



# Lavender Notes

*Improving the lives of LGBTQ older adults  
through community building, education, and advocacy.*

October 2017

*Celebrating 22+ years of service and positive change*

*Volume 24, Issue 10*

## Stories of Our Lives

### mica-Meri Furnari

It was a cool crisp autumn Thursday in the South Bronx on 9th October 1947, when baby Meri Furnari was born. The leaves were changing - high temperature was 66 and low temperature was 52 that day. Who'd have thought that baby Meri was destined to be an accomplished artist, an ardent feminist/activist for women's rights, a war-tax resister, in a "Green movement intentional community", a gifted magazine editor/technical writer, a participant in "Sistah Boom" and an outspoken lesbian in at least three states of the union?



Meri, age 2+ in 1950



Meri (I), age 16, with her sisters, 1963

Born the eldest of three sisters (one three years younger and one thirteen years younger), Meri was the daughter of a World War II veteran and his wife.

"My Dad was a mechanic and Teamster who I believe suffered from untreated PTSD, though they didn't really have a name for it in those days," meri-Mica recalls. "So he ran our house rather like a drill-sergeant that he actually was while in the Service, which didn't make for the most wonderful climate to grow up in."

Her mother was a "fairly agreeable sort" until after the birth of Meri's second sister when she was about to turn five years old.

"My mother suffered from bipolar disorder, I would say, though they also didn't call it that back then," meri-Mica says. "It took ten years of institutions and trying various drugs to deal with the manic-depression Mom experienced - they finally settled on Lithium, but nothing ever brought her back to where she had been in my early childhood."

Meri essentially grew up in an Italian Catholic working-class Bronx neighborhood. The family moved to a similar Yonkers neighborhood when she was 16. Because she had excelled in grammar school, she received a scholarship to attend Mother Butler

Memorial High School in the North Bronx, which involved a considerable daily commute, plus dealing with very strict nuns who wore habits that obscured their faces and "seemed to enjoy discipline".

"This potential for violence at home, on the streets, during the commute and at school made me a very rebellious young woman," mica-Meri recounts. "So at a very early age, I became a political activist, being tear-gassed for the first time in 1968 during National Guard protests on my Harlem campus at City College of New York and marching repeatedly in Washington, DC, against the Vietnam War."

She also attended Bronx Community college, Hunter College and Queens College, all then free schools part of the City University of New York, ultimately receiving her degree in English. Though she realized in her teens that she was attracted to other girls, her one attempt at acting on that as a teenager was somewhat disastrous to her self-esteem.

"I was in love with my best friend," she recalls. "I tried to kiss her at one point and she cut me off totally. I was pretty devastated for quite a while after that."

While she was in college - perhaps out of self-defense and denial, she opines - she met and married Mark. They had over 300 people at their wedding, and a bit of unplanned comedy, since they offered the limo driver some pot on the way to the reception and it turned out he was an undercover cop moonlighting as a driver! With Mark, she moved into an intentional community in upstate Cuba, New York (60 miles south of Buffalo) as part of the "Green movement." Since they all had to get jobs in factories to support this newly-adopted lifestyle, however, the community soon fell apart and the land was sold.

"We tried again in Vermont - founding a 100-acre land trust just ten miles from the Canadian border," mica-Meri recalls. "On that property, eight of us built a house called the Grandfalloon, where all six of the women eventually came out as lesbian. Unfortunately, that house burned down, but we stayed in the Burlington, VT, area and became more deeply involved in the radical feminist movement."



**Political activist beginnings (70s) In Cowgirl Hat with Spiderwomyn blocking Road to Livermore Labs (80s)**

They also co-founded WAR (Women Against Rape), the North Country Star (a Socialist paper) and My Sister's Place, a proposed women's center complete with bar and restaurant, though Burlington city officials denied various permits necessary to be up and running. Seven years after filing their lawsuit against the city, however, the women won their right to complete the center. While in Vermont, mica-Meri was also a percussionist in a women's band, Witch One, which performed at the famous Michigan Womyn's Music Festival. She also co-produced and co-animated "Black Dawn", an award-winning 16mm film about Haiti's overthrow of slavery and French rule in 1803.

Meanwhile, her marriage to Mark ended in divorce in 1977 after seven roller-coaster years. They didn't have any children, so the divorce was a fairly simple one and she represented herself in Court.

Soon afterward, she and her then-partner left Vermont for California, stopping along the way in Colorado and Arizona, where her lover stranded her. During mica-Meri's year in Tucson, she was an archivist at a daily newspaper, which would prove to be useful later when she finally arrived in California, where she thought the political/social climate would be more welcoming, as would the weather, which was more agreeable than the Northeast or the Southwest.

When she arrived in California - virtually broke - she tried all sorts of temporary and semi-permanent jobs: dispatcher in a telephone office (winding up as a nimble phone installer, climbing utility poles with the best of them), multiple tasks at the Capp Street Foundation (including grants administration, bookkeeper and liaison to dozens of non-profit organizations in northern California - and even in Central America) until Capp Street lost its 501(c)3 status (and she lost her job).

