



# Lavender Notes

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

April 2015

*Celebrating 20 years of service and positive change*

*Volume 22, Issue 4*

## LGBT Senior Health Fair - April 30th

**Sponsored by Brown and Tolland.  
Health Education Center, 400 Hawthorne, Oakland, Bechtel Room**

Alta Bates Medical Group, a Division of Brown & Tolland Physicians is excited to Outreach to LGBT seniors actually, all seniors regardless of sexual orientation and/or gender identification. To that end, YOU are invited to attend our...1st Annual LGBT Senior Resource Fair Thursday April 30th 10am-2pm at Samuel Merritt University (Corner of Hawthorne Ave & Summit St) in Oakland. We have over 30 vendors confirmed, raffle prizes, tons of give a-ways and refreshments throughout the day. Please spread the word to the entire Lavender community. Everyone bring someone...This event is for YOU!

## Advanced Health Care Directive Day

April 16th, Frank Ogawa Plaza 10am to 3pm

The community is invited to "Conversation Village" for Advanced Health Care Directive Day, a place to consider, communicate and document health care and final wishes through the an end-of-life care conversation followed by the completion of an advance health care directive.

Stroll through the interactive event stopping at

- Conversation Lane-- where coaches will be there to guide advance care planning conversations.
- Contemplation Circle-where we will practice meditation under the juniper tree, hosted by multi-faith clergy
- Tent of Tales-where we will record and collect meaningful stories
- Resource Row- connect with community providers who offer compassionate, effective care for elders and those with life limiting illnesses.
- At 12 Noon - Speaker Program & Proclamation by Oakland City Council

## *Losing Your Balance ?*

Balance doesn't come naturally for all of us, but it should. Having good balance can keep us strong, healthy and most importantly, keep us moving ... especially as we get older.

When we workout, we often don't realize how much balance is required for every move. Developing proper form, building healthy, strong muscles and strengthening your core becomes much easier to do when you improve your balance. Not only does improving our balance prevent us from falling and injuring ourselves, it allows us to switch up our workouts and try new moves.

Follow this link to some simple exercises to improve your balance.[www.mindbodygreen.com](http://www.mindbodygreen.com)

# Oakland-East Bay Gay Men's Chorus Spring 2015 Concert Series - *From Stage and Screen*



They're back, and OEBGMC is ready to knock your socks off! This year's concerts will be held Saturday, April 18th, at 7:00 p.m., and Sunday, April 19th, at 4:00 p.m., at the Odell Johnson Theater in Oakland. These concerts will feature exciting music from the movies and musicals you know and love: Wicked, Kinky Boots, Chicago, The Lion King and many more. Prepare to laugh, to cry, and most of all, to thoroughly enjoy this collection of songs.

The audience will be treated to a royal welcome, including a red carpet and flashing bulbs from our own paparazzi, and they will realize they are attending not just a concert, but an event! They will be dazzled by a multi-media experience!

Purchase tickets at [oebgmc.org/tickets](http://oebgmc.org/tickets), or call 1-800-706-2389.

## Affordable Care Act has Reduced Prescription Drug Costs by Over \$15 Billion



The Affordable Care Act has enabled seniors to save over \$15 billion on prescription drug costs since President Obama signed the bill in 2010. On average, this means that seniors have saved roughly \$1,600 per person on their medications. The Affordable Care Act fills the "doughnut hole" - a gap in prescription drug coverage that many seniors face - through rebates and discounts for what Medicare will not cover.

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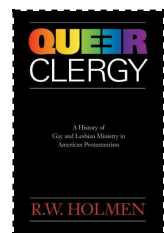
"Increasingly, we are seeing evidence of what we knew since the beginning: that the Affordable Care Act saves seniors billions of dollars on their prescriptions," said Ms. Easterling. Read more here from [The Hill](#).

In a statement to the press, Sylvia Mathews Burwell, Secretary of the U.S. Department of Health and Human Services, also noted that 40 million people have taken advantage of Medicare's free preventive health care services, which will save the federal government and seniors billions of dollars over the next several decades while ensuring that Americans live longer and healthier lives.

