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News from Mabel (Fall 2008)

Mabel Wadworth Health Center Staff

Mabel Wadworth Health Center

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*Mabel
Wadsworth
Women's
Health
Center*

News from *Mabel*

SPECIAL COLLECTIONS
PERIODICALS

Fall Newsletter
2008



Why Your Vote as a Woman Counts for SO Much

Because elections today frequently are won by tiny margins, the mobilization of women voters has the potential to change the political landscape in many states and perhaps the country as a whole.

Only 64% of the eligible voters in the United States voted in 2004 and 65% of eligible women voted. Despite the high participation rate among women, the turnout was predominantly older women. ALL women, especially young women, have an enormous amount at stake in this election. Reproductive rights that young women have taken for granted for years are especially at risk, yet younger women are the least registered and least active voting population in the country. It is time to change these numbers.

Too often reproductive rights, peace, affirmative action and the environment take a back seat. It's time for *ALL* women to make their voices heard...VOTE!

Mabel Wadsworth Women's Health Center is actively registering and educating women voters in our waiting room.

Your vote counts! Get to the polls and make the difference for *all* women on November 4th!

Mabel Wadsworth Women's Health Center is a 501(c)(3) organization that does not oppose, support, or otherwise endorse any candidate for public office.

Save the Date:

Designing
Women
Nov. 1
9am-4pm

WomanSong
Nov. 1
7pm

See back
for more
information
or visit our
website

We Couldn't Have Done It without You!

Yes! Success! We did it!

Mabel Wadsworth Women's Health Center's first capital campaign was an overwhelming success, totaling more than \$1.3 million in gifts and pledges. We would like to commend the Capital Campaign Steering Committee, Board of Directors, staff, and volunteers who worked diligently to make the campaign a success.

From the precedent-setting lead gift of \$250,000 in May 2005 to the last gift of \$25,000 in June 2008, the capital campaign was embraced by so many in our community. More than 330 individuals, organizations and businesses participated in the campaign, including 100% participation by the Center's staff and Board of Directors. Mabel Wadsworth Women's Health Center extends its heartfelt thanks to you for making a lasting investment that will benefit the health and wellbeing of Maine women for years to come.



Our Own Home!!

Mabel Wadsworth Women's Health Center Welcomes Four New Board Members



JoAnne Dauphinee (Back Right) has been a feminist pro-choice activist since the 1960s, actively serving Maine NOW, and numerous groups, coalitions and alliances for choice - including Mabel Wadsworth Women's Health Center's Communities United for Reproductive Safety (CUREs) Project.

Gretchen Ziemer (Front Right) has been the Advocate Training and Legislative Coordinator for the Maine Coalition to End Domestic Violence since October of 2004. Her work in domestic violence prevention is just one aspect of her devotion to her feminist activism and work in animal welfare.

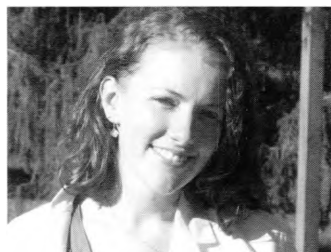
Laura Lindenfeld (Front Left) is an Assistant Professor in the Dept. of Communication & Journalism at the University of Maine. Her work focuses on representations of gender in mainstream U.S. media. Laura is committed to supporting women's well-being.

Martha Wildman (Back Left) is the Director of Volunteer Services at Eastern Maine Medical Center. She is a former Mabel Wadsworth Center Board Treasurer & Board President. For years, Martha has stayed involved with the Center coordinating the Plant Sale and serving on the Capital Campaign Steering Committee.



Board of Directors

Kathleen Bell	Marsha Pilz
Nicole Blood	Anne Schmidt
JoAnne Dauphinee	Nancy Smith
Martha Garfield	Nancy Torresen
Laura Lindenfeld	Bev Uhlenhake
Jean MacRae	Martha Wildman
Susan Payne	Gretchen Ziemer
Becky Pease	



Help Us Welcome an "Old" Friend to the Center Staff

Jessica first worked at the Center in 2005, when she was a student intern from the University of Maine's School of Social Work. It was then that she realized her passion for women's health. After receiving her Bachelor's Degree in Social Work and Women's Studies in 2006, she began working as a Family Planning Specialist for Penquis Health Services in their Bangor and Dexter offices. During that time, Jessica maintained her involvement with the Center by being a member

of the Board of Directors and was the chair of the Planning Committee from 2007-2008. In 2007 she also began providing family planning outreach services for Downeast Health Services in Ellsworth. After taking an extended maternity leave since the birth of her daughter Lydia in April of 2008, Jessica is now thrilled to be "back" and working as a Clinical Assistant at the Center. We're pretty thrilled, too!

Know the Facts - The Morning After Pill vs. Medication Abortion

The Morning After Pill (Emergency Contraception, EC, Plan B)	Medication Abortion (The Abortion Pill, Mifepristone)
Used as a contraceptive/birth control method after unprotected intercourse.	Taken to end a pregnancy in the first 9 weeks. Administered by a physician.
Reduces the chance of pregnancy up to 89% if used within 5 days after a woman has had unprotected sex.	Approved by the FDA to induce an abortion of an existing pregnancy; similar to a miscarriage. Medication abortions are safe and 97% effective.
Available through a pharmacist with no prescription necessary for women 18+. Women under 18 and those covered by MaineCare can get a prescription from Mabel Wadsworth Center.	Mabel Wadsworth Center provides both medication and surgical abortions. Maine State Law requires women 17 or younger to have an adult involved in their decision. Call the Center for more information.