After feeling disheartened at age 40, she met the love of her life, Angélica (pronounced an-HEL-i-ka), in 1987, when they were

both participating in "Sistah Boom", a feminist drum-n-dance-n-percussion-marching corps (see <http://www.womendrummers.org/sistah-boom/> for more info), which reconstitutes itself regularly to this day, having most recently been part of the 24th June 2017 "Dyke March" in San Francisco.



**The Sistah-Boom Drummer that Angélica fell in love with in 1987**

"She was a dancer and I was a drummer," mica-Meri recalls. "Though we were familiar to each other - and obviously attracted to one another - it was only sitting beside each other on a plane - on our way to the Second National March on Washington for Lesbian and Gay Rights - that we really started to get to know each other. A group of us had stayed at her house the night before the flight and that set the stage for what has turned out to be a 30-year relationship, which we'll be celebrating this month - along with my 70th birthday!"

Coming out to one of her sisters was a bit difficult at first.

"My middle sister totally freaked out when I told her early on," mica-Meri recalls. "We really had virtually no contact after that for nearly 15 years. Only when she had a bout of illness and contacted me for support were we able to heal the breach after so many years of her hurt and anger about my leaving our family behind and moving far away to the West Coast."

When she lost her Capp Street job at age 40, she decided she wanted to re-visit her long-lost love for painting. She went to CCAC to study art, receiving her BFA in painting in 1990. She had support from Angélica and loans during those years; then until her 60th birthday, she worked as an administrator and editor with architects and engineers who designed maritime facilities, as well as working on transportation and affordable housing issues. She resigned on her 60th birthday in 2007 and has been a free-lance technical editor since then. A description of her editing experience is available at [www.editormeri.com](http://www.editormeri.com).

Meanwhile, she and Angélica - a former city planner in San Francisco who is now a healer - have bought a house in the Oakland hills, where mica-Meri has her art studio. They were finally married at the Sequoia Lodge in Redwood Regional Park on the 30th of August 2008 during that window before the controversial Proposition 8 was passed. That doubled as their 20th anniversary of making a commitment to each other.



**m-M+A, 10th Anniversary, 1997**



**Book-ended by the Chiong Sisters, 2000**



**Wedding/20th Anniversary, 2008**

She decided to add the "mica" to her name in 1977 in Tucson, where the desert was full of beautifully-colored stone, and because it felt to her that it "fit her better" than just Meri. She became a Buddhist in the 80s, taking regular retreats (including another one in silence the last week of September 2017!) The couple has traveled extensively together in various places in Asia (e.g., Cambodia, China, Vietnam, and Bali), the Caribbean, Hawaii and Europe. When Lavender Seniors needed some assistance in transitioning to its own non-profit status earlier this year, she generously volunteered three months of her time as an interim board member to help out.





m-M&A with a Mahout on an Elephant in Cambodia

Meanwhile, mica-Meri has pursued her art in amazing ways, showing and selling her eclectic work at various group and solo exhibits, as well as in on-line and local venues over the years. She works primarily in three media: water-color, oil and chalk pastel. Her artwork is available for review at [www.micameri.weebly.com](http://www.micameri.weebly.com).



mica-Meri Artwork Examples: Rustic Scene, Ballerinas and "Wild Women" by a VT Sister Artist

Asked for any pearls of wisdom she might want to share with [Lavender Notes](#) readers on her 70th birthday, mica-Meri started with: "Show up - and tell the truth!"

As a war-tax resister for over two decades, she walked that walk, notifying the IRS each year of the non-profit organizations and charities to which she would be re-directing her taxes, instead of having her taxes put to use financing war.

"Well, I wrote those checks each year," she recalls. "Then the IRS took my car, garnished my wages and froze my bank accounts. So I wound up having to pay up - with help from Angélica and friends - in order to get my car back and access my bank accounts again. But I made the point I wanted to make - I will live and die as a Buddhist who believes in promoting peace, harmony and respect for all sentient beings."

She still shows up - and tells her truth! Thank you, mica-Meri, for your years of activism and advocacy. Have a wonderful time at your 70/30 celebration (celebrating 70th birthday and 30th anniversary) later this month. Congratulations to both you and Angélica! You are role models for us all!

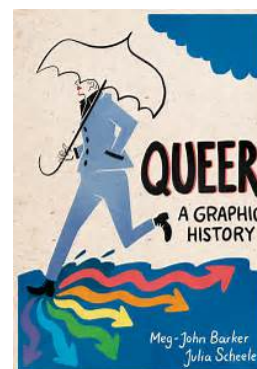
## Book Review

Title: Queer: A Graphic History

By Meg-John Barker & Julia Scheele

The authors explore the meaning of the word queer and the western view of LGBT people. Here we find the opinions of scholars, activists, and writers. We find an overview of queers and writers of popular culture. It is vital that we confront the critics of our world. The authors then map out some new directions.

Barker and Scheele have a stunning method of presenting LGBT rights to the ignorant or indifferent public.





