

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

## Congratulations, Goodbye and **GOOD LUCK!**

We would like to **CONGRATULATE** our team member, Ken Metasavage, for recently winning the title of Rural Health Advocate from the Rochester Area Task Force on AIDS! The Rural Health Advocate is someone outside Monroe County who has made a significant contribution to the rural HIV community... and we also agree that that describes our Ken to a "T!" He has been a dedicated advocate on this topic for so many of the rural communities in our area.

For starters, he is constantly working to coordinate with agencies and community programs to ensure that Safe Sex Kits are distributed throughout the rural communities in our area in partnership with the Finger Lakes Sexual Health Coalition and his work at Finger Lakes Community Health (FLCH). During the pandemic, while so many of us were still in lockdown, Ken teamed up with our Medical Director, Jose Canario, MD to ensure that community members still had access to HIV education by hosting online webinars about HIV prevention, treatment and care. He also hosted a webinar on PrEP and HIV during PrEP Aware Week this year. In addition, Ken works regularly with our local LGBTQ+ center to raise awareness about HIV, STD testing and treatment and contraception and

he has written articles for our local newspaper and website on this very important topic. Ken attends local Pride events on behalf of FLCH, and he even sets up "Info-Ed" tables at local drag shows to ensure that staff are aware of the latest HIV prevention tools. Ken never misses a chance to provide education to patients he works with about the importance of regular testing and methods to prevent HIV.

While we are sad to report that Ken will be leaving FLCH this month to pursue new opportunities, we are very excited for the new communities he will undoubtedly touch with his passion and knowledge of HIV. We wish him the best of luck in the future and want to send him off with a **giant THANK YOU** for his commitment to FLCH and the communities that we serve!



## **NEW** Year, **NEW** Birth Control!



As you get older, your birth control needs and preferences might change. Your lifestyle and medical history can also evolve over time, which may affect your overall birth control choices. As a busy teen you might want to select a long acting method like the implant or an IUD. They are very effective and require less care and upkeep like daily pills or weekly patches. While in your 20s or 30s, long acting methods are still very effective but depending on different risk factors, like mental health or cigarette use, you may want to discuss other options with your medical provider as well. For example, regular smokers should avoid estrogen-only options due to the risk of stroke. While fertility declines in a woman's 40s it is still possible to get pregnant. This is also a time when people may start going through menopause and some hormonal birth control options can alleviate these symptoms. While risk of pregnancy declines significantly in the 50s, contraceptives should still be used until transition into menopause is complete (no period for a year). After that, your medical provider should advise you on continued or discontinued use. Lastly, condoms can also be used to prevent pregnancy and sexually transmitted diseases.

## Locations:

### Bath

#### Community Health

117 E. Steuben St  
Bath, NY 14810  
(607) 776-3063

### Geneva

#### Community Health

601B Washington St  
Geneva, NY 14456  
(315) 781-8448

### Newark

#### Community Health

513 W. Union St  
Newark, NY 14513  
(315) 573-7577

### Ovid

#### Community Health

7150 N. Main Street  
Ovid, NY 14521  
(607) 403-0065

### Penn Yan

#### Community Health

112 Kimball Ave  
Penn Yan, NY 14527  
(315) 536-2752

### Port Byron

#### Community Health

60 Main St  
Port Byron, NY 13140  
(315) 776-9700

### Sodus

#### Community Health

6341 Ridge Rodd  
Sodus, NY 14551  
(315) 483-1199

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

[www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)

## Culture and Birth Control

There are countless cultures around the world and each one affects how people feel about different ideas and beliefs, including the use of birth control and pregnancy prevention methods. Some cultures don't support the use of devices like IUDs, pills, or even condoms to prevent pregnancy. While their beliefs may vary, some reasons people may choose to utilize or not utilize certain birth control methods can include medical reasons, religious observances, natural living, and more. That being said, there is one birth control method that doesn't require any equipment, drugs or surgical procedures, and that's Natural Family Planning (NFP).



Natural Family Planning is when a person monitors their natural fertility signals to determine when they are more likely or less likely to get pregnant. With this method, things like body temperature, cervical mucus thickness, and menstrual cycles are all tracked to determine the woman's fertile and infertile times of the month. It can take about 3-6 menstrual cycles to grasp this method and learn your body's routine, however it's important to keep in mind that this method can also be affected by illness, stress, and travel. When done correctly, Natural Family Planning can be 99% effective and can be used when planning pregnancy as well.



## Partner SPOTLIGHT:

Learning to become self-sufficient is an important part of every adolescent's development. So many young people dream of one day living on their own, having a nice vehicle, an exciting career, the ability to travel, playing sports and socializing with lots of friends and family. The list of hopes and dreams goes on and on. In order to help young people reach their full potential, Seneca County Workforce Development and Youth Bureau is pleased to offer an Independent Living Skills program for Seneca County youth between the ages of 15-20. Individual sessions are designed to give youth the skills they are looking for! Examples of topics which can be covered in Independent Living include financial



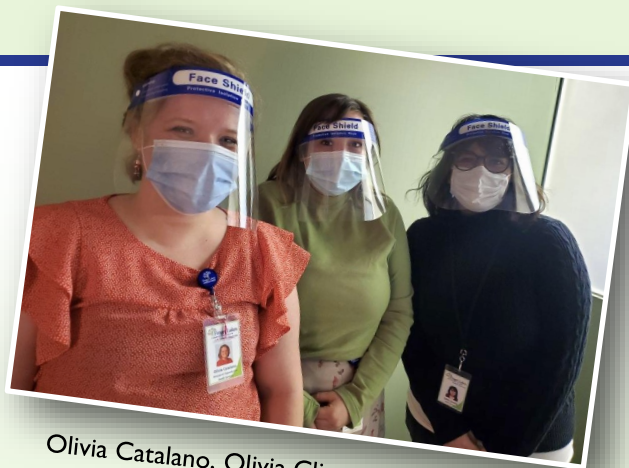
### Seneca County Youth Program

By: Annie Mahoney

literacy/money management, cooking, laundry skills, career readiness/employment, public transportation, community service, self-care, relationships/communication, housing, educational planning, and a whole lot more! Each session is designed with fun activities including games, crafts, handouts, guest speakers, and field trips.

**If you are a Seneca County resident and interested in learning more about the Independent Living Program or any of our other youth programs, please contact Annie Mahoney, Deputy Director, Youth Services at (315) 539-1791 or [AMahoney@co.seneca.ny.us](mailto:AMahoney@co.seneca.ny.us)**

- **Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information visit, [www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com) or call us today to schedule at (315) 787-8132.**



Olivia Catalano, Olivia Clinton, and Lilian Urrutia  
**FLCH's Reproductive Health Team**