

the Positive Voice

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RECENT GRANTS

Women's Health is pleased to announce grants from the following foundations:

Colorado Health Foundation: \$120,000 over three years

The Denver Foundation: \$20,000

RLC Foundation, a donor-advised fund of Rose Community Foundation: \$20,000

Hyde and Go Seek: Or, the Trials and Tribulations of Being "Co-Located"

by *Susan B. Levy, Executive Director*



Nicole Nichols Photography

Susan B. Levy

You may have read recently of the furor in Longmont caused by a few anti-abortion activists who asserted that Women's Health was using governmental funding to provide abortion

services. This is not the first time we've had to fight this fight—and given the current political climate in Washington D.C., it won't be the last.

This argument seems to be a favorite of those who want to demonize any of us who provide abortion services as well as government-subsidized family planning services for low income and uninsured people - intended to (*gasp*) prevent the need for abortion. Women's Health is the **ONLY** Title X (federal family planning program) provider in Colorado that also provides abortion care.

Back in 1976 Congress passed the Hyde Amendment, which bans the use of federal funding for abortion services. Colorado also passed a similar ban via constitutional amendment in 1984. These types of short-sighted laws only harm low income women—those most likely to experience an unintended pregnancy and most likely to need financial assistance.

Women's Health has been a Title X provider since the mid-1980s and also receives other sources of governmental funding from the County, City of Boulder and other municipalities in Boulder and Broomfield counties. These funds are used exclusively to offset the cost of birth control and other well-woman care for low income and uninsured women, teens and their partners.

We also provide first trimester abortion services on a fee-for-service basis. (Providing both government-subsidized services and abortions at the same location is labeled "co-located.") No government funding is used directly or indirectly to offset any of the cost of providing abortion care.

Each year we have a special financial separation audit by the State of Colorado to assure that we have policies and practices in place that adequately separate our various sources of funding from any expenses related to abortion. Every year we pass with flying colors thanks to our diligent finance department and clinical staff who take many steps to comply with the law.

And yet, the allegation of co-mingling funds continues to be asserted by those who want to punish us for being an abortion provider. As we explained in the newspaper articles about this, refusing to provide funding to Women's Health only

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WOMEN'S HEALTH

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Welcome to Our Newest Board Members

Women's Health warmly welcomes the following members to its Board of Directors:

Patty Meneley

is the C.O.O. of Sargent Bickman Lagudis LLC. She brings her knowledge of investing and wealth management to her service on the board's Finance Committee. A desire to be involved in her community led her to the Women's Health board.



Sarah Meshak, JD, is Attorney, Vice President and General

Counsel of Boulder Community Hospital. A



"passion for women's health issues and well-run organizations" brought her to Women's Health, where she serves on the Finance Committee of the board.

Meredith Spear is a consultant for several hospitals and univer-

sities and a founding partner and board member of Social Venture Partners. She serves on the Strategic Planning Committee of the board and is "committed to women's health and to serving women with limited access to care."

We are grateful for the considerable skill and experience these women bring to our organization and thank them for their contribution! 🍀



THANK YOU to the Sponsors of our Annual Event!

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Hyde and Go Seek, continued from p. 1

punishes the low income and uninsured women, men and teens who need the high quality, preventive family planning and sexual health services we provide.

We will continue to provide these services at our satellite clinic in Longmont even without City funding this year. We will also remain committed to providing safe, legal and respectful first trimester abortion care to those who need it.

When you give a donation to Women's Health, it can be used in any way you designate or where it's needed most. Whether you help us offset the cost of preventive health services and education or provide financial assistance to low income abortion patients, you can rest assured that Women's Health will comply with the law and assure access to the full range of services for all who need them. 🍀

Ruth Weinberg, M.D., Steps into Role of Medical Director



Several interesting twists and turns have brought Ruth Weinberg to the position she now holds—Medical Director of Family Planning for Women’s Health.

Dr. Weinberg received her medical degree in 1992 from the University of Washington School of Medicine. After completing her Ob/Gyn residency in 1996, she moved to Colorado and immediately “fell in love with Boulder,” she says, and with the “real snow.” From 1996-2004, she worked as an Ob/Gyn at Boulder Medical Center.

