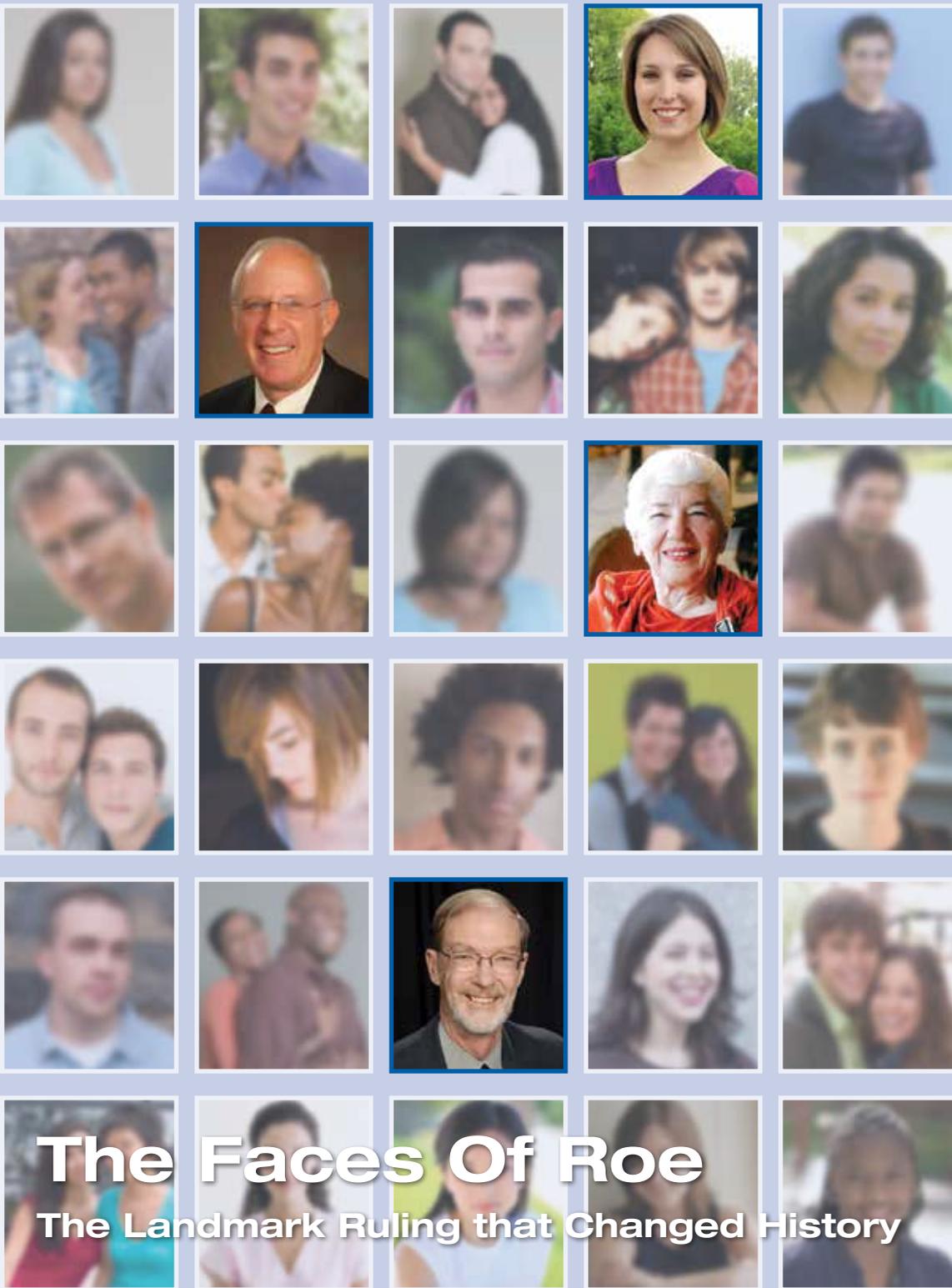


# THE SOURCE

summer 2013



## The Faces Of Roe

The Landmark Ruling that Changed History

### INSIDE

- 4 stories from then and now
- An authentic conversation
- Advocacy in action



# Welcome

## Four decades later, "Roe" impact continues

Welcome to the summer 2013 issue of *The Source*. While this issue focuses on the 40<sup>th</sup> anniversary of the U.S. Supreme Court's landmark decision in *Roe v. Wade*, even more important is how this ruling has shaped the lives of American women and their families over the last four decades. Even today, half (49 percent) of all pregnancies in the United States are unplanned – and people are impacted in ways we can't even predict. It is unfair, if not downright cruel, to limit the choices a woman can make about her own pregnancy.

