Women’s Health Specialists

Clinic locations:

1469 Humboldt Road, Suite 200, Chico, CA 95928
(530) 891.1911

1901 Victor Avenue, Redding, CA 96002
(530) 221.0193

1750 Wright Street, Suite 1, Sacramento, CA 95825
(916) 451.0621

4415 Sonoma Highway, Suite D, Santa Rosa, CA 95409
(707) 537.1171

Phoenix Teen Clinic,
201 Washington Street, Petaluma, CA 94952

Teen Care-a-Van, Sacramento, CA
Administration Phone (530) 891.1917

Visit our website
www.womenshealthspecialists.org
This year we hold our 30th anniversary celebration. The event is our way of giving back to our community that has so generously and consistently lent their support to our work. This evening was planned to reconnect us with old and make new friends, to recognize outstanding community leaders, show historical photos and reminisce about important landmarks and accomplishments of the WHS. Because of the support and caring from all of you, we have thrived.

Last year was another year of growth for WHS. We increased the number of women and men seen at the clinics by 17%. Our outreach program expanded to more communities all over Northern California. We reached 116,448 people, a 40% increase from 2004. Our telephone counselors shared information with over 150,000 people. WHS had the help of 35 interns and volunteers this year.

We face serious threats to the future of women’s reproductive rights. The new Supreme Court and the White House are focused on curtailing our civil rights. Restrictions on abortion providers and on women seeking abortion will increase. To protect, provide and expand access to health care in today’s dangerous political environment, our clinic must find a place in the hearts of our communities, developing a stronger, more informed support base that can mobilize lasting grassroots support among friends, medical professionals, clients and clinic volunteers. We will count on you to be part of the “helper community” for women who are in need of direct assistance and be the collective voice for social change.

Shauna L. Heckert
Executive Director

Cindy Pearson, Washington, DC
Carole Dwyer, Esq., Los Angeles, California
Laura Brown, PhD, Berkeley, California
Catherine Williams, Esq., Sacramento, California
Katrina Cantrell, Redding, California
Jude Hansen, Paradise, California
Megan Steely, Sacramento, California
Thila Deley, Chico, California
Lynn Thegotson, Atlanta, Georgia

Evanne O’Donnell
Arnetia Okelo
Lisa Pagano
Graciela Palmer
Cindy Pearson
Disana Perry
Nora & Philip Perry
Kellie Phifer, MD
Melissa Phine
Cynthia Plantillas
Jennifer Porter
Kendra Quan
Fred and Linda Quigley
Anna Reid
Patsy Ramsey
Redding University Uniselversity Fellowship
Finesse Reed
Marisa Reidel, Hunter Laboratories
Rena Richer
Dr. Rivera
Ed Rocker
Mark Rodriguez
Jennifer Roese
Joel Rossell
Casey Rutherford
S. Chang County, NY
Man Yee Saechao
Tony Satinover-Fagen
Allison Scheier
Irv and Nita Schiffman
Leon Schmitz, MD
Al Schmeder
Erin D. Schmidt
Ernst Schoen-Rene
Linda Schreiber
Steve Schuman, North Valley Production
Jeffrey J. Schwarzschild
Gerda Seaman
Scascape Management
Elaine Seely
Meggan Seely
Robin See-Swenson, Swenson Excavation
Seneca Women’s Health Cafe, LLC
Chelsea Seymour
Rosa Shapiro
Ellen Simon
Alexa Singer-Telles
Siskiyou Pro-Choice Network
Denise Smith
Elizabeth Smith
Rebecca Smith
Sydney Smith
Betsy Symser
Janet Snipper
Robin Soloway
Jim Scott M.D.
Mary Ellen Southard
Linda D Staneart
Mary L. Stegall
Bruce Steir, MD
Carey Stevens
Cindy Pearson
Claire Stewart
Kara Stilwell
Betsy Symser
Valerie Tarico
Joanne Thatcher

The Law Offices of Mark E. Merin
The People’s Press
Shannon Thompson
Steve Tobias
Lynette Trotter
Virginia & Larry Supper
Maria Tunangan
Valerie Tuttle
Sharon Uchida
Carol Urbanowicz
Vogel, Griswold, Chico Valley Spokesmen Tour Club
RW Van Alstyne
Carole Dwyer, Esq., Los Angeles, California

The People’s Press
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RW Van Alstyne
Hazel Van Norman
Trudy Vaughn
Kelly A. Venezia
Charlotte Wacker
Rusi Wade
Barbara Walker
Michelle Walker
Muriel Weissberg
Kenneth and Muriel Wemmer
Frederic Wesley
Mary West
Stacey West
Cynthia Wheaton
Jamil White
Leah Witting
Amanda Woodle
Robert Woods
Micha Kamamoto
Joy S. Yoshioka
Richard H. Yurman
Barbara Zlotowski
“Given all the information, women will make the best health care decisions for themselves”

Dido Hasper, Founding Director

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.

