

You're receiving this email because of your relationship with Mautner Project: The National Lesbian Health Organization. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



# Mautner Project

The National Lesbian Health Organization

## Happenings at Mautner: Happy Thanksgiving!

**November 25, 2009**

**Enjoy Your Holiday**

### November is National Lung Cancer Month

Did you know that lesbian and bisexual women smoke at much higher rates than heterosexual women? **Quitting smoking is one of the best things you can do for your lungs!**

Check out Ms. M's column below, and call or email us for more information about support groups for LGBT people. Going home can make the temptation to smoke that much greater to resist. **Check out some tips to help keep you on track to stay quit during Thanksgiving:**

**Breathe Deep!** Fast deep breathing can take your mind off a craving. Similar to the panting that pregnant women do during their Lamaze birthing classes, rapid deep breathing introduces additional oxygen to your body and brain.

**We at the Mautner Project are wishing you a wonderful Thanksgiving!**

We hope that this holiday provides an opportunity to rest and relax with your loved ones, and to give thanks for continuing health and wellbeing. We also hope that you will be able to give back to those you are thankful for and those less fortunate.

**As we consider all that we have to be grateful for, YOU and our other amazing supporters top our list!** We'd like to take this chance to say thank you so much for all that you do, and for the opportunity to serve such a beautiful, diverse community.

#### **Holiday Stress**

For many LGBT people, the holidays can be an especially stressful time. We may be spending more time with families of origin who are less than fully accepting of our identities, in addition to the challenges of traveling, hosting, and trying to stick to a reasonable gift budget. Needless to say, all of this can quickly become overwhelming!

You deserve to make the holidays a time to celebrate love and wellbeing. Most importantly, remember that the season is about sharing with those you care about, whether that includes your birth family, your friends, your partner, or your pets.

**Here are some ideas for a healthy holiday season:**



**Get Enough Sleep!** Maybe even set an alarm for your bed time. Getting overtired leads to getting overly stressed.

**Stretch!** Take stretch breaks when you sit a lot.

**Chew sugarfree gum or sugarfree hard candy** - which will give your mouth something to do besides smoke.

**Try to schedule some "you time" each day** and give yourself the opportunity to relax and/or practice some relaxation techniques like meditation, yoga, taking a bath, exercise (low impact aerobics, or going for a brisk walk). These techniques help you to slow down and reduce your stress.

**Get Support & Call A**

**Friend!** If you have an existing support or buddy system, ask if you can give them a call during the holiday.

## Give a Gift, Benefit Mautner Project!

**Great holiday gift possibility (for yourself or someone else....) that will benefit Mautner Project!**

**Mautner Project has for sale 4 round-trip vouchers on**

**Northwest Airlines, valid for travel in the 48 states through April 21, 2010.** A Saturday night stayover is NOT required. (At least a 7-day advanced booking is required. Dates for use of the Prize are subject to availability and holiday blackout dates.)



**The vouchers are worth**

Physical activity can be refreshing, rather than a chore. You can bundle up and go for a walk or toss a football with a friend. Or, take some time to center yourself with yoga.

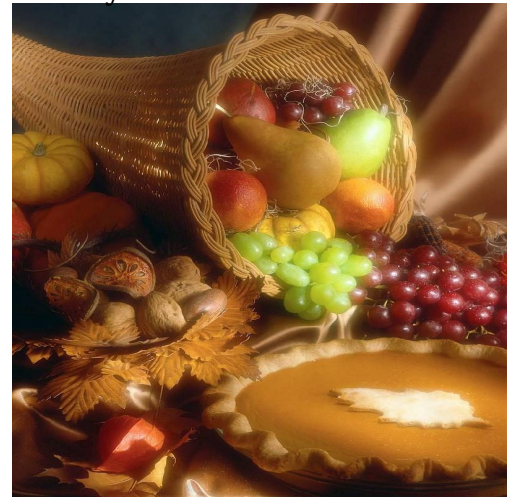
Although stress can make it all the more tempting to overeat, try to indulge within reason. Enjoy healthy traditional holiday foods, like sweet potatoes or turkey instead of red meat. You can find many delicious recipes in the [Down Home Cooking Cookbook](#)

## Eating Well Over the Holidays

Everybody knows that the holidays are a dangerous time of year for our waistlines. With all the parties, get-togethers, dinners, and leftovers, maintaining a healthy diet seems like an impossible task. Here are some tips to get you through the holidays:

Simple switches can be the easiest way to eat healthier any time of the year, and can make the difference during your holiday meals:

- Replace any snacks laying out - cookies, candy - with raw vegetables or fruit. This way, when you and your family nibble between meals, you're eating healthy food instead of sugar and fat!
- Cut down on your year-round indulgences. Instead of that large latte every morning, get a small one. This will give you a little extra room for your holiday treats.
- If you go out to parties, drink wine (especially red) instead of beer, cocktails, and eggnog. The antioxidants in red wine help your body process the food you eat. Just remember - drink in moderation!
- Use vinegar or a balsamic vinaigrette on your salad instead of dressing.
- Eat fruit pies or vegetable pies (apple, pumpkin, sweet potato) instead of chocolate or pecan pies. They have more nutrients and less fat.



