancer. Birth control pills are even recommended for some women at risk of certain types of cancer (such as ovarian cancer.)

4. It's too expensive!

You can find free or low-cost family planning services in most communities. KBFPFC offers a sliding scale for family planning services and supplies and will always work with you for payment options. Even expensive methods: IUDs, Implanons, and NuvaRings, are affordable or no-cost on our sliding scale.

5. Birth control will make me infertile.

No. After a woman stops using birth control, her fertility returns fairly quickly, sometimes immediately. Good planning can determine the methods right for someone who is interested in becoming pregnant soon after discontinuing a method.

6. Taking antibiotics makes my birth control stop working.

Broad-spectrum antibiotics do not reduce the efficacy of hormonal birth control, and therefore back-up methods are not necessary. There are some very rarely-prescribed antibiotics/medications that do decrease birth-control's effectiveness—such as those used for treating tuberculosis. The herb St. John's Wort *does* decrease hormonal effectiveness—ask your clinician (or KBFPFC) more about what might be right for you.

7. I'll be on an emotional roller coaster with extra hormones.

Maybe this happened to you in the past—but it doesn't mean it will happen again! It is important to work with your clinician to find the best method for you. If you don't like the way something makes you feel, speak up. You may need to experiment a bit to find a method that you like, and while there are no perfect methods, thankfully, there are many to choose from.

8. I'll have to remember it every day.

There are many safe and effective methods that you don't have to think about everyday. We offer "LARCS" or "long acting reversible contraceptives" such as Implanon or IUDs that can last up to 12 years. Other methods such as the ring and the patch also don't have to be dealt with every day, and are safe, effective, and popular methods.



9. You're supposed to have your period every month.

Not necessarily! Most forms of birth control keep women from ovulating; therefore, having a period every month is not a medical necessity.

10. Condoms are fool-proof!

No. It is important to use condoms, correctly, no matter what, every time for them to be effective. Overall effectiveness ranges between 82-98%. Stop by KBFPFC for free condoms and information on effective condom use.

DID YOU KNOW?

~You can get a **FREE** lunch at **Two Sisters Bakery**
or **Maura's Café**

when you refer a friend to KBFPFC ~

CALL 235-3436 to sign up today!



Director's Corner...

...AND A BIT MORE MYTH-BUSTING... So much has been going on since I returned from my Rasmuson Sabbatical nearly a year ago—and it's big stuff! How did birth control *itself* become so political? The abortion debate continues on, and while we don't involve ourselves there, we're forever working to dispel the myth that we're 'the abortion place' – rather, we're the place that works to prevent abortions by providing thorough, accurate, and affordable information and services. *Medically accurate sex education remains the best way to reduce abortion rates* – whether that's delivered one-on-one or in classrooms. Therefore, we're excited to soon begin a peer-education program promoted and supported by the State of Alaska, using the best methods known: youth educating youth. And we'll continue being a state leader in clinical services, providing the best in family planning and women's health practices and services to over 1,000 individuals each year.

In the 18 years I've been working at KBFPC I've seen health standards and practices change and evolve based on good science, while the politics around it have regressed. Planned Parenthood remains under attack – so while we remind folks we're not Planned Parenthood and have no affiliation (we're a little independent community-based place!) we do receive Title X funding as they do, and subscribe to many of the same philosophies: evidence-based practices work. So does non-judgmental, quality care for our community, regardless of income. Questions? Thoughts? Give me a call! ~Michelle

KBFPC Mixing It Up

2011 Fundraising Highlights



This year was another great success for KBFPC in its fundraising efforts. Top left, Iron Chef winners Melissa McCray Josephs and Randall Pine work hard to perfect their dish. Top right, participants take off from Bishop's Beach during the 17th-annual Breast Cancer Run in August. Bottom left, chefs Sean Maryott and Teri Robl, who placed second, toast a job well done at Iron Chef in September. Bottom right, guests watch the entertainment at the Rockabilly Ball in April.



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KBFPFC 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...KBFPFC--3959 Ben Walters Lane. OR...

Please charge my membership to my: VISA MASTERCARD AMEX DISCOVER

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

Thank you for your support!



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e-mail to kbfpfc@ak.net.

THANK YOU!!

KBFPFC is a UNITED WAY Agency.
Please support the Kenai Peninsula United Way!

