



Lavender Notes

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

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August 2020 - Volume 26 Issue 8

**STORIES
OF OUR LIVES**

Frederick Charles “Fred” Hertz

How many of us have been fortunate enough – at age 67 – to assist our 96-year-old mother in writing a story based on her memories and compiling the passionate love letters – written 1942-45 – between her and her husband, your father? Never mind your father was a bombardier – shot down over Germany and presumed dead – who survived for nearly a year in a German POW camp until the troops of General George Patton liberated the camp in 1945.

That lucky man – Fred Hertz, an esteemed Oakland lawyer, author, mediator, LGBTQ rights activist – was born in St. Paul, MN, in August 1952 into an observant Jewish family – deeply rooted in Minnesota now for 150 years. He was the youngest of three siblings. He grew up with a large extended family, including grandparents, aunts, uncles and cousins.

“My childhood was very kosher indeed,” Fred recalls. “We were a Jewish-identified family, active in our synagogue, doing community service and volunteer work. I was involved in Jewish youth groups and religious schools in what was then a very tolerant community. Until recently, it was quite a liberal place for a kid to grow up. We were a relatively cultured community, celebrating with rituals and music – I played the piano – and gender roles were less rigid than in other communities. I had plenty of friends, both boys and girls. Though



Fred with ice skates, Minnesota – age 8

Dad tried occasionally to toughen me up to be more athletic, neither I nor any of my friends were very interested in – or good at – sports, it seems.”

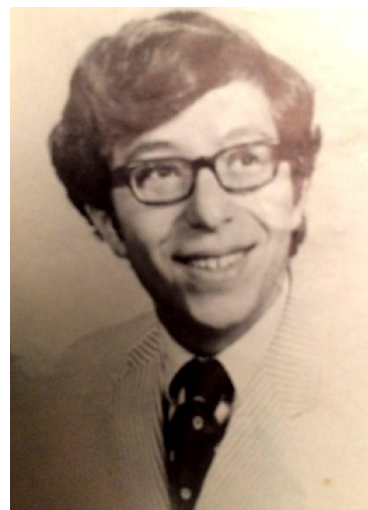
His mother was the primary breadwinner, running an educational department for the State of Minnesota. His father tried – often not too successfully – to start various kinds of businesses.

“While I was in high school, some of us became involved in the conflict over the Vietnam War,” Fred says, “and, unfortunately, Dad went a bit Republican on us. But, in spite of his opposition, my friends and I got a taste for political activism early on and it’s never really left my DNA in all

these subsequent years.”

Fred attended Highland Park High School in St. Paul and – even though he dropped out for a while – he graduated with his class in 1970. He was active on the school newspaper, performed in school musicals and belonged to Jewish youth groups. In the spring of his junior year, he became very involved in various political actions.

“That was a transformative year for me, 1969,” Fred recalls. “I started hanging out with the ‘lefties’ and black kids who were being bused into our school. I got involved organizing Earth Day and other environmental activities, protested the bombing of Cambodia, started smoking dope and hanging out with ‘the bad kids’. I dropped many of my former ‘country-club’ friends, which didn’t sit too well with some people.”



Fred, high school graduate – age 18

Until he was almost 30 years old, Fred considered himself bisexual.

“I had relationships with both women and men for many years,” Fred recounts. “Even during my junior and senior years of high school – though I had relationships with women – I also started allowing myself to be picked up by men, particularly after I graduated. When I was a freshman at University of Michigan, I explored relationships with men, as well. I was in a gay relationship from age 22-25 and then a relationship with a woman from age 26-29. You could say I was pretty confused about what I wanted during those years.”

As early as during his senior year, Fred learned about the formation of FREE (Fight Repression of Erotic Expression), a Minneapolis group, one of the first gay rights organizations in the country – at a time when same-sex marriage was not anywhere near the top of most gay organizations’ agendas.

