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News from Mabel (Spring 2005)

Mabel Wadworth Health Center Staff

Mabel Wadworth Health Center

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News from MWWHC

Spring
2005

UMAINE WOMEN LEARN CHOICE CAN MAKE CHANGE

"Oh, I didn't know I could go to the Mabel Wadsworth Center, too"
– That's something MWWHC board members often hear when they start talking to their University of Maine co-workers about their volunteer work.

In an effort to educate women UMaine employees about the breadth of women's health services available at MWWHC, UMaine faculty member and MWWHC board member Jean MacRae hosted a reception at her home. More than 20 women gathered for good food and interesting conversation.

MWWHC has grown to fill many of the gaps in our community that once left low-income women with few choices for meeting their health needs. An unintended outcome of this commitment is the myth that MWWHC is ONLY for women of few options.

"MWWHC exists to serve ALL women," says Jean. "If you choose MWWHC for your care, using your insurance and spending your health care dollars here will actually help us afford to see MORE low-income women. That's a real opportunity to get quality, dignified, respectful, compassionate woman-friendly health care AND support more services for women who have fewer resources."

The women who attended learned that not only will their insurance cover services at MWWHC, but that MWWHC also **welcomes – in fact, needs – women with insurance.** Guests also brainstormed strategies for outreach to other women with insurance and/or the resources to choose MWWHC for their care.



University of Maine women employees who also serve on the Center's board talk about outreach on campus (L-R): Kate Waning, Jean MacRae, Sharon Barker and Susan Kaye.

Does MWWHC accept insurance?

Yes. MWWHC accepts all major insurances, including Anthem, Blue Cross/Blue Shield and Aetna, as well as MaineCare, DirigoChoice and Medicare. Most policies allow women to receive an annual exam from the health care provider of their choice without referral.

If I go to MWWHC, aren't I taking an appointment away from a woman with fewer options or no money?

No. The more women MWWHC serves who have private insurance or the ability to pay for their care in full, the more women MWWHC can afford to serve who have public-funded insurance or limited cash resources. Higher reimbursements from private insurance help underwrite the expense of providing care for women who pay over time or have lower reimbursing Medicaid.

Does MWWHC have "real" doctors?

MWWHC's all-female clinical staff includes nurse practitioners, a registered nurse, clinical assistants and two physicians. Our supervising nurse practitioner has more than 25 years experience in women's health care and is widely respected in our community. Our fully licensed, board certified nurse practitioners are trained to provide a range of advanced care and write prescriptions – as well as know how to take the time to really listen and understand the needs of our clients.

What if I need a "specialist"?

MWWHC is a committed advocate and ally for our clients. If you need a test or a procedure that we are unable to provide, we will help you navigate the health care system to get appropriate care in a timely manner. MWWHC routinely collaborates with the private Ob/Gyn practitioners and hospitals in the region and makes referrals to specialists when needed.

I don't call myself a feminist, so why go to a "feminist" health center?

If you want to feel respected, listened to, fully informed and in charge of decision-making when you receive health care, then you want the "Mabel Difference." For us, "feminist" health care means you are an equal partner in your health care. We support you, not direct you.

Volunteer Spotlight: Linda Currie

Linda Currie embodies the ideals of volunteering at the Mabel Wadsworth Women's Health Center: dedication, support, enthusiasm and a willingness to do what is needed. She first heard about the Center from friends - including the Center's namesake Mabel Wadsworth. When approached about volunteering, she eagerly agreed. Now, five years later, Linda is one of the Center's most devoted and caring volunteers.

"One of the best things about MWWHC is its nurturing atmosphere," she says. "Everyone communicates so well with each other. There is always a lot of work being done in a friendly and civilized way. There are no sounds of tension or of anyone being demeaned - neither staff member to staff member, nor staff member to clients. There is an incredibly high level of respect that everyone working or volunteering at the Center has for each other, as well as for all the clients being served."