Our Philosophy

Thanks to Our Contributors Continued

Barbara Healy, Hanson McClain
Mary Lynn Hemphill
Nicole Hernandez
Danniele Hightower
Mary Holmes
Regina and Marvin Hovet-Osbome
Leslie & John Howard
Anna Huerta
Dan and Susan Humphers
Judy Jett
Vickey Jimenez
Carole Jaffe
Deanna Johnson
Ladd Johnson
Stephanie Johnson
Colleen Johnston-Adorno
Joseph Adorno
Shannon Jordan
Cynthia Jung
Ariana Kaiser
Billie Karter & Kirk Monkton
Jane Ruth Kaplan
Katherine Kirk
Kelli Krosn
Hank & Cleo Kocel
Sarah Kovars
Earlene Leidley
Corinne Lamada
Nancy Laymon Zweifel
Teresa Leal
David Lee
Richard Leos
Charlotte & Martin Lichterman

Hillary Lilbakk
Jesse Little
Lisa Loring-Kams & Mike Kams
Aina Luna
Dalis Manwoaring
Julieta Martinez
Nera Martinez
Grace Marvin & Julian Zener
Nanomi Mason
Sandra Mauzer, Joyful Spirit
Josie McCarthy
Lida McCarthy
Carleen McCulloch
Christine & MaLaughlin
Lisa Melton
Margaret M Meza
Lisa Miller
Mimi Bakery
Nagar Mezuli
Genelle Morris
Linda Morrison-Ory & Karl Ory
C FIT Mortenson
Bob Mulholland
Supervisor Jane Dolan
Darcy Myers
Lynette Neidhardt
Chris Nelson
Mark and Kim Nelson for Adoption
Choices in Memory of Joe Lyons
Nevada County Citizens for Choice
Karen Olson
Shelly Noack
North Valley Productions

WHS staff & community activists expose the anti-woman Proposition 73, which went down to defeat.

Some of the staff of Women’s Health Specialists, a Feminist Women’s Health Center.

Rachelle Ellis
Rianna Elrod
Tami Enex
Arnold Erickson
Melissa Escobedo
Bobbie Evans
Katy Fawer
Martha & Robert Fishkin
Crystal Flaherty
Sharmaine Fogle
Sharon A. Frank
Cahin Freeman, Freeman & Associates
Friends of Supervisor Roger Dickinson
Angel Fuller
Krisri Fudem
Dr. Janice Gageman
Susan Garcia
Susan Gibson
Lesbain Gillardi
Jim & Alice Goodridge
Margaret Graney
Glenda Grant
Joyce Griffith
Groundspring.org
Janet Grummitt
Lesha Hale
Guy & Barbara Hall
Dawn Harrah
Mel & Shellee Harrington
Oonagh Harris
Patience & Rodney Harvey
Nadia & Peter Hava-Robbins, The Traveling Bohemians
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, Pap smears, and treatment for common health concerns are provided at all of our sites. All information and services are at no cost or low cost and are provided in English, Spanish, Hmong and Meän languages.

Birth Control Services

We are the only feminist health care provider in Northern California, and we offer all options to all women. For low or no cost, the following birth control options are available: The Pill, the Patch, Depo Provera, Nuvaring, Fertility Awareness, the Cervical Cap, the Diaphragm, the IUD, and emergency contraception (The Morning-After Pill).

Breast and Cervical Cancer Detection Program

We provide mammograms, Pap smears and case management to women over 40 at no charge. WHS is a regional provider of colposcopy treatment for abnormal Pap smears.

Pregnancy Testing

Women can drop-in for a free urine pregnancy test and obtain the results immediately. We inform and support women in all their pregnancy options.

Confidential Abortion Care

From the first phone call to WHS through the clinic visit, women are offered abortion services with privacy, respect and dignity. WHS offers "The Abortion Pill" in early pregnancy, as well as first and second trimester abortion services. All services include comprehensive follow up and a 24-hour help line.