“The feeling among many gay activists at the time was that such a marriage would merely be a simulation of heterosexual rituals,” Fred recalls. “Jack Baker, a law student, was elected the first President of the organization. Subsequently, he and his librarian boyfriend, Mike McConnell, got a marriage

license on their second try – in Blue Earth County – and were legally married in September of 1971. Though there have been several negative court decisions, that marriage has never been revoked or annulled, so those two guys are still considered the first same-sex marriage recorded in the public files of any civil government in the U.S. That early exposure turns out to have indirectly affected the trajectory of my own career.”

After his freshman year at University of Michigan, Fred spent a year in Europe, then came back to the University of Minnesota, where he received his bachelor’s degree in Philosophy in 1975. He then moved to the Southwest, where he started graduate school at University of Texas in Austin. Though he dropped out of grad school, he became more politically active, and stayed in Austin for two years.

“In many ways, I had the most fun of my life during those two years in Austin,” Fred recalls. “I became much more gutsy, while I was working at a library there. I helped organize legislation to fight sodomy laws. We fought against the local newspaper, which would publish ‘no fats, fags or fems’ ads, but wouldn’t allow any ads for the gay community center! Interestingly, they subsequently published a front-page story, naming some of us as ‘avowed homosexuals’, thinking that would send us scurrying back into the closet. That didn’t stop us, of course. And before I left Austin, I became involved in a group fighting against the Anita Bryant mentality – ‘Save the Children’ – and joined demonstrations against her during her visit to Austin.”



Fred as part of the Austin Human Rights Coalition (with sunglasses between the N and R), 1977

At that point, Fred decided to pursue a career in law, so headed for Boalt Hall at UC-Berkeley in 1978. He arrived in California just as the Briggs Initiative (Proposition 6) was put on the ballot in response to Anita Bryant’s successful anti-gay campaign in Dade County, Florida.

“Though I focused largely on law school, I also became involved in EBACABI (the East Bay Area Coalition Against the Briggs Initiative), a cause which ended successfully with the defeat of that anti-gay ballot measure,” Fred recalls. “Then I experienced another painful chapter in my romantic history – a passionate two-month love affair that didn’t go well at all – I got dumped. The year ended with the devastating assassination of Harvey Milk and George Moscone. As a politically-active gay Jewish man with latent sarcastic tendencies myself, I suddenly felt very unsafe, even in Berkeley, which is considered such a safe haven for LGBTQ folks. I had felt totally secure in

Austin – perhaps naively so – but I suddenly felt very unwelcome here.”

In January 1979, however, he took a deep breath and began a nearly-one-year internship with National Gay Rights Advocates in San Francisco.

“It was a bit surreal,” Fred says, “since, twice a week, I would take a bus across the bay, then a streetcar into the Castro and find myself surrounded by this wonderful community of gay rights lawyers, clients and staff. I felt like I’d found my tribe! They were doing such amazing work – openly gay, socially productive, totally engaged and emotionally nurturing. This experience had a profound effect on my life. Once again, it verified for me that I was much more comfortable being involved with activist organizations than being in the bars or the streets.”

For a year or two, Fred’s professional, personal and social life revolved largely around NGRAs events – political programs and educational programs – providing an entrée into a way of being openly gay in the world. Then he co-organized the Gay Law Students Association and was one of the founding members of BALIF (Bay Area Lawyers for Individual Freedom), which bills itself as an LGBTQI Bar Association.



BALIF in the 1980s and the National March on Washington for Lesbian and Gay Rights, 1993

“I was primarily interested in environmental and real estate law,” Fred recalls. “But in 1982, at a BALIF cocktail party, I discovered that many gay men with AIDS needed wills – sometimes to protect their partners from family members who might come and throw the recently-widowed partner out in the street. This prompted co-founding of the AIDS Legal Referral Panel. I started out organizing fund-raisers. As it turned out, I spent nearly a decade of my life focusing on legal issues for People with AIDS. We were involved in the bath-house battle, fighting regular housing and employment discrimination against PWA and even fought against anti-PWA discrimination at the Neptune Society.”

During this period, Fred’s practice used a separate e-mail address – samesexlaw.com – to emphasize the LGBTQ portion of his legal portfolio – separate from the more conventional portion of his practice.

