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Mautner Project

The National Lesbian Health Organization

Happenings at Mautner: Breast Cancer Awareness Month, Important Steps toward LGBT Equality!

October 28, 2009

Advances for LGBT Rights!

Touch Yourself!

**October is Breast Cancer
Awareness Month!**



Please take a few minutes out of your day to ask yourself these questions:

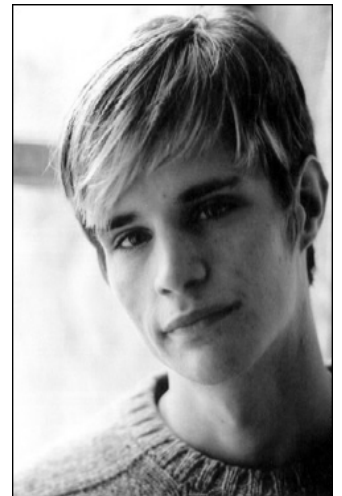
How often should you perform a breast self-exam? Do you know the risks associated with breast cancer that lesbians should be aware of? If so, do you know what you can do about it?

These questions and more can be answered [here](#), in an interview Mautner Project had

In the news....

Some significant progress for LGBT activism:

- President Obama has signed the Matthew Shepard and James Byrd, Jr. Hate Crimes Prevention Act -- the first federal law to explicitly protect people on the basis of gender identity and gender identification.
- The Secretary of HHS Kathleen Sibelius announced a plan to create a national resource center to assist communities in providing services and support for LGBT Americans.
- HUD Secretary Shaun Donovan announced plans to ensure that HUD's core housing programs are open to all, regardless of sexual orientation or gender identity.



Mautner Project is proud to have lent our support to these milestones!

MP also joined over a hundred other organizations in a letter urging Congress to eliminate funding for abstinence-only-until-marriage programs and, in their stead, fund comprehensive approaches to sex education for young people.

with the Human Rights Campaign.

Remember, we are here for you. If you have any questions or need any resources, please call 202.332.5536.

Dedicate Your Time, Change Lives!

In just a short period, you could make a difference in our community.

We're looking for a breast cancer survivor who is interested in co-facilitating a support group at Mautner Project. No experience necessary but **you must be available to attend a training workshop at [Network of Strength](#) on November 7 and 8.** (Also, must be out of treatment for one year.) **If interested, please contact Elizabeth Ide** at 202-332-5536 or eide@mautnerprojec.org

Breastivus Successus

Thank you all for coming out and participating to Breastivus



this past Saturday evening. Congratulations to our raffle prize winners - Kristina, Krista, and Ericka!

Mautner Project would also like to thank the Artists Inn Residence Bed & Breakfast for donating this AMAZING space as well as to EPIC DC for all the arrangements they made for this wonderful benefit. This event

Removing the Barriers: Across the Country



On Thursday, October 15th and Friday, October 16th, D Magrini, Mautner Project's Director of Programs conducted a Removing the Barriers training at the Bixby Center for Reproductive Health and the City of Commerce, both in Los Angeles. The purpose of the training program is to assist health care providers in reaching their goal of effectively serving underserved women by:

- Identifying clinical concerns and the potential barriers to care faced by LBT women; and
- Exploring aspects of culture such as personal privilege, the cultural interplay of individuals and the medical system, and the impact of institutional heterosexism.

The trainings were attended by healthcare providers, clinical staff, health educators, program managers, and health outreach workers.

Nutrition, Herbs and You!

Mautner Project is offering **Nutrition, Herbs, and You:** A four part workshop series with Monica McCollin, M.S., a Clinical Herbalist and Nutrition and Wellness Consultant. (To learn more about Monica, please go [here](#).) Each session will be held from 4-5.30 pm at our office at 1875 Connecticut Avenue NW, Suite 710. We are offering the workshop series at **no charge**, but **pre-registration is required**.



The workshop schedule is as follows:

Sunday, October 25th, 2009: Nutrition 101

Sunday, November 22nd 2009: Stress Relief

Sunday, January 24th, 2010: Immune Boosting Foods and Herbs

Sunday, February 28th, 2010: Beat Stress and Improve Mood through Herbs and Nutrition!

was so much fun, that we are going to have a Breastivus II VERY soon - stay tuned for the date!

You Can Stop, We Can Help!



If you're looking to quit smoking, we are here for you! We welcome

you to join our LGBTQ-NS program. We offer free patches and lozenges for DC residents.

Non-smoking means...

- ~No stinky clothes, rooms, or car, and no more smelling like an ashtray.
- ~New Savings: At least \$2,200 a year!
- ~No secondhand smoke around your pets and loved ones!
- Tips to quit:
 - ~Pick a Quit Day, and stick to it!

~**Get support:** Call 1-800-QUIT-NOW, join an LGBT-friendly support program, or ask friends or family members to help by reminding you why you decided to quit.

~If you slip, don't worry! Use it as a learning experience, and try again.

Keep your eyes open for more work on this from Mautner Project!

