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News from Mabel (Spring 2006)

Mabel Wadworth Health Center Staff

Mabel Wadworth Health Center

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News from Mabel

MABEL WADSWORTH WOMEN'S HEALTH CENTER

Spring 2006

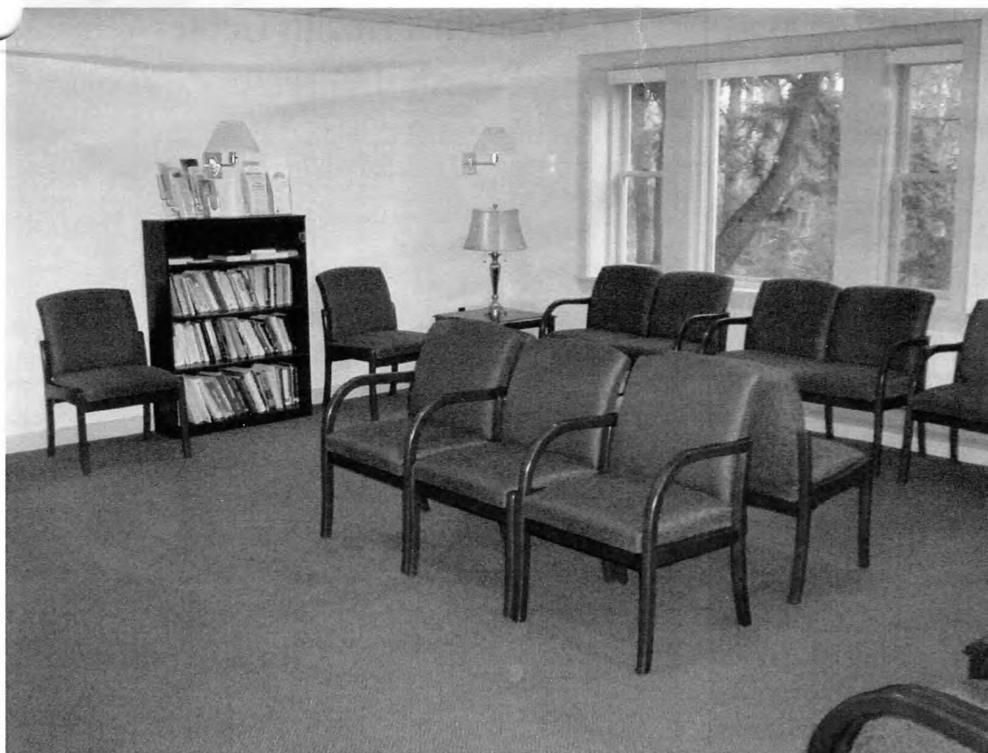
P.O. Box 918 Bangor, ME 04402-0918

207.947.5337 *voice* 207.947.9163 *fax*

www.mabelwadsworth.org

Mabel's Has Arrived!

We're ready to welcome you to our new home at
Suite 420 Evergreen Woods, 700 Mt. Hope Ave.



Mabel's spacious new waiting room is filled with natural sunlight and comfy new furniture. Large windows look out over a scenic stream and lush woods. Children even have their very own playroom with books and kid-size table and chairs right in the waiting room. This photo only shows a third of YOUR new waiting room!

DID YOU KNOW...

Mabel Wadsworth Center has been collecting suggestions and soliciting feedback from our clients for years.

We listened to what you said you needed – and wanted – Mabel Wadsworth Center to be. We're thrilled that our new space reflects so much of **YOU!**

THANK YOU for helping us create a beautiful, efficient and peaceful environment conducive to the quality care and respectful delivery of comprehensive women's health services that you have come to expect from **YOUR** Mabel Wadsworth Center

We are pleased to offer enhancements including:

- A spacious, quiet and airy waiting room with natural light, separate from the front office areas
- A children's play room
- A private, cozy "Quiet Room" for rest and recovery in clinical area
- Seamless security and accessibility features
- Adaptive equipment and open floor plans to aid physical accessibility
- Atmosphere, safety and privacy enhancements
- Easy-to-find location with ample parking
- Tucked away in a lush natural setting on private property
- Close to other health care professionals and area amenities

YOU made all this possible!

Come see for yourself – schedule your appointment today or RSVP for our Open House on June 15!

Capital Campaign Almost Half Way Home Already!