“It was clear fairly early on that LGBT clients were very vulnerable in judicial proceedings, largely because lesbian and gay couples couldn’t be legally married and, as such, weren’t covered by family law,” Fred recounts. “But the fact was that there was also no protection for these couples if/when they were to break up. The not-so-inaccurate stereotype at the time was that when lesbian couples break up, they fight over the children; when gay male couples

break up, they fight over the property. I didn't get involved so much in the parental disputes, but did become a sought-after litigator when property was in dispute."

As a result of his increasing expertise in the area of gay and lesbian "divorce," Fred became something of a national legal spokesman, being asked to co-author the still-definitive book on the subject in 1980 (now in its 20th edition, coming out every two years). He was invited in 1996 to appear on "Oprah." In 1998, he wrote his own book on formation and dissolution of gay relationships.

"For some years, half or two-thirds of my work had to do with gay and lesbian break-ups," Fred recalls. "Then from 1998 until 2010, I became totally involved in domestic partnership battles, fighting for domestic partnerships, fighting for registered domestic partners and helping couples understand the difference between state and federal law. When the New York Times contacted me for an interview about gay marriage, I suggested the bigger story might be gay divorce. From 2001 until the 2015 SCOTUS gay marriage decision in Obergefell, I focused on public education and education for lawyers in this complex area of family law."

In 2010, Fred encountered a new area of law after being contacted by Jewish Family and Community Services to organize a fund-raiser for their new LGBTQ refugee program. Though he knew little about asylum/immigration law, he soon joined the board of ORAM (Organization for Refuge, Asylum and Migration). In 2015, Fred hosted a gay Syrian refugee in his home for a few months, an experience included in the 2019 film, "Unsettled: Seeking Refuge in America", featured at the San Francisco and Frameline Film Festivals last year.



Fred and Syrian Refugee, Subhi, making dinner together

His "coming-out" process along the way was fairly painless.

"From an early age, I was pretty open with my family about being involved in relationships with both men and women," Fred recalls. "My Mom clearly knew what was going on when she visited me and my boyfriend, noticing we only had one bed. Her main reaction initially was to treat the news like she had discovered a child with a disability. 'I'll join PFLAG like I would join a group for parents of retarded children if I had a retarded child!' My father, however, was very intolerant for the first ten years or so after he found out. Only when a first cousin died of AIDS in 1994 did he realize he should appreciate that he had a healthy and ALIVE gay son! My whole family – though they resisted at first – has become very fond of my long-term partner!"

Ah yes, Fred's long-term partner. In the summer of 1982, they were introduced by a mutual friend. They have lived in Oakland since 1984. Unfortunately, their East Bay home was destroyed in the 1991 Oakland Hills firestorm. They have been together for 38 years. They sometimes attend the regular Hertz family gatherings (e.g., Seders, weddings, bar and bat mitzvahs)

together – and sometimes Fred goes alone. They have traveled extensively together, including trips to Israel, where Fred has lectured on gay family law.

Fred has helped organize a family trip to their roots in Latvia, largely prompted by the discovery of his great-grandfather's diaries dating back to the 1850s and 1860s, before migration to Minnesota. He is also working on a book project involving re-connecting with descendants of his great-great-grandparents and their siblings, some in Israel, some in Europe and some in the U.S. In addition – as mentioned in the lead of this story – Fred is working on another project, which he feels has also helped shape the family into what it is today. All of these activities have continued this year, notwithstanding the shelter-in-place orders.

"One of the most urgent unfinished projects is working with my Mom on publishing my parents' story based on her memories and the love letters they exchanged between 1942 and 1945," Fred says. "My parents met the day after Pearl Harbor – on 8th December 1941. When my Dad disappeared over Germany and was presumed dead, his footlocker – sent back to the U.S. – held the whole stash of Mom's letters to him and she, of course, had all of the letters he had written her. Imagine being Jewish in a German POW camp! Imagine the joy my Mom felt when she found out he was alive! Though Dad died ten years ago at age 89, Mom is still sharp as a tack at 96 and can tell you what happened on any day you bring up. I really want to help her organize this story, which is so important to her – and, of course, to our family history."