For more information, please email dmagrini@mautnerproject.org or call 202-332-5536.

All are welcome, especially cancer survivors and caregivers.

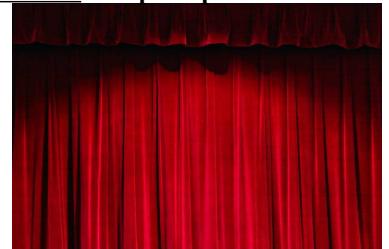
Please RSVP with Ashlee at aburks@mautnerproject.org

Enjoy a Theater Series, Support Mautner Project!

THERE ARE ONLY TWO HOPE OPERAS LEFT! Hope Opera has chosen Mautner Project as one of its beneficiaries for its six serialized shows that run for six weeks. Each week, each serial presents a 15-minute episode.

20 MILLION BREASTSTROKES TO EARTH is the show that will benefit Mautner Project. 20 MILLION

BREASTSTROKES TO EARTH stars Lucrezia Blozia, Nkemjika Ofodile, Oscar Ceville, Yasmin Tuazon and Hugh Bris with special appearances by local tv celebrity Dick Dyszel (Count Gore de Vol, Capt. 20), local drag royalty Shiqueeta Lee, art impresario Philippa Hughes and a host of great local theatre talent including Helen Hayes winner Jennifer Mendenhall, who are all generously donating their time to this Hope Opera.



Audience members will be invited to vote for their favorite serial and proceeds will be distributed to the beneficiaries accordingly. So come NEXT Monday, November 2nd and vote for 20 MILLION BREASTSTROKES TO EARTH! Hope Opera began Monday, October 5th and **will run the next two Monday nights through November 9th** at 8:00 pm at Miss Pixie's Backroom Palace at 1626 14th St., N.W. Admission is \$10.

Events In the Community

Breast Cancer in the African Immigrant Community

African Women's Cancer Awareness Association is hosting its 2nd Annual Educational Conference : Breast Cancer in the African Immigrant Community. The conference will be held Thursday, October 29th, 2009 at GWU Marvin Center Ampitheatre (800 21st St NW, WDC 20052) from 9 am to 3 pm. There is no cost to come and registration will be given on a first come, first served basis. Please contact Nemata Blyden at africana@gwu.edu or Ify Nwabukwu at ify.awcaa@yahoo.com.

The WAWF is Looking for Volunteers!

The Washington Area Women's Foundation is looking for a few good volunteers who are excited about rolling up their sleeves and delving into community grantmaking! And WAWF would love to see more representation from the lesbian community. Learn about the many organizations doing outstanding work in your own backyard, make new friends, and experience grantmaking from the inside out! To help WAWF select its Leadership Awards, and to learn more about what's required, contact Nicole E. Cozier at 202-347-7737 / ncozier@wawf.org.

Domestic Violence Awareness Month

Stay Connected, Support Mautner Project



Mautner Project is pleased to announce that we will receive a donation from Verizon when you order a new qualifying residential Verizon product. A Verizon FiOS Triple Freedom (SM) order will generate up to a \$65 donation. In addition, you'll get all the currently advertised promotions, so order today!

How to place your order:

- 1) Call 1.888.695.5299
- 2) Say "YES" to the first prompt
- 3) Provide our code 13313 to the Verizon representative

For more information, please [click here](#).

Already have Verizon? Pass [this flyer](#) on to friends and family in MD, DC, VA and WV so their new order will help us too!

Mautner's
Official Florist,
JLB Floral

Domestic Violence Awareness Month (DVAM) is an opportunity to take this issue to everyone positioned to be a confidant and a lifeline to women and girls. It is an opportunity to encourage men to stand up, speak out and become advocates for women and children in danger.

It is an opportunity to call, in a unified voice, for the reauthorization of the Violence Against Women Act (VAWA) and the introduction of the International Violence Against Women Act (IVAWA) -- our advocacy efforts ringing loud and clear from our home towns to Capitol Hill.

Throughout October, Jewish Women International (JWI) is posting 31 stories of abuse to their blog - one each day - giving voice to 31 people whose lives have been touched by abuse. Please go [here](#) every day to join the discussion and share in the stories - and perhaps to submit your own.

Even a whisper, when joined with others, can cover a great distance. This month, we will be heard.

Research In the Community

Participate in a Lesbian Empirical Study

A lesbian researcher at the University of Tennessee is conducting an empirical study examining attitudes, feelings, and experiences associated with being a woman who experiences attraction to members of the same sex. This online survey will ask questions about feelings, thoughts, and experiences you may have had as a sexual minority person and as a woman, ways you cope with life's challenges, psychosocial well-being, and demographics. **If you are a woman who is at least 18 years old and has experienced same-sex attraction**, you are encouraged to take this study.

The survey is confidential, and takes about 45 minutes to complete. After you have completed and submitted your survey, you will be eligible to enter a participant raffle awarding a **\$100 Amazon.com gift certificate** to one randomly selected participant. If you would like to participate in this research study, please click [here](#).



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

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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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