The Mabel Wadsworth Women's Health Center Capital Campaign is on the edge of reaching our next milestone – the halfway point toward \$1.3 million – the total cost of our capital project, which includes purchasing our facility. As of this printing, the capital campaign totals **\$641,298** in gifts and pledges, which is well within sight of the halfway mark of \$650,000. Recent major gifts that helped to push us just up to the **49.33% mark** include former board members and local corporate donors.

"Every donor and every dollar to date has brought us to this point," commented Linda Westphal, campaign co-chair and board member. Linda shares her leadership role with long-time donor and local physician Frank Bragg. "Our volunteers, board and staff, and our donors are so excited to have this marker within our reach."

The success of our first capital campaign will solidify our ability to meet a mission that is so much bigger than any building can contain. The financial stability and fiscal sustainability we will secure through owning our own facility is the difference between maintaining a good program and nurturing the vibrancy of a diverse menu of excellent programs and services.

"Going beyond the halfway point soon is exciting in several ways," explained campaign co-chair Frank Bragg. "Not only will we have over half of the dollars needed to purchase the Evergreen Woods suite, but we have the growing energy and confidence that we will even surpass our goal."

For more information about how you can help raise awareness and funds for Mabel Wadsworth Women's Health Center's capital campaign, please call Deanna, Development Coordinator, at 947-5337, extension 104.

Capital Campaign Steering Committee

Frank Bragg, MD, Co-Chair
Linda Westphal, Co-Chair
Sharon Barker, Board President
Sue Bernier, Campaign Counsel
Wilma Bradford
Betsey Brewster Case
Sarah Clark
Cindy Collins, Administrative Assistant
Arthur Comstock
Stephanie Cotsirilos
Leesa Easton Cook
Geoffrey Gratwick, MD
Susan R. Kaye
Ruth Lockhart, Executive Director
Deanna Partridge, Development Coordinator
Alice Passer, MD
Janet and Andy Pease
Martha Wildman

Mabel Wadsworth Women's Health Center Board of Directors

Adele Adkins
Sharon Barker, *President*
Sarah Brasslett
Anne Johnson
Jean MacRae
Susan Payne
Marsha Pilz
Colette Sabbagh, *Treasurer*
Melanie Sachs
Nancy Smith
Katharine Storer
Bev Uhlenhake
Stephanie Welcomer
Linda Westphal, *Secretary*

Mabel's Offers More Choices to Enhance Client Comfort

In response to the suggestions of our clients – and through the generosity of local business owners, grant-makers and supportive professional colleagues – Mabel Wadsworth Center is pleased to be able to offer women alternatives to the standard exam table.

The Center has recently acquired a hydraulic exam chair and new exam lamps, and outfitted a special room dedicated to our clients' rest and rejuvenation.

The exam chair provides an option to women with physical mobility issues or women in late-pregnancy who may find it uncomfortable or even impossible to mount or lay flat on a standard exam table. A client can simply back up to the chair and sit down. The chair is then raised and adjusted hydraulically by pedals the clinician easily controls with a tap of her foot.

Right: Nurse Practitioner and Clinical Care Coordinator Kathleen Cousins and University of Maine student nurse Kassi Reyes show off some of the Center's recent additions – an exam chair donated by a local physician and a low-heat/cool-touch exam lamp funded by a Maine Charity Fund grant through the Maine Community Foundation.



We have also designated a “Quiet Room” within the clinical area. The room is outfitted to complement the advanced care services the Center provides – such as colposcopy, prenatal fetal non-stress testing and abortion care.

A client who receives medication as part of her appointment can wait for it to take effect while watching the squirrels out the window from the comfort of a rocking chair instead of returning to the waiting room. Or, after a procedure, a client can rest here unhurried rather than in an exam room.

“Our clients’ comfort is of the utmost importance to us,” says nurse practitioner and Clinical Supervisor Terry Marley-DeRosier. “We do all we can to help women have as relaxed and positive a health care experience as possible here.”

Left: A new washable leather recliner donated by Dorsey Furniture and a wicker rocking chair in the “Quiet Room” provide comfortable seating for prenatal clients to relax and stretch out during a lengthy fetal non-stress test in late pregnancy.



Judy Guay
1941 – 2006

2006 Mabel Sine Wadsworth Women's Health Achievement Award:

Judy Guay Dedicated Her Life to "Peace, Bread and Justice"

Every year at the annual dinner, Mabel Wadsworth Women's Health Center honors a person who has a record of outstanding contributions to the health and well being of Maine women.