Profile of Services

WHS practitioners, healthworkers and management work as a team.

Thanks to Our Contributors

Thanks to the contributors to the Women In Need Fund

Anonymous
Susan Garcia
William K. Benson

Dido Hasper Memorial Fund

Special thanks to Howard Dickstein & Jeanne English

Foundation Support

The California Wellness Foundation

Saba Braki
Program Officer
California Wellness Foundation

The Women’s Foundation of California

Blue Shield of California Foundation

The Jones Family Fund

Founding Staff

with Pam Chang, CEO of The Women’s Foundation of California

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California Black Women’s Health Project
Judith Carnemich

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Adoption Choices of Northern California

We provide both birth parents and adoptive parents with information, counseling, advocacy and support. All participants are treated with dignity and personalized care so their adoption experience is successful.

Sexually Transmitted Infection Prevention and HIV Testing

WHS provides confidential testing and treatment and education for all sexually transmitted diseases with a non-judgmental approach for clients and their partners.

Men’s Services

Men can receive free health exams, STD and HIV screening and free condoms.

Menopause Services

We offer comprehensive care for menopausal women including osteoporosis screening, mammograms and alternatives to hormone therapy for menopausal discomforts.

Thanks to our Volunteers and Interns

“Working with WHS opened my mind to a true feminist perspective. My internship taught me about the struggles so many women face accessing health care. Empowering women is what WHS is all about.”

WHS Intern

“I got the most straightforward information about what my risks were and prevention. I felt I could explore all my questions without shame.”

WHS Intern

Andrea Richards
Shanna Rompel
Keri Sheridan
Kathleen Taylor
Frank Treadway
Barbara Walker
Christine Wright
Joy Yoshioka-Osborn

Markathryn Hendrix, ACnC Director and Senta Burton, ACnC Assistant Director

WHS staff in Chico get ready for a day of advocacy and providing health care.
Teen Services

“There are other clinics in Sonoma County, but the Phoenix (Teen Clinic) plays a special role, reaching teens where they hang out anyway.”

Quoted from the Press Democrat article Teen Health Haven by Rayne Wolfe, February 7th, 2006

“I had no idea where to get information on free stuff until someone gave me a Survival Guide”

WHS Client

Opening the Dido Hasper Activist Room

Women’s Health Specialists, thanks to generous donations, created the Dido Hasper Activist Room as a meeting place for community individuals and groups, volunteers and staff. It is a place to organize, share ideas, resources and inspiration in the fight for human rights.

The Dido Hasper Activist Room In memory of Dido Hasper 1949-2004

Sister, leader and visionary for Women’s Liberation
A woman of great vision, great conviction, great courage and great heart.

Special thanks to the generous contributors who donated in Memory of Dido Hasper.
Howard Dickstein, Jeannie English and Monique Harriton
In 2005 Women's Health Specialists' phone counselors provided confidential information on health concerns and community resources to over 150,000 women, men and teen callers in English, Spanish and Hmong.

Self Help
Self Help is demystifying our bodies by gathering together in a sisterly way, sharing our stories and looking at our vaginas and cervixes. WHS has facilitated women getting together in Self Help groups since the early 1970s. Speculums can be ordered on our website: www.womenshealthspecialists.org

Women's Health Information & Referral Line

Pro-choice supporters in front of Representative Wally Herger’s office commemorating Roe v. Wade, and protesting Herger’s stand on abortion, the war in Iraq and other human rights issues.

Women’s Health Specialists Phone Counselors shared information with over 150,000 callers last year.

WHS staff join demonstrators in San Francisco to mark the 33rd anniversary of the Roe v. Wade Supreme Court decision. Bush’s court nominations threaten human rights including abortion.

Speakers Bureau

“... women presented opened a difficult subject and made it okay for me to ask questions about my body and rights. We shared about obstacles that many women face.”

“I was very scared to call. But, after speaking with the woman on the phone, I felt like I had an ally. There was some-one who respected me enough to listen to me and help me. Melissa was very compassionate in answering my questions.”

WHS Client

Redding Activists build the movement

Redding healthworkers waving speculums.

The Roe v. Wade celebration at Sacramento. WHS brought out activists, staff, community women and State Treasurer Phil Angelides.