## CONNECTIONS

Have you moved out of the area, do you want to get in contact with other Lavender Seniors near you or someone you have lost contact with? [Email us](#) and we will try to help out. No information will be shared without your specific permission.

### LAVENDER SENIORS FRIENDLY VISITOR PROGRAM HAS VOLUNTEER OPPORTUNITIES AVAILABLE.

Volunteers with the Lavender Seniors Friendly Visitor program are background checked, interviewed and trained, after which they are matched with a senior to visit regularly, usually for a couple hours each week. Visitors can share stories, chat about mutual interests and current events, and if both are willing and able, volunteers can take their seniors out for a walk in the park, a bite to eat, a cup of coffee, shopping or maybe a movie or a trip to the museum.

We ask volunteers to make a commitment of at least six months.

If you are in need of a Friendly Visitor, we can help with that too!

Please contact [info@lavenderseniors.org](mailto:info@lavenderseniors.org) and we will be in touch with you soon. Thank You!

### Some Changes may have Implications for YOU!?

## What's New with Lavender Seniors?!

This has been a busy summer for Lavender Seniors and its eight-member volunteer Board of Directors.

Almost three years after becoming a program of Fremont's Life Elder Care on 1st July 2014, the two organizations decided mutually that they should separate in order for Lavender Seniors of the East Bay to be more effective at serving the entire East Bay (which has traditionally meant all of Alameda County and at least West Contra Costa County). That separation was made final on 1st June 2017, when Lavender Seniors formally left Life Elder Care and became fiscally-sponsored by The Mentoring Center, located in Oakland's Preservation Park.

"This fiscal sponsorship is intended to be an interim arrangement until Lavender Seniors can re-activate its own 501(c)3 non-profit status," said board member, Beckie Underwood. "We gave up that status when we joined forces with the Tides Foundation and then Bay Area Community Services early in the 21st century. Since we've always had limited funds for paid staff, it was simply easier to rely on our fiscal sponsors to do all of the administrative reporting to keep their non-profit status intact and we could just remain under their umbrella."

Unfortunately, until Lavender Seniors' official non-profit status has been re-activated - a fairly complicated and lengthy process - it makes it a bit complicated for some of our generous regular donors, since they may have to change their mode of giving twice in the same year. For the time being, however, this means that those giving through regular donations sent to Life Elder Care must re-direct those donations making checks out to The Mentoring Center (672 13th Street - Suite 200, Oakland 94621) with Lavender Seniors in the memo line and perhaps pointing out in a covering letter that the donation is intended for Lavender Seniors.

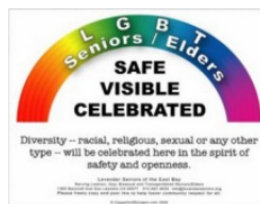
Those who make regular contributions through systems like Network for Good, but through Life Elder Care, must go to the donor website, cancel the donation through Life Elder Care and instead choose The Mentoring Center, then click on the "I want my donation to be dedicated to..." and specifically designate Lavender Seniors of the East Bay.

We apologize for this temporary inconvenience, but are also hopeful that the faithful among our current donors will hang in

there and that, in fact, some new donors will pitch in to help us through this transition period in order to best serve LGBTQ seniors in the East Bay! We have submitted two grant proposals in the month of August trying to acquire funds to keep running at full speed.

Meanwhile, we plan to continue all of our current programs:

- Friendly Visitors: Providing skilled and compassionate volunteers to visit LGBTQ seniors in their homes on a regular basis - and take them out into the community, as well;
- Bi-Monthly Lunches: (Second Saturday at All Saints Episcopal Church in San Leandro; Third Friday at North Oakland Senior Center), featuring speakers, entertainment and lively discussion afterward, keeping LGBTQ seniors connected to their community;
- Monthly LGBTQ-themed Film Series: Currently held in accessible theater space at the San Leandro Public Library, targeting LGBTQ seniors who may have rarely seen a positive representation of themselves on the silver OR small screen;
- Provider Training: Promotion of provider training through our two videos ("Safe and Visible: Creating a Practice Welcoming to LGBTQ Seniors" and "Safe and Visible: Creating a Facility Welcoming to LGBTQ Seniors") both on-line and face-to-face, provides continuing education units for interested providers. We have won an Alameda County award for the first film and have recently proposed presenting a paper on these innovative training videos at the national convention of the American Society on Aging next March.
- Information Tables: We regularly provide information tables at Pride events, health fairs and other informational events relevant to LGBTQ seniors in the East Bay (e.g., see story on September 10th Oakland Pride tabling elsewhere in this newsletter);
- LGBTQ Seniors Support Groups: Lavender Seniors sponsors or co-sponsors support groups throughout the East Bay. One such group - dealing with how we care for our ailing same-sex partners - is currently in jeopardy of being discontinued during this transition period. We hope, however, to not only continue the group focusing on women caring for women partners, but to expand it to men caring for male partners;
- Lavender Notes: Our monthly newsletter which features people, news and events relevant to East Bay LGBTQ seniors;
- The website: [www.LavenderSeniors.org](http://www.LavenderSeniors.org) continues to be available for those seeking information relevant to LGBTQ seniors in general and, specifically, in the East Bay;
- The Lavender Scrolls Project: A traveling exhibit of eight 3'x6' photo-stories of typical LGBTQ seniors which is exhibited regularly - inside and outside - to make the LGBTQ senior community more visible. Since these scrolls have frequently weathered the elements in outdoor displays, they are in dire need of repair and updating, adding a new generation of seniors.
- The Emblem LGBTQ Certification Project: Helps identify LGBTQ-friendly service providers throughout the East Bay who - once certified - can proudly display this decal (clear or white background) on office doors and windows as evidence that



herein resides a non-judgmental and supportive service provider.