Linda Currie, originally from Rhode Island, attended Bates College and returned to make Maine her home in 1977. She lives in Bangor with her husband Allan, a local physician. Linda is a part-time psychometrician administering neuropsychological tests for a local psychologist.

"I believe MWWHC is handling the current conservative political atmosphere in a thoughtful, forward-looking way. I appreciate that all the hardworking women and men I see burning the midnight oil for the Center with such dedication, ingenuity, and creativity, really respect the life and the health of all the women in our community," Linda says. "MWWHC not only provides excellent medical care for women, but a continuity of care women are unable to get anywhere else."

Most volunteer positions support the administrative and clerical work of the Center. Linda's responsibilities have ranged from maintaining MWWHC's free lending library, chart filing, and assembling mailings, to assisting with grant proposal research and helping to organize a fund raiser.

She approaches every request with enthusiasm and diligence, knowing that even seemingly simple or mundane tasks are all crucial to the upkeep and stability of the Center.

Linda says she chose to volunteer not only to benefit the Center, but also because she felt she would grow and learn from her experiences and her relationships with the people involved with the Mabel Wadsworth Women's Health Center

Thanks for the Memories: Gifts Given in Honor of Loved Ones Lost

Several members of the Mabel Wadsworth Women's Health Center's extended family have passed away in recent months. We again express our sympathy to the families and friends of Dr. Michael Solomon, Dr. Philip Reisman and Marcia Partridge, RN.

The outpouring of memorial gifts in honor of these dedicated health professionals has been nearly overwhelming. To date, MWWHC has received \$17,312.44 to continue our work in the name and tradition of these wonderful supporters and volunteers.

UMAINE STUDENT WOMEN GET CREATIVE TO SHOW THEIR SUPPORT FOR MWWHC

Late winter Nor'easters were no match for the spirit and dedication of student women at the University of Maine determined to show their support and raise money for the Mabel Wadsworth Women's Health Center.

The Student Women's Association (SWA) hosted its annual Vagina Monologues to sold-out crowds again this year despite snow delays and postponements.

"The Vagina Monologues" is a theatrical piece based on actual interviews conducted by playwright Eve Ensler with women talking about their sexuality and their vaginas. Initially a Broadway production, the monologues are now performed throughout the world as benefits for organizations that work to end violence against women. Each February, SWA presents "The Vagina Monologues," with proceeds benefiting local women's organizations. This year the proceeds were split among the Mabel Wadsworth Women's Health Center, Rape Response Services and Spruce Run.



Women and girls of all skill levels celebrated the first bright and warm day of February by taking to the snow to "Ski for Women," a first-time fundraiser for the Mabel Wadsworth Women's Health Center at the University of Maine.

If you can't escape the snow, you might as well enjoy it... that was the thought of some adventurous women with UMaine's Maine Bound who organized UMaine's first "Ski for Women," co-sponsored with SWA.

The 5k freestyle cross-country ski race, held February 6, was modeled after a women's event in Anchorage, Alaska, and designed for all skill levels and ages of girls and women.

According to event organizer Alanna Doughty, the race was modeled after a similar women's event held annually on Superbowl Sunday in Anchorage, Alaska. "Originally, Superbowl Sunday was chosen as the race day because of the statistically high average of domestic violence and abuse that takes place on that day," Doughty wrote. "We hope to help spread support of safe and healthy women across the campus and the greater Bangor area, and let women everywhere know that they are supported and celebrated."

More than 25 women and girls gathered to ski the 5K loop through the University Forest and then celebrate with hot chocolate, cookies and other winter morning goodies. Proceeds from the \$5 entry fees were split between the Mabel Wadsworth Women's Health Center and all-women programming at the Maine Bound Adventure Center. The event coordinators are hoping this will become an annual event – we are too!

2005 MABEL SINE WADSWORTH ACHIEVEMENT AWARD: CHRIS HASTEDT

Every year at the annual dinner, the Mabel Wadsworth Women's Health Center honors a person who has a record of outstanding contributions to the health and well being of Maine women.