Speakers Bureau

“The women who presented opened a difficult subject and made it okay for me to ask questions about my body and rights. We shared about obstacles that many women face.”

Student

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Activists Building the Network
We have a broad impact on women’s lives through networking and attending and sponsoring community events. Our goal is to continue to build a network of support for women in need and bring health information to people where they live, work and socialize.

We received core support grants for outreach services from The California Wellness Foundation and The Women’s Foundation of California.

Growth Chart of WHS’s Community Outreach and Education

Outreach and Education Program

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Outreach and Education Program

Thanks to the generous support from our friends through donation of time and money, we have continued to thrive and grow. Tell your friends that Women’s Health Specialists/Feminist Women’s Health Center is a non-profit, 501(c)(3) organization. Donations are greatly appreciated and are tax deductible. Tax ID # 94-2259357.

Support our Women In Need Fund

Every year we provide community benefit services to low income women. Sometimes just a few dollars makes the difference in being able to access health care. Women need hotel accommodations, cabs or bus fare, childcare funds and cash to feed themselves and their children while they travel hours to reach health services.

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 harassment by anti-abortion protesters who break the law to threaten and intimidate staff and clients. In Sacramento we challenged the illegal use of bullhorns and photography in front of our clinic and are awaiting a decision by the judge in this case. In Chico the protestors are getting more aggressive. In order to protect our staff and clients we have incurred new security and legal costs. Help us keep abortion accessible, with the dignity and respect that the women and men who use our services deserve.
Outreach Activities

Long-term social change is our priority and our challenge. We have successfully expanded the meaning of women’s health to its natural outcome: human rights. Our strength is using new and innovative ways of outreach to broaden our base.
Women’s Health Advocacy

WHS participates on a local, statewide and national level to promote women’s reproductive rights. Since the voices of low-income, minority and rural women are seldom heard, we bring our experiences to our advocacy work. We choose advocacy work which will increase access to health care by decreasing barriers.

Federation of Feminist Women’s Health Centers’ Publications:
- A New View of a Woman’s Body
- How To Stay OUT of the Gynecologist’s Office
- Woman-Centered Pregnancy & Birth

Order books on www.womenshealthspecialists.org

Mid-Level Clinician and Physician Training Program

Women’s Health Specialists has raised the standard for women’s health in the community and has had an impact statewide. Our goal is to increase the number of clinicians trained in non-judgmental, compassionate care, including abortion care.

Collaboration and Advocacy

The Feminist Women’s Health Centers and the Self Help Clinic were honored by the National Women’s Health Network in 2005 for their 30 Activists for 30 Years Celebration.

Associations we are active in include:
American Public Health Association
Women’s Health Collaborative of California
National Women’s Health Network
National Abortion Federation
National Organization For Women
Feminist Majority Foundation
Sacramento Community Clinics Consortium
Redwood Community Health Coalition

Women’s Health Advocacy

WHS treats each woman as an individual.

Women’s Health Specialists hosts “It’s Your Body”, a women’s health call-in radio show on KZFR 90.1 FM Chico, Community Radio. A collective of WHS staff run the show, now in its 6th year.

Women’s Health Specialists respects women. WHS has no other agenda. Drug companies manipulate women, WHS doesn’t. Their only agenda is to be responsive to the woman’s welfare.”
Barbara Seaman, author, researcher, co-founder of The National Women’s Health Network.

“Conservative times, anti-abortion violence and the rise of HMO’s took their toll on feminist clinics, but the spirit and work (of self help) live on at the FWHC’s…”
From The Women’s Health Activist, Sep/Oct 2005, newsletter of the National Women’s Health Network.

WHS Staff treat each woman as an individual.

WHS Staff and Intern Training Program

We have a commitment to have our staff reflect the diversity of our community. We hire women with no experience who have a burning desire to work for women’s reproductive health and freedom. Women are trained to be health educators, speakers, managers and community leaders.
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WHS Santa Rosa staff share information and offer testing for women who drop-in.

