

winter, 2011/2012



FP Ed

FP Ed is an educational newsletter from the family Planning Health Educators at Finger Lakes Community Health, covering our services as well as other family planning topics.

issue three



Penn Yan Girls Club goes to ONYA's Voices of Experience!

ONYA has generously supported the Penn Yan Girls Club for the last two years. The event focused on life education for girls; they had the opportunity to hear stories from creative and determined local women, & they met and mingled with other girls from Ontario, Wayne, and Yates counties. They even left with a few prizes & goody bags! The girls had a great time at the event & enjoyed going out to dinner beforehand. It was a very informative & empowering evening. The girls are excited about going back next year!

On November 16, Health Educators Jessica Kenneda & Jessica Chapman, as well as Meghan Gillett (Penn Yan Middle School's Social Worker) took the Penn Yan Girls Club to an event called "Voices of Experience" in Geneva at the Belhurst Castle. The event was hosted by ONYA, the Ontario/Yates Fund for Women. The organization gives funds to programs for women and girls in Ontario and Yates Counties.



We have Girls Club programs in:
Dana L. Lyon Middle School (Bath)

Penn Yan Middle School

Sodus Middle School

Check out our Facebook Profile: Jessica KC

our Facebook Page: www.facebook.com/flch.family.planning.health.education

Painting Geneva yellow with the yellow umbrella organization!



The Yellow Umbrella Organization & the Geneva community teamed up to Paint Geneva Yellow the week of November 28 to December 2! Geneva got to hear Christine Baze, the Executive Director of the organization, educate & empower people about the HPV vaccine, HPV test and the liquid pap test, as well as cervical cancer prevention! Christine, cervical cancer survivor, health educator, & indie musician shared her very moving story with many people in the Geneva



community throughout the week. Paint It Yellow week included an interview on 98.5FM WNYR; a visit to the Boys & Girls Club of Geneva (& a performance there one evening); assemblies with Geneva High School, Geneva Middle School 8th graders, & DeSales High School; a forum at Hobart & William Smith Colleges; a visit to a WFL BOCES class; & the finale for the week was a community event on Friday evening at Billsboro Winery! It was a busy & inspiring week! Christine (holding the umbrella), pictured above with some of the 'Paint it Yellow Team', hopes to be back in the area soon to do more activism! Check out her organization at:

TheYellowUmbrella.org

Locations

Penn Yan Community Health
160 Main St
Penn Yan, NY 14527
315.536.2752

Bath Family Planning/Community Health
117 E. Steuben St
Bath, NY 14810
607.776.3063

Geneva Community Health
601B Washington St
Geneva, NY 14456
315.781.8448

Port Byron Community Health
60 Main St
Port Byron, NY 13140
315.776.9700

Sodus Community Health
6692 Middle Rd Suite 2100
Sodus, NY 14551
315.483.1199

NAME THAT STD!

This STD cannot be cured & causes blisters/sores on genitals and/or mouth.

Herpes: what You Should Know...

- symptoms include flu-like feelings, discharge from penis or vagina, body aches, painful/itchy blisters on genitals or mouth
- there can be no symptoms
- blisters last 1-3 weeks— but infection is always present in body
- cannot be cured, and can be passed to partner during oral, vaginal, & anal sex, as well as genital touching
- there are topical & oral medications to prevent outbreaks

Best Protection: Not having sex (abstinence), condoms, & talking with doctor about ways to protect yourself or your partner if already have herpes.

Emergency Contraception: The Real Deal

Emergency contraception, also known as 'EC', the 'morning after pill', or by one of its brand names, 'Plan B', is a type of birth control that can be used after unprotected sex. It was in the news recently because Kathleen Sebelius (Health & Human Services Secretary for the Obama administration) overruled her own drug regulators & stopped Plan B from moving onto drugstore shelves next to other contraceptives. Here are some quick facts on EC:

- EC should only be used as a **backup** when first form of birth control fails (condom breaks, forgot to take pill, etc.), or unprotected sex occurs
 - EC is not the abortion pill. It will not work if a woman is already pregnant. It will not hurt a current pregnancy
 - EC can be purchased without a prescription by someone over 17. Those under 17 must get a prescription
 - after unprotected sex, a woman has up to 5 days to take EC, but it is best to take ASAP
 - Plan B can be free, but usually runs anywhere from \$10 to \$70 at a pharmacy
 - call one of our sites for other information!
- Or visit <http://ec.princeton.edu>