

Nov. 1, 2012



HFP launched new website in October

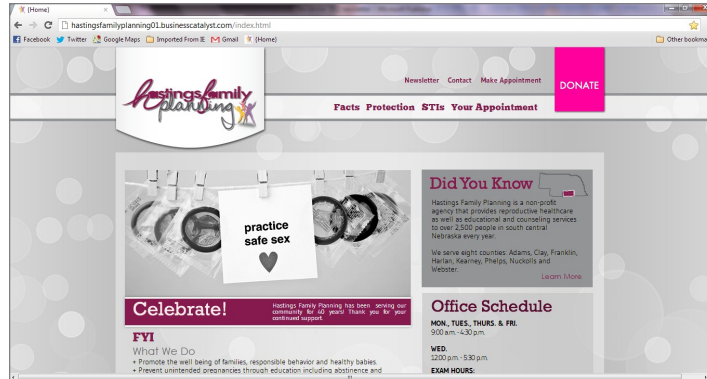
Hastings Family Planning launched a new website with more information and a sleeker design in October.

The site was designed by Megan Arrington of Prairie Interactive Designs in Hastings.

Like the former website, the new site features HFP's monthly clinic schedule and information about the agency.

The new site also includes a history of HFP, tips to help patients prepare for a pap smear or pelvic exam, facts for men and women about sexually transmitted infections and pregnancy and information about birth control options.

Patients can also download the medical and sexual history forms they are asked to fill out at appointments from the site.



The forms are available in English and Spanish.

Newsletters will be posted to the site early each month.

There are also short bios of staff members and the doctors who practice at HFP.

In addition to all this information, visitors to the site can make an appointment online and donate funds to HFP electronically.

HFP Community Educator

Betsy Herrman said the new site is a better informational tool for patients and the design is more welcoming of both men and women.

"Megan did a great job," Herrman said. "We hope our new website will give patients a better idea of the services we provide and tools to make healthy decisions."

Visit the HFP website at hastingsfamilyplanning01.businesscatalyst.com

November clinics

Thursday, Nov. 1
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Wednesday, Nov. 7
5-7 p.m.
Dr. Todd Pankratz

Wednesday, Nov. 14
5-7 p.m.
Dr. Tyler Adam

Wednesday, Nov. 28
11 a.m. to 1 p.m.
Barb Peckham, CNM

Thursday, Nov. 29
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

We will be closed Nov. 12, 22 and 23 to celebrate Veterans' Day and Thanksgiving.

Project Homeless Connect 2013 moving forward

The South Central Partnership has already begun planning for the second Project Homeless Connect in 2013.

HFP Community Educator Betsy Herrman will serve as secretary for the event's steering committee.

The event seeks to help

homeless and near homeless people in the Hastings area get connected to agencies and services that area available to them.

Attendees also receive things like free haircuts, a meal and free or reduced cost dental work.

The 2013 event has been scheduled for 2-7 p.m. August 9 at First St. Paul's Lutheran Church in Hastings.

Details will continue to be worked out over the following months, but HFP plans to be one of the participating agencies by helping women at the

event sign up for the Every Woman Matters program and providing them information about the agency's services and education on avoiding sexually transmitted infections and unwanted pregnancies.

For more information or to get involved, contact Herrman.

Did you know HFP has a lending library of books and films?

Fall is the perfect time to curl up with a good book, and if you're looking for something new, check out Hastings Family Planning. HFP maintains a small lending library of books and films that are available for the public to use.

Whether you want to learn more about sexual health, want materials to help talk to your children or teens or are just looking for a good story, we can help. Call or visit to check one out today!

Available titles are listed below, and staff recommendations are in **bold** print.

Films

- 3 Girls I Know
- **The Biology of Prenatal Development**
- **Coming Out: What Every Teen (Gay and Straight) Needs to Know**
- Open Adoption: A lifetime Story
- **Open Arms? Open Eyes! Power, control and abuse in teen relationships**
- Puberty for Boys: Amazing Changes Inside and Out
- Puberty for Girls: Amazing Changes Inside and Out
- Risky Behavior: The Dark Side of Bad Choices
- Sex Smart for Teens: Abstinence
- **Why Abstinence: The Price Tag of Casual Sex**
- The Miracle of Life (VHS)
- Red Cross Basic HIV/AIDS Program:

- Condom Demonstration (VHS)
- Circles: Intimacy and Relationships (12 tape VHS series)

Books

- **And the Band Played On: Politics, People and the AIDS Epidemic**
- Awakening Your Sexuality: A Guide for Recovering Women and Their Partners
- **Changing Bodies, Changing Lives**
- Contraceptive Technology
- Dr. Susan Love's Breast Book
- An Easy Guide to Loving Carefully
- Everybody's Doing It: How to Survive Your Teenager's Sex Life and Help Them Survive It, Too
- **Girls Fight Back! The College Girl's Guide to Protecting Herself**
- The Harvard Guide to Women's

- Health
- The Hidden Epidemic: Confronting Sexually Transmitted Diseases
- How to Make the World A Better Place for Women in Five Minutes a Day
- Lessons for Lifeguards: Working With Teens When the Topic is Hope
- Margaret Sanger: Pioneer of Birth Control
- Menopause Naturally: Preparing for the Second Half of Life
- New Expectations: Sexuality Education for Mid and Later Life
- Reproductive Rights are Human Rights
- Sex Education and Counseling of Special Groups
- **Sexual Etiquette 101 and More**
- There is Hope: Learning to Live with HIV

When motherhood becomes the fruit of a deep yearning, not the result of ignorance or accident, its children will become the foundation of a new race. —Margaret Sanger

Hastings Family Planning

422 N. Hastings Ave.

Suite 204

Hastings, NE 68901



Like our Facebook page, Hastings Family Planning Inc., and follow us on Twitter, @HFPlanning.