On May 5, 2005, Christine B. Hastedt will be presented with the Mabel Sine Wadsworth Women's Health Achievement Award for her decades of steadfast activism for the rights and welfare of Maine citizens.

Chris is respected statewide for her skills as an advocate and a diplomat, bringing many groups and individuals to the table of power, and for her principled feminism. She is well-known for her compassion, hard work and grassroots organizing abilities. Her personal history of reaching out to those needing a helping hand, inspiring many to join her in the hard work of democracy, and striving for justice, is legendary. Any of these traits alone are impressive; together, they combine to make Chris uniquely qualified to receive the Mabel Wadsworth Women's Health Center's highest honor.

For more than thirty years, Chris has been a passionate, effective advocate for low income people in Maine. She has insisted that the voices of poor people be heard and their needs recognized and met by the Maine courts, state agencies and the Legislature.

As a result of Chris' efforts, their voices have been heard.

Chris began her career at Pine Tree Legal Assistance in 1971, just a few years after Pine Tree first opened its doors as a statewide legal services program for low-income residents of the State. Most of her clients were young mothers struggling to make ends meet and to keep their families safe – a population that has remained at the core of her concerns throughout her legal services career – and one near and dear to the mission of the Mabel Wadsworth Center.



One of her earliest achievements involved a major client education initiative, developed in response to Pine Tree's inability to meet the

needs of low-income women with family law problems. Based on a model from California, Chris researched and wrote "Do Your Own Divorce in Maine," a booklet designed to help individuals seeking or needing to respond to a divorce action who were without means to hire an attorney. Since its first publication in the early 1970's, "Do Your Own Divorce in Maine" has been through five editions and helped thousands of Maine women successfully represent themselves in court.



Out of her commitment to empowering low-income individuals (predominately women) to advocate for themselves, a new statewide client advocacy group was created: The Maine Association of Interdependent Neighborhoods (MAIN). Offering quiet ongoing support, Chris has helped MAIN remain a vibrant cohesive force for change in Maine, bringing its powerful voice to bear in a wide variety of forums.

During her tenure at Pine Tree, her many achievements included winning increases in AFDC benefit levels over the course of a decade (an achievement unmatched in any state other than California); expansion of Medicaid coverage; and improved access to education and training opportunities for AFDC recipients. Her expertise in the field of unemployment compensation led to the creation of extended unemployment compensation benefits for displaced workers and creation of an "alternative base period" statute, both of which provide unemployment compensation for many people previously excluded from coverage.

Chris has assisted numerous low-income individuals and organizations in shaping better public policies for low-wage workers, particularly women moving between welfare and the low wage job market. Chris has inspired and offered very practical assistance to hundreds of welfare recipients and to scores of organizations that serve low income people including the Maine Women's Lobby, the Maine Council of Churches, the Maine People's Alliance, the Maine Coalition for the Homeless, the Coalition for Economic Justice, and the Women's Economic Security Project.



When it became apparent that Congressional restrictions would bar Pine Tree Legal Assistance from continuing to provide effective advocacy for low-income Mainers in legislative and administrative forums,

Chris and her colleague, Mary Henderson, left Pine Tree in late 1995 to found a new nonprofit organization that would not be subject to Congressional restriction – a concept also near and dear to the mission of the Mabel Wadsworth Center. The Maine Equal Justice Project and Maine Equal Justice Partners were the result. The Project focuses on legislative advocacy, and the Partners on client education, administrative advocacy and systemic litigation.

Everything that Chris has done in her career has focused on the primary goal of improving the lives of low-income people, and all of her work has recognized that families headed by women are the households most vulnerable to poverty.

Her work has inspired and empowered countless low-income women to take leadership roles themselves. These women have become powerful spokespeople for their own interests and the interests of others of their class and gender. Chris has truly made a significant, positive impact on the health and lives of Maine women.

