

UpDate

what we've been up to lately

• **ADVOCACY** • **EDUCATION** • **SERVICES**



From the Director's Desk

an update from Becky Twamley

March 2022 - Something to celebrate!
Women's History Month!

The 2022 theme for Women's History Month is
"Women Providing Healing, Promoting Hope."

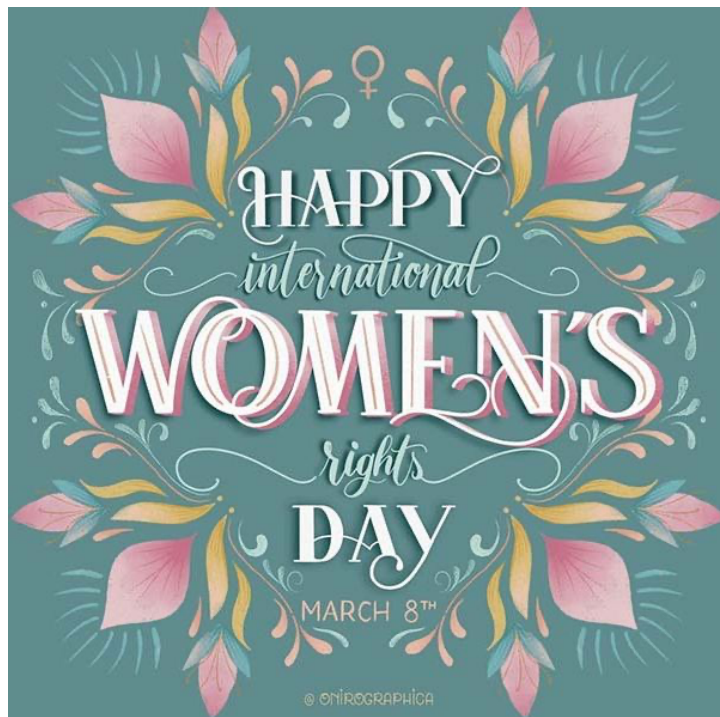
While it is important to pay tribute to the never-ending work of caregivers and frontline workers during this pandemic, it is also essential to recognize all of the ways that women provide healing and hope in their families and communities, now and throughout history.



Women must be part of an inclusive look at our history. There is no better time than now to remember the generations of women on whose shoulders we stand. Those who worked behind the scenes and those who marched so that women can have the rights we have today-- the right to vote, the right to work while pregnant, the right to divorce, the right to equal treatment and protection under the law, the right to own a credit card, the right to birth control.... the list goes on. Women played pivotal roles at every point in history, often without fanfare or monetary or political gain.

I'm going to celebrate this month by watching movies, reading books, and listening to podcasts about influential women in our history.

I am grateful for all of the women throughout history, and today, who give of themselves to improve the lives of their families and communities. **Thank you for supporting WeARE as we work toward a healthy community.**



If you'd like to learn more about some incredible women throughout history, check out the [Womanica](#) podcast!

In just 5 minutes a day, learn about “stories of women you may or may not know --but should.”

A quick COVID-19 update: Our work puts us on the frontlines of the current public health crisis with the pandemic. We are the trusted health professionals for our clients. So, we play a critical role in educating about how to stay safe during COVID-19 and providing access to testing and vaccination.

Stigma, access, racial and socioeconomic disparities... all words that we use when discussing sexual health...or mental health...or COVID-19! There is no doubt that the intersectionality of these public health needs has been laid bare by the pandemic. WeARE is here for our community's diverse needs.



Most recently, we conducted free weekly clinics for rapid COVID-19 testing. Since November, we have tested over 600 people and had a positivity rate as high as 36%. We are also on CLC campuses in Brainerd and Staples, providing COVID-19 testing and vaccination for employees, faculty, and students.

We are a small nonprofit fulfilling a big public health need. When it comes to COVID-19, please stay vigilant...wear a mask, get a booster and stay healthy!

[Check out the Brainerd Dispatch article highlighting our work and new space!](#)

"In its fifth year of operation, the clinic continues to provide confidential reproductive health care, including sexually transmitted infection testing, pregnancy testing, birth control and emergency contraception, physical exams and breast exams. But it's also expanded its presence within the CLC community, fostered an active youth advisory council, added a mental health practitioner and delved into free community COVID-19 rapid testing and vaccinations."