Terry Marley-DeRosier

Mabel Wadsworth Center's Nurse Practitioner Receives National Award for Excellence

Each year the American Academy of Nurse Practitioners (AANP) recognizes excellent NPs through its annual awards. We are so proud that our very own Terry Marley-DeRosier has been nationally recognized as a nurse practitioner who demonstrates excellence in practice, research, NP education and community affairs.

Terry Marley-DeRosier has been a nurse practitioner since 1979, with a focus on women's health care. She is a co-founder of the Center and has served as its Clinical Supervisor since 1997. As a premiere provider of prenatal and gynecological care, she has positively influenced the lives and health of thousands of Maine women and their families.

Terry was recognized for her well-deserved award in June 2008 at the 23rd AANP National Conference in Washington, DC. Way to go, Terry!

Celebrating 24 Years of Women's Health & Reproductive Rights



Betsy Weiss, MD

On May 29, 2008, Mabel Wadsworth Center supporters gathered to celebrate our mission and honor those who support a woman's right to choose. We had a great turnout for the evening, and the auction was a lot of fun.

This year the Center honored Elizabeth Weiss, MD by presenting her with the Mabel Sine Wadsworth Women's Health Achievement Award. Betsy is an important figure in the development of Mabel Wadsworth Center. For many years she volunteered her time and skills by providing direct clinical services and now serves as the Center's Medical Director. We are so proud to honor a woman like Betsy, who continues to speak up for a woman's right to choose and actively uses her skills to protect that right.

We also honored another very special friend of the Center with the Woman Power Award: Deb Milligan, RN. Deb's volunteer work at Mabel Wadsworth Women's Health Center has been invaluable. Highly skilled in the exam room, Deb is a source of calmness, humor, loyalty and deep caring for our clients and staff. She commits herself fully to the women we serve and does it with grace and courage. We always love to see her in the office and we hope she will stay with us for a very, very long time.



Deb Milligan, RN 2008 Woman Power Award Recipient (Left)



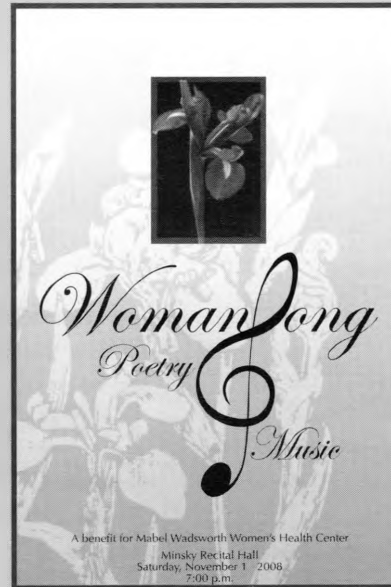
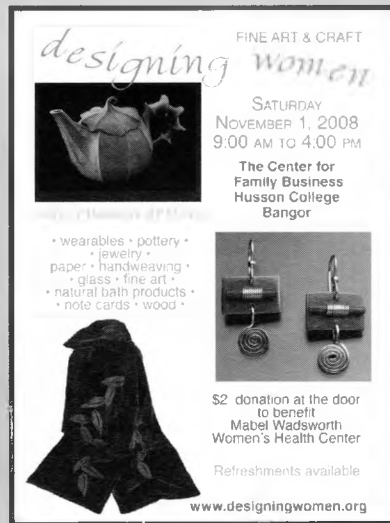
Indulge Yourself Silent Auction

Special thanks to volunteers Marlene Charron, Dinner Chair and Nicole Blood, Auction Chair and to the many other community members, staff, Board, and businesses who donated their time, skills and auction items. We really appreciate your support and could not have had a successful event without you.

We look forward to celebrating our 25th anniversary with all of you next year at our Annual Dinner!

Save The Date

Designing Women
Fine Art & Craft
November 1st
9am-4pm
at
Husson University



WomanSong
Benefit Concert
November 1st
7pm
at Minsky Hall
University of Maine

Visit www.mabelwadsworth.org for more information

How You Can Help

With each gift of money, time or equipment, you are making a difference in the lives of thousands of women in Maine and their families. There are many convenient, even creative, ways to lend your financial support to Mabel Wadsworth Women's Health Center. All are tax-deductible. All will support the work we do throughout the year--and for years to come.

- Donate a gift of **stock**. The Center accepts gifts of publicly traded stocks, mutual funds, and bonds.
- Give a **commemorative gift** as a special and uniquely personal way to honor a birthday or other special occasion, or commemorate the life of a loved one, while supporting an important cause.
- Include the Center in your **estate plans** by joining the **Mabel Wadsworth Legacy Circle**.
- **You can write Mabel Wadsworth Center on your United Way Pledge Form.**
- If you are affiliated with a **grant-making organization**, consider making the Center a recipient through foundation giving.
- **Volunteer** as part of our network of individuals who keep the Center running. Opportunities are available in many different areas.
- Host a **house party**. House parties are a fun way of introducing family, friends, and your community to Mabel Wadsworth Women's Health Center.
- **SEND A CHECK TODAY!!!**

Mission Statement

The **purpose** of this organization is to provide educational and clinical services in sexual and reproductive health care to women regardless of age, ability, race or ethnicity, sexual orientation or economic status.



Mabel Wadsworth
Women's Health Center
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