These and many other innovative ideas will continue via Lavender Seniors of the East Bay if we continue getting community support for our mission of "...improving the quality of life of older lesbian, gay, bisexual, transgender and questioning (LGBTQ) residents of the East Bay through community building, education and advocacy. We strive to keep older LGBTQ individuals connected to their communities and thriving in place."

Plans are already underfoot to celebrate our Silver (25th) Anniversary of service provision in November 2019. With ongoing support, we will be around as long as the community needs us!

## Oakland Pride, 10th September 2017

# 2017 Theme: "We Rise, with Pride"

Lavender Seniors of the East Bay was on hand in force during Oakland Pride 2017, staffing its booth from 10am until 6pm. As reported by the *San Jose Mercury-News*:

## Cheery, colorful Oakland Pride day

# draws thousands, puts politics aside

By [Lizzie Johnson](#)

Updated 11:10 am, Monday, September 11, 2017

For a few hours Sunday morning, Oakland residents forgot about the hurricane hurtling across Florida, the wildfires scorching the state and the national politics that consume conversation.

Instead, they spent those blissful hours in a more celebratory mood, waving rainbow flags for the annual Oakland Pride. Thousands of people flooded the city's main roadways for a parade, marching from Oakland City Hall to a festival at Broadway and 20th Street.



Women braided rainbow feathers into their long hair, and children wore rainbow flags draped over their shoulders like capes. Revelers knotted rainbow bandanas into the collars of their dogs. Even bubbles blown into the sky were rainbow and effervescent, shimmering in the warm summer air.

Along the parade path, Ryan Ku, who lives in Oakland, shepherded his 4-year-old son, Jun, and 6-year-old daughter, Charlie, across the street on their bikes. A dozen band members playing a Michael Jackson song on flutes, cymbals and trumpets paused to let them pass.

"Everyone knows what's been happening across the country right now," Ku said. "Oakland is a good place to be to raise a family right now in history, all things considered. We are all relieved to be somewhere lighthearted and celebrate gay rights."

## Oakland's Gabriel Delgado is featured in a new film on KQED!

ON NATIONAL COMING OUT DAY  
KQED BROADCASTS THE PREMIERE OF  
A HISTORICAL COMING OUT DOCUMENTARY



For National Coming Out Day (NCOD) on October 11th, KQED will explore how LGBTQ visibility has changed over the past three generations with the world premiere of a new documentary entitled *COMING OUT: A 50 Year History*. Included among those interviewed in the documentary is our own Gabriel Delgado, an Oakland resident and long-time Lavender Seniors participant, who was featured in the August 2017 "Stories of Our Lives" in this newsletter, [Lavender Notes](#).

The film, narrated by transgender teen Jazz Jennings (star of TLC's reality TV series *I am Jazz*), features several Bay Area high school and college students interviewing older LGBTQ people who "came out" in different historical eras from the 1950s until today. Their combined stories offer insights into the modern LGBTQ movement and how the process of "coming out" has changed from the McCarthy era through civil rights, post-Stonewall and during the age of AIDS. And despite the politics and social climate of the times, the process of coming out has been oddly the same for each generation.

"We all stand on the shoulders of the activists that came before us," says director Phil Siegel. "Every person who is taking a non-traditional path in their lives has had the road cleared just a little bit by the generation that preceded it."

The documentary began as a series of short films "Coming out in the 1950s," "Coming out in the 1960s," "Coming out in the 1970s" and "Coming out in the 1980s". The Pye-Harris Legacy Project produced these short films for distribution to middle schools and high schools in California with an accompanying age-appropriate teaching curriculum. They have played in film festivals throughout the USA (including Frameline) and venues such as the Stonewall Museum.

The short films were re-edited and updated with narrator Jazz Jennings into a new one-hour TV program. "When we were looking at each of the films, it revealed a thread that runs through each of the subjects coming out stories - finding others who are like-minded, forging a community, working for equality and visibility – no matter what the opposition and adversity," says producer Wayne Kirchoffer.

The film includes some faces well known in the Bay Area LGBTQ community, including Phyllis Lyon, Jewelle Gomez, Adrian Ravarour, and Professor Ardel Thomas. The film also includes people whose untold stories add insight of what it meant to come out in the conservative 1950s, or during the social upheaval of the 1960s or through the AIDS pandemic.