Past recipients of the Mabel Sine Wadsworth Women's Health Achievement Award are:

- **Peaches Bass**, lesbian health advocate;
- **Sharon Barker**, founder of multiple Maine-based organizations supporting the full potential of women and girls;
- **Pat Bond**, champion of public health;
- **JoAnne Dauphinee**, feminist activist;
- **Darylen Cote**, health educator;
- **Nancy Foss**, abortion rights organizer;
- **Parker F. Harris and Bonnie Bragg**, dedicated women's health care providers;
- **Maine's former First Lady Mary Herman**, women's health advocate;
- **Mabel Wadsworth**, women's health pioneer and inspiration for the Center and award which bear her name; and
- **Phil Worden**, progressive lawyer.

**2005 ANNUAL MWWHC VOLUNTEER RECOGNITION & AWARDS BANQUET:
5-9 p.m., Thursday, May 5th, at Spectacular Events Center, Griffin Rd., Bangor**

Didn't get an invitation? Really want to come? We do require pre-registration, but you can just cut out or copy this slip and return it by April 30th to: MWWHC, P.O. Box 918, Bangor, ME 04402-0918

Name(s) as you wish it to appear on the evening program:*

Email or Phone: _____

_____ \$1,000 Benefactor * _____ \$500 Sustainer *
 _____ \$ 250 Sponsor * _____ \$ 125 Friend *
 _____ \$ 40 Single Ticket _____ Other

_____ Please bill my/our MasterCard or Visa
 Account No. _____ Exp. _____
 Signature: _____

*Donors are listed in program unless otherwise requested. Two banquet tickets are included with donations of \$250 or more. All donations are tax deductible as allowed by law.

_____ I/we cannot attend. In honor of **Christine B. Hastedt**, I'm sending a donation to support the work of MWWHC.

**All are welcome—Please pay what you can.
Please come even if you can't pay!**

Choice of entrée:

_____ Salmon with Dill Sauce _____ Roasted Vegetable Plate
 _____ Eggplant Roulade Stuffed Ricotta _____ Chicken Kebob

STUDENT INTERNSHIPS AND WORK-STUDY POSITIONS HELP KEEP MWWHC HAPPEN'N

MWWHC is proud of our long tradition of hosting university student interns and college work-study students who are serious about learning and working hard.

“At the Mabel Wadsworth Center, I have been able to learn about women’s reproductive healthcare through the perspective of a feminist health center. This has broadened my knowledge of the issues that women face and has complemented both my majors in Women’s Studies and Social Work,” says Rachel Warner, who is interning at MWWHC in 2005.



UMaine Women’s Studies and Social Work double major, Rachel Warner is completing a social work internship at MWWHC.

Other academic programs that have placed students with the Center include Women’s Studies, undergraduate and graduate Nursing, and graduate Public Administration. MWWHC has many learning opportunities available in clinical, administrative, and development areas and is open to discussing placement options for any course of study.

Work-study positions are clerical, with students serving in the front office – where the action is! Besides an opportunity to earn money, working in the reception area provides an inside look at the operations of a very busy clinical practice that respects and honors women’s lives and provides excellent women’s health care.

Representatives of MWWHC also are available to guest lecture about women’s health issues from a variety of perspectives and disciplines. Courses that have featured speakers from MWWHC include Human Sexuality, Women’s Health, Women and Science, Introduction to Women’s Studies, Sociology, Communication and Journalism, Marketing, Political Science and Topics in Social Work

If you are interested in earning academic credit or in a work-study or volunteer job with us, or if you would like to book a guest speaker from MWWHC to discuss women’s health issues, contact Cindy at 947-5337 ext. 105.

WISH LIST	WISH LIST	WISH LIST	WISH LIST	WISH LIST
Liquid hand soap Rolls of first-class stamps Lubriderm unscented hand lotion Bottles of Purell hand sanitizer Single wrapped toilet paper rolls Boxes of facial tissue Boxes of medium size Band-Aids Pens (black ink – fine point) Coffee for brewing Dry creamer	Lightweight, washable blankets Maxipads Sticky notes White copier paper Wash cloths Magazine subscriptions <i>(Ms., New Moon, Bitch)</i> Soft, washable yarn for knitting <i>(A volunteer knits baby blankets)</i> Bottle brushes	Heating pad Fine point black Sharpie pens Ice packs Dish soap and sponges AA batteries Gift Certificates to Staples Canary yellow photocopy paper 11 X 17 white copier paper Gift Certificates to grocery store More Volunteers!		