Thank you, Fred, for sharing parts of your amazing and versatile life story with readers of the Lavender Seniors newsletter!



BOOK REVIEW

Gay Like Me: A Father Writes to His Son

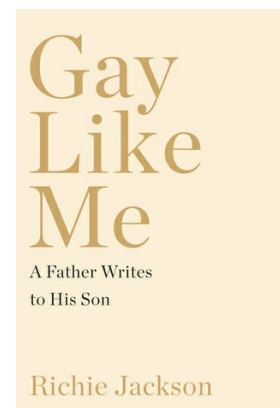
By Richie Jackson

"In 1984 when I was 18, I told my mother I was gay and that I was going to be a father."

At age 17, Jackson moved to New York City to attend New York University. He was caught up in the AIDS epidemic. The Moral Majority was a major enemy.

In 2015, Jackson had an idea for a pro-gay program on TV. An older gay man meets a younger gay man who has just arrived in New York City. He instructs his young gay companion on how to cruise.

A powerful story ends with a parent's prayer to younger gays. A stunning tale for all thoughtful readers. Jackson lives with his two sons in New York City.



- Frank J. Howell

BONUS BOOK REVIEW

Divine Intervention

By Mac Rountree, gayauthors.org



For those looking for some interesting on-line LGBTQ+ literature, while sheltering-at-home, Divine Intervention might be the perfect choice. Listed with the following key words – Gay Seniors, Adult, Spirituality, Modern (begins in 2019) and Transgender – this 24-chapter novel describes the lives of three generations of what becomes a very close extended family.

Thomas – an Episcopal priest emeritus – and his long-term spouse, Joe – an accomplished carpenter and general soft-hearted grandfather-type – have recently retired and moved from Philadelphia (where they met in the 1980s – Thomas served St. Anselm’s Episcopal Church) to Hillsborough, a small North Carolina town near the Research Triangle Park (Chapel Hill, Durham and Raleigh). At the local farmer’s market, Thomas encounters Mark and his two children: Robert and Army. Army (short for Armistead) prefers to be called Belinda. Thomas and Joe realize that their retirement has come to an end as this family – like many families before in their lives – needs their assistance. Can these families show the world new ways of being family in this small southern town?

The flashbacks between Philadelphia in the 1980s (beginning of Thomas and Joe’s relationship – when they also adopt their first son) and the 2019-20 stories of their involvement in more of their extended family, this book provides an exciting look at how families have evolved (or not) over the years.



St. Andrew's, where so much happens

The criticisms of this book are few and far between. The most serious has to do with the last chapter, sub-titled “Icons,” which takes place on “Old Christmas,” 5th January 2020, the Twelfth Night after Christmas 2019. In this final chapter, Sean, the fragile adopted 40-something son of Thomas and Joe, presents icons he has painted to each member of the extended family. In spite of the book title – which may presage more spiritual involvement – the concluding chapter seems a bit over-the-top-religious, out-of-place given the previous 23 chapters – even though we know of everyone’s connection to the Episcopal church, either in Philadelphia, Hillsborough or Mebane (another small city in North Carolina), where so much of the action takes place.

Aside from that, a hearty recommendation for some pleasant and informed reading while we all try to make it through these difficult times. Here is the hyperlink to the novel:

<https://gayauthors.org/story/mac-rountree/divine-intervention>. For other stories by LGBTQ+ authors, pick and choose at <https://gayauthors.org/>

-John David Dupree, Tinamastes, Costa Rica



Lavender Seniors Seeks Webmaster

We have been “spoiled” over the years by having highly-qualified volunteer (Bert Hendriksen for many years, as well as D’Anne Bruetsch for a while) and reasonably-priced (Lisa Stambaugh) webmasters to help us aging, technically-

challenged LGBTQ seniors to maintain a high-quality web-page for our constituents (www.LavenderSeniors.org).

