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News from Mabel (Spring 2009)

Mabel Wadworth Health Center Staff

Mabel Wadworth Health Center

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News from Mabel

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25
years

Spring Newsletter 2009

Mabel Wadsworth Women's Health Center

25 Years of Caring and Advocating for Maine Women

The Center began, as the five founders remind us, "from conversations around a kitchen table." These 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.



Then:

The first clinical office at 334 A Harlow Street, August 1992

Now:

Our own home in Evergreen Woods, a staff of 12, and more than 3,800 clinical visits each year



In this Issue:

2008 Annual Report

Focus on Education:
Back Up Your Birth Control

Introducing Mabel's
Maine Frame

Save the Date!

May 27, 2009
Annual Dinner &
Auction



May 30, 2009
Buds 'N Blooms
Annual Plant Sale

In the early days, the Center was an all-volunteer operation, with professionals donating their skills to provide health services. In 1984, the first year of operations, the founders focused on organizational development and education, with volunteers taking time off from other jobs to do the work of Mabel Wadsworth Center. By 1992, the Center had raised funds and awareness needed to create the first clinical home at 334 A Harlow Street in downtown Bangor. At that point, Mabel Wadsworth Center was open five days a month with an executive director and an all-volunteer staff of five.

In 25 years, Mabel's has grown to become a comprehensive women's health center and a leading advocate for women's health issues in the state and region. Our new home in Evergreen Woods is a long way from our humble beginnings at Harlow Street, complete with a staff of twelve and a full spectrum of women's health clinical services. Today, the Center is open for clinical care four days a week, including obstetrical, gynecological and abortion care.

As we were in 1984, Mabel Wadsworth Women's Health Center continues to be on the front lines and at the frontier of women's health care in Maine and across the country. Issues advocacy, education and outreach play leading roles in our plans for celebrating Mabel Wadsworth Center's

25th anniversary. In addition to a special event or two, Mabel Wadsworth Center will celebrate 25 years of caring and advocating for Maine women by:

- ✿ Sending 25 Hot Flashes to Mabel's Maine Frame; see page 2 to join!
- ✿ Recruiting 2,500 fans on Facebook
- ✿ Sharing 25 Things You Didn't Know About Mabel Wadsworth Women's Health Center, starting with the timeline in our Annual Report 2008 (enclosed).

The address may have changed, but the Center's commitment to providing high quality women's health services has never wavered. The goal that inspired the founders 25 years go -- ensuring that *women* remain the primary focus of women's health care -- remains the primary goal today.

Do you have a plan just in case your birth control method fails? Missing a pill, having a condom break, realizing a birth control patch has fallen off... it could happen to anybody. What would you do if your "Plan A" to protect yourself from unintended pregnancy fell through?

Enter Plan B®.

Plan B® is the brand name for the Emergency Contraceptive Pill (EC). EC is a safe medication that provides an effective "back-up" birth control method to help avoid an unintended pregnancy. This medication is a concentrated dose of the same hormones that are in ordinary birth control pills. When used up to 120 hours after unprotected sex, Plan B® lowers the risk of pregnancy up to 89%. The sooner you take it, the more effective it is.

Most women try to avoid pregnancy over an average of three decades. Events such as the beginning or an end of a relationship, job loss or change, childbirth, personal crisis or relocating can cause a lapse in birth control use, risking a pregnancy. Life throws the unexpected at us – and Plan B provides the back up. EC can help women whose method fails, such as a condom breaking, and women who are sexually assaulted.

Because of the low rate of effectiveness compared other birth control methods, EC is considered to be a back up only and does not take the place of a more reliable method of birth control like the IUD, birth control pills and the vaginal ring. If you are already pregnant, EC will not work and does not provide protection against HIV/AIDS or sexually transmitted infections.

Be sure to tell the women in your life about Plan B®. Talk with your health care provider and keep EC on hand, just in case. Visit www.mabelwadsworth.org, for more information on Emergency Contraception and Plan B® and a list of Bangor area pharmacies that carry Plan B®.

