



Thank you for your support!

We believe that providing all options and referrals allows clients to make the best choices for themselves.

At *The Clinic!* sexual and reproductive health is *always* an individual choice.



Help Citizens for Choice to be a vital health resource in western Nevada County! You Can...

- Drop by The Clinic! to see for yourself what we do
- Pick up our contact cards and pass them on
- Thank a business when you see our Condom/Information basket there
- Consider a first-time financial gift or an increase in your giving this year.
- Follow us on Facebook!

www.facebook.com/CitizensforChoiceNevadaCounty/



Citizens for Choice promotes reproductive justice through education, healthcare access and advocacy. We exist to inform and enable choice.

THE *Clinic!*

We are grateful for your support in 2018!
 Being a sustaining donor ensures that our reproductive justice work can continue and expand. Please consider donating monthly via PayPal at citizensforchoice.org.

A significant ongoing expense is for condoms. Until the later part of 2018 we received a case each quarter from the CARES Program in Sacramento and distributed to at least 30 offices, non-profits and businesses in western Nevada County. That program has ended and we must now purchase all supplies for our outreach program.

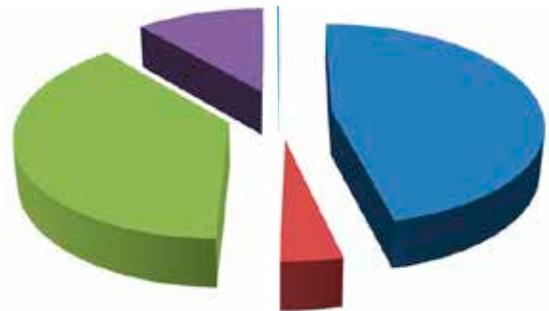
The volunteers of condom fairy crew are essential to our mission. We're deeply grateful to Francesca Erickson, Iris Ross, and other volunteers who distribute/fill and monitor our condom baskets. Greg Fancher has specialized in the restaurant and bar locales. It's our plan to continue to increase locations as often as possible.

If you know of a medical provider or business which might be open to having condoms and safe sex information available for customers, please let us know.

And it's fun to be one of the distribution crew members. Please send us a message at info@citizensforchoice.org if this sounds like something you'd like to help out with!

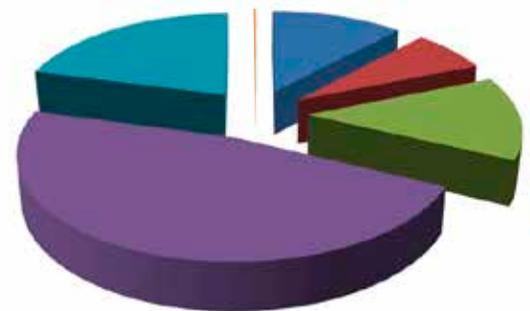
Email us: info@citizensforchoice.org

2018 Income



Cash	\$20,310.00
eAccounts	\$1,800.00
Stock	\$16,810.00
Paypal	\$4,940.00
Other	\$20.00
Total	\$43,880.00

2018 Expenditures



Contract Services	\$4,470.00
Business Expenses	\$2,580.00
Outreach Programs	\$5,040.00
Rent/Utilities	\$17,700.00
WHS	\$7,810.00
Other	\$20.00
Total	\$37,620.00

The Clinic!

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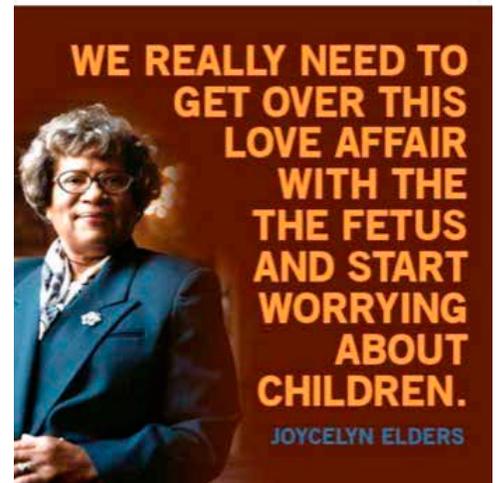
Our clinic medical services provider, Women's Health Specialists, continues to offer a well-respected adoption program, Adoption Choices of No.CA which is based at the Chico clinic.