Now, Lisa has decided it’s time to retire and move on to all the joys and sorrows of retirement, like so many of us have done or are planning on doing.

As we enter the third month of “sheltering-in-place” and “stay-at-home” orders, it is perhaps even more important that vulnerable (and invincible!) LGBTQ seniors in the East Bay have a reliable and colorful website to go to for information and staying connected with their community.

Therefore, we are looking for any LGBTQ community members – or their allies – who would be willing to take on that task as soon as possible. We would prefer engaging someone who’d want to play the role for at least a year, or, ideally, longer. Someone with creativity, intelligence, website experience, knowledge of our community and a flair for detail would be our first choice.

If you – or anyone you know – might be interested, qualified and have a few hours a month to spend maintaining and sprucing up our internet image, please contact Beckie@LavenderSeniors.org or leave a message at 510-736-LGBT. Someone will get back to you as soon as possible

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 us at karen@lavenderseniors.org or (510) 424-7240 and we will be in touch with you soon. Thank You!



Second Saturday (Zoom) Rainbow Lunch in August

When (and How) Did You Know ?

At last month's Second Saturday Rainbow Lunch meeting, it was decided that the topic for the August gathering would be "When (and How) Did You Know" that you were "different"? Whatever process we each went through along the way, we all wound up in a 90-minute lunch meeting for LGBTQ+ seniors on the 11th of July 2020. We decided it would be interesting to share some of the stories of those journeys with each other – people who would understand our process, perhaps similar – or quite different – from their own.

We are trying to figure out all of the technical issues in resuming "after-lunch" education and entertainment presentations that have been unavailable since March Zoom meetings began.

Meanwhile, we have been contacted by a recent UCLA graduate interested in helping LGBTQ+ seniors take "virtual tours" of museums, something he's been doing for the last year or two. In our communications with him, we have expressed interest in having some of these tours (e.g., Wiesenthal Museum of Tolerance, Holocaust Museum) and tours of works of LGBTQ+ artists/sculptors in such well-known museums as the Louvre, the Prado and the Rijksmuseum available during our shelter-in-place isolation. Check out this story elsewhere in this newsletter.

Below are the details for joining the Second Saturday Zoom meeting in August (same hyperlink for the rest of the year, as well):

Gwendolyn Boozé and John David Dupree are inviting you to a scheduled **Second Saturday Rainbow Lunch** meeting on Zoom.

Topic: **Second Saturday Rainbow Lunch**

Time: Saturday, August 8, 2020 12:00 PM Pacific Time (US and Canada)
Join Zoom Meeting

<https://us02web.zoom.us/j/89671026595?pwd=TGRtYkxhTzZGbWFFTTB1WWpQNkFpWZz09>

Meeting ID: 896 7102 6595
Password: 153953

Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 896 7102 6595

Password: 153953

We hope to see you there, poised to share some of your own story with like-minded souls!



Third Friday Zoom Lunch in August

The LGBTQ+ Politics of 2020

Many things are at stake for the LGBTQ+ community this year. This includes not only handling of the COVID-19 pandemic and the 2020 Census, but also increased anti-LGBTQ+ violence, ongoing systemic racism/sexism/homophobia/anti-semitism, renewed calls for legalized homophobia-transphobia in provision of health-care services, adoption, military service and so on.

To help walk us through the many issues on 2020's crucial political agenda – besides, of course, the November 3rd election – is Al Schendan, a Lecturer in Political Science at San José State University since 2005. A San Leandro resident, he has presented at the Second Saturday Rainbow Lunch on several occasions. This will be his first time speaking with the Third Friday Lunch Bunch, relaying his political perspective.



Prof. Al Schendan

This will also be our first attempt to provide an actual presentation since we began offering Zoom gatherings five months ago (March 2020). Please bear with us on any technical glitches that might occur on our maiden voyage into this slightly new realm.

