

Christina Rusnov
Winslow
LD 335

I am writing to urge your support for full-funding of affordable, high quality essential healthcare provided by the family planning centers in Maine. LD 335: An Act to Safeguard Reproductive Rights will fund these services that so many Maine residents rely on. Because of funding cuts by the federal government, clinics in Houlton, Presque Isle and Ellsworth had to close last year leaving many without primary care since those areas aren't able to attract enough primary care providers.

The family planning network in Maine consists of 63 health centers, most of them in the most rural parts of our state. They served 29,216 of patients in 2025, many of whom would not have seen a healthcare provider at all if they were not able to get services from a family planning clinic.

It's already challenging in our small cities in central Maine, to find a primary care provider and be able to schedule an appointment in a timely manner. I'm grateful that family planning is there for a population already struggling to meet their family's needs.

Every dollar of funds going to family planning saves five dollars in the MaineCare program. Legislators have some very tough budget decisions to make but funding this healthcare initiative makes sound fiscal sense as well as public health sense.

I'm 73 right now but 50 years ago, when I moved to Maine with my husband, I was grateful to find Maine Family Planning in Ellsworth. We were both teachers looking for positions at a time, unlike today, when there were plenty of teachers and few openings. To get by, we worked all kinds of part time jobs for a year including substitute teaching in four school districts. Health insurance was out of reach. Family Planning gave me a health home. Good basic healthcare, trusted information, and affordable birth control so that we could make wise family planning decisions.

Funding family planning is just too important to so many Maine folks. Going without care or postponing it, only leads to poorer health outcomes, more expensive healthcare costs, and more reliance on other safety-net programs, and further strains businesses needing healthy employees.

Please use my tax dollars to fund Family Planning. Vote ought-to-pass on LD 335. Thank you.

Sincerely,