Know your rights: As of March 24, 2009, the FDA made it possible for women 17 or older to obtain Plan B without a prescription.

Have you joined Mabel's Maine Frame?

Information and advocacy opportunities are just a click away...

You are invited to join Mabel's Maine Frame, an online community of people who support our mission to educate and advocate for women's reproductive rights in Maine. As we go to press, Mabel's Maine Frame welcomed its 100th member! Member benefits include:

- ♀ HOT FLASHES, sent via email, keeping you informed and updated on the latest issues and action items
- ♀ Invitations to join us for local, statewide and regional events where women's voices must be heard
- ♀ Mabel's Maine Frame logo items and cool stuff for members only -- coming soon in summer 2009

To join, simply send us an email at info@mabelwadsworth.org, with a subject line that says "Mabel's Maine Frame." In your email, please provide a first and last name and tell us that you would like to be added to the emailing list. A confirmation will be sent to you via email, and the HOT FLASHES from Mabel's will begin!

If you missed our first Hot Flash, please support Equality Maine's efforts: www.equalitymaine.org.

Mabel Wadsworth Center to Present at National Conference



Mabel Wadsworth Center will join other members of the Feminist Abortion Network (FAN) to participate in a panel presentation at the National Abortion Federation's (NAF) annual conference in April. The presentation, "Evolving the Feminist Model of Care: Feminist Abortion Network Perspectives," will provide a variety of feminist perspectives from across the country.

Ruth L. Lockhart, Mabel Wadsworth Center's Executive Director, will begin the workshop with a history of the women's health movement in the U.S. and will describe feminist health care. Ruth will be joined by FAN members Chrisse France, ED of Preterm in Cleveland; Anita Kuennen, ED of Blue Mountain Clinic in Montana; Nancy Boothe, ED of Atlanta Feminist Women's Health Center; and Mary Frank, ED of Memphis Center for Reproductive Health. Topics for panel discussion will include encouraging abortion clinics to "go green," integrating abortion care into the primary care setting, reproductive justice initiatives, and experiences with training providers and staff in abortion care.

Mabel Wadsworth Center is a long-time member of NAF, which provides abortion practice standards and connects member organizations to discuss issues involved in abortion provision. FAN, of which Mabel Wadsworth Center is a founding member, is an emerging national organization designed to provide support and sharing of best practices among feminist health centers. For more information about NAF, visit: www.prochoice.org; about FAN: www.feministnetwork.org

Mabel's Annual Report

2007-2008



Dear Friends,

What a year! We are pleased to share our 2008 Annual Report that describes our many successes and highlights our spectrum of services. This report also provides a brief history of Mabel Wadsworth Center and our vision for the next phase of the organization's life cycle.

Looking back through 25 years of scrapbooks, photos and news clippings, we watch the organization grow from an idea into a vision and finally into a fully-staffed, independent women's health center. The transformation from idea to reality was no small feat and was, in large part, due to the persistent hard work of our founders and volunteers.



Jean MacRae, President and Kathleen Bell, President-Elect

Volunteerism is at the core of our history as well as who we are today. Volunteers are actively engaged in advocacy and building awareness of the Center. This incredibly diverse group shares one characteristic: unrelenting commitment to educating and caring for women so that they can take control of their sexual and reproductive lives.

Our philosophy is rooted in a three-pronged approach to women's health care: clinical and educational services combined with issues advocacy. While many associate Mabel Wadsworth Center with clinical services, in the early years the Center focused on creating educational opportunities and grassroots networking. Today, we return to our roots and welcome our first full-time Education and Outreach Coordinator. While the position is new, the concept of using information and education to help women make their own choices is not. Our 25th anniversary plans include many opportunities for renewing our obligation to provide educational services in both traditional settings and web-based formats.

