Women’s Health Specialists

Clinic Locations:

**Chico**
1469 Humboldt Road, Suite 200,
Chico, California 95928
(530) 891-1911

**Sacramento**
1750 Wright Street, Suite 1,
Sacramento, California 95825
(916) 451-0621

**Grass Valley**
120 Richardson St., Suite B2,
Grass Valley, California 95945
(800) 714-8151

**Teen Care-a-Van**
(mobile clinic)
Sacramento, California
(916) 451-0621

**Redding**
1901 Victor Avenue,
Redding, California 96002
(530) 221-0193

**Santa Rosa**
4415 Sonoma Highway, Suite D,
Santa Rosa, California 95409
(707) 537-1171

**Rancho Cordova**
10665 Coloma Road, Suite C & D,
Rancho Cordova, CA 95670
(800) 714-8151

**Phoenix Teen Clinic**
201 Washington Street
Petaluma, California 94952
(800) 714-8151

Administration Phone (530) 891-1917

Visit our website
www.womenshealthspecialists.org  www.myspace.com/whsofcalifornia

Women’s Health Specialists of California
The Feminist Women’s Health Centers of California

**ANNNUAL REPORT 2006**
A Message To Our Communities

2006 was a year filled with inspiration, collaboration, activism and growth. Thanks to all of our supporters, WHS staff and board members, we have been able to make a difference in the lives of the women and men all over Northern California and beyond. Our expanded website and myspace page are reaching women all over the world becoming a powerful way for us to share women’s health information and activism.

We provided health care to 48,927 teenagers, women and men in eight clinic sites. We greatly expanded the number of clients in Redding and increased the clinic and outreach space to meet the demands of the community. We grew in every health center and opened clinics in Grass Valley and Rancho Cordova. We expanded our clinic hours in Santa Rosa and renovated all the sites to increase client comfort and clinic efficiency. We prevailed in court, preserving the rights of our clients and staff in the face of anti-abortion attacks.

2006 has been a year of making new alliances with grassroots community health activists locally, nationally and internationally. The sharing of experiences strengthens our belief in the commonality of all women in our struggle for liberation.

Together we can make a difference. With your financial help we can increase our base of active support in each of our communities. We welcome everyone to join our network: all who share our vision of a world with dignity, freedom of choice, and full human rights.

Shauna L. Heckert, Executive Director

Board Of Directors

Cindy Pearson, Washington, DC
Carol Downer, Esq., Los Angeles, California
Laura Brown, PhD, Berkeley, California
Cathleen Williams, Esq., Sacramento, California
Katrina Cantrell, Redding, California
Jude Hanzo, Paradise, California
Megan Seely, Sacramento, California
Thora DeLey, Chico, California
Lynn Thogersen, Atlanta, Georgia
Our Philosophy

Our philosophy is that sharing information is the key to giving women control over their gynecological health and reproductive choices. We believe that all women have the right to choose when, if, and under what circumstances they will have children. Long-term social change is our priority and our challenge. We have expanded the meaning of women’s health to it’s natural outcome: human rights.

Our Mission

We have a vision: A world where women control their own bodies, reproduction and sexuality. Women’s Health Specialists is dedicated to providing women-controlled health care and advocating all options for all women. Only with dignity and freedom of choice can women achieve their full potential.

Client Visits

Chico, Redding, Sacramento, Santa Rosa, Petaluma, Grass Valley, Rancho Cordova

www.womenshealthspecialists.org  www.myspace.com/whsofcalifornia
Well Women Reproductive Health Care

Women’s Health Specialists gives women control over their gynecological health by sharing information and providing women with all their reproductive choices. Annual exams, breast exams, cancer screening, treatment for common health concerns and birth control are provided with a woman-centered approach.

Women and men come for sexually transmitted infection (STI) testing and treatment. We offer information to menopausal women and alternatives to hormone therapy. All information and services are at no cost or low cost and are provided in English, Spanish, Hmong and Mien languages.

“I have been wanting to write...to thank the amazing staff, doctors and nurses at your clinic for the positive impact that you have had on my life and my physical, mental and spiritual health. I have been a patient at your clinic since 1999 when you were righteously called the Feminist Women’s Health Center. You have journeyed with me for many years empowering me rather than robbing me of decisions concerning my health. The philosophy and practices of Women’s Health Specialists has been a huge influence on my understanding of my body, my options, and my choices as well as women’s health issues worldwide.”