The WHS staff strives to provide a wide number of services; with STD testing and treatment as one of the most needed. Chlamydia continues to be the most frequently diagnosed STI in our community; however both gonorrhea and syphilis are on the rise locally, and nationwide. In 2018, there were 228 STD screenings. Coordination with the staff of Nevada County Public Health has enhanced of testing and treatment of STDs at *The Clinic!* Nationwide there is a clear warning of a growing threat posed by an increased incidence of syphilis and gonorrhea. Nevada County has seen an increase in cases of syphilis.

Contraception continues to be a top priority for clients with over 340 visits while annual exams were about 100 visits, 50 pregnancy screenings as well as referrals for mammograms, or HIV/AIDS testing. In the latter part of 2018 a medication abortion option was added. This meant a change to an appointments only system and necessary client education and patience as the changes were implemented. We envision this option will continue to be an important addition at *The Clinic!* Since *The Clinic!* opened in 2006, and through 2018, WHS has conducted 25,594 types of services with positive client experiences.



**ONE MAN CAN
 IMPREGNATE OVER
 360 WOMEN
 IN ONE YEAR WHILE A
 WOMAN CAN ONLY
 GET PREGNANT
 ONCE A YEAR.
 MAYBE THERE BE MORE
 FOCUS ON MALE
 CONTRACEPTIVES
 INSTEAD OF WOMEN?**



CITIZENS FOR CHOICE POLICY AND LEGISLATION ADVOCACY

In 2018, Citizens for Choice selected 10 California bills and three budget items as the focus for its legislative advocacy. We also worked on putting two existing laws into effect in our state, and took action to oppose harmful regulations at the national level. Altogether, our efforts aimed to expand access to reproductive healthcare, protect reproductive rights and make strides toward reproductive justice. And, in large measure, our efforts succeeded.

Laws in California that we successfully advocated for in 2018 do the following:

- Ensure that foster youth and non-minor dependents have access to gender-affirming health and behavioral health care (AB 2119).
- Ensure that the special needs of lesbian, gay, bisexual, transgender, and queer (LGBTQ) older adults for services and support are recognized and addressed (AB 2719).
- Protect the rights of young parents to education, including ensuring adequate parental leave policies (AB 2289).
- Extend the California Healthy Youth Act requirements regarding comprehensive sexual health education to charter schools (AB 2601).



CA Senator Leyva
Women's Foundation
reception May 2018

Our efforts to provide access to medication abortion on our public college campuses were set back by the Governor's veto of one bill (SB 320). However, we plan to continue our efforts next year. A bill that would have compensated survivors of state-coerced sterilization under CA eugenic laws failed (SB 1190). Up to 20,000 people, mostly poor women, were sterilized while in state mental institutions between 1909 and 1979. We plan to support a similar bill next year. A separate proposal to expand access to sexual and reproductive health services, including contraception and STD testing, prevention, and treatment, through mobile telehealth technologies failed in the legislature (SB 1023), but will be partially put into effect administratively.

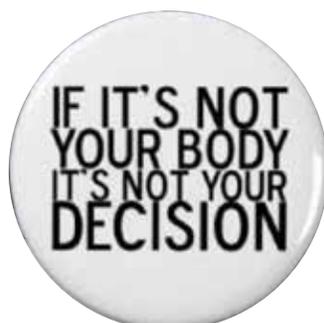
We recognize that we also need to address the current crisis in sexually transmitted infections. After hitting a record high for the third year in a row, California now ranks first in the country for the most cases of chlamydia, gonorrhea, and syphilis. With our support, the legislature added \$5 million in funding for HIV/AIDS prevention and \$2 million for STD prevention. Another budget success was funding of \$600,000 for two positions at the California Department of Education (CDE) focused on sexual health education guidance and oversight, and on LGBTQ student protections. On the administrative level, we continue to monitor and advocate for the implementation of sexual health education requirements and standards in California (AB 329). In 2018, we commented in support of the draft Health Education Framework curriculum, which advanced toward approval.

Finally, we felt compelled to voice our concerns about a regulatory change to Title X proposed by the U.S. Department of Health and Human Services. The new regulations would drastically alter and undermine family planning programs supported by Title X, the ONLY federal program dedicated to funding family planning. They would not only reduce low-income individuals' access to the full range of contraceptive methods and services, but would also put into effect a domestic "gag rule" by banning or restricting abortion referrals and counseling. We made official comments to HHS in opposition to these and other harmful changes to Title X. Despite the onslaught of negative comments by similarly minded organizations and individuals, the Department issued new regulations substantially as proposed. We will do all we can to support efforts to roll these draconian regulations back. The main strategy is litigation, with two cases working their way through the courts in California, among others.