There is no denying that abortion is a contentious and divisive issue that people feel very strongly about. We know personal beliefs about abortion may vary among Planned Parenthood of the Heartland supporters, but what unites us all is our respect for a woman's ability to make her own decisions about the timing and size of her family. We simply cannot and should not make this decision for someone else. We are not in her shoes.

In this issue, you'll read about the people who helped women seeking an abortion before it was legal in this country. You'll be moved by the personal accounts about what life was like before *Roe v. Wade*, be inspired by the story of a young military wife's struggles when she tried to access abortion and you'll discover how the landmark decision affected sexual health education in this country.

We will also provide some language that can help you have meaningful conversations about abortion – conversations that strive for common ground and serve to unite, rather than divide.

In the end, we hope these pages will both move and motivate you, leaving you with a better understanding of why so many work so hard and give so generously to protect a woman's access to the health services she needs.



A handwritten signature in black ink that reads "Robert D. Shaw".

**Robert Shaw, MD**

*Board Chair*

*Planned Parenthood of the Heartland*

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## Lessons for a lifetime

Two years after the landmark *Roe v. Wade* case was decided, Toni Zarr began her career as a family and consumer science teacher in Van Meter, Iowa.



“I taught ‘Adult Living,’ a year-long elective class for high school seniors,” she said. “The first semester we covered things like budgeting,

saving and investing, and in the second we discussed relationships, family life, the life cycle and sexual health.”

Prior to Roe, Toni would have been unable to discuss all of the options when facing an unintended pregnancy, but thanks to the court decision and a supportive administration and parent body, she was able to provide students that information, and much more.

“When we discussed birth control options we would also talk about unplanned pregnancies, adoption, abortion, and raising a child alone or together as a couple,” Toni said.

While she saw advancements in birth control methods, new approaches in curricula and shifts in public discourse during her 34 years of teaching – her core mission, which she shares with PPHeartland – always remained the same.

“I wanted my classroom to be somewhere students felt comfortable asking questions,” Toni said, “and I always tried to empower them to make ‘a better decision’ by making sure they had all the necessary information.”

## BY THE NUMBERS

Thanks to volunteers and supporters like **you** and Toni, we’re able to continue providing quality education and outreach programs. In FY12, you helped provide **3,415** education programs and trainings to **56,546** people.

Over the years, Planned Parenthood educators were frequently invited speakers in Toni’s classroom, and she always appreciated the knowledge, resources and additional expertise. Now, she gives back and continues her commitment to quality sexual health education by volunteering year-round for the Planned Parenthood Book Sale, which benefits our education and outreach efforts.

**PPHeartland’s Education & Outreach Department provides educational programming and trainings about a wide assortment of topics, including but not limited to:**

- Women’s health
- Men’s health
- Puberty
- Menopause
- Birth control options
- Pregnancy
- Options referral
- Sexual assault safety
- STIs & HIV/AIDS
- Self-esteem
- Human development
- Abstinence
- LGBTQ
- Talking with your child(ren)
- How to be an “askable” adult
- Healthy relationships
- Sexual decision-making

## Secret, safe abortion access

It was 1970, three years before the *Roe v. Wade* decision. As associate pastor of a large United Methodist Church in northwest Iowa, Bob Crandall was well known in his community as a mentor, leader, family friend and servant of God. What no one knew about Rev. Crandall at the time was how active he was with the Clergy Consultation Service (CCS), a group of clergy members helping women access safe abortion.



CCS was created to train willing clergy members to counsel a woman facing an unplanned pregnancy about all of her options. If she decided an abortion was the best option, CCS would arrange for her to receive safe care – sometimes making travel arrangements across country, contacting medical providers, raising funds for the procedure and providing moral support.

“I worked with a woman whose unplanned pregnancy would have been devastating to her family, her community, her business and her well-being. We helped make arrangements for her to fly to Europe for a safe, legal abortion,” Bob recalls.

By helping these women, Bob’s own well-being was at risk. During this time abortion was still illegal in the U.S., his career as a minister was on the line and he could have been jailed.

“We were very careful. I didn’t even know who all was involved in the group,” he said. “But, I felt so strongly that I was doing the right thing. Providing the option for abortion gave these women freedom.”