For twenty-five years, we have joined with our peers and sister organizations to advocate for women's reproductive rights. Despite these efforts, we have witnessed a slow but steady deterioration of the right to choose, especially for young women and women with the fewest resources. For that reason alone, the vision behind the creation of Mabel Wadsworth Women's Health Center is as important today as it was in 1984.

As we celebrate 25 years of caring and advocating for Maine women, we invite you to join us in the work of assuring reproductive rights for all women.

Jean MacRae
President, Board of Directors

Kathleen Bell
President-Elect, Board of Directors

1984

October, 1984: Incorporated as Mabel Wadsworth Women's Health Center by 5 founders

November 7, 1984: A public meeting for "those interested in working to develop a free-standing women's health clinic in the Bangor area."

1985

September 25, 1985: Volume 1, Issue 1 of the Mabel Wadsworth Women's Health Center Newsletter

1986

July, 1986: Began offering clinical services part-time in addition to the existing educational services

1987

Spring 1987: Introduced Mabel's first logo, an original drawing by Brenda V. Barker of Stockholm, Maine.

October, 1987: First day-long women's health conference by Mabel's, addressing the health needs of women in the menopause years and beyond

1989

April 11, 1989: A Roast and Toast to honor Mabel Sine Wadsworth and raise funds for "opening office facilities"

October 21, 1989: Introduced "Health in Our Hands" conference, a day-long event blending conventional and alternative approaches to women's health

1990

1990: First conference on Women and AIDS in Maine sponsored by Mabel Wadsworth Women's Health Center

Access to High-Quality, Affordable Women's Health Care

Mabel Wadsworth Women's Health Center provided care to **1,416 women** in a total of 3,818 visits in 2008. Mabel Wadsworth Center remains the first access point into a complex health care system for many under- or uninsured women.

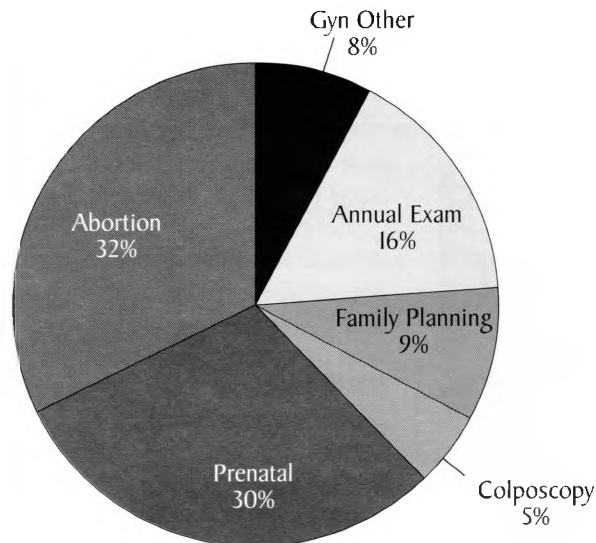
The Center is now one of the largest providers of prenatal care to women with Medicaid in the Greater Bangor region. In 2008 alone, we witnessed a **4-point increase in the percentage of women with MaineCare (Medicaid) seeking prenatal care**, an increase that is likely to continue as the economic downturn takes full effect in our community. As state and federal social and health care dollars are rapidly reduced, Mabel's mission to care for *all* women, regardless of economic resources, will be critical to meeting the needs of Maine's under- and uninsured.

Case in point: Mabel Wadsworth Center colposcopy services were initiated as a result of the gap in service to women with few economic resources. We welcomed our first colposcopy client in 1998; in the ten years since its inception, colposcopy care has continued to provide high quality, accessible care for women with MaineCare or no insurance.