In 2004, seeking a more balanced life, she took a break from the practice of medicine to become a Personal Trainer and Group Fitness Instructor, a passion of hers that continues to this day. She also trained for and participated in competitive body-building. During this time, she stayed involved in the field of gynecology by serving on Women’s Health Quality Assurance committee.

In 2009, she made the decision to return to medical practice when her

“ideal job” opened up at Women’s Health. From 2009-2011, Dr. Weinberg saw patients and served as a sub for then-Medical Director Jan Shepherd. In 2011, as Dr. Shepherd began transitioning out of her role as Medical Director, Dr. Weinberg stepped in, eventually making it permanent earlier this year.

What Dr. Weinberg loves most about her job at Women’s Health is doing office procedures and working with our awesome team of Nurse Practitioners. She says she finds it “very fulfilling” helping women prevent unintended pregnancy and serving patients who really need care and have no where else to go.

Her duties as Medical Director also include designing and revising medical protocols, doing patient consults for the NPs, leading clinical care conferences, doing chart reviews, and other administrative tasks. She continues to see patients—both insured and uninsured—two days a week.

Outside of Women’s Health, Dr. Weinberg continues her work as a personal trainer. In her spare time, she loves skiing, scuba diving, and hiking (she’s climbed all the Front Range 14ers), and confesses an “addiction to tennis.” 🍁

IN-KIND DONORS

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Women's Health Salutes Our Longtime Nurse Practitioners

A large share of the credit for the high quality medical services Women's Health provides goes to our team of specially trained advanced practice nurses. Among them, they average 18 years nursing experience, bringing a level of expertise in gynecology and family planning that truly makes us reproductive health experts.

Our longest-term N.P., Merylee Appel, was featured on these pages two years ago, when she celebrated 25 years with Women's Health. In this issue, we spotlight two other longtime providers.

LYNDA MONSEY

In more than two decades with Women's Health, Lynda Monsey has seen a lot of changes—far more birth control options than when she started, more emphasis on HIV/STI education, and a bigger socio-economic range among our patient population as more people lose their jobs and health insurance.



Lynda Monsey, NP, has been with Women's Health for 21 years.

And another big change—seeing more male patients. “I hadn't seen a penis professionally since Carter was in office,” Lynda quips.

Lynda says working at Women's Health has always been “a good fit.” The organization “suits my personality, my politics, my philosophy of life. Women's Health is on the cusp of the good fight for women to control their own bodies, and I love that.”

In addition to her training as an N.P., Lynda also has a Masters level certificate in Forensic Nursing and has been trained as a SANE nurse (sexual assault nurse examiner) since 1999.

Since 1997, she has also volunteered with Red Cross disaster relief. In 2005 she spent a full month tending to Katrina survivors in Aurora and most recently traveled to Alabama to assist victims of a tornado there.

This past spring, Lynda traveled to Costa Rica on a Spanish immersion medical mission trip. She treated women and children living in abject poverty with no access to healthcare.

In her personal life, Lynda loves traveling and cooking. She and her husband are proud parents of two adult children, Emily and Forrest.

ELIZABETH BROCK



Elizabeth Brock, NP, has been at Women's Health for 16 years.

Elizabeth Brock is known at Women's Health for two things: her ability to make her patients laugh and her wild earrings. “My earring collection eclipses everyone else's here,” she boasts.

After completing a B.A. at CU and getting her R.N. at the University of North Carolina, Elizabeth embarked on a nursing career. She started out in oncology but soon found that what she enjoyed most was women's health. After a few years working in labor and delivery

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Change a Woman's Life

MARY IS A SINGLE MOTHER of two school age sons, one with autism and needing extra care. She is self-employed as a massage therapist and has great pride that she is able to support her family with no child support from their father. Mary became pregnant when her partner's condom broke. She has been sick, unable to work, and knows that if she continues this pregnancy, she and her children will soon be homeless.

Mary knew that she did not want to continue this pregnancy but needed assistance in covering the cost of an abortion. Fortunately, Women's Health was able to help through our **Reproductive Equality Fund (REF)**.

Because there is no government money and little foundation support available for abortion, Women's Health maintains a private fund to assist women who cannot afford the cost of a procedure. REF is supported entirely through donations from caring individuals in our community.