Mabel Wadsworth Women's Health Center is pleased to recognize Judy Guay's lifetime of tireless activism and advocacy for the improvement of the lives of Maine people by posthumously presenting her with our 2006 annual women's health achievement award.

Judy is remembered by thousands of Maine people whose lives she touched during her life of service to the state's most underserved citizens. In the early 1970s she co-founded the Community of Pride, which was based in the Capehart neighborhood of Bangor where she lived with her family.

She became one of the first women to serve on the Bangor School Committee in 1979, winning by a landslide write-in vote. Judy served on numerous boards of organizations devoted to community service and economic justice: her motto was 'Peace, bread, and justice.' She was the longest tenured member of the board of Pine Tree Legal Services, having served continuously since 1981 including two separate terms as president.

In 1996, when changes in federal law restricted Pine Tree Legal Assistance from representing low-income people on many forms of systemic change, she was instrumental in establishing Maine Equal Justice Project. She also served on the boards of Haymarket Fund, Maine Initiatives, among others. She spent more than 15 years working with Aid for Families with Dependent Children through her job with Catholic Charities and played an active role in developing the TANF program that superseded AFDC. She was also active in the Coalition for Economic Justice, the Maine Women's Fund and Pine Tree Folk School, where she helped form People's Theater, an improvisational troupe that performed for and with people living on public assistance.

In 1981, Judy was one of the founders of Maine Association of Interdependent Neighborhoods, an organization dedicated to improving the lives of all Maine citizens. As president, she led MAIN to become one of the most effective and respected advocacy groups in the state, training low-income residents to testify before the Maine legislature on their own behalf. In 1983, she was named Public Citizen of the Year by Maine's chapter of the National Association of Social Work. She also was the recipient of the Mary Ann Hartman Award from the University of Maine's Women in the Curriculum program and Helping Hands Award from the Peace and Justice Center of Eastern Maine.

In September 2005, Judy completed six years of service on the Mabel Wadsworth Women's Health Center board of directors. Most notable among the many ways she aided the Center was in helping establish its livable wage policy. She was a strong proponent of reproductive rights for all women, especially for those with the fewest resources, and gave voice to the issues and obstacles faced by low-income women in their daily lives.

Judy was born Judith Ann Rand, Aug. 21, 1941, in Bangor and grew up in Old Town. Early in the 1960s, she met and married Ron Guay. Judy passed away on February 28, 2006 at the age of 64. She will be deeply missed and remembered for her generosity of spirit, energy, time and love.



Come on over to Mabel's

Please be our guest for an after hours tour of
YOUR
New, Expanded & Improved

Mabel Wadsworth Women's Health Center

Open House

5-7 p.m.

Thursday, June 15, 2006

*Mabel
Wadsworth
Women's
Health
Center*

In our new location:

Suite 420 Evergreen Woods
700 Mount Hope Avenue
Bangor, Maine

Refreshments will be provided

Our new facility is handicapped accessible
Please call with additional accessibility needs

RSVPs are requested

Call Cindy at 947-5337 ext. 105 or email Cindy@mabelwadsworth.org.



We Welcome New Clients and Accept:

Private Insurance

MaineCare

Medicare

Dirigo Health

Self Pay

Services Available By Appointment

Annual exams

Pap smears

Breast health exams

Emergency contraceptive pills

Pregnancy testing

Pregnancy options education and support

Abortion care

Prenatal care

Adoption and parenting referrals

Lesbian health care

Colposcopy

Vaginitis and STD diagnosis, treatment

Contraception

Menopause consultation and care

Consultation on menstrual concerns

Individual awareness & information sessions on: HIV/AIDS,
PMS, STDs, sexuality, fertility and other women's health issues

Prepared childbirth classes on-site

*Mabel
Wadsworth
Women's
Health
Center*

Mabel Sine Wadsworth Women's Health Achievement Award

Honoring Mabel's Legacy and Those Who Continue Her Work

The Mabel Sine Wadsworth Women's Health Achievement Award is a tribute to our organization's founding mother, Mabel Sine Wadsworth. The Center annually acknowledges the passion, perseverance and effectiveness of an individual who has contributed significantly to the health and well-being of Maine women and girls.

A long-time activist and leader in the women's health movement, Mabel Sine Wadsworth had been in the forefront of the political struggle to achieve and maintain reproductive rights for women in Maine since the 1940s. She is well known throughout the state for her untiring volunteerism in a wide variety of philanthropic endeavors.

