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Mautner Project

The National Lesbian Health Organization

Happenings at Mautner: Handle the Stress of the Holiday Season with Mautner Project!

November 12, 2009

Support from Iraq

We are honored to have members of the military as a part of our Mautner Project community. Mike Goltz's squad, stationed in Iraq, has contributed to Mautner Project through the Combined Federal Campaign because they believe in the fight to cure cancer. If you're interested in contributing through the Combined Federal Campaign, please contact Jeanie Adkins at jadkins@mautnerproject.org.

Great American Smoke-Out!

Mark Your Calendar: 20th Anniversary Gala is March 20, 2010!

Plan to join us at the Omni Shoreham Hotel in DC for **20/20 Perfect Vision: The 20th Anniversary Gala**. This much-anticipated event brings together our community to party for a purpose!



To buy your ticket and for more information regarding the Gala, click [here](#). And, if you make your purchase by this Sunday, November 15, your individual ticket is 10% off! Click [here](#) to act now.

We look forward to celebrating with you in March!

Tonight! Dreading the Holidays?

Be a part of the Great American Smoke-Out!

Next Thursday November 19, Mautner Project and the American Lung Association of DC will be encouraging all smokers to officially take a stand against smoking and start a new chapter towards good health.

If you're looking to quit smoking, we are here for you! We welcome you to join our LGBTQ-NS (non-smoking) 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.

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

As we approach the holiday season, this upcoming workshop might be of interest to you or someone you know who has recently lost a loved one.

Surviving The Holidays After A Loss

When: TONIGHT, Thursday, November 12th, 2009, 6:30 - 8:00 pm

Where: The DC Center

1111 14th Street NW, Suite 350

Washington DC

FREE!

Act: To RSVP or get more information, please email atchison71@gmail.com.

Please RSVP soon, space is limited.

This workshop is for members of the LGBT community who have experienced the death of a loved one in the past year. We will discuss strategies for coping with grief and loss during the holiday season. Dr. Gabrie'l J. Atchison has been a support group facilitator for over 10 years. Having experienced the loss of her partner six years ago, she understands how difficult the holiday season can be.

The holidays don't have to be so hard - Mautner Project can help... so RSVP now!

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

***Saturday, November 21st 2009: Stress Relief**
(*Please note the change from the original date November 22).

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

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

All are welcome, especially cancer survivors and caregivers.

Please RSVP with Ashlee at aburks@mautnerproject.org

POINT to the Future!

If you know any undergraduate, graduate or post-graduate LGBT students looking for assistance in affording quality education, we would encourage you to contact Point Foundation. Point Foundation is the nation's largest, publicly-supported organization granting scholarships to lesbian, gay, bisexual and transgender students of merit. Point provides support through multi-year scholarships, leadership training, mentoring and hope to LGBT students who are marginalized because of their sexual orientation, gender identity or gender expression.

Applications for the 2010-2011 school year become available at www.pointfoundation.org on December 11, 2009 with a February 12, 2010 deadline.

If you have questions and/or would like more information, please contact the Point Foundation at shannon@pointfoundation.org.

**Stay Connected,
Support Mautner
Project**

Events In the Community

Leap OUT!

American Lung Association is hosting LeapOut DC on Saturday, December 5, 2009 at 10:00 am at the YMCA of Metropolitan Washington. LeapOutDC is an exciting aerobics event to promote lung health and healthy living! Participants will enjoy 4 workout sessions, including Zumba (Latin cardio), fitness boot camp, body sculpt/kick-boxing, and yoga! LeapOut DC will help ALADC support free asthma education programs and help smokers quit. For more information, visit www.leapoutdc.org.



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**.

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](#).

Cancer Beliefs and Attitudes

Ashley Mills, a Genetic Counseling student at Mount Sinai in New York, is conducting a research study survey which aims to understand cancer beliefs and attitudes, in addition to family history communication in the LGBTQ community.



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 promoions, 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

The purpose of this study is to understand and analyze views on cancer and family communication in the female LGBTQ communities. The **intended goal** is to use the information analyzed to **give health care professionals, such as genetic counselors, greater insight of community beliefs and attitudes in order to better serve and understand their patients who identify as LGBTQ.** The survey takes approximately 15-20 minutes to complete and is completely anonymous. Participants must be female and over the age of 18. You can find the survey online by clicking [here](#). If you have any questions, at any time, or want to discuss any study-related concerns, please contact Ashley Mills at (212)241-9414 or ashley.mills@mssm.edu



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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