Online, you can find a variety of recipes for healthier foods. Suggestions like reducing the amount of sugar you use, using only egg whites, making vegetarian sides, and remembering to use skim milk are all popular options for turning your traditional holiday dishes into food you can feel good about.

For a healthy pumpkin pie and other dessert recipes,

**\$635 each.** If you are interested in buying one or more, **please email [JAdkins@mautnerproject.org](mailto:JAdkins@mautnerproject.org); minimum "bid" is "\$350.** If we receive more than 4 offers **by December 15**, the 4 round-trip tickets will go to the highest 4 bidders.

check out this [site](#). For healthy side dishes, click [here](#).

## New Website and 20th Anniversary Gala Information

**If you haven't had a chance to check out our new website, please do so at [www.mautnerproject.org](http://www.mautnerproject.org).** The new website is user-friendly and interactive, including several new components we've created to **make it easier for YOU to stay involved and informed about Mautner Project and about lesbian health.** The website is also ADA-compliant, provides a search tool for easier navigation and can be shared through social networking websites such as Facebook and Twitter. In addition, the website has updated and expanded health information, information on all of our programs and events, a newsletter archive and much more!

## Upcoming Volunteer Meeting!

We're hosting a volunteer interest meeting on **December 8th from 7-9 PM here at the Mautner Project office.** Both new and experienced volunteers are welcome to come. **People should contact [Ashlee](#) for more information or to RSVP.**



**Interested in seasonal volunteer opportunities?** If you'd like to help our Direct Services Team spread some holiday cheer during these festive winter months, **please contact [Jessica](#) to learn how you can become involved.**

Also, plan to join us at the Omni Shoreham Hotel in DC for **20/20 Perfect Vision: The 20th Anniversary Gala on March 20, 2010.** This much-anticipated event brings together our community to party for a purpose! **[To buy your ticket](#) and for more information regarding the Gala,** go to <http://gala.mautnerproject.org>.

***We look forward to celebrating with you in March!***

## Stay Connected, Support Mautner Project

## Take Action to Pass LGBTQ Inclusive Healthcare Reform!



Mautner Project is pleased to announce that we will receive a donation from Verizon when you order a new qualifying

While healthcare reform has cleared its first vote in the US House - passage in the Senate and final passage in the House of a bill that truly benefits our community still requires your help! Our community is the under-insured and uninsured. We are seniors and youth, women, people of color, immigrants, and transgender people. We are too often discriminated against by insurance companies and health care providers and denied the care that we need. The status quo harms our community and our families, and we deserve better. Click [here](#) to take action!



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!

## 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](http://www.pointfoundation.org) on**

**December 11, 2009 with a February 12, 2010 deadline.**

If you have questions and/or would like more information,

## Nutrition, Herbs and You: Two Sessions Left!

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

**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](mailto:aburks@mautnerproject.org)**

## Events In the Community

**Celebrate the National Youth Advocacy Coalition's Sweet 16!**

Help LGBTQ Youth by supporting the work of the National Youth Advocacy Coalition (NYAC)! Join **next Thursday, December 3rd** at the home of Vivian Coto for an evening of drinks and social justice from **6:30 PM - 9:00 PM**. Click [here](#) to RSVP today!

**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](http://www.leapoutdc.org).



please contact the Point Foundation at [shannon@pointfoundation.org](mailto:shannon@pointfoundation.org).

## 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  
Suite 710  
Washington, DC 20009  
202.332.5536  
[info@mautnerproject.org](mailto:info@mautnerproject.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](mailto:ncozier@wawf.org)**.

## Research In the Community

### Distribute the National LGBTQI Young Adult Tobacco Needs Assessment



National Youth Advocacy Coalition

The National Youth Advocacy Coalition (NYAC) is happy to announce that the **LGBTQI Young Adult Tobacco Needs Assessment survey tool is ready!** NYAC believes this will be very useful in collecting information about behaviors, attitudes, and facts about how LGBTQI young adults are or are not using tobacco products. Not only will they be able to make programmatic and policy recommendations for the nation, but they anticipate being able to make cross-regional comparisons and make specific regional statistics available to your organizations. **In exchange for supporting and promoting this survey initiative, NYAC will donate \$125 to the first 50 organizations that sign up to participate.** Each young adult who completes a survey will be entered into a rolling drawing to win one of the following Gift Cards - 10 cards worth \$50, 5 cards worth \$100, and 1 card worth \$150.

Click [here](#) for more information or to take the survey online.

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.

### Forward email

#### ✉ SafeUnsubscribe®

This email was sent to [rdixon@mautnerproject.org](mailto:rdixon@mautnerproject.org) by [info@mautnerproject.org](mailto:info@mautnerproject.org).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