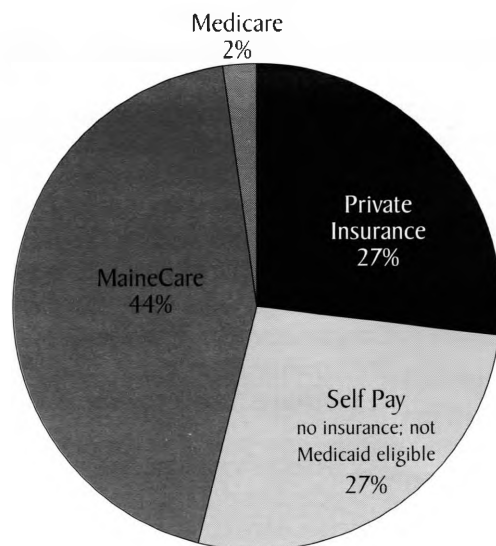
We continue to evaluate our colposcopy service and wait times as well as all other clinical and educational offerings at Mabel Wadsworth Center. Part of our 25-year commitment to caring and advocating for Maine women is a commitment to quality. Women deserve -- and should expect nothing less than -- the compassionate, expert, woman-centered care at Mabel Wadsworth Women's Health Center.

1990: Ruth Lockhart, in a Bangor Daily News interview: "So much of a woman's life focuses on reproductive and sexual rights, which are central to her role in life. If she can make choices about these, then she can have control of her life."

2008 Clinical Service Visits



2008 Clients by Insurance Status



In 2008, Mabel Wadsworth Center saw \$149,023 in uncollectible debt and charges.

1990

1990: Launched a campaign with a goal of \$277,500 to fund the first clinical home

1991

Summer 1991: In donated office space, Mabel Wadsworth Center provides part-time pregnancy testing

1992

January 1992: Ruth L. Lockhart named as the first Executive Director of the Center. "Her first job will be to find office space for the full-time clinical services."

1992: Launched the Lesbian Health Project, including monthly Lesbian Health Clinic hours

July 1992: Moved into our first clinical "home" at 334A Harlow Street.

September 8, 1992: First clinical services provided at 334A Harlow Street. Open 5 days a month with Ruth Lockhart and an all-volunteer staff of 5.

October 1992: Mabel's second "Will Party" with founder and attorney Phil Worden

1993

1993: Health in Our Hands educational series and day-long event

1994

February 1994: First abortion care clinic

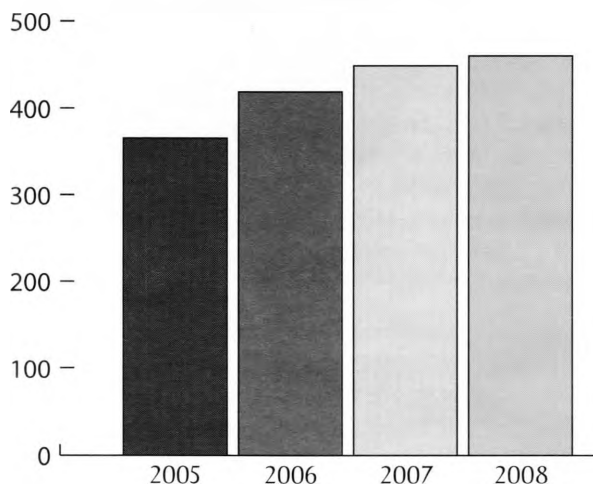
Mabel Wadsworth Women's Health Center has a 25-year history of providing information and education to help women make their own choices about their bodies and sexuality. Although education, along with clinical services, has always been a part of our work here, for the first time, we have a full-time Education and Outreach Coordinator. This new position will enable us to be more active in our local community and throughout Maine, and our ability to meet the needs of Maine women will be strengthened.

If you would like to learn more about our community education and outreach opportunities, please contact Jessica Carter, Education and Outreach Coordinator, by calling 947-5337 x114 or emailing Jessica@mabelwadsworth.org.

Abortion Care

In 2008, Mabel Wadsworth Center provided 460 abortions, of which 15% were medication abortions. The increase in abortion care in the last four years illustrates improvements to accessibility, including staffing and community education. Our ability to respond to women's requests in a more timely manner has improved, reducing the need to refer to outside agencies and the need for women to travel farther than necessary. Thirteen percent of Mabel's clients travel more than 100 miles for abortion care; 22% travel at least 100 miles to Mabel Wadsworth Women's Health Center. 100% of these clients participated in birth control education.