Our public policy and legislative advocacy program accomplished much in 2018. We are committed to maintaining our efforts far into the future, meeting challenges as they arise.

The Trump/Pence administration's preferred #birthcontrol methods:

- ✓ Abstinence
- ✓ Calendar method
- ✗ The pill
- ✗ IUDs
- ✗ Other hormonal methods



Public Relations 2018

Lynn Wenzel

In my capacity as Marketing and Public Relations Chair, I wrote a major piece on the history and usage of various birth control methods, including advantages and disadvantages of various birth control methods, which was scheduled to appear in the second-annual [Healthy You](#), Magazine from *The Union* newspaper for western Nevada County in February, 2019.

Writing articles and reviews for the **Voices for Choice** quarterly newsletter and producing two major fund-raising letters for distribution/mailing to donor list in 2018 and 2019 were also part of my contribution to our organization.

Articles on reproductive justice I penned, such as *"The Heartbeats of Women"*, for *The Union* newspaper in 2018 were well received. Another piece about Title X, Family Planning Funding law—which was co-authored with Elaine Sierra—included comments opposing proposed regulatory changes by the U. S. Department of Health and Human Services to Title X. It was submitted to the U. S. Department of Health and Human Services in July 2018.

Hosted with Elaine Sierra and Sharon O'Hara, and other board members, Women's Health Specialists and community members a casual celebration of *The Clinic!* in its 12th year as well as giving a tour to community members and participating in a roundtable discussion about reproductive health care in on July 31, 2018.

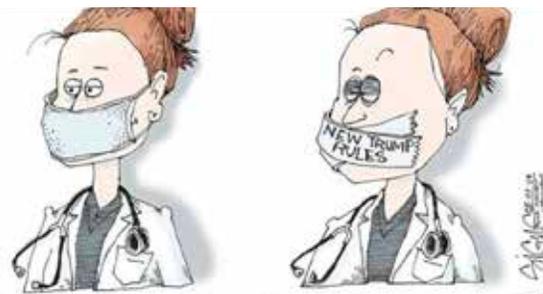
Next, I created a flyer focused on stopping the Trump/Pence Gag Rule and cutting funding to

women's clinics and access to family planning which was distributed during the year while tabling at various county events such as Indivisible Women of Nevada County Women's Rights Team and the Democratic Women's Club.

Many of our Board joined me in participating in Center for Non-Profit Leadership workshops on building major gift programs and securing funding support.

With Elaine Sierra, I lobbied at the Capitol in Sacramento for SB320, the College Student Right to Access: providing medication abortion on campus. In coordination with JustCARE and its California student delegation, we voiced support of the bill at the Higher Education Committee hearing in June, 2018.

On the proposed merger of Dignity Health and Catholic Healthcare Initiatives proposition to merge, I composed a speech about the further impact that the proposed merger would have on reproductive health services in Nevada County. I then spoke as a representative of Citizens for Choice at the public meeting held in Nevada County on September 17, 2018 to provide input to the California Attorney General on the proposal. The speech was read into the record and a copy was provided to the Deputy Attorney General.



Immigration and Citizens for Choice

by Judith McCarrick
Board Member/ Member of the Immigration Alliance

From the time the Trump administration began its oppressive policies, including family separation, affecting immigrants from the Central American triangle countries of Honduras, Guatemala, and El Salvador, reproductive rights of those fleeing to our southern borders have been violated. The result is a human rights tragedy.

So much information is restricted and kept from the American public that we only have bits and pieces, much of it anecdotal, but the picture that emerges is one of abuses committed on the bodies of young girls and women of all ages who are in U.S./ ICE custody.

What we know so far.

A) Girls and boys in detentions centers are being sexually abused. Complaints of sexual abuse, numbering in the thousands, have been reported by The New York Times, USA Today, NPR and other news sources. Sexual assaults by detention staff and by other detained minors were reportedly made on unaccompanied minors or children separated from their parents. As more for-profit detention centers are built the number of sexual abuses will undoubtedly increase because of unhealthy crowded conditions, lack of screening of staff hired to monitor the child detainees, and the absence of parents who would protect their children.

"The records, which involve children who had entered the country alone or had been separated from their parents, detailed allegations that adult staff members had harassed and assaulted children, including fondling and kissing minors, watching them as they showered, and raping them. They also included cases of suspected abuse of children by other minors." (NYT, February 7, 2019).