Meanwhile, we have been contacted by a recent UCLA graduate interested in helping LGBTQ+ seniors take “virtual tours” of museums, something he’s been doing for the last year or two. In our communications with him, we have expressed interest in having some of these tours (e.g., Wiesenthal Museum of Tolerance, Holocaust Museum) and tours of works of LGBTQ+ artists/sculptors in such well-known museums as the Louvre, the Prado and the Rijksmuseum available during our shelter-in-place isolation. Check out this story elsewhere in this newsletter.

Below are the details for August’s Third Friday Lunch Bunch Zoom meeting (same hyperlink, meeting ID and password through December 2020):

Gwendolyn Boozé and John David Dupree are inviting you to
Third Friday Lunch Bunch meeting on Zoom.

Topic: **Third Friday Lunch Bunch**

Time: Friday, August 21st, 2020 – 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

Meeting ID: 852 3582 5964

Password: 569546

Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 852 3582 5964

Password: 569546

We hope to see you there at this meeting, to participate in the chat (no meal, sorry – BYO), followed by Prof. Schendan's presentation and the usual robust Q&A afterward!

FOUNDER'S CORNER

Barbara Jue, Co-Founder, August 2020

We are 5 months from the start of the shelter-in-place directive in response to the COVID-19 pandemic. Earlier we flattened the curve to the point that California eased into phase 2A and begin to reopen. Today, Alameda County's confirmed count is above 9,390 and rising. We have now moved to a modified lock-down – updated on July 19th for certain economic sectors. As the scientists learn more about this deadly virus we are reminded we are still in the first phase of this pandemic.

Experts suggest we prepare for another long period learning from our first experience and start to phase in additional purchases of shelf stable items, sanitation products, prescription medicine reserves, some bottled water or water filters, protective equipment (**Lavender Seniors has masks – please let us know if you need some!**) and cash reserves in case electronic devices at banks go down.

Lavender Seniors has delivered over 45 masks since the beginning of the shelter in place and we are ordering more. LSEB Friendly Visitor Program is in exploratory discussions to collaborate with Samuel Merritt University Nursing Program.

As we prepare to shelter in place again, I have updated the resource document. If you wish an electronic copy of the resource which includes testing sites throughout Alameda County, or if you wish a paper copy of it, drop us a line at info@Lavenderseniors.org or leave a phone message at 510-736-LGBT (510-736-5428) giving us your e-mail address and/or your snail mail address requesting for a copy of the document.

We are fortunate in the Bay Area. Please support zoos and our own Oakland's Children's Fairyland, which inspired Walt Disney's Disneyland. Animal rescue and conservation organizations would appreciate any donations. Google zoos, animal rescue, animal conservation for lists of these organizations. We are not the only living things affected by this pandemic and **they are depending upon us for their survival.**

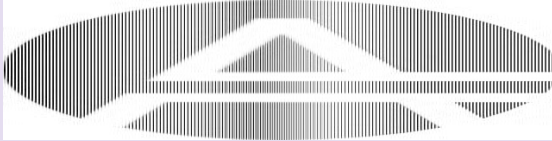
Current senior issues and additional points of interest as we also prepare for the upcoming November elections 3 months away:

- Nearly 6 million Californians are over the age of 65. About 36% of women and 20% of men over 65 currently live alone, and are sole supporting.
- About 30% of seniors don't have enough income to cover basic needs. In a recent survey by the Transamerica Center for Retirement Studies (TCRS), 69% of baby boomers said they planned to keep working past 65 due to financial reasons. Many older adults have long been supplementing their pensions and social security benefits with part-time employment or self-employment.
- Although part-time and self-employed older adults are technically eligible for regular unemployment or Pandemic Unemployment Assistance (PUA), seniors are **denied benefits in California because both pension and social security are counted as income and must be declared to UI/PUA**. This income is deemed to be 'over the acceptable limit' and denied unemployment payments. It is unreasonable and unfair to ask our seniors to live on two-thirds of their usual income. If the situation continues, we may end up spiraling into unintended consequences which worsens our economy and living situations.
- If you want to see change in this policy, write your state legislature and congressional representatives to take action on this issue.
- The administration has tried to make it so that undocumented immigrants are not allowed to complete the Census 2020, which would thereby deprive state and counties from benefiting fully from federal funds targeting health and human services **affecting all users** of the services. Take action to encourage all citizens to complete the 2020 Census. Help them go to [My2020Census.gov](https://my2020census.gov) and fill out the very short survey. The results of the 2020 Census will be with us for the next 10 years. We must give our social services a fighting chance to be fully funded and take care of the people.

