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## April E-Newsletter

**April 8, 2008**

### At Mautner



Is it **YOUR Time To Quit?** It's not too late to sign up today for Mautner's quit-smoking support group, or learn more, by calling 202.332.5536 or emailing [ssanford@mautnerproject.org](mailto:ssanford@mautnerproject.org)!

**Work It Out!** Interested in taking good care of your body, but not so much in "slimming down for your man?" Join us for a fun workshop to get the expert advice and motivation you need to get started or keep going on improving your wellbeing through fitness. All ages, sizes, and abilities welcome, especially beginners!  
**Saturday, April 26**  
**11 am - 1 pm**  
**1707 L St. NW, Suite 230**  
 To sign up, call

### Thank You, Men of Mautner!

We'd like to extend a very special thanks to all of our supporters who joined us on March 19 to celebrate our third annual Men of Mautner celebration! This year, Deacon Maccubbin, founder and owner of Lambda Rising, was honored with the Men of Mautner Award. "Through Lambda Rising and his many other contributions, he has truly



helped to promote and sustain our community," said Leslie Calman, the Mautner Project's Executive Director. Pictured above, from left to right: Earl Fowlkes, Clarence Fluker, and Councilman David Catania. At left, David Weidner and his partner, board member Bill Gannon, both hosts, enjoy the festivities.

### Take Action!

#### 6th Annual LGBT Health Awareness Week

**April 6-12, 2008**

Celebrate LGBT Health Awareness Week and take action to improve your health and your community! [Click here](#) to learn more about mental health, sexual health, substance use, heart health, fitness, domestic violence and safety, and more - plus special topics for lesbian and bisexual women, gay and bisexual men, and transgender women and men.



### In Memory: Jan Welch

Jan Welch, a lifelong feminist activist, and part of our family here at the Mautner Project, died at her home in Alexandria, VA, on March 31, 2008. She had pancreatic cancer.

Originally from Pennsylvania, Jan grew up in Washington, DC, and returned to Pennsylvania to attend Temple University where she studied English and horticulture. Jan owned and



202.332.5536 or email  
ssanford@  
mautnerproject.org.

### LiveStrong: Support for Survivors

If you are dealing with a recent cancer diagnosis, or know somebody who is, we can help. Courtesy of the Lance Armstrong Foundation, we are pleased to offer free "LiveStrong Survivorship Notebooks," featuring not only information about dealing with cancer, but a way to organize your own records - both medical and personal. To request your free copy today, call us at 202.332.5536 or email [info@mautnerproject.org](mailto:info@mautnerproject.org). For more information about the Lance Armstrong Foundation, visit [www.livestrong.org](http://www.livestrong.org).

### In the Community

Washington Cancer Institute at Washington Hospital Center invites you to to a **FREE Living Well with Cancer seminar** featuring Alice Matthews Beers, BSN, an oncology nurse and expert on cancer patient recovery. Beers will provide information and guidance on how to communicate effectively with your doctors and other care providers about post-treatment issues. She will also address the importance of a healthy emotional recovery by discussing how to recognize and manage anxiety, depression and fatigue. The event will be

operated her own landscaping business in Philadelphia where she was always proud of having exhibited at the renowned Philadelphia Flower Show. After returning to DC in the late 1970's, Jan managed Blackistone's Florist. She continued her love of flowers and plants throughout her life. Her favorite and last job was working for *Pulp*, a card, gift, and everything store in DC.



In the early 1970's, Jan was chapter president of Philadelphia NOW and considered the first out lesbian chapter president in the country. Jan leaves behind her devoted partner of 26 years, Alice Cohan.

A friend put our thoughts best: "...for many of us, it is the simple memories of friendship filled with laughs...chuckles, really! Thank you Jan, I miss you already."

To honor Jan, donations can be made in Jan's memory to the Feminist Majority, the National Organization for Women, or the Mautner Project.

### Raffle for a Reason! Take A Chance...And Win Big!

We welcome you to take a chance or two . . . to win \$10,000 in cash, a fabulous get-a-way or some flawlessly beautiful bling.  
Raffle tickets are now on sale now!

To purchase tickets please call 202-332-5536 or email us at [info@mautnerproject.org](mailto:info@mautnerproject.org), or [click here](#) to learn more.

All funds raised benefit the Mautner Project's Health, Education, and Direct Services Programs

**1st Prize: \$10,000 Cash!!**

**2nd Prize: American Airlines & Kimpton Hotels**

Enjoy a 2 night stay, in a deluxe suite, at a luxurious Kimpton Hotel (excluding NYC) in North America. Featuring 2 round trip Coach tickets on American Airlines  
(valid for travel within 48 states, restrictions apply)

**3rd Prize: \$1,000 Gift Certificate  
to I. Gorman Jewelers**

Drawing will occur on  
Friday, October, 24, 2008 - 8:30 p.m.

Town Danceboutique  
2009 8th Street NW,  
Washington, DC 20005

*Raffle Ticket price \$100*

Winner Need Not be Present to Win  
Odds of Winning 1 in 200  
Aggregate value of raffle prizes estimated at \$13,000  
Must be 18 years of age to enter

held on Saturday, April 19  
from 9 AM to noon at the  
National Rehabilitation  
Hospital Auditorium  
located on the  
Washington Hospital  
Center campus, 102 Irving  
St. NW, Washington DC,  
20010. To register, please  
call 202-287-DOCS (3627)  
or register online at  
[www.whcenter.org/  
livingwell](http://www.whcenter.org/livingwell).

Licensed by: D.C. Lottery and Charitable Games Control Board

### Mautner Project Partners with D.C.'s Project WISH!

The Mautner Project and Project WISH are partnering to increase access to No Cost:

- Annual mammograms,
- Clinical breast exams,
- Pap tests and pelvic exams
- transportation to and from exams (for women with limited resources)

If you are a woman between ages 40-64 with limited or no health insurance, please call D. Magrini at 202-332-5536 for more information.

Please forward to anyone who might be interested! Spread the word!

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National Lesbian Health  
Organization**  
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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.

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