Abortion Care 2005-2008



September 1995: 2.5 paid staff working with an incredible network of volunteers, including: 4 physicians, 2 nurse practitioners, 1 physician's assistant, 1 registered nurse and many community members. The Center was open 40 hours per week focusing on education and prevention and offered 40 clinical hours per month.

2008 Educational Offerings

At the Center:

Choice & Chocolate with "Jane" video and Peaches Bass (a former "Jane")
Legal Issues for Lesbian Couples with Lynne Williams
Rape Response Services Advocates Tour the Center

At the University of Maine:

Women Studies Class Discussions (2)
Human Sexuality Class Discussion
Women in the Curriculum Lunch Series and the "Abortion Diaries"
The Vagina Monologues
Social Work Class Discussion: Diversity and Pluralism
Sustain Education on Reproductive Rights at the Women's Resource Center
Student Women's Association
MBA Executive Experience

Other educational presentations at or with:

Our Bodies Ourselves, Winter Celebration in Falmouth
Rape Response Services
NE School of Communication: Ethics of Abortion
HOPE Festival
Business and Professional Women: HPV & Vaccine
Maine Women's Fund: colposcopy presentation
Belfast House Party
Annual Dinner
Blue Hill House Party
WERU Full Circle Fair
Rape Response Services
Designing Women
Bangor Job Corps

1994

April 1994: Maine's first all-day Lesbian Health conference, Women Sharing Knowledge and Power

October 1994: Mabel Wadsworth Center celebrates its 10th anniversary

October 1994: Anti-abortion protests increase, including protests outside of physicians' homes and smashed windows at Mabel Wadsworth Center.

1994: Governor John McKernan calls for an Abortion Access Summit in Augusta.

1995

January 1995: Pledge-A-Picket program launched

September 1995: Bangor receives one of five national grants for Mabel's CUREs project (Communities United for Reproductive Safety)

September 1995: The Center receives the Roger Baldwin Award, the highest honor from the Maine Civil Liberties Union

1997

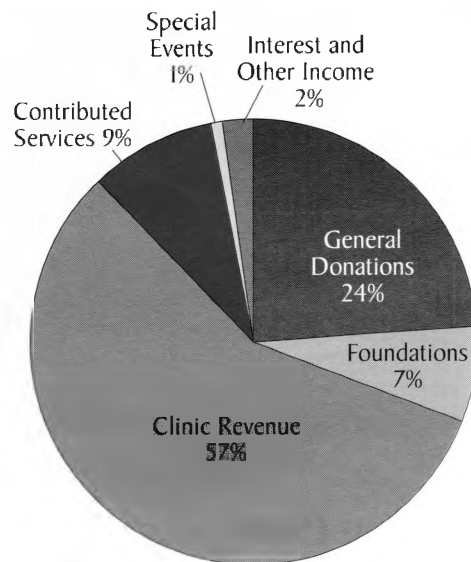
October 1997: Merged with co-founder Terry Marley-DeRosier's private practice and began offering prenatal care to Mabel Wadsworth Center clients

December 1997: Moved to 362 Harlow Street

Statement of Financial Position: December 31, 2008

Revenue & Support

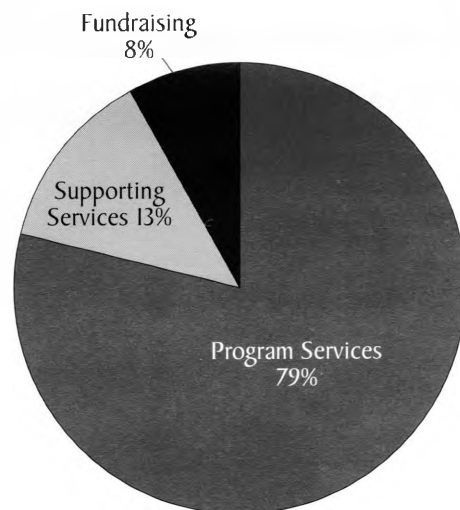
General Donations	174,283
Foundation Grants and Donations	47,975
Clinic Revenue	422,315
Contributed Services	64,200
Special Events	8,325
Interest and Other Income	17,630
Total Revenues	734,728