National Coming Out Day (NCOD) is an annual LGBTQ awareness day observed every year on October 11th. Founded in 1988 by Robert Eichsberg and Jean O'Leary marking the anniversary of the 1987 March on Washington for Lesbian and Gay Rights. The initial idea was grounded in the feminist and gay liberation spirit of the personal being political, and the emphasis on the most basic form of activism being coming out to family, friends and colleagues, and living life as an openly lesbian or gay



person. Since then, every October 11th, thousands of gay, lesbian, bisexual and transgender people and allies celebrate NCOD; with workshops, speak-outs, rallies and other kinds of events all aimed at showing the public that LGBTQ people are everywhere. *Coming Out: A 50 Year History* is proud to be continuing in this tradition of sharing stories and bringing the community together.

The program airs on KQED October 11th and is rebroadcast on Saturday, October 14<sup>th</sup>.\*

\*KQED will set times in September

## San Leandro Pot Luck

Saturday, October 14th, noon-2:00 pm  
All Saints Episcopal Church, 911 Dowling Blvd. San Leandro

Legal Assistance for Seniors (LAS) will be our speaker at the 2nd Saturday of October at All Saints. The topic will be the upcoming changes of the Medicare Program.

This is a program you will not want to miss. (See more information on this program in the article below for the November 7th program at Out Standing Seniors.)

Pot Luck at noon, Speaker at 1:00 pm.

We are looking for other program ideas for future potlucks that may pique the interest of Lavender Seniors participants. Please send your suggestions to [Lavender Senior Lunches](#).



IN LOVING MEMORY

*of Celeste Newbrough*

OCTOBER 17, 1939 - AUGUST 4, 2017

*Please join us for a Memorial Service  
honoring Celeste's Life  
Sunday, the 15th of October, 2017  
from 5pm to 7:00pm at  
The Unitarian Universalist Church  
1 Lawson Road  
Kensington CA 94707  
RSVP Ilona Pivar  
510-506-0291*

*Billy DeFrank*  
**LGBTQ**  
**Community Center**


The Billy DeFrank  
LGBTQ Community Center  
938 The Alameda  
San Jose, CA 95126  
Tel: (408) 293-3040  
[www.defrank.org](http://www.defrank.org)

**SAVE THE DATE**

# Health & Wellness Fair

**Saturday, October 14<sup>th</sup>, 1PM – 5PM**

**Free Admission, Silent Auction, Refreshments,  
Keynote, Vendors, Resources, Demonstrations.**





**Billy DeFrank LGBTQ Community Center**  
938 The Alameda, San Jose

**Saturday, October 21st**  
**10AM - 4PM**

**RUMMAGE SALE**



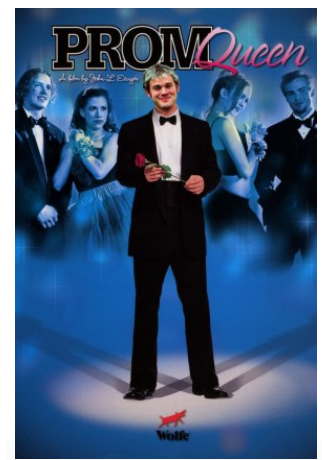
Third Wednesday Lavender Seniors Film Series, 18th October 2017, 1-3pm

## Prom Queen

[A True Story Based on the Life of Canadian Gay Teen, Marc Hall]

In the small, predominantly working class town of Inniston, Ontario, [Marc Hall](#) is a high school senior with a promising scholarship toward the future in his chosen career as lawyer. He is bright, good-looking and well-liked by his classmates and teachers, and quietly supported by his hard-working parents. He is also openly gay and attends St. Jude, a Catholic school.





His cordial relationship with those in authority in his sphere of life is put to the test when he requests that his boyfriend, Jason (who is relatively closeted), be his date to the graduation prom. That request is flatly denied by the school's hard-nosed principal.

When he decides to fight this decision, he cautiously comes out to his working-class parents. He is surprised when they tell him they already know, with a classic line in film: "Marc, you have blue hair and you have a poster of Celine Dion on your wall - we KNOW, we KNOW!"

An on-line campaign and Marc's appeal to the Catholic School Board catches the attention of a gay rights lawyer, who takes Marc's case pro bono. The resulting media maelstrom causes further problems, for Marc's devoutly religious parents, within their relationships at work - more specifically at their church - and for Marc himself.

Though this was a stressful emotionally-draining situation when it was happening, the director and cast have made it an entertaining family drama-comedy in the re-telling of issues of human rights (as protected by government policies vs church doctrine), homosexuality, telling truth to power, family values and peer pressure/support.



Marc kissing boyfriend Jason



Marc with his best female friend, Carly, and her boyfriend, Beau

The film will be shown at 1pm on Wednesday, 18th of October, in the Lecture Hall of the San Leandro Public Library, 300 Estudillo, a ten-minute walk up Estudillo from the San Leandro BART station - or a five-minute walk from the AC-Transit stop at E. 14th and Estudillo.

Lavender Seniors will provide popcorn, bottled water, Martinelli's apple juice, plus miniature Reese's peanut butter cups. After the showing, there will be a brief discussion and evaluation of the film and the issues it brings up for LGBTQ Seniors and their allies.