You can help! Please contribute to REF *at any level* using the enclosed envelope, or online: www.boulderwomenshealth.org/donate. *You will change a woman's life.*

And Congratulations to...

Women's Health Finance Director **Heidi Halpern**, celebrating 15 years with Women's Health.

Executive Director **Susan Levy**, celebrating 10 years as our fearless leader.

Welcome to our 2011-12 SHAPERS



SHAPE: Top row: Sophie, New Vista; Jake, CU intern; Logan, Boulder High; Melissa, Boulder High; Luisa, Boulder High; Siena, Boulder High; Moriah, September School; Elysse, Boulder High; Jessie, Fairview; Kati, Women's Health mentor; Leah, September School; Shelia, Monarch; Danielle, Women's Health mentor; Amy, BCAP mentor; Rachel, CU intern. Bottom row: Gracie, Broomfield High; Camille, Fairview; Sara, Longmont High; Katie, Skyline High.

Over Halloween weekend, our 2011-2012 SHAPE volunteers headed to the Cal-Wood Education Center in Jamestown for a weekend retreat. They braved the snow Saturday morning for some outdoor team-building and then cozied up in the lodge for extended diversity & inclusiveness training. They left the weekend well-fed, well-trained and excited for a great year of SHAPE!

SHAPE (Sexual Health & AIDS Awareness Peer Education) is a group of high school peer educators who teach other youth about STIs, birth control, and healthy relationships. SHAPE is a joint program of Women's Health and the Boulder County AIDS Project (BCAP), and a proud recipient of funding from the City of Boulder Youth Opportunities Program. 🍁

THANK YOU to these Longmont Restaurants!

Youth Services would like to extend a big THANK YOU to these Longmont businesses for generously donating dinner to our Family Communication Workshop series. Partnering with the Longmont Youth Center, our Community Health Education team facilitated evening classes to help families improve communication about sexuality. Because dinner is an excellent time for family discussion, we were thrilled to be able offer delicious meals to our participants!



Joining Together for Sexual Health

In response to the 2010 stream of funding for abstinence-only education in Colorado, Women's Health spearheaded a coalition to represent our local community and advocate for healthy, informed youth. The Sexual Health Coalition is comprised of local sexual health providers, domestic violence prevention agencies, LGBTQ organizations and Boulder County Public Health.

Together we formed a mission statement and guiding principles to solidify the coalition as an active community resource. Our mission states: **The mission of the Sexual Health Coalition is to foster intentional partnerships to provide education, advocacy, communications, and services, addressing the sexual health needs of Boulder, Broomfield and Weld County residents.**

If you are passionate about sexual well-being in our community and would like to join the coalition, please contact Danielle Watters, Youth Services Director: danielle@bvwhc.org. 🍁

Youth Services WISH LIST

➡ **The Wondrous Vulva Puppet**
see www.yoni.com/gifts

➡ **A case of female condoms**

To help or to find out more, please contact Danielle at 303-440-9320, ext. 36, or danielle@bvwhc.org.

Return Service Requested

Donate online at
boulderwomenshealth.org.



Annual Event: Broad Comedy Puts the “Fun” in Fundraiser



Our recent fall “fun”raising event featuring the all-women comedy troupe Broad Comedy was a true success! Over 650 of our supporters came out for a night of fun and fundraising on behalf of Women’s Health. Proceeds from our live auction and paddle raiser were more than double than that of last year! Together our audience-supporters made a big difference and their generosity is a true testament to the positive impact that Women’s Health makes in the community. (See a list of our event sponsors on pp. 2-3.)

NURSE PRACTITIONERS, continued in a Raleigh hospital and assisting with gyn surgeries, she returned to Colorado in 1990 and enrolled in a Women’s Health Nurse Practitioner program. In 1995 she began work at Women’s Health.

Elizabeth says that over her 16 years here, she has seen our patient population grow and become more medically needy. “More young people are coming in with complex problems.”

The most fulfilling thing, though, says Elizabeth, is when patients come back and say thank you. “I’ve had people who’ve said I’ve gotten out of an abusive situation because of you. Or quit smoking. Or not gotten pregnant. Or, thank God you were here when I needed an abortion.”

In her personal life, Elizabeth enjoys hiking and spending time with her husband and two college-age kids on their land near Rollinsville. 🌿