Please note this Balance Sheet includes 2008 Operation & Capital Funds

Expenses

Program Services	764,478
Supporting Services	125,797
Fund Raising	79,185
Total Expenses	969,460



Change in Net Assets	(234,732)
Net Assets-January 1, 2008	1,062,185
Net Assets-December 31, 2008	827,453

Missing?

What's missing from our timeline? We welcome your suggestions; please email info@mabelwadsworth.org.

October 2004: Celebrated our 20th year with 11 employees, hundreds of donors and thousands of clients.

1998

1998: First colposcopy clinic offered at Mabel's to address the far too lengthy waiting period for women with MaineCare or no insurance

November 1998: Day-long conference focused on the health care needs of women with disabilities

2000

October 2000: Gala affair to celebrate Mabel Sine Wadsworth's 90th birthday

2001

2001: Lesbian Health Project's "Addressing Lesbian Health Needs in Maine" video released

2004

2004: Launched and successfully completed the Anniversary Challenge initiative

2005

April 2005: Announced intent to move to Evergreen Woods

September 2005: Kim Klein Conference at UMaine

2006

2006: Launched a \$1.3 million capital campaign to purchase a new home for the growing Center

2007

December 2007: Moved to Evergreen Woods

2008

June 2008: Declared campaign victory and completed all renovations and additions to the new location



Greta Barker, Sharon Barker, Adam Barker-Hoyt and John Hoyt at the 2009 Maine Women's Hall of Fame ceremonies

Sharon Barker Inducted into Maine Women's Hall of Fame

March was especially exciting for Mabel Wadsworth Women's Health Center co-founder and past president, Sharon Barker. Sharon's lifetime accomplishments were celebrated by the Maine Business and Professional Women at the Twentieth Annual Maine Women's Hall of Fame Induction Ceremony on Saturday, March 21, 2009 at the University of Maine at Augusta. Each year's ceremony is held at UMA during the month of March, in observance of Women's History Month.

It was with enormous respect and admiration for her commitment to the advancement of girls and women in Maine, for her extraordinary leadership in achieving landmark benchmarks of educational access and equity for all women, and for her exceptional public service contributions to the State of Maine, that Sharon Barker was inducted into the Maine Women's Hall of Fame.

In all of her leadership and advocacy roles, Sharon Barker's passion for challenging and changing the status quo, for advancing the public good for all citizens, and for improving economic opportunities for all women, is legendary. Her signature style, keen intellect, and quintessential networking skills personify the personal and professional qualities that have become the "trademark" qualities honored by the Maine Women's Hall of Fame.

In her position as Director of the Women's Resource Center at the University of Maine, Sharon's professional achievements have far exceeded the expectations for her position and have clearly extended beyond the campus borders. She is commended for providing support for the public schools and to numerous community and governmental organizations that benefit women, including the nationally recognized "Expanding Your Horizons" conference for middle school girls.

Her leadership roles for a variety of organizations are too numerous to include here, but we are especially proud of the role Sharon played in the founding and growth of Mabel Wadsworth Women's Health Center. Congratulations, Sharon!

Join us for...

Buds N Blooms 2009

May 30th 8 AM–2 PM 193 Union St., Bangor

Mark your calendar for May 30, 2009! Join Mabel Wadsworth Center volunteers as we host the Annual Plant Sale of annuals, perennials, herbs, flowers and vegetables at the Grace United Methodist Church in Bangor. The sale runs from 8:00 a.m. to 2:00 p.m., and all donations of plants and time are much appreciated!

