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Happenings at Mautner: *January is Cervical Health Awareness Month!*

January 22, 2008

Bereavement Support at Mautner Project

The Mautner Project is offering a **Bereavement Support Group** beginning February 18, 2009. The meetings will be held every Wednesday for 10 weeks from 7:00 p.m. to 8:30 p.m. and will be held at the Mautner Project. It is open to any lesbian/woman who partners with women who has lost a partner, friend, or family member from any cause. Topics include the myths and realities of mourning, the physical effects of grief, coping skills, and personal transformation. Please call or e-mail Lorraine Biros to sign up: 202-332-5536; lbiros@mautnerproject.org. The group is limited to 8 women.

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

Cervical Health Awareness



January is Cervical Health Awareness Month - and cervical health is an issue that affects all women, whether or not you partner with men! Fortunately, with proper screening, cervical cancer can be prevented and treated.

What You Need to Know: Cervical cancer is caused by the human papillomavirus, or HPV, an extremely common virus. According to the Centers for Disease Control, 80% of women will have acquired genital HPV by the age of 50 - and because there are often no symptoms, many are never even aware of it. Most often, the infection goes away without harming your body, but it can lead to cervical cancer in some cases. That's why getting screened is so important! A Pap test looks for pre-cancerous changes in the cervix (it does not test for HPV). If your doctor does find changes, you can get treatment before they become cancerous.

What You Can Do:

- **Get Screened!** All women, regardless of their sexual activity, should get regular Pap tests and pelvic exams starting within 3 years of first sexual activity or by age 21 at the latest. Most women should have a Pap test every time they have a yearly pelvic exam. Depending on your situation, your doctor may recommend less frequent tests.
- Consider getting an **HPV Vaccine**. It is recommended for girls age 11-12, but approved for women 9 - 26. Although will not protect you against every strain of HPV, it can help prevent the majority of cancer-causing varieties.

Every woman should take these steps to protect herself against cervical cancer - even if you aren't currently having, or have never had, intercourse with a man. HPV can be contracted simply through skin-to-skin contact. *If your doctor tells you that you don't need a Pap test because you are lesbian or bisexual, we strongly recommend finding another doctor! Call the Mautner Project for help finding an LGBT-friendly provider in your area at (202) 332-5536.*

welcome all lesbian, bisexual, and queer women and transgender people as well as all of our LGBTIQ friends and allies. It's not too early to register for a weekend of wellness and community! To learn more or to register, please visit the [website](#).

The **Point Foundation** offers higher education **scholarships** for gay and lesbian students. Deadline: February 9, 2009. The [Point Foundation](#), a scholarship-granting organization for lesbian, gay, bisexual, and transgender students of merit, has announced the opening of its 2009 application season. Students who will be enrolled in undergraduate or graduate programs for the 2009-10 school year are eligible to apply for the multiyear scholarships. [Click here to apply online!](#)

Mautner's Official Florist, JLB Floral



We are pleased to announce JLB Floral Inc. as the official florist of Mautner Project. Order your flowers and centerpieces and 5% of your total purchase will be generously donated in support of Mautner Project's local and national health programs.

Call (703) 751-4031 and mention Mautner Project with your order. Let JLB Floral provide flowers for any occasion or celebration in 2009 - and you can contribute to Mautner's

Big Love Updates!



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

(\$125 tax-deductible)

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**

Visit the [BIG LOVE Website](#) Today!

Discount Rooms at Omni Shoreham Hotel for BIG LOVE Gala Guests

Our generous host hotel for the Gala, Omni Shoreham Hotel, has given Mautner Project guests a special rate of \$139 for a standard deluxe room on Saturday, February 14th (the night of the Gala). To book your reservation, please call 1-800-THE OMNI and refer to "Mautner Project's 19th Anniversary Gala - Room Block". You must book your reservation by Thursday, January 31st no later than 5 PM. The deadline is fast approaching so act now - and don't forget to [buy your BIG LOVE Gala tickets!](#)

Attention, Young and Vibrant Supporters under 30: \$125 Gala Tickets Now Available!

Are you in your 20's and interested in attending Mautner Project's BIG LOVE Gala this year? Mautner Project wants YOU! We would like to offer you Gala tickets at the price of \$125 (*note - all but \$75 of each ticket is tax-deductible). It's vital that people under 30 who care about LGBT issues and programs become a part of Mautner Project's future. Please join us for this great evening!

Please mail your check for \$125 or you can also pay by credit card by calling 202-332-5536. Please also mail, fax or email a copy of your driver's license or passport for proof of age. You must be 30 or under on February 14, 2009. Your payment will not be processed until we have received your proof of age.

For more information or questions, please call 202-332-5536 or email Jeanie Adkins at jadkins@mautnerproject.org.

Express Your Love While Benefiting Mautner Project!

Mautner Project is pleased to announce **Big Heart Notes!** What better way to show a loved one that you care than on Valentine's Day at the **BIG LOVE** Gala! Here's your chance to surprise your honey, close friend, close relative, colleague, etc. with a special note just for them in

efforts in helping the lives of others.

the Gala program book. Simply create your own message in a Word document and Mautner Project will include it in the Gala program book.

- For 1/8 page love note (30 words or less) - \$50
- For 1/4 page love note (60 words or less) - \$100

You may use the font of your choice but please be advised that your note may be slightly altered for formatting purposes.
*Please DO NOT include any mention of a business in your note - this is NOT meant to serve the purpose of a business advertisement. (Business advertisements are available at different pricing. For more information about business advertisements, please contact Jeanie Adkins at jadkins@mautnerproject.org).

Please send your **Big Heart Notes** via email directly to Rachelle Dixon at rdixon@mautnerproject.org. Please mail your payment by check to:

Big Heart Notes

Mautner Project
1875 Connecticut Avenue NW Ste. 710
Washington, DC 20009

Please also indicate on your check either: "Big Heart Note 1/8 page" (for \$50) or "Big Heart Note 1/4 page" (for \$100). If you're paying online via Paypal, please indicate in the message line which size **Big Heart Note** you would like.

Please submit your **Big Heart Note** by January 30th, 2009. No refunds.

For questions regarding **Big Heart Notes** or general questions about the Gala, please contact Jeanie Adkins at jadkins@mautnerproject.org or call 202-332-5536.

Mautner Project: The 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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