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November 12, 2007

Issue 6

November is Lung Cancer Awareness Month!



Did you know that lesbian and bisexual women smoke at much higher rates than heterosexual women? Quitting smoking is one of the best things you can do for your lungs! Check out Ms. M's column below, and call or email us for more information about support groups for LGBT people.

If You Could Ask One Question to the Next President of the United States . . . What Would It Be?

Here's your chance! Participate in a conference call with the candidates.



This is our chance to join our partners in making sure that the critical needs of our communities. Take this opportunity to ask presidential candidates how they will ensure that all lesbian, bisexual, and transgender women are afforded high quality culturally appropriate health care.

The Mautner Project and the American Medical Women's Association (AMWA) are inviting you to have a personal conversation with the Presidential Candidates about their plans for health care reform by participating in a series of conference calls starting in mid-October.

The Conversations with the Candidates project will be a bipartisan series of conference calls with presidential candidates and their policy staff to discuss the issue of health care - and to give YOU the opportunity to ask a question.

[Register online to join the conversation.](#)

You only have to register once to participate in all of the conference calls. Please be on the lookout for emails in the next several months inviting you to participate in scheduled Conversations with the candidates. We'll keep you updated.

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Calling All Federal Employees!



Don't forget Mautner for your year-end giving! Your donations help to improve the lives of lesbian, bisexual, and transgender women through direct services, research, advocacy, and education.

In the directory, look for:

CFC# 10221

Mary-Helen Mautner Project for Lesbians with Cancer. Or click [here](#) to give online.

Not A Federal Employee?

Give securely online at www.mautnerproject.org!

Ask Ms. M: Trying to Quit



Dear Ms. M:

Okay, I know, I know: smoking is bad for me. My mom, my non-smoking friends, my ex-smoking friends, even Philip Morris tells me! I've thought about quitting - and even tried a few times - but frankly, knowing how unhealthy it is just isn't doing the trick. Any advice? Are there any resources out

there for a lesbian like me?

-Still Dragging

Dear Dragging,

Don't be too disheartened! Most smokers actually try to quit an average of eight times before they're successful, so hang in there. If quitting on your own isn't working for you, there are a lot of options. Most states have a "Quitline" - a free number you can call to get referrals to local resources, help from a coach who can give you counseling, information, and advice, and often free access to products that can help you quit, like gum and patches. If you are looking for resources and are not sure where to start, check out the National LGBT Tobacco Control Network at www.lgbttobacco.org.

Two things that really help are having a plan, and having support. Set a quit date, and prepare for it. Understand your triggers and think about alternative ways to address them, so that when you get a craving you know what to do. For more tips on what to do when you're having a craving, check out www.deliciouskisses.com.

Remember that although it's hard, you can quit. Forty-five million Americans have stopped smoking, and you can, too! If you're interested in how Mautner can help you or are interested in joining our LGBTI *Time to Quit* tobacco-cessation support group, call us at 202.332.5536 or email mautner@mautnerproject.org.

Got questions about your health? Ms. M has answers. Contact her at ssanford@mautnerproject.org.

In Memory

It is with the deepest sorrow that we announce the passing of two dear friends in recent days:

The Mautner Project mourns the loss of **Florence Shorter** who lost her struggle with cancer November 3, 2007. A memorial service was held November 10, 2007, at MCC-DC.

Florence leaves behind her daughter, grandchildren, and great grandchildren and other family and friends. Mirroring Florence's sense of humor, her sister Cecelia said that Florence had about 90,000 other relatives.

Florence touched all who came in contact with her. She always had a hug and a kiss and a smile for her "chemo buddies" at the Washington Cancer Institute. She had spent the years before her

FYI: Community Resources

The Boston University **Women's Wellbeing** study is seeking lesbian and bisexual women for a study on sexual functioning with breast cancer. Receive \$20 for completion of a one-time survey! For more information, click [here](#).

Get Involved, Get Support

We're currently running the following support groups. For more information or to sign up, call 202.332.5536 or email mautner@mautnerproject.org.

S.H.E. Circle: Spirit Health Education Circle, a wellness community for African-American lesbian and bisexual women, is starting a new circle in D.C.! If you'd like to explore your wellbeing with other women, this is the group for you. Also check out [S.H.E. Circle](#) online!

Time To Quit: If you've been thinking about quitting smoking, we are here for you. We offer an eight-week smoking cessation support group for all LGBT people and our allies.

The Caregiver's Support Group meets on the first Wednesday of every month. The next meeting will be November 7 from 7:00 to 8:30 at the Mautner Project.

diagnosis working with homeless women and the underprivileged.

The Mautner Project's staff and volunteers honor her. We have been enriched by her presence in our lives. She will be missed by those of us who worked with her and knew her.

Rest well Florence.

We also mourn the passing of **Noi Chudnoff**, a supporter of the Mautner Project and a friend and advocate to the D.C. area's LGBT community. Through her business, Go Mama Go!, she created a platform for her enthusiastic, unique, and incredibly generous philanthropy. Her sincerity, unique sense of style, and energy will be greatly missed, and we will always remember her with deep gratitude and appreciation.

The Mautner Project improves the health of lesbians, bisexual, and transgender women who partner with women, and their families, through advocacy, education, research, and direct service. We envision a healthcare system that is guided by social justice and responsive to the needs of all people.

Health Education Team

Mautner Project: The National Lesbian Health Organization

202.332.5536

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