B) The tracking of girls' menstrual cycles and pregnancies in detention centers is a particularly egregious act. "...the tracking was done by the anti-abortion advocate Scott Lloyd, the head of refugee resettlement at the height of the children separation (he has since been removed from that post). Lloyd declared he needed to sign off on all abortion requests (this was previously not the case) and in one instance, attempted to use a migrant girl as a way to test an "abortion reversal" (Harpers Bazaar, April 2, 2019). Some girls as young as twelve, in detention centers have been forced to report the dates of their menstrual cycles so that they could be used virtually as "guinea pigs" in pregnancy monitoring.

C) Girls in detention centers are likely being x-rayed and have been subject to sonograms as reported by the witness group which stands outside the Homestead Detention Center in Florida, a for-profit facility owned and operated by Caliburn International Corp, which initially planned to offer a million dollars in public stock options and whose governing board members include General John F. Kelly, President Trump's former Chief of Staff. Witnesses who stand outside the detention center every day report that trucks bearing x-ray and sonogram equipment logos enter and leave the center on a regular basis. The Homestead center reportedly holds nearly 3,000 migrant girls and boys who are either unaccompanied minors or who have been separated by ICE from their families at the border entry points.

What we are doing now.

I am a member of the Immigration Action Alliance, a small group formed by members of Indivisible Women Nevada County. We support a number of organizations that assist immigrant children and families, and we are concentrating on helping in the Sacramento area. One of our missions is to join with Abuelas Responden, a group that formed from the Travelling Grannies, grandmothers from all over the country who traveled to Arizona to assist immigrants at the border facilities and churches that were absorbing them by the hundreds as ICE released them

to join their family members or sponsors. These immigrants, who wear ankle GPS tracking devices, travel to the homes of those waiting for them until they have their asylum hearings.

The local Abuelas Responden group was formed by two Sacramento women who had traveled to the Arizona border. Currently, they go to the Greyhound Bus Depot every morning and/or evening with food, clothing, and personal items for immigrants who are stopping in Sacramento on their way to destinations prior to their asylum hearings. The government (ICE) gives them no supplies when they leave Texas, Arizona, or Southern California and when the Abuelas meet them they have often not eaten in two or three days.

The groups are usually comprised of families with young children, but single adults and teens are also among the immigrant travelers. We give them enough food and supplies to tide them over through their next 24-48 hours. Sanitary pads are among the most needed items for women and we provide those. The Abuelas talk with each immigrant traveler and try to ascertain what their most critical needs are, beyond food and water, and to supply them with those necessities. Most immigrants are reluctant to ask for any help and the Abuelas report that they have usually been treated very badly by ICE. They report that they were herded into "helados" (iceboxes)—huge holding facilities with cement floors where the heat is turned off and where they slept on the floor and were given one mylar blanket each.

Children have often become very ill from the drastic temperature change and from having inadequate warm clothing. The Abuelas provide as much as they can, but since they never know how many immigrants will arrive on any given day, they sometimes run out of necessary items to distribute. They depend entirely on donations from the public, and the Immigration Action Alliance is one of their supporters.

What we can do in the future.

At this point, access to any of the Trump Administration/ICE detention centers is extremely limited and members of the public are not allowed entry. Various members of Congress have tried to gain entry, and in a minute number of cases, restricted entry and tours have been allowed. The real work for those who want to help will come later when the children have been released and reunited with their families or sent to live with sponsors.

The current court order is that children not be held in detention longer than 20 days, but we know that order has never been adhered to. Recently, Senator Lindsey Graham introduced a bill extending the stay for children in detention centers to 100 days. It is obvious from the number of new detention centers being built in various states and the expansion of existing detention centers, that the government had no investment in reuniting families. Each child in detention costs the U.S. taxpayers approximately \$750 per day, and there appears to be little interest or incentive for the Trump administration to minimize or discontinue the detention of children and adults.

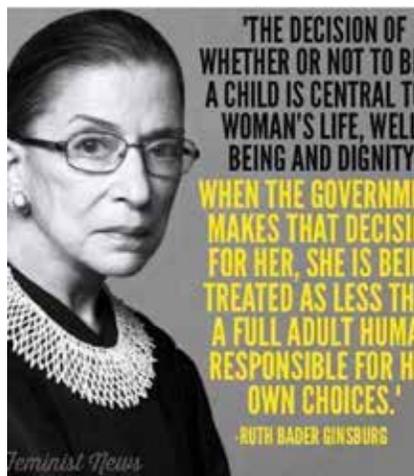
The physical and psychological damage done to children and adults in detention is difficult to access, but we do know that it will be significant. We at Citizens for Choice and can support the Abuelas Responden project with basic personal supplies for girls and women. We can investigate the various local facilities which house immigrants to see if girls and women are being detained in any of them. We can become aware of immigrants moving into our local communities and offer them reproductive health care. For the time being, we are allowed almost no direct contact with immigrant groups, but I will continue to be a liaison between the Immigrant Action Alliance, the Abuelas Responden and Citizens for Choice.