Dividing that overgrown hosta this spring? Did your favorite irises overrun the daisies? Mabel Wadsworth Center will gladly accept cuttings, divisions, and plants large and small for the Buds N Blooms Annual Plant Sale. We recommend starting the newly-divided or dug up plants in early May, so that they shine for the Plant Sale on May 30th!

The Buds N Blooms Plants Sale promises to have something for gardens of all shapes and sizes. For more information or to volunteer for Buds N Blooms, please call the Development Office at 947-5337, ext. 104 or email us at fund@mabelwadsworth.org. See you there!



Choice & Chocolate: Celebrating Roe v. Wade

Mabel Wadsworth Center celebrated the 36th anniversary of Roe v. Wade at January's 2009 Choice & Chocolate event. Guests indulged in delicious chocolate desserts and watched the film, "Abortion Diaries." Nancy Foss from the Abortion Access Project led the group in a discussion of issues for women in Maine, including the importance of sharing our stories when talking about the right to choose. The evening also featured fair trade chocolate bars for every guest. Special thanks goes to Mabel Wadsworth Center's intern, Heather Dunn, for organizing this year's Choice & Chocolate. Heather, a UMaine graduate student, is pictured above with Executive Director Ruth Lockhart.

Meet Our 2009 Mabel Sine Wadsworth Women's Health Achievement Award Recipient: Ruth L. Lockhart

This year, Mabel Wadsworth Center presents its premier achievement award to our co-founder and Executive Director, Ruth Lockhart. Many will agree, "it's about time."

Each year, the Mabel Sine Wadsworth Women's Health Award honors an individual in Maine who has demonstrated a remarkable contribution to feminist principles in women's health care. The award is named for Mabel Sine Wadsworth, a pioneer in women's health in Maine and a co-founder of the organization that bears her name.

"Remarkable" and "pioneer" also apply to Ruth Lockhart, who has served as the Center's Executive Director for 17 years and is one of five founders of the organization. She has more than 30 years of experience in education, administration and direct clinical care in sexual and reproductive health. Ruth's passion for women's health and reproductive rights is unmatched in Maine, and none better exemplify the mission and purpose of Mabel Wadsworth Women's Health Center.

Ruth is also a personification of the Mabel Sine Wadsworth Women's Health Achievement Award. Ruth's commitment to women's health and reproductive rights is evident. In looking back on how her career started with a summer job

for \$2.25 an hour, counseling women on birth control, Ruth said: "I fell in love with it. I fell in love with the women I worked with... being able to see their lives change before my very eyes. They felt they had some control for a change. I really think that's how empowerment happens... in small steps."

Her leadership and vision have guided Mabel Wadsworth Center to where it is today -- a vibrant, successful women's health center and an indispensable part of Maine's health care system. More than a leader, Ruth is also a patient teacher, a creative administrator and compassionate friend.

We invite you to join us in honoring Ruth's contributions and her life of service to Maine women at our Annual Dinner in May. Please see below for how to save your place at the Annual Dinner. For more information, please call Cindy at (207) 947-5337, extension 105 or email cindy@mabelwadsworth.org.



Ruth L. Lockhart

You're Invited

14th Annual Dinner & Auction on May 27, 2009

Join us as we celebrate women's health care and reproductive rights and 25 years of caring and advocating for Maine women! The festivities begin at 5:00 pm at the Spectacular Event Center in Bangor. RSVP required.

♀ Yes! I would like to reserve _____ seats at \$50 each. My total payment of \$_____ is enclosed.

Please select one entrée per guest:

- _____ Prime Rib
- _____ Encrusted Salmon
- _____ Stuffed Portobello Mushroom

Please note any food allergies or special requests:

♀ No, I am unable to attend, but would like to make a charitable contribution to honor Ruth Lockhart and the work of the Center. My gift of \$ _____ is enclosed.

We welcome your presence and donation of any amount. RSVP requested by May 13, 2009.



Mabel Wadsworth
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