For people who are driving, the library is on Estudillo two blocks below Bancroft Avenue in San Leandro. It is accessible via either I-880 or I-580, as well.

From I-880, get off at the Davis exit and head east toward the hills. Davis eventually becomes Callan, which passes the north side of the library two blocks above E. 14th.

Coming on I-580, get off at the Estudillo Exit (#31B) and follow that street down toward the Bay until you reach 300 Estudillo.

There is ample free parking - some three-hour and some two-hour - at the library.





# Transitioning from Female to Male



Lieutenant Stephan Thorne retired in 2014 from the San Francisco Police Department after 34 years as a peace officer. At the age of 15, however, living in Lincoln, Nebraska, he had come out as a lesbian. As Stephanie, he was co-chair - with a gay man - of the newly-formed Lincoln Gay Action Group at the University of Nebraska.

"The Stonewall uprising had occurred the previous year," Steph recalls, "and its ripple effect was making its way onto many university campuses across the country."

Stephanie moved to the Bay area less than two months after the dual assassinations of gay Supervisor Harvey Milk and Mayor George Moscone in November 1978. She witnessed the White Night riots in San Francisco and the subsequent strife between the LGBTQ community and the San Francisco Police Department. When Del Martin and Phyllis Lyon were actively working with the City of San Francisco to promote recruitment and hiring of openly-gay/lesbian people as police officers, sheriff deputies and firefighters, Stephanie applied and became an officer, promoted to the rank of Sergeant in 1990.

In 1994, she transitioned from female to male and became the first transsexual to openly transition and remain on the job with a major metropolitan police department. Stephan worked with renowned trans-activist, Jamison Green, to develop a template for Transgender Community Awareness Trainings, targeting law enforcement agencies, a template that continues to be used around the country to this day.



Transgender Awareness Week Leads Up to Transgender Day of Remembrance 20th November  
[Only Brazil Exceeds Number of Trans Murders Reported in U.S. at 2016 Day of Remembrance: <https://tdor.info/>]

Stephan will be presenting on the joys and challenges of his journey at the Third Friday Lunch Bunch, 20th October, from noon until 2pm, North Oakland Senior Center, 5714 MLK Jr Way (corner 58th Street). As usual, lunch (including vegetarian options) will be served promptly at noon with announcements and presentation to follow at about 12:45pm.

Parking and entrance are behind the building, shared with Children's Hospital Research Unit.



## LGBT Online Support Group for Caregivers

If you are lesbian, gay, bisexual, or transgender and caring for someone with ongoing health problems . . . **you are not alone!** Family Caregiver Alliance's online LGBT Caring Community Support Group connects you with others facing the day-to-day challenges of caregiving. If you're assisting someone with Alzheimer's, stroke, Parkinson's, traumatic brain injury, or other chronic health problems, you can get support from the convenience of your home.

Share experiences, resources, and ideas in a supportive, caring environment. Available 24 hours a day, all you need is e-mail, and it's free! Visit [www.caregiver.org](http://www.caregiver.org).

# Rethinking Memory Loss



Are you sometimes confused or frustrated  
trying to communicate with an older adult who has memory loss?  
Do you ever wonder what's going on inside the person?

*In this interactive class you will learn about  
the language of symbols and how  
to use these to enhance your relationship*

**Saturday OCTOBER 28, 2017 9:30AM-3PM Fee: \$68**

There will be a short lunch break, bring your own lunch. There is no shopping area close to the school.

#### SANDI PETERS

*Sandi has a master's degree in psychology and has been working in the field of gerontology since 1986. Her area of specialty is lifespan development and the possibilities for renewal in older age. As a student of Carl Jung, she has particular interest in the role of symbolic expression in older age, especially for those with memory loss. Sandi uses sandplay, a combination of miniature figures and a box of sand, with elders to access and creatively express inner states. She also works as a consultant and trainer in long term care facilities. [www.sandplaydementia.com](http://www.sandplaydementia.com)*

#### ODILE LAVAULT

*Recreation therapist, musician and educator, Odile Lavault is passionate about communication with seniors with memory loss and disorientation. Odile has worked in short and long term skilled nursing, acute psychiatric geriatric hospital and home care-partners support. She believes that there is a reason behind all behaviors. Through observing and listening with empathy she provides individual answers to "What to say?" and "What to do?" [www.soul2soul-seniors.com](http://www.soul2soul-seniors.com)*

Register on line at [www.piedmontadultschool.org](http://www.piedmontadultschool.org) Ph: 510-594-2655

Or in person at Piedmont Adult School office 800 Magnolia Ave, Piedmont, CA 94611

Approved for 4 CEUs by BBS: contact [sandi@sandplaydementia.com](mailto:sandi@sandplaydementia.com)



**CRISIS SUPPORT SERVICES**  
of Alameda County

## **Support Groups for Women**

Ages 55 and Above

Meeting in North Oakland

Monday Afternoon 12 pm to 2 pm

Tuesday Evening 6 pm to 8 pm

Pre-registration Required – Call 1-800-260-0094

Share your voice, your wisdom and your inspiration.