January 2018 saw us well represented at the Sacramento Women's March and later that month at the Indivisible Women Nevada County's January 2018 Gather Up. Citizens for Choice and the Women's Rights Focus Team were the presenters. We provided an overview of Title X, the ERA, and Board member Debra Worth spoke about the power of supporting LOCAL reproductive justice and *The Clinic!*



Here's an excerpt from her speech:

"Let's all reflect on the anniversary of Roe v Wade! Our reproductive rights are under attack as never before...This is what you can help us provide with your donation: We can buy a box of 1,000 condoms for \$200. We give out a lot of condoms! Printing educational brochures and pamphlets costs money! \$40 buys 50 pamphlets. Any amount will help us continue to provide services in our rural clinic here in Grass Valley on Richardson St. in conjunction with Women's Health Specialists. We can buy a box of 1,000 condoms for \$200. We give out a lot of condoms. We stock 25 condom baskets in our local area thanks to our dedicated condom fairies. We hand out condoms at the Thursday Night summer market as well as provide condom baskets for events. In the last two years we have given away over 14,000 condoms. That is a lot of safer sex and happiness in our community!"



Our hard working and dedicated Board of Directors, Gary Davis, Francesca Erickson, Susan Fivelstad, Judy McCarrick, Sharon O'Hara, and Lynn Wenzel may be small in numbers but we are a team UNITED in our passion to preserve and expand access to ALL OPTIONS reproductive healthcare.

Our team continued to reach out to the community while wishing Outreach Coordinator and chief "condom fairy" Debra Worth all the best as she moved out of state.

Elaine Sierra, our Public Policy Director, resumed her on-Board position in November. She continues her vital role in Public Policy and has taken on Donor Development with our Financial Officer, Gary Davis.

Charlotte Peterson was contracted as an outreach and education coordinator and made valuable connections with NEO, Sierra College and other non-profits. We are now much better known to staff at local schools and medical provider offices thanks to Charlotte's contributions. Unfortunately, she was not able to continue in 2019.

We are deeply grateful to Aimee Murray our innovative and creative Graphic Designer. Aimee's contributions are many; most often noted in the up to date Facebook posts and eye-catching graphics. Please find us on [Facebook](#) at Nevada County Citizens for Choice and like and share the thought provoking posts about reproductive justice.

We appreciate being part of events at our nearby community college and tabled at the Grass Valley Sierra College campus for the Feminist Film Festival in March and as part of the Earth Day/Health Fair in April. It's heartening to interact with young people who are engaged and interested in our mission while making connections with area non-profits.

Laci Green's tour promoting her new book *Sex Plus* came to the college another outreach opportunity. Her [video messages of healthy sexuality and education on YouTube](#) are a great resource for individuals and families alike..

Sharon O'Hara and Laci Green at Sierra College book tour.



Sharon tabling at the Silver Springs Health Fair in May 2019.

Each Spring Jennifer Winders (Nevada County Public Health Dept.) invites Citizens for Choice to be part of the annual Health Fair at Silver Springs High School in Grass Valley.

The students spend the morning learning about healthy lifestyle choices, fun outdoor activities and good food. It's a pleasure to hand out our safe sex materials and talk with staff and students at this busy alternative high school.

KVMR broadcaster Lisa Cowden invited Sharon to a guest interview during *Drive Time* and Charlotte Peterson included Citizens for Choice in one of her KVMR news broadcasts during the County Fair.

Our friends at the Unitarian Universalist Community of the Mountains invited us to make the annual two minute speech to their two Sunday services as part of their monthly Pass the Plate program. The UUCM congregation has been stalwart supporters since we began in 1989 and we're very grateful for their donations and interest in reproductive justice and education.

Collaboration was one key way in which Citizens for Choice promoted reproductive justice in 2018.