The waiting area at the new location of WeARE The Clinic at 615 Oak St. in Brainerd on Jan. 27, 2022.
Kelly Humphrey / Brainerd Dispatch

WeARE Updates



Please welcome Mariah, our new volunteer coordinator!

Hello! My name is Mariah Fitch. I am so thrilled to have been given this opportunity! I recently graduated from UMD with a Bachelor of Arts in Biology and Latin American Studies. Outside of my studies, I am an avid reader and enjoy spending time with my husband and 1-year-old son.

We are so excited to have Mariah on the team!

Education

Spring education is underway! Chloe Baker, WeARE Education Coordinator, is headlining SxTalks at TheShop and PORT group homes! **SxTalks** are our evidence-informed education programs that facilitate discussion and education around sexual health. **Lunch & Learns** at CLC will resume in March with topics about vaccines, sexual assault prevention, and gender identity. In addition to returning to our regular education programming, we



The WeARE Youth Advisory Council (YAC) has been busy fundraising and implementing their **Period Project**, which ensures that bathrooms throughout Brainerd High School are stocked with free menstrual products. Their work has sparked a community conversation about meeting this important need for all young people. Want to support this project? [Donate on their fundraising page.](#)



The 'Get Fit Fair' and STI Testing Day will be on

Wednesday, April 20th at Central Lakes College. This health fair brings people together to promote healthy living and a healthy planet. Several vendors will connect with students on these topics. There will also be a cooking demonstration and give-a-ways for students that attend! WeARE provides confidential and FREE STI testing for all students on campus during this fair. Students are also given pizza for participating!

DON'T MISS THE FUN!



WEDNESDAY APRIL 20, 2022
11AM-2PM

CLC SOUTH COMMONS
& NURSING DEPARTMENT

*resources for a
healthier you!*

Free Food
Games & Prizes
Vendors
Giveaways
Free STI Testing



Advocates for Reproductive Education



Do you want to support this important day? Consider [donating](#) or calling the clinic (218-454-1546) to sponsor.

Services



A note from our Nurse Practitioner, Sue

Hadland: Greetings from our new space at 615 Oak St! We love it here, and the patients have been so impressed with the space. This has been a busy time! In addition to the move in November, we've been providing COVID testing and vaccines as well as our usual sexual health services at the clinic and CLC.

In December, our nurse manager, Shari Olson, left to pursue a new job. We thank her for her work and wish her all the best! And, we are so happy to have Sarah Franzen, RN step into that position. Sarah is a wonderful, enthusiastic nurse and is doing such a great job juggling all of her responsibilities. We are in the process of hiring a new nurse to take over some of the clinic tasks.

Our patient numbers have been steady, but we are continually amazed that so many people who would benefit from our services still don't know about WeARE. Our supporters can help spread the word about our quality, confidential, affordable care by sharing our [Facebook](#) and [Instagram](#) posts and letting people know about us.

Connect with WeARE

Volunteer Opportunities

WeARE is happy to say we are welcoming back volunteers again as events start to come back to life this spring. We have a need for volunteers at our STI Testing Day on Wednesday, April 20th and at our Pints for a Purpose event on Wednesday, May 4th. Please visit our [events & volunteer page](#) or [email](#) our volunteer coordinator to sign up!

HelpUs

volunteer!

upcoming
events

Upcoming Events

4/20 - Get Fit Fair & STI Testing Day at Central Lakes College

5/4 - Pints for a Purpose at Jack Pine from 5-8pm. \$1 from every pint sold all day will be donated to WeARE! [Tell us you're "going" on Facebook and share with your friends!](#)

There's never been a more important time to support the reproductive rights for youth, young adults, and the underserved in the Brainerd Lakes Area. Please consider donating to WeARE The Clinic and WeARE education outreach to help ensure all people, especially those in rural communities, have the high quality of services they deserve. You can make a difference.

*For questions or to make an appointment with WeARE:
call (218-454-1546) or text (218-838-6280)!*



appreciative

Please share this newsletter with your friends, book groups, church members, or other organizations that may want to support reproductive health education and services.