Gain support in navigating the challenges of aging and  
living to the full potential of later years in  
a friendly women only group.

### **Registration**

This group is limited to 8 participants and pre-registration is required.  
There is a sliding fee based on income – no one is turned away for inability to pay.  
For more information please call 1-800-260-0094

Services are provided by counselors in training supervised by licensed therapists.

### **We practice Trauma-Informed Care**

Crisis Support Services of Alameda County recognizes and understands the impact of trauma including the challenge of accessing supportive services. Our mission is to provide a welcoming and safe environment rooted in the belief that through collaboration with clients at every stage of services, healing is possible.

[www.crisissupport.org](http://www.crisissupport.org)

**24 Hour Crisis Line: 1-800-309-2131**

**Working Together to Improve the Quality of Life Today**

Join us for the HICAP presentation:

**Medicare and the Annual Enrollment Period (Oct. 15- Dec. 7): Changes for Next Year**

**Tuesday, November 7th 12:30-2:00 pm**



at the Hayward Senior Center, 22325 N. Third St, Hayward

Sponsored by **Out Standing Seniors**

Presented by **Legal Assistance for Seniors**



This presentation provides information on changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans in the coming year.

Provides an overview of eligibility, costs, benefits, and changes in Medicare Parts A and B.

Explains options for supplementing Medicare and getting help with medical costs.

How to Reach LAS:

Call for an appointment today at:

1-510-832-3040 (LAS)

1-510-839-0393 (HICAP)

Mail at:

333 Hegenberger Rd, Suite 850

Oakland, CA 94621

Or on the web at:

[www.lashicap.org](http://www.lashicap.org)

#### Health Insurance Counseling and Advocacy Program

The Mission of Legal Assistance for Seniors is to ensure the independence and dignity of seniors by protecting their legal rights through education, counseling, and advocacy. We offer services in the following areas: Public Benefits, Immigration, Elder Abuse, Guardianship of minor children, and Health Care.

LAS is the parent agency for Alameda County's HICAP, a volunteer-based program helping people on Medicare and pre-retirees to navigate the health insurance maze. **HICAP provides free, unbiased Medicare counseling to anyone in Alameda County.** We help Medicare beneficiaries of any age make informed choices and we provide advocacy when their health care benefits and rights are threatened or denied. Individual appointments and group presentations are available throughout the county.

Medicare's Annual Enrollment Period runs from October 15<sup>th</sup>-Dec 7<sup>th</sup> and allows people to make changes in their Medicare plans for the following year. **If you have experienced changes in your health or financial situation this open enrollment period is your opportunity to ensure your health care needs are being met.** There is no cost to meet with our volunteer HICAP Counselors who provide individual appointments so that they can answer questions specific to each person's situation. By early October, we know what changes will affect coverage in 2018 and can provide accurate and detailed information for Alameda County Medicare beneficiaries.

If you would like us to schedule educational presentations about Medicare or any of our legal services for a group of seniors or service providers, you may contact our office and ask for the Community Education Department.

## ***DOWNTOWN OAKLAND SENIOR CENTER***

***200 Grand Avenue, Oakland, Ca. 94610***

***Presents:***





# Mind(Fully)

## MENTAL HEALTH FORUM



**Friday, November 10, 2017**

**9:00 am - 2:00 pm**

**THE DAY WILL INCLUDE:**

**• Panel Presentations**

Alzheimer's, Dementia, Depression, Memory Issues and Caregiving,  
Socialization, Legal Aspects, Financing Care and More

**• Q&A • Break Out Sessions • Resource Room**

Prize Drawings, Refreshments will be Served

**ADMISSION IS FREE**

**Call to RSVP (510) 238-3284**

*No Classes will be held that Day*



## Community Phone Calls

Just a few of the things offered:

**LGBTQ Chat 2nd and 4th Mondays, 10/9, 10/23, 11/13, 11/27, 12/11 1:00pm - 2:00pm**

This group is open to all LGBTQ seniors and is an opportunity to connect with others socially in a supportive environment where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community. Facilitated by Sylvia Vargas, Openhouse Friendly Visitor Manager

**Where Were You When? Saturdays, 10/14 - 1/6 12:00pm - 12:45pm**

Where were you when you were 50 years old? Or 10? Do you remember where were you on Christmas Eve in 1960 or the summer just before you started high school? Join us to discuss memories of where you were when. Facilitated by Janice Rooker

**Write for Life Tuesdays, 10/10 - 12/12 12:30pm - 1:30pm**

Few of us have been taught to be self-caring and accepting of ourselves. As we continue our journal writing group we are given permission to express our emotions without censorship. Participants are not expected to share journal entries; rather we will discuss what we discover about ourselves as we write. Writers, non-writers, and new participants are welcome! Facilitated by Dr. Sheppard Kominars

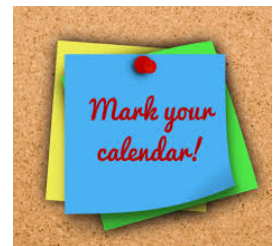
**Write for Life: Men's Group Sundays, 10/15 - 12/17 1:30pm - 2:30pm**