Client

Chico WHS staff provide support and services six days a week and have added evening hours two nights a week.
Self Help Groups

Self Help is demystifying our bodies by gathering together, sharing our stories and looking at our vaginas and cervixes. Economic and population policies that force women into sterilization, drug companies that experiment on women, the spread of medical disinformation about our bodies, have targeted all women, especially poor women and women of color. Women telling the truth and sharing experiences is liberating. Speculums can be ordered at www.womenshealthspecialists.org.

Comprehensive Abortion Care

Women are offered abortion services, including “The Abortion Pill” (RU486) with privacy, respect and dignity.

“Women feel safe and non-threatened in a clinic setting that is pro-women, non-judgmental, and that meets clients’ needs.”

Linda Krueger, WHS staff

WHS facilitated a self-help group in Los Angeles, CA for women at the SisterSong conference.
Reaching out into our Communities

Speakers Bureau

Our presentations are based on the knowledge we gained over the years from women we see in the clinic, met in the community and in our national and international travels.

Outreach, Education and Advocacy

We believe a part of social change is networking, traveling and participating in events. Our goal is to continue to build a network of support for women and share health information with people where they live, work and socialize.

WHS staff support the Juneteenth celebration at the Martin Luther King Center in Redding.

WHS supporting the rights of immigrants at El Gran Paro demonstration May 1, Chico.
WhS partners with Diogenes Youth Services to provide free health care on the Care-A-Van to homeless and at-risk youth in Sacramento.

The YES (Youth Education Services) program provides information and support for youth leaders in Shasta County and is made possible by Title X federal funding.

WHS’s Phoenix Teen clinic in Petaluma has seen 560 clients since it’s opening, and has trained local teenagers as advocates.
WHS began birth control, STD and well woman services at the Rancho Cordova Neighborhood center in September and has seen 78 clients.

WHS collaborates with Nevada County Citizens for Choice for the Grass Valley WHS clinic, which offers health care to women and men, and has seen 496 clients since opening in May 2006.
Health Information Line and Website

We provide information, support, referrals and advocacy to women and men at no charge 7 days a week. We take questions on line through our website.  www.womenshealthspecialists.org  www.myspace.com/whsofcalifornia

Adoption Choices

Marikathryn Hendrix and Senta Burton facilitate a live discussion on Adoption Choices for WHS’s talk show “It’s Your Body” on KZFR.

“Our phone counselors help thousands of callers in English, Spanish and Hmong.

Our Publications

By the Federation of FWHC’s:
A New View of a Woman’s Body
How to Stay OUT of the Gynecologists Office
Woman-Centered Pregnancy & Birth
Order books at: www.womenshealthspecialists.org

“I want you to know how much I appreciate Marikathryn and Senta. They do a wonderful job with patients and staff. They are knowledgeable and kind and true advocates for patient needs.”  Tracy Guerra, LCSW, Enloe Medical Center
The California Family Health Council awarded Women’s Health Specialists Title X grants for Shasta County beginning January 1, 2007:

- **Title X Family Planning Services** a grant to increase the number of clients receiving birth control in Shasta County.
- **Learning Labs Special Program** grant to fund the **Youth Education Services** program.
- **Male Services Program** grant to increase the number of men over age 25 who get free health education and services in Shasta County.

Redding staff have increased outreach all over Shasta county, but there are still more women and men who don’t yet know they can access free, confidential services.

The Redding WHS is providing more services to men and has expanded hours to Saturdays.

“This is a very inspirational and positive thing you have going. Keep up the good work.” — Client
The Redding WHS has increased the number of clients by 24% over the past year.

Redding staff are excited about reaching more people in need of health education and services.

While women’s rights are being daily besieged and diminished by our own American government, the health workers and team members at Women’s Health Specialists don’t skip a beat. They just keep on giving excellent care to women; educating them about their bodies, and through this education giving women a wide range of choices about their own healthcare, and thus their own lives and destinies.