Join us on the Second Saturday of the Month or the Third Friday of the month for our Zoom congregant meetings and bring your lunch. For the Zoom connections, see further information elsewhere in this newsletter.

As always: Wear a mask, maintain 6 feet social distance, wash your hands for 20 seconds, use hand sanitizers, share a joke with a senior when you check up on them. Exercise, meditate, sing a song, enjoy a hearty laugh.

If you have ideas to help us through this pandemic, let us know. If you need help reach out to us to see what we can do. Contact us at 1-510-736-LGBT (5428) or write us at info@lavenderseniors.org.



LOOKING FOR INTERGENERATIONAL PEN PALS

With support of the County of Santa Clara office of LGBTQ Affairs is looking for senior pen pals in its LGBTQ YOUTH SPACE program. If you are interested in being a senior match to a LGBTQ youth please contact:

Thomas Kingery, tkingery@avenidas.org

Frank Pena, FPena@fcservices.org, for more information.

The Census is about representation

LGBTQ
COUNTS



COUNTING LGBTQ COMMUNITIES IN THE CENSUS

The census is a count the federal government does of every person living in the United States. It happens once every 10 years and is required by the US Constitution. You can do the census online, by phone, or by mail. Most people received a letter from the Census Bureau with instructions.

Why do we do the Census?

Governments and businesses use census data to decide:

- How much money each state gets for schools, hospitals, roads, and social services
- Locations for new roads, transportation lines, and businesses
- How many Congressional Representatives each state, including California, receives
- How local and state district lines get drawn, based on population

Why is Census important for LGBTQ communities?

Census data helps determine political representation and funding for social services. Many LGBTQ people rely on these services like health care, housing, and CalFresh. **When everyone does the census, LGBTQ communities get our fair share.** This means funding for local services and the political representation we deserve. In the past, the census has undercounted LGBTQ people, immigrants, and people of color. If we do not get an accurate census count in 2020, California could lose a seat in the House of Representatives. **Doing the census is an important act of claiming visibility and power.** Without representation, the values, needs and interests of LGBTQ Californians will go unheard.

What questions are on the Census?

The census asks 9 simple questions about you and the people living in your household. The census will ask you how many people live with you and if you own or rent your house, and your relationship to those people. It will also ask you for your name, sex, age, birthday, ethnicity and race. **The census does not have a specific question about sexual orientation.** But, for the first time in history, you can say if you live with a same-sex partner or spouse. The census does not provide an option for single people to identify as LGBTQ, though. The census asks your sex according to a binary. You can only select "male" or "female". LGBTQ people should still do the census, though. **When you answer according to how you best identify, you help us work toward a future with better representation for all.**

Do the census today.

Visit my2020census.gov or call 844-330-2020. To learn more, go to sf.gov/lgbtqcensus



Experiencing memory loss?

RECEIVE
\$125*

This program may help!

Sign up today

CALL US NOW

1-888-655-6646



Safe Communication

Safe, easy, video chatting



Completely Free

*Available in Washington,
Oregon and California*



Receive \$125

** per pair for completing
five phone interviews*

- Coaches provide nine virtual sessions for the person with memory loss and their care partner.
- Sessions are designed to improve the health and well-being of both.
- Either the person with memory loss or care partner must be LGBTQ.
- Call us at 1-888-655-6646 or email ageIDEA@uw.edu. Visit ageidea.org for more information.

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action

Community partners include GenPRIDE, Openhouse, Family Caregiver Alliance, and LA LGBT Center.

Pen Pals, Anyone? Virtual Museum/Park Tours?

In our ongoing quest to provide education and entertainment for LGBTQ+ seniors, the board of Lavender Seniors of the East Bay is currently