KIM KLEIN IS COMING TO MAINE!

Don't miss your chance to learn – and laugh – with one of the best in the business!

Kim Klein (a fundraising goddess in our opinion) is coming to Maine to provide her amazing “everything grassroots fundraising and then some” training as a benefit for the Mabel Wadsworth Women's Health Center.

This is a rare opportunity for development staff, board members, volunteers and social justice activists to spend a day in conversation with one of the best in the business – and support MWWHC's work at the same time.

So mark your calendar for Wednesday, Sept. 28, at Wells Commons, University of Maine, Orono!

Kim is internationally known as a fundraising trainer and consultant and has worked in all aspects of fundraising: as staff, as volunteer, as board member, and as consultant. She is best known for adapting traditional fundraising techniques, particularly major donor campaigns, to the needs of organizations with small budgets working for social justice.

Kim is the Chardon Press Series Editor at Jossey-Bass Publishers, which publishes and distributes materials that help to build a stronger nonprofit sector, and the founder and publisher of the bimonthly trade magazine *Grassroots Fundraising Journal*. A prolific writer as well as a skilled practitioner, her works include:



More information about Kim Klein (photo) and her fundraising materials and philosophy are available on-line at: www.grassrootsfundraising.org.

- *Fundraising for Social Change*, a must for small organizations now in its fourth edition,
- *Fundraising for the Long Haul*, which explores the particular challenges of older grassroots organizations,
- *Ask and You Shall Receive: A Fundraising Training Program for Religious Organizations or Projects*, a teaching manual for lay leadership;
- *Raise More Money*, an anthology of articles from the *Grassroots Fundraising Journal*, which she edited with her partner, Stephanie Roth; and
- *Fundraising in Times of Crisis*, her new book, released in December 2003.

Widely in demand as a speaker, Kim Klein has provided training and consultation in all 50 states and in 19 countries. She also has a popular video series on fundraising, distributed by the Grassroots Institute for Fundraising Training in Denver, Colorado.

GFJ subscriptions and Kim's books will be available for purchase at the event. Scholarship assistance will also be available for individuals and organizations. Applications will be included with registration information.

Registration information will be forth-coming, but you can make sure you are on the conference mailing list by sending an email with your complete contact information to Deanna@mabelwadsworth.org.



Mabel Wadsworth Women's Health Center

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Calendar of Upcoming Events

Thursday, May 5: Annual Volunteer Recognition and Awards Benefit Banquet with "Indulge Yourself" Silent Auction, 5-9 p.m. at Spectacular Events Center, 395 Griffin Road, Bangor. Pre-registration is required and donation suggested. Details and a response card are enclosed in this newsletter.

Saturday, June 4 : Buds 'n Blooms Plant Sale to Benefit the Mabel Wadsworth Center, 8 a.m. -2 p.m., at Grace United Methodist Church, 193 Union Street, Bangor. The sale will be held rain or shine and always sells out – so come early!
To donate plants, pots, etc., distribute posters or volunteer with the sale, Call Sheri at 379-3665 (before 9 p.m. please) to help!

Summer House Party Fund Raiser: Location and date to be determined
Invitation-only event in private home. If you are interested in learning more about MWWHC while enjoying conversation and light refreshments with other like-minded supporters, call Deanna at 947-5337 ext 104 for more information. We are always looking for supporters interested in hosting or helping to organize parties!

Wednesday, Sept. 28: Grassroots Fundraising Workshop with Kim Klein, Wells Commons, University of Maine, Orono. Registration is required. Sponsorships are available. Details and contact information for pre-registration are enclosed.