Suzy Coffee, The People’s Press, Issue 21
2006 Financials

2006 Income by Source

- State Only Family Planning: 60%
- Medi-Cal: 20%
- Grants: 4%
- Insurance: 1%
- Fee for Service: 15%

2006 Expenses

- Client Services: 77%
- Administration: 10%
- Community Outreach: 8%
- Uncompensated Care: 3%
- Fundraising: 2%
Your Support

“Women in Need” Fund
We fund raise to provide practical support for women who lack the resources to receive clinic services. The fund can provide cab, hotel or bus fare, childcare or overnight provisions for women in need. Women’s Health Specialists Tax ID # 94-2259357

Abortion Access Legal Fund
There are no reproductive rights without access to abortion. Together with volunteer escorts and our legal team, we have stood up to the attacks by the anti-abortion movement.

WHS staff works together with community members to raise practical support and donations.

Nevada County Citizens For Choice and WHS staff work together to make WHS clinic services possible in Grass Valley.

WHS staff and Chico community members prevailed in court when seeking protection for staff and clients from anti-abortion harassment and terrorism. The California Supreme Court refused to hear the protestors appeal in FWHC v. Canfield.
The Dido Hasper Activist Room is a place where community members can meet, organize, strategize and spread activism for reproductive rights in our increasingly hostile environment. We are using Dido’s legacy as a stepping off point to keep the turf we have already won and to work together for women’s liberation.

“She saw people involved in their community, having an impact, and knew she wanted to be a part of that.” (Heckert) said. “In 1974 Dido turned her efforts to women’s reproductive freedom and self-determination. Working with eight other women, she started the first and only women-controlled clinic in Northern California…

Heckert described Hasper as ‘courageous, visionary and unassuming.’

Sacramento Bee article, February 1, 2007 by Edgar Sanchez
We celebrated the 30th anniversary of the Chico FWHC with 350 friends and supporters. FWHC honored thirteen Community Health Activists; Carol Burr, CSU Chico Professor, Helen Cartwright, Frieda De Bernardi, Supervisor Jane Dolan, Carol Downer, Esq., Hans Freistadt, M.D., Dave Guzzetti, Coleen Jarvis, Esq. (posthumously), Jessie Little, Mark Merin, Esq., Bob Mulholland, Paul Persons, Esq., Diane Prince, Cathie Roach, Cathleen Williams, Esq.

On the 34th anniversary of Roe v. Wade, Chelsea Del Rio of Sacramento NOW, Assemblymember Dave Jones, Shauna Heckert, and civil rights attorney Mark Merin laid out the importance of the US Supreme Court decision legalizing abortion.
The Minister of health of Caracas hosted a meeting in which we shared our medical protocols to aid their struggle to prevent post-abortion complications.

In Venezuela we met with community health activists and shared stories, experiences and self-help.

Carmen Rojas hosts a community talk show at Radio Sendero Antímano, Caracas.
We dedicate this annual report in Memory of Paul Persons; friend, dedicated activist and defender of women’s rights.

WHS

Other volunteer jobs I’ve had have made me feel like I was just a volunteer, like I didn’t matter as much...whereas WHS really has made me feel welcome and like I’m part of their family.

Kelly Jordan, volunteer
Thanks To Our Contributors

Foundation Support
The California Wellness Foundation
The Women’s Foundation of California
Blue Shield of California
The Jones Family Fund