Kathryn Davis provided inspiration to the Street Poet

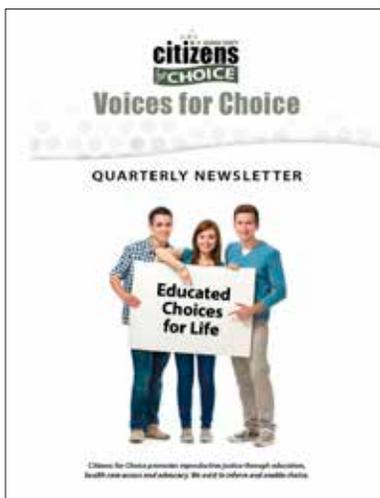


The summer Grass Valley Thursday Night Market provides a wide variety of interactions with folks of all ages. Our email list grows as we talk with longtime residents who don't know about *The Clinic!* as well as give out our safe sex/healthy relationships pamphlets and condoms.

Our popular trifold pamphlet **It's Always Good To Have A Back Up Plan** is a feature on all of our outreach tables along with **Know Your Rights**.



The quarterly [Parents Resource Guide](#) magazine editorials and ads continue to bring us to a wide audience. Making sure we appear on Nevada County and online helplines is another way we work to be known.



[Voices for Choice](#), edited by Susan Fivelstad is our e-newsletter covering public policy and topical subjects. Facebook page followers have increased and many of the posts are frequently shared.



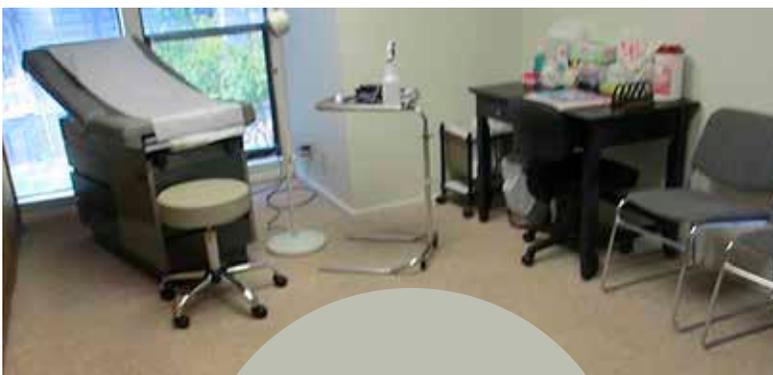


The Clinic! tour and popsicle party

In July WHS Executive Director, Katrina Cantrell was our guest at the open house tour of *The Clinic!*

She explained the fiscal challenges and progress being made to keep Women's Health Specialists' programs and services strong and available throughout Shasta, Butte, and Nevada counties.

Our clinic liaison, Cindy Xiong, and other staff members were on hand to provide an overview of the current state of reproductive healthcare providers.



**We Moved
to Suite D!**

Our Future...

It's been our wish to reach out to underserved groups in our area-senior citizens, the uninsured, young people and the Latinx community. The Mission Endowment Fund at Peace Lutheran Church accepted our application for a \$1,000 project to build a robust and ongoing connection with Spanish speaking women and teens. Try as they might, Judy McCarrick and Sharon O'Hara have come up short on finding the person to be the liaison for this project and will continue their efforts in collaboration with the grantors in 2019.

As 2018 neared its end, the Board began the process to relocate the clinic to street level Suite D, the biggest suite in our building. WHS staff was eager to have a fresh look in the suite with expanded client exam space, two restrooms and easy client access. As always, our landlord, Roger Baker was helpful and understanding during our move and our partners, Women's Health Specialists, took care of a myriad of arrangements to get it all in place with very little disruption in client appointment schedules.



With the Trump administration and a growing number of states legislating more and more onerous restrictions on abortion Citizens for Choice will continue to work with Indivisible Women Nevada County and be involved in as many civic organizations, such as the Greater Grass Valley Chamber of Commerce, as we can. Our Board of Directors are ambassadors for reproductive justice as we serve on the boards of organizations such as those of our three founding organizations-AAUW, Business and Professional Women Nevada County and the League of Women Voters of Western Nevada County- and on The Nevada County Grand Jury.

2019 is the 30th anniversary year for us! Please plan on joining us to celebrate on Thursday, September 19th, 2019. More details will be coming so please watch for them online and in your mailbox.

The Board of Directors of Citizens for Choice recognizes the challenging environment all around us on so many fronts affecting reproductive justice. We are encouraged by those who join our email blast list, offer words of support, and make a financial investment in our mission to bring access to all options reproductive healthcare, educate our community, and keep up the good fight to ensure that all have autonomy over their personal health and life decisions.

Look for us online at citizensforchoice.org. We can be reached at info@citizensforchoice.org or at 530.435.8148.