Bob’s work with the CCS didn’t end after *Roe v. Wade*. Many women were still afraid to access abortion services because of the stigma.

“Sometime after *Roe*, I was contacted by a father who couldn’t reach his daughter at the University of Iowa. He was in a desperate, dire situation and needed help,” Bob said.

Bob traveled to Iowa City to help the man locate his daughter. They found her dead in her apartment; she’d bled to death trying to end a pregnancy with a coat hanger.

Bob was there to report the incident and provide pastoral care to her family.

More than 40 years after Bob’s work with the CCS, he is still active in the struggle for reproductive justice and the church. He is a retired minister, and busy community activist. He’s a mentor, leader, family friend, servant of God and to many women he is a life saver.

“As Christian minister I was right then, and I am right now. I believe it as strongly today as I did then,” he said.

Even 40 years after *Roe*, a woman may still face barriers accessing abortion, including the barrier cost. Thanks to our generous supporters, the Justice Fund can help reduce the cost of an abortion for a woman who is unable to afford it.

Your donations to the Justice Fund also provide abortions at no charge to victims of rape, incest or domestic violence, and to women who are homeless.

## Personal challenge launches passionate career

Shauna Benjamin was 19, married to an Air Force crew chief and living in Bellevue, Nebr., when she learned she was pregnant.

“I’d been consistently using the Patch for birth control, but I’d experienced some symptoms indicating I might be pregnant – so I took a test. Fortunately, my husband and I had talked about what we would do if I got pregnant before we were ready for a family, so when my test was positive, it was really a matter of checking to see that we were both still on the same page.”

Shauna immediately scheduled an appointment to see her OB/GYN on base.

“When I told her I was pregnant, needed an abortion and wanted a referral because I knew they wouldn’t do them at the base hospital, she said, ‘I can’t talk to you about that.’ She did, however, offer me prenatal care,” Shauna said.

Frustrated, upset and feeling abandoned by the military – which touted itself as having the best

medical care available anywhere – Shauna went home and made an appointment with a local provider. Although nervous going into the clinic, Shauna remembers her procedure as the most cared-for medical experience she’d ever had.

Later, angry and wondering if her experience with the military medical system was unique or the norm, Shauna did some research. She learned women in the military, military dependents, disabled women insured through Medicare and women insured through Medicaid all faced similar circumstances when seeking an abortion.

Already enrolled in the women’s and gender studies program at the University of Nebraska – Omaha, Shauna decided to do something about it. She applied for and was offered an advocacy internship at Planned Parenthood of the Heartland – and then worked hard at learning everything she could.

“When the regional organizer managing the internship program left a year later, I jumped at the chance to apply for his position. The rest, I guess you could say, is history,” Shauna chuckled.

Shauna now oversees PPHeartland’s advocacy efforts in the Omaha area, each semester supervising a new group of interns and volunteers who conduct twice-weekly phone banks – all too often responding to legislation at the Unicameral aimed at restricting access to abortion. She’s determined to change that.



Shauna Benjamin

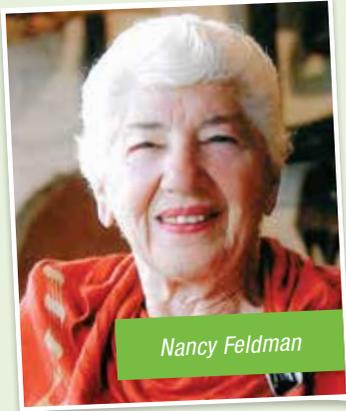
Because of passionate advocates like **you**, Shauna and the rest of our advocacy team know they have the critical support they need from our amazing activists to help shape the legislation passed in each of our four states.

This year, **339** lobby day attendees met with **162** legislators about family planning and prevention-focused programs, as well as protecting a woman’s ability to make her own personal medical decisions.

# Your Roe Stories

## A fearless friend

When Nancy Feldman joined the sociology department at the University of Tulsa in 1946, she wasn't counting on becoming the go-to woman for many of her students in their time of greatest need. But that's exactly what happened.



"There were female faculty in other departments, too, but they were mostly part-time," Nancy said. "I was full-time and on tenure track, so I was there more often and had my own office."

Many students turned to Nancy for advice or help, but it was those who came to her office facing unintended pregnancies that helped shape the compassionate, fearless woman she became.