Donors
A.S. Women’s Center, CSU Chico
Nel Adams
Lynda Agustus
Jalwat Ahmad
Kathleen Alexander
Jeanette Alosi
R.W. Alsyne
Katie Altemueller
Alicia Alvarez
Christina Alvarez
American Chi Center for Health, Lisa Hill
Meredith Andersen
Anonymous Donors
Anthropology Department, UC Davis
Kari Christensen- Applegate
Kara Arnold
Vicki and Thomas Artnzner
Cecile Asch and Yosef Cohen
Judith Attouck
Marcella Auman
Marleena Avila
Eleanor Bader
Scott Bailey
Sukhdeep Bains
Melissa Baker
Marion Banzhaf and Eve S. Rosahn
Meghan Barker
Marcie Basner
Melita Bena
William K Benson
Jennifer Berglund
Lincoln Bergman and Lisa Simpson
Adriane Berman
Coline Beyer
Tom and Crystal Binsfeld
Birthing Project Clinic
Dr. Robert Bleemer
Lucille Bocks
Joy Bonds-Baird
April Boone
Angela and Damon Booth
Tenaya L Borges
Sophia Boulas
Georgene and Stephen Bous
Kristi M Bracisco
Kristin Breitmeyer
Ellen Bromberg
Sarah Brooks
Karen Brown
Lindsay Brown
Nadia Brown
Nelda Brown
Mr. and Mrs. John P. Browne
Jennifer Burgess-Wolfrum
Mildred and Leonard Burkhardt
Linda Burnett
Cheryl Burns
Carol Burr and Roger Lederer
Senta Burton
Jenna Byron
Greg DeGiere and Libby Sholes
California NOW
Janet Callum and Irving Penso
Jill and Keith Cameron
Katrina Cantrell
Lana Carley
Helen and Louis Cartwright
Makiala Catalfano
Chico Area Recreation District
Chico Cabaret
Cedar River Clinics
Kim Cervi-Ferrara
Ellaine Charkowski
Izabella Chase
Kenneth Chase
Chico Women's Art Collective
CHIKOKO
Amy Childers
Jill Childers
Courtney L. Clark
Shawna R. Clement
Ed Coleman
Shelby Coleman
Diane Coler-Dark
Helen and Sam Colombo
Nancy Condos
Tammy Cook
Contra Costa NOW
Tona Cornette
Jada Correa
Margo Cowan, Gypsyware
James J. Cox Insurance Services
Kimberly Cramp
Terah Culley
Cycle Sport
Ron Czoka
Amy Dahl
Barbara Daquino
Rachel Davalle
Frieda and Ted De Bernardi
Karen and Bruno De Martini
Cecilia Degallardo
Vincent Deleon
Thora Deley and Jim Cox
Annamarie De Martini
Christina Denata
Diabetes Educational Services, Beverly
Dyck Thomassian
Juana Diaz
Roger Dickinson, Supervisor, County of Sacramento
Howard Dickstein and Jeannine English
Betty Dietrich
Genevieve Dietz
Neil Dion and Jennifer Gladden, MD
Tamara Doesborgh
Martin Dominguez
Diane Dorfman
Betty and Fulton Doty
Bonnie Dressler
Arin Rea Drouin
Sophia Duffert
Duffy’s Tavern
Ashley Durgan
Ecodoesit!
Ellite Universal Security
Marsha Ellesberg and Robert Glusman
Barbara and Dr. John Ellis
Rachelle Ellis
Vanessa Erro
Alyssa Ervin
Esquar, Inc, Elaine & Michael Seely
Emma Estess
Kathryn Evans
Valerie Evans
Dale Farmer
Christina Fematt
Armeda Ferrini
Pam Figge
Paul H.S. Findlay
Rebecca Finn
Evette Franco
Sharon A. Franks
Amanda Franz
Calvin Freeman, Freeman & Associates
Friends of Illa Collin, Councilmember, City of Sacramento
Linda Furr
Pamela and Dr. Barry Furst
Sandy Garcia
Sandra Gibbings
Thanks To Our Contributors

Susan Gibson
Natalie Gieck
Lesliann Gilardi
Daniel Gilliland
Teresa Gisske
Kayla Selsi Goldberg
Amanda Gonzalves
Gail Goodrich
Jim and Alice Goodridge
Sherri Graeff
Anita Gregory
Grew Greiner
Guadalupe Grimaldi
Beau Grosscup
Flora Guerra
Rachel Gutierrez
Robyn Haley
Guy and Barbara Hall
Lauren Hammond,
Councilmember, City of Sacramento
Mary Hammond
Phyllis Hanania
Kim Hanks
Michelle Hanson
Jude Hanzo and Gloria Torbeck
Thomas Hanzo

Chrystine Harder
Olga Harnett
Mel and Shirlee Harrington
Brandi Hayes
Kelli Hayward
HBG Productions, Deanna Leah
Brandt Heckert
Matthew Heckert and Kelsie Kerr
George Heidle
Chris Helmer
Angelica Hernandez
Richann Herrera
Ruth Hetherington
Janice Hildenbrand
Andy Holcombe, Chico City Councilmember
Christine Holden
Honey Run Company and Winery
Kendra Hoopaw
Regina Hovet
Muir Hughes
Jacqueline Humphrey- Straub
Ashley Hunter
Valerie Hurt
Brandy Jackson
Melissa Jackson
Virgie Jackson