## Monthly Book Review

### ***Queer Clergy - A History of Gay and Lesbian Ministry in American Protestantism***

by R. W. Holmen  
Pilgrim Press - Paperback



At last we have a voice for the queers in the liberal Protestant churches. In years back the media only paid attention to Jerry Falwell - "Oh, what does Jerry think?" - while moderate religious leaders were ignored. We are talking about the third largest group of churches after the Catholics and the Evangelicals. The churches on the left are as follows:

- United Methodists
- Evangelical Lutheran
- Presbyterian
- Episcopal
- United Church of Christ

Rev. Troy Perry started the ball rolling in 1968 when he founded the Metropolitan Community Church in 1968.

Holmen, a former trial attorney, delivers a detailed discussion of the battles within each denomination. Protestant gays will want to read this one.

- Frank Howell

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).

## Monthly Events

### Support Discussion Group for Aging Lesbian Women

**April 2 & 16, 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

**April 7 & 21, 11:15-2:00 p.m.** (1st and 3rd Tuesdays)

Hayward Senior Center, 22325 N. Third Street, Hayward

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

### Lavender Seniors Advisory Board Meeting

**April 8, 7:00-8:00 p.m.**

1420 Santa Maria Street, San Leandro

A portion of this meeting is open to the public.

### Senior Men's Group

**April 9 & 23, 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

**April 11, noon-2:00 p.m.** (2nd Saturday of each month)

Corner of Joaquin & Santa Maria (Bancroft & E. 14th Street)

*Come relax for a couple of hours. Share the love, meet others, talk and laugh!*

### Advanced Health Care Directive Day.

**April 16th, 10am to 3pm Free - Open to the Public**

Frank Ogawa Plaza, Oakland, CA

The community is invited to "Conversation Village" for Advanced Health Care Directive Day, a place to consider, communicate and document health care and final wishes through the an end-of-life care conversation followed by the completion of an advance health care directive.

### Oakland Lunch Bunch

Sponsored by City of Oakland Aging & Adult Services

**April 17, noon-2:00 p.m.** (3rd Friday of each month)

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

### LGBT Resource Fair, Bay Area Seniors - 50 +

Sponsored by Brown and Tolland, and supported by Lavender Seniors.

**April 30th, 10am to 2pm, Health Education Center, 400 Hawthorne Ave, Oakland, Bechtel Room**

Visit with many healthcare related providers who are showing their diversity and eager to serve the LGBT senior community.





## Special Events

### **AARP FREE Tax Help - Available through April 10**

AARP volunteers will file tax returns for free at Oakland Library's Eastmont Branch. Patrons must bring picture ID and provide all of their tax information. **Preference is given to seniors first** and then other members of the public will be served. Fridays from noon to 4:00 p.m. from February 6 through April 10. A volunteer will have a sign-up sheet outside the front doors of the Library at approximately 11:45 a.m. Questions? Call 510-615-5726.

## Senior Center Without Walls Community Phone Calls



### **Tall Tales "Truth is Stranger than Fiction" - Mondays, 2 - 2:45pm**

Do you like to tell a good story, or perhaps to listen to one? Join SCWW's "Liars" Club and see if you can figure out which stories are true and which are fanciful fabrications. With Kathleen Torres.

### **Oakland Museum of California: Bees - Tiny Insect, Big Impact - Friday, April 10, 3 - 4pm**

This new exhibition in the Gallery of California Natural Sciences takes a look at the wildly diverse and intricate world of one of the most important creatures to human agriculture and the natural environment. Docent Pattie Litton will lead us on a tour of this fascinating exhibit. Handout available with registration.

### **Book Club - Twice a month! Every 1st & 3rd Saturdays, 3 - 4 pm**

Book lovers unite! Call in to share your favorite books and authors with other book lovers. Raquel de Knust and Andy Andersen facilitating.

View the [full spring catalog](#) of community phone calls [here](#). 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).

## Board of Advisors

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## Thank you to our sponsor, Chapel of the Chimes

[Chapel of the Chimes](#) is proud to be a Lavender Seniors "LGBT elder-friendly" business since 2007. A member of the Lifemark Group, [Chapel of the Chimes](#) is a family of premier Bay Area cemeteries, funeral homes, crematories, and mausoleums providing full end-of-life services.

*Call and set up your Health Care Directive today!*

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