Are you worth 20 minutes a day? Whether you are 65 or 85, and whether you like to write or hate it, a mere 20 minutes a day could change your life! Research has proven that giving ourselves permission to express our emotions without censorship improves the quality of life. Participants are not expected to share journal writing and discussion will focus on what we find about the process as we write. All are welcome - those who enjoy writing and those who don't. Facilitated by Dr. Sheppard Kominars

**Personal Storytelling Tuesdays, 10/24, 11/21, 12/19 3:00pm - 4:00pm**

Under the guidance of Master Storytelling Mary Gay Ducey, Stagebridge Storytellers have been exploring the art of personal storytelling, adapting folk and fairy tales, and creating vibrant stories from real events in history. Stagebridge tellers have taken personal memories, classic stories, and fascinating historical events, and turned them into engaging personal narratives. In this call-in Storytelling Concert, you will hear these stories come alive! Each story is followed by a Q&A and brief discussion. Facilitated by Stagebridge, California

View the [Fall catalog](#) of community phone calls [here](#). Check the [website](#) for more information. To participate in these or other Senior Center Without Walls (SCWW) telephone activities, or to learn more about SCWW programs, call 877-797-7299 or email [info@seniorcenterwithoutwalls.org](mailto:info@seniorcenterwithoutwalls.org).



### THIS MONTH'S EVENTS

**Older & Out - Hayward**

**October 2, 9, 16, 23, 30 1:15pm (Mondays)**

**Hayward Senior Center, 22325 N. Third Street, Hayward**

*A topical therapeutic peer support groups for isolated LGBTQ older adults*

**Queerly Aging Lesbians**

October 5 & 19, 1:30 p.m. (1st and 3rd Thursdays)  
The Pacific Center, 2712 Telegraph Avenue (at Derby), Berkeley  
*Find support and like-minded wonderful people!*

#### Out Standing Seniors

October 3 & 17\*, 11:30 a.m. - 2:00 p.m. (1st and 3rd Tuesdays)  
Hayward Senior Center, 22325 N. Third Street, Hayward

**\*October 17 change.** Our meeting will be a potluck picnic and activities with Rainbow Seniors at Lake Chabot, Lake Chabot Blvd. Castro Valley 11:30am until ????

*A safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.*

#### Older & Out - Berkeley

October 6, 13, 20, 27 3:15pm (Fridays)

North Berkeley Senior Center, 901 Hearst Ave, Berkeley

*A topical therapeutic peer support groups for isolated LGBTQ older adults*

#### Older & Out - Livermore

October 3, 10, 17, 24, 31 1:00pm (Tuesdays)

Livermore Senior Services, Robert Livermore Community Center, 4444 East Ave., Livermore

*A topical therapeutic peer support groups for isolated LGBTQ older adults*

#### Rainbow Seniors

October 10 & 24 12:30-2:00 (2nd & 4th Tuesdays)

San Leandro Senior Center, 13909 E 14th St, San Leandro

*A safe and confidential space for LGBT seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.*

#### Lavender Seniors Advisory Board Meeting

October 11, 6:00 - 8:00 p.m. (2nd Wednesday)

San Leandro Library, 300 Estudillo, San Leandro

*A portion of this meeting is open to the public.*

#### Senior Men's Group

October 12 & 26 1:30 p.m. (2nd and 4th Thursdays)

The Pacific Center, 2712 Telegraph Avenue, Berkeley

Co-sponsor: The Pacific Center, 510-548-8283

**Feel alone? Need to find space to be yourself and chat with others? Join us!**

#### San Leandro Potluck

October 14, noon - 2:00 p.m. (2nd Saturday)

All Saints Episcopal Church, 911 Dowling Blvd., San Leandro

*This month's program: "LAS, Medicare Update" (see info above)*

#### Lavender Seniors Film Series

October 18, 1:00 - 3:00pm (3rd Wednesday)

San Leandro Library, 300 Estudillo, San Leandro

*This month's movie: "Prom Queen" (see info above)*

#### Oakland Lunch Bunch

Sponsored by City of Oakland Aging & Adult Services

October 20, 12:00 - 2:00 p.m. (3rd Friday)

North Oakland Senior Center, 5714 Martin Luther King Jr. Way, Oakland

*This month's program: "Transitioning from Female to Male" (see info above)*

## Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr.

Editor: Beckie Underwood

**Vice President:** Akilah Monifa

**Secretary:** John David Dupree

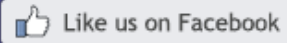
**Treasurer:** Carmen Chiong

**Founding Member:** Barbara Jue

Gwendolyn M. Boozé

Gary Turner

## Lavender Seniors



Email: [info@lavenderseniors.org](mailto:info@lavenderseniors.org)

Website: <http://lavenderseniors.org>

Message: 510-736-LGBT

(510-736-5428)

Mail Address: 4021 Monterey Bl.

San Leandro, CA 94578