Lauree Janak
Charla Johnson
Ladd Johnson
Mandy Johnston
Natasha Jones
Larry Judkins
Claudia Y.H. Jung
Shizuko Kato
Heather Kauffman
Nancy Kenney
Jodi Key
Maureen Kirk, Chico City Councilmember
Gwen Kirn
Laurel and Gerald Knapp
Hank and Cleo Kocol
Merrilyn Koslin
KZFR, 90.1 FM Chico
Earlene Laidley
Barbara Lamarche
Laurie LaPant
Sharon Larson
Melissa Learned
David Ledger
Ashley Lewis
Charlotte and Martin Lichterman
Alan and Deborah Lieberman
Thanks To Our Contributors

Kelly Pfeifer MD
Don Perata, California State Senate Pro Tem
Nora and Phillip Perry
Maureen Pierce
Darrell Pierro
Erin Pina
Diane Pleskach
Tina Poli
Karen Potter
Pete Price
Diane Prince
Pullins Cyclery
Mathilda Putney
Fred and Linda Quigley
Melisa and Daniel Quintana
R.W. Knudsen Family
Ivania Rafael
Debra Raines
Suzanne Rakow
Jacky Reece
Margaret Reece and Greg Gazda
Marinalva Reed
Joanne Reinhard and David Burkland
Mickalyn Renwick
Rick Reynolds
Barbara Rhine
Cathie and Timothy Roach
Ed Rocker
Claudia Rodriguez
Judy Rutherford and Barbara Haley
Misty Rutledge
Laura Rutledge Gray
Jo Ann Saccato
Sacramento NOW
Emilia Saguiped
Carolyn Samples
Rachel Sapp
Barbie Sartain
Jean Sarver
Satava Art Glass
Christine Satava and Liz Sperber
Terry Satinover-Fagen
Kimberly Sayers
Kelly Scanlon
Tracey Schaffer
Margaret A. Schliessmann
Nitsa and Irv Schiffman
Leon Schimmel, MD and Annette Cody
Al Schmeder and Omay Water-Schmeder
James Schmidt
Carol Schnitger
Athena Schroer
Schuberts Ice Cream
Jeffery I. Schwarzschild
Nicole Scott
Barbara Seaman
Gerda Seaman
Seascape Management
Marjory Sebastian-Watkins
Megan Seely and Jonathon Sher
Sierra Nevada Brewing Company
Michelle Shaffer
Jenny Sharkey
Marjorie Shelton-Gross, MD
Michelle Sieber
Linda Siegel
Ellen Simon
Roni Simone
Alexa Singer-Telles
Elizabeth Smith
Smog Frog Test Only
James Snidle
Janet Snipper
Amber Snyder
Charles and Ruby Soderstrom
Sandy Sortwell Makau
Kim Sowers
Susan Springer
Eiracel Stading
Linda Staneart
Michael Stauffer
Yen and Dr. Bruce Steir
Claire Stewart
Marah Stone
Muriel Strand
Krystle Stringer
Rebecca Stutte
Styleyes, Eric Geiger
Lisa Sun
Jennifer Sweeney
Julie Sweesy
Betty Szudy and Maggie Roth
Sarah Tapia
Kelli Tapley
Dawn Taylor
Karin Taylor
Sara Rose Testman
Jeanne Thatcher
Lynn Thogersen
Jeannie Tijerina
Oscar Ray Tillman
Cyndi A. Ting, Independent Party Consultant
Cheryl Tinseth, Tinseth Accountancy
Lori Tomblinson
Rita L. Tongco
Myriam Torres
Robin Troxel
John Truitt
Betty Trujillo
Sara Tucker
Virginia and Larry Tupper
Charles Turner
Uptown Studios
Carol Urbanowicz
V-Day Foundation
Cindy Valentine
Valley Spokesmen Tour Club
Janice Vannatta
Elizabeth Vasquez
Melinda Ventura
Sylvia and Jim Verrinder
Helen Vinogradova and Konstantin Gospodinov
Kasie Vinson
Judy Vue
Marjorie Wadsworth
Sarah Waklee
Debra Walker
Anne Warner and Victor Mlotok
LoriBeth Way
Sara Webster
Kelsey Wederbrook
Kim Weir
Muriel Weissberg
Rachel Weist
Kenneth and Muriel Wemmer
Mary E. West
Linda Whitney and Owen Allan
Jeannie Williams
Nicole Williams
Mary Wilson
Lauren Wise
Misty Wolfenbarger
Juliana Wolfrum
Karel Wollaston
Robert and Wanda Woods
Richard Yurman
Jamie Zeff
Barbara and Steven Zlotowski
Jane Zones