"I don't quite know how it all started, but a lot of young women came asking about abortion, so I had to find out about it, and I did. I talked to them about all of their options and encouraged them to think it over carefully. Most came from small towns in Oklahoma, Kansas and Missouri, and had no idea about sex and how they would feel afterward; they were overwhelmed. They almost always said, 'my father will kill me.'"

Nancy would make the appointment, meet the woman at her office if she had no transportation, and drive her to another car five minutes away. The woman would get into the other car, be blindfolded, lay down on the floor in the backseat and be driven to another location, where she would be given good care and a phone number to call if something went wrong. If it did, Nancy would go with her to the hospital.

Nancy's commitment to helping those in need did not end after *Roe v. Wade*. She sat on local, regional and national boards for Planned Parenthood, and now she and her husband, Raymond, are passing their commitment to philanthropy and social justice on to their children and grandchildren.

"We give each of them a certain amount at Christmas to donate to whichever nonprofit they would like. Then we have a night when we all share which organizations we are giving to, and why."

Because of compassionate leaders like you and Nancy, Planned Parenthood will always be here for the patients who visit our health center every day – just like Nancy was there for her students. In FY12, you helped us serve **64,095** patients.

## SAFEGUARDING ROE

This year we saw several attempts in Arkansas, Oklahoma, Nebraska and Iowa to restrict a woman's ability to make her own personal, private medical decisions. Many bills that would have put a woman's health in jeopardy were defeated, thanks to dedicated activists like you who supported our advocacy efforts. Those bills that were passed did not do so without informed and passionate public opposition.

The 2013 legislative sessions are coming to a close, but the women and families we serve still need **your** help.

Visit [ppheartland.org/join](http://ppheartland.org/join) and sign up to stay in the know about legislative happenings and opportunities to get involved.

## An authentic conversation about a complex topic

The 40th anniversary of *Roe v. Wade* recognizes the need for continued access to safe and legal abortion. While a majority of Americans support and respect this decision, communicating how we feel about abortion with friends, family or neighbors can be complicated. We want to share new research to help you speak confidently and effectively about this complex topic.

**"The pro-choice and pro-life labels don't reflect the complexity of how most people think and feel about abortion."**

Research shows the number of people who say abortion should remain safe and legal is higher than the number of people who identify as pro-choice. Rather than putting people into one category or another, it's more beneficial to talk about abortion as part of a full range of options, and the importance of personal decision-making.

**"Abortion is a deeply personal and often complex decision for a woman, and I don't believe you can make that decision for someone else."**

The decision to end a pregnancy is different for every woman and her family. We can't possibly understand the complex situation she is facing. We are not in her shoes, so don't describe them. Instead, focus on respecting personal decision-making, regardless of the circumstances.

**"Decisions about whether to choose adoption, end a pregnancy, or raise a child must be left to a woman, her family, and her faith."**

**"It's important that abortion remain a safe and legal medical procedure for a woman to consider, if and when she needs it."**

Keeping abortion safe and legal is one of the most agreed upon statements tested in research.

The majority of people also agree that politicians need to stay out of personal decision-making. It's important to stress that a woman, not politicians, should make the decisions when it comes to her own pregnancy.

**"Women don't turn to politicians for advice about mammograms, prenatal care, or cancer treatments. Politicians should not be involved in a woman's personal medical decisions about her pregnancy."**

Talking about abortion is never easy, but it's an important conversation to have. We hope this helps you speak more confidently about the issues that are important to you.

**"It's not that simple. I don't know a woman's specific situation – I am not in her shoes."**

This conversation is just as important as it was 40 years ago, but how to effectively express your viewpoints has changed.

Visit [notinershoes.org](http://notinershoes.org) to learn more about the research conducted on abortion messaging. Here you'll find great information about moving beyond the pro-choice and pro-life labels, including a video, info-graphics and the wisdom of real women talking about abortion.

Take a look, and help us spread the word by sharing the site with your family and friends. Together, we can help reshape the discourse around how we talk about this important topic.

# Thank YOU!

**Thank you** for your unwavering commitment to the women, men and families of Arkansas, eastern Oklahoma, Iowa and Nebraska. Because of steadfast, passionate supporters like you, Planned Parenthood of the Heartland will always be here to provide high-quality reproductive health services, education, and advocacy.

Our patients know they can always turn to us, because there are people like you who **Care. No Matter What.**

Want to learn more about how you can get involved and make a difference? Contact your local regional development director to learn more about opportunities in your community.

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