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## Happenings at Mautner: *February is American Heart Month!*

**February 19, 2009**

### Please Take Our Tobacco Survey!

If you are a current or former smoker and you live in the District of Columbia, please consider taking our online survey! It will take less than ten minutes, and will help the Mautner Project in our efforts to educate our community and support smokers who want to quit. Just [click here!](#)

### 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. 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

### Healthy Heart, Healthy You



Believe it or not, heart health is one of the most important issues in women's health. Did you know that heart disease kills more women over 65 than all cancers combined? The symptoms of a heart attack can be different for women than they are for men. For example, severe chest pain may not be present, but you may feel discomfort in your neck, shoulder, abdomen, or upper back. Nausea, vomiting, sweating, unusual fatigue,

and dizziness can also be symptoms. If you feel these symptoms or suspect you may be experiencing a heart attack, get emergency medical help immediately! It is important to be treated as soon as possible in order to minimize damage to your heart. Some risk factors for heart disease are the same for everybody, including high cholesterol, high blood pressure, and obesity. But others affect women more than men, including metabolic syndrome, stress and depression, and smoking. While we don't know a lot about lesbian and bisexual women and heart health, we do know that we tend to experience some of these risk factors more than the general population, including obesity, depression, and smoking.

So what can we do to keep ourselves and our communities healthy? Fortunately, the actions we can take to protect our hearts also help out many other parts of our bodies - including just feeling better! They include:

- Exercising 30-60 minutes a day on most days.
- Maintaining a healthy weight.
- Quitting, if you smoke; don't start if you don't!
- Eating a healthy diet low in saturated fat, cholesterol, and salt.

Did you know that your oral health could be an indicator of your overall health? Regular visits to the dentist may do more than brighten your smile. Research has linked periodontal (gum) disease, a bacterial infection, to complications for heart disease, stroke, and other health issues. For more information on heart health, [visit our website!](#)

**Thank You, Big Lovers!**

transformation. Please call or e-mail Lorraine Biros to sign up: 202-332-5536; [lbiros@mautnerproject.org](mailto:lbiros@mautnerproject.org). The group is limited to 8 women. The group will be closed after the second meeting, so contact us today if you are interested in participating!

## 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 efforts in helping the lives of others.

**Mautner Project: The National Lesbian Health Organization**  
1875 Connecticut Ave, NW



Big Love was a Blast! Mautner Project would like to thank all who attended or contributed to the event. Special thanks to Big Love Co-Chairs Reverend Abena McCray, Lynne Brown and Colleen Dermody for their leadership as well as our Big Love table captains and volunteers for all of their hard work in helping make the event a success! We would also like to thank our generous sponsors for their support. Last but not least, the event could not have been such a great party without BETTY and DJ JFX providing fabulous entertainment!

Mautner Project is proud and grateful to have such a strong community and support system, particularly in such trying fundraising times. We thank you! The Gala team looks forward to more successful events in years to come! **Next events to mark on your calendar: Give Love (Wednesday, April 22, 2009) and Men of Mautner (Thursday, May 14th, 2009).** More details to follow in the coming months. And again, a **Big Love THANKS to all!**

## You're Invited! See You at the National Lesbian Health Summit



The 2009 Lesbian Health Summit invites you to join us in expanding our movement at the **National Lesbian Health Summit**, March 6-8, 2009 in San Francisco, CA!

This Summit is focused on lesbians, bisexual women, queer women, and transgender people. While our workshops and speakers will address these communities, the Summit itself will be welcoming to all lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) communities, and our important friends and allies, nationally and internationally.

The summit approaches health issues from the perspective of those who face disparities and discrimination and who also demonstrate health and resilience everyday. We will engage in deep thinking and extended discussion to create new responses and innovative programming that reflect our lives.

Community registration for the National Lesbian Health Summit costs \$30. There are a limited number of registration scholarships which we will award based on economic need. More information on the 2009 National Lesbian Health Summit - including registration and accommodation - can be found visiting our website: <http://lesbianhealthinfo.org/NationalLesbianHealthSummit>. Join us in discussing the upcoming Summit and keep up to date with the latest Summit news on Facebook: <http://www.facebook.com/home.php#/pages/2009-National-Lesbian-Health-Summit/48985195394>.

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

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healthcare system that is guided by  
social justice and responsive to the needs of all people.

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