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**2005 Financials**

- **State Only Family Running**: 48%
- **Grants**: 3.0%
- **Fee for Service**: 15%
- **Insurance**: 2.9%
- **2005 Client Visits**:
  - Santa Rosa: 5,000
  - Chico: 12,135
  - Redding: 8,263
  - Sacramento: 18,914

**2005 Expenses**

- **Community Outreach & Education**: 11%
  - **Community Outreach Administration**: 8%
  - **Fundraising**: 2%
  - **Uncompensated Care**: 3%
  - **Client Services**: 76%

**2005 Payor Source**

- **State Only**: 89%
  - **Family Running**: 48%
  - **Grants**: 3.0%
  - **Fee for Service**: 15%
  - **Insurance**: 2.9%
- **California**: 11%
  - **Medi-Cal**: 32%
  - **Community Outreach & Education**: 8%
  - **Fundraising**: 2%
  - **Uncompensated Care**: 3%
  - **Client Services**: 76%

**2005 Payor Source**

- **State Only Family Running**: 48%
- **Grants**: 3.0%
- **Fee for Service**: 15%
- **Insurance**: 2.9%
- **2005 Client Visits**:
  - Santa Rosa: 5,000
  - Chico: 12,135
  - Redding: 8,263
  - Sacramento: 18,914

**2005 Expenses**

- **Community Outreach & Education**: 11%
  - **Community Outreach Administration**: 8%
  - **Fundraising**: 2%
  - **Uncompensated Care**: 3%
  - **Client Services**: 76%

**2005 Payor Source**

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We have a broad impact on women’s lives through networking and attending and sponsoring community events. Our goal is to continue to build a network of support for women in need and bring health information to people where they live, work and socialize.

We received core support grants for outreach services from The California Wellness Foundation and The Women’s Foundation of California.

Outreach and Education Program

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Your Support

Thanks to the generous support from our friends through donation of time and money, we have continued to thrive and grow. Tell your friends that Women’s Health Specialists/Feminist Women’s Health Center is a non-profit, 501 (c) 3 organization. Donations are greatly appreciated and are tax deductible. Tax ID # 94-2259357.

Support our Women In Need Fund

Every year we provide community benefit services to low income women. Sometimes just a few dollars makes the difference in being able to access health care. Women need hotel accommodations, cabs or bus fare, childcare funds and cash to feed themselves and their children while they travel hours to reach health services.

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 harassment by anti-abortion protesters who break the law to threaten and intimidate staff and clients. In Sacramento we challenged the illegal use of bullhorns and photography in front of our clinic and are awaiting a decision by the judge in this case. In Chico the protestors are getting more aggressive. In order to protect our staff and clients we have incurred new security and legal costs. Help us keep abortion accessible, with the dignity and respect that the women and men who use our services deserve.
Women’s Health information & Referral Line

In 2005 Women’s Health Specialists’ phone counselors provided confidential information on health concerns and community resources to over 150,000 women, men and teen callers in English, Spanish and Hmong.

Self Help

Self Help is demystifying our bodies by gathering together in a sisterly way, sharing our stories and looking at our vaginas and cervixes. WHS has facilitated women getting together in Self Help groups since the early 1970s. Speculums can be ordered on our website: www.womenshealthspecialists.org

Speakers Bureau

“The women who presented opened a difficult subject and made it okay for me to ask questions about my body and rights. We shared about obstacles that many women face.”

WHS Client

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Activists Building the Network

Pro-choice supporters in front of Representative Wally Herger’s office commemorating Roe v. Wade, and protest Herger’s stand on abortion, the war in Iraq and other human rights issues.

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Teen Services

The Phoenix Teen Clinic Team, Petaluma.

WHS produced and distributed 18,500 Teen Survival Guides in Northern California in 2005

‘I had no idea where to get information on free stuff until someone gave me a Survival Guide’

WHS Client

There are other clinics in Sonoma County, but the Phoenix (Teen Clinic) plays a special role, reaching teens where they hang out anyway.”

Quoted from the Press Democrat article Teen Health Haven by Rayne Wolfe, February 7th, 2006

WHS and Diogenes Youth Services staff working together to serve homeless & at-risk youth in Sacramento.

Opening the Dido Hasper Activist Room

Women’s Health Specialists, thanks to generous donations, created the Dido Hasper Activist Room as a meeting place for community individuals and groups, volunteers and staff. It is a place to organize, share ideas, resources and inspiration in the fight for human rights.

The Dido Hasper Activist Room
In memory of Dido Hasper
1949-2004

Founding Director
Women’s Health Specialists
Feminist Women’s Health Center

Sister, leader and visionary for Women’s Liberation
A woman of great vision, great conviction, great courage and great heart.

Special thanks to the generous contributors who donated in Memory of Dido Hasper.
Howard Dickstein, Jeannie English and Monique Harriton