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Happenings at Mautner

December 11, 2008

Who's On Your Gift List?



Many of you receive occasional correspondence from us at Mautner Project through snail mail, and you may have just received what is doubtless one of many letters asking for a year-end donation. We want to take this opportunity to say "thank you" to our supporters. Every dollar that you give helps us provide vital services to lesbian, bisexual, and transgender women in the D.C. area and around the country, from training health care providers to treat all of their patients with respect, to driving women with cancer to chemotherapy appointments, to helping smokers quit. If you would like to donate and have not done so yet, you

How to Beat Holiday Stress



For many of us, the holidays can be a difficult time. Despite all of the celebration, a busy schedule and the pressure to see (and buy gifts for) so many people can take a toll. For members of the LGBT community, this can be exacerbated, as holiday family gatherings may mean tension with family members who do not understand or support our sexual orientation or gender identity - or perhaps who refuse to see us at all.

During this hectic time of the year, it is that much more important to take the time to take care of ourselves! Here are a few tips to help you have a peaceful holiday season.

- *Be realistic about your schedule.* You don't have to go to every gathering. Choose those that you feel you will genuinely enjoy.
- On that note, *be realistic about your budget.* Just thinking about how and if we can spend money on gifts can be stressful - but planning ahead will probably be less stressful than facing huge bills later. Consider giving the gifts of your time and expertise, or do something personal yet inexpensive, like giving homemade goodies.
- *Don't forget to take care of your body!* During this time of year, many of us get less sleep and more sugar and alcohol than we usually do, and that can really take its toll. Try to consume in moderation, and don't abandon your exercise routine. Even a few minutes spent walking, stretching, or napping can help.
- If you are feeling lonely and isolated, *consider reaching out into your community.* Volunteering can be a great way to connect with other people, and many food banks, shelters, and other service organizations rely on volunteer help. (You can even volunteer with the Mautner Project!)
- *Take time for yourself.* Make sure to continue doing things that you enjoy, and spend time with your loved ones - whether they are your family of origin or your family of choice. The greatest gift you can give yourself this time of year may be a few hours to just relax!

Celebrate the Season with Big Love!

can donate quickly and securely on our website by [clicking here](#).

If you are not currently on our mailing list but would like to be, just email us at info@mautnerproject.org or call 202-332-5536!

A safe, healthy and happy holiday season to you all!



BIG LOVE

*Our 19th Anniversary Gala
Valentine's Day
Dinner and Dance*
February 14, 2009
6:30 PM - 1:00 AM
Omni Shoreham Hotel
2500 Calvert St. NW
Washington, DC 20008
Ticket Price: \$200

Featuring

A special performance by BETTY, who have been featured on The L Word!

And

The Return of the

BIG DANCE,

with music by DJ JFX

Celebrate the holiday season by participating in the BIG LOVE Gala! By purchasing a ticket, donating an item to our auction, or placing an ad in our program, you can make a difference in the lives of others by helping us provide vital services for lesbian, bisexual and transgender women. Plus, Gala tickets make great gifts!

To learn more, please visit our website. You can also call the Mautner Project office at 202-332-5536 or email us at gala@mautnerproject.org.

Come celebrate all the love in your life!

To All of Our Volunteers - *Thank You!*



This holiday season, Mautner Project celebrates our wonderful volunteers, who work to carry out our mission to improve the lives of lesbian, bisexual, and transgender women who partner with women, and their families.

Thanks to all of you who have shared your time and energy to plan events, raise funds, stuff envelopes, conduct outreach, and brighten the days of women and families affected by cancer. Your dedication and support are vital to our continued efforts to bring love, strength, and hope to our community.

To learn more about how you can become involved with our Client Services Volunteer Program, please contact Elizabeth at 202-332-5536 or eide@mautnerproject.org.

In the Community

[Register today](#) for the **National Lesbian Health Summit!** The summit will be held March 6-8 in San Francisco, California, and will welcome all lesbian, bisexual, and queer women and transgender people as well as all of our LGBTIQ friends and allies. It's not too late to submit a workshop proposal or too early to register, so visit the

[website](#) today!

Volunteers are wanted for a **Breast Cancer Prevention Study**. The George Washington University Medical Center is inviting postmenopausal women to participate in a research study for the prevention of breast cancer. You may be eligible if: you have never been diagnosed with invasive breast cancer; you are 60 years old or older **or** you are 35 to 59 years old and have not had a period for 12 months or have had both ovaries removed and have certain risk factors for breast cancer (study staff will calculate risk); you are not in any research studies; and you are not taking any type of hormone therapy. This study is an international clinical trial sponsored by the National Cancer Institute of Canada. Women will be assigned by chance to an investigational drug or a placebo for five years. *For more information or to find out if you are eligible, please call Ginny Levin at 202-741-2048 or send an email to glevin@gwmail.gwu.edu.* The clinic is located one block from the Foggy Bottom metro stop.

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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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