Mabel's participation in the founding of Mabel Wadsworth women's Health Center reflected her deep belief in the empowerment of women to take control of their lives. It is Mabel's vision, philosophy and sheer determination in the face of opposition during more than 20 years that has informed and grown the Center into a premiere provider of women's health care respected nationwide.

Both the Center and the award, which bear her name, embody Mabel's vision of accessible health care in an environment that offers education about women's bodies and fosters informed decision making about their sexual health and reproductive lives.



Mabel Sine Wadsworth
(1910-2006)

By the time of her death at age 95 in January, Mabel had built a reputation for her intense commitment to women's self-determination, her personal activism, high standards, demand for quality, critical eye, and understanding of feminist equality.

It is our honor to recognize individuals who are conducting their lives, work and volunteerism in a way that advances the goals and values for which Mabel set the standard. Nominations for the Mabel Sine Wadsworth Award are accepted throughout the year from the general public. For more information on the award, criteria and a nomination form, please contact Ruth Lockhart, Executive Director and co-founder, at 947-5337.

Past Recipients of the Mabel Sine Wadsworth Women's Health Achievement Award

- **Peaches Bass**, lesbian health advocate;
- **Sharon Barker**, founder of multiple Maine-based organizations supporting the full potential of women and girls;
- **Pat Bond**, champion of public health;
- **JoAnne Dauphinee**, feminist activist;
- **Darylen Cote**, health and sexuality educator;
- **Nancy Foss**, abortion rights organizer;
- **Parker F. Harris and Bonnie Bragg**, dedicated women's health care providers;
- **Christine Hastedt**, advocate for people with low incomes;
- **Mary Herman**, women's health advocate;
- **Mabel Wadsworth**, women's health pioneer and inspiration for the award; and
- **Phil Worden**, progressive lawyer.

Local Artists Join with Mabel's in Celebration of Women

With a move to our new location at 420 Evergreen Woods, Mabel Wadsworth Women's Health Center staff and board members look forward to supporting local artists by providing a venue for artists' shows. Displaying art at the Center provides cultural enrichment for our clients, staff, and others while also supporting the development of artists in Maine.

One of our primary goals is to make fine art accessible to a diverse group of women who visit the Center. At the same time, our venue offers an opportunity for artists to increase awareness and recognition of their work. The first exhibit will be a juried show, entitled "In Celebration of Women," which will hang in June and July 2006. Artists have been selected to exhibit their work in the months that follow the opening exhibit; other artists are invited to submit an application to show their work in 2007.

Mabel Wadsworth Center encourages both new and experienced artists, women and men of all ages, to show their work, especially artists who are local to the Bangor area. The next deadlines for submission are August 1 and November 1, 2006. The Center also welcomes requests and suggestions from the community. However, we do not guarantee that any particular request or submission of work will be approved. For more information regarding the submission of your work for review, please email sue@bhc-group.com or call Sue Bernier at (207) 469-2922.

Investing in Tomorrow: Bequests

The Center began out of conversations centered on creating an alternative model for women's health care delivery and self empowerment, where women are equal members of their own health care team and have a friend in the process, not just a provider. More than two decades later, Mabel Wadsworth Women's Health Center is literally on the front lines and at the frontier of women's health care in Maine.

Our work is never done, as evidenced by recent headlines – from Supreme Court nominations to access to contraception at your local pharmacy. Only one thing is certain: women's reproductive rights and access to quality healthcare must be protected for decades to come. Your charitable bequest, when designated for our endowment fund, will help ensure that we can create *opportunities* instead of *reacting* to future changes. Long-term, an endowment fund is a critical part of a new level of financial stability for Mabel Wadsworth Center. Please consider including Mabel Wadsworth Women's Health Center in your will or estate plans. It's never too early to plan for the future or to think about future generations of Maine women!

For more information about how to include Mabel Wadsworth Center in your planned giving, please contact Deanna Partridge at 947-5337, ext 104.

Mabel's Wishes

Rolls of first-class stamps
Lubriderm unscented hand lotion
Bottles of Purell hand sanitizer
Single wrapped toilet paper rolls
Boxes of facial tissue
Boxes of medium size Band-Aids
Pens (black ink – fine point)
Coffee for brewing
Dry creamer
A paper folding machine
Maxipads
Sturdy plastic children's toy box
White copier paper
Washable child-sized furniture
Magazine subscriptions, such as:

- *Ms.*
- *New Moon*
- *Echoes*
- *Mother Jones*
- *The Nation*

Children's bookcase
Airline miles for advanced training
HP xb31 Digital Projector
Fine point black Sharpie pens
Gift Certificates to OfficeMax
Gift Certificates to Staples
Canary yellow photocopy paper
Refill bottles of Liquid hand soap
Gift Certificates to grocery stores
Feminist women's health books
(for our lending library)

Children's videos and books:

- *girl-positive images*
- *non-violent*
- *multicultural, inclusive*

Thank you for your contributions!
Please call us before stopping by!

Didn't get your annual dinner invitation? We do require pre-registration...Just cut out or copy this slip and return it to: Mabel Wadsworth Center P.O. Box 918, Bangor, ME 04402-0918

2006 Volunteer Recognition & Awards Benefit Banquet

RSVP required by Thursday, May 18, 2006

Name(s):* _____

_____ \$1,000 Benefactor *

_____ \$500 Sustainer*

_____ \$ 250 Sponsor*

_____ \$ 125 Friend*

_____ \$ 40 Individual Ticket

_____ Other

Address: _____

_____ I/we cannot attend, but in honor of **Judy Guay**, enclosed is a contribution to support the Center.

Email or Phone: _____

_____ Please bill my/our MasterCard or Visa

Account No. _____

Exp. _____

Signature: _____

Please select one entrée per guest from below:

- _____ Roasted Prime Rib of Beef served with au jus
- _____ Almond Crusted Chicken with Pear Velouté Sauce
- _____ Caramelized Onion & Roasted Pepper Pasta with balsamic vinegar, tomatoes, spinach & parm. cheese

*Levels of \$250 and above will receive two banquet tickets. Benefactors, Sustainers, Sponsors and Friends will be listed on the evening program unless otherwise requested.

Please pay what you can – Please come even if you can't pay

All are welcome!

Thanks to 2006 Banquet Business and Organization Supporters

Community Supporters

Bangor Daily News
BHC Consulting Group LLC
Northeast Cardiology Associates
WERU Community Radio 89.9 & 102.9 FM

Sponsors

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Family Planning Association of Maine
Maine Association of Interdependent Neighborhoods
Maine Equal Justice Partners
Maine People's Alliance
Maine Women's Fund
Maine Women's Lobby
Miller Drug
Sargent, Tyler & West

Mabel Wadsworth Center Former Board Member Jane Saxl (1939-2006)

It is with sadness that we acknowledge the passage of another one of our own amazing women and dedicated feminists. Jane Saxl, former Mabel Wadsworth Center Board member, Maine State Legislator and tireless advocate also passed away in 2006. We are deeply appreciative of all that Jane accomplished in her life for the betterment of the lives of others. Her strong voice, sparkling eyes, fierce determination and unmistakable laugh will be greatly missed.



c/o NOW
87 Sunset Strip,
Brewer, ME 04412

FOR BULK MAIL
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Org.
US Postage
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Women's Resource Center,
5728 Fernald Hall
Orono, Maine 04469

*Mabel
Wadsworth
Women's
Health
Center*



Calendar of Upcoming Events

- Thursday, May 11:** **Mid-Coast Informational Reception**
If you live in the Mid-Coast Region and would like to meet some of the volunteers and staff of Mabel Wadsworth Center, be our guest for a relaxed reception with good food and great company. Please call Cindy at 947-5337 ext. 105 for details.
- Thursday, May 25:** **Annual Awards and Volunteer Recognition Benefit Banquet**
5-9 p.m., Spectacular Events, Griffin Rd., Bangor, includes a benefit Silent Auction
- Saturday, June 3 :** **Buds 'n Blooms Plant Sale Benefit**
8 a.m. -2 p.m., at Grace United Methodist Church, 193 Union Street, Bangor.
The sale will be held rain or shine and always sells out – so come early!
To donate plants or pots; distribute posters; or volunteer with the sale...
Please call Martha at 947-9838 or email info@mabelwadsworth.org.
- Thursday, June 15:** **Mabel Wadsworth Women's Health Center Open House**
Clients and Supporters are welcome to attend an after-hours open house. Tours and refreshments will be provided. Advanced reservations are requested. For more information, please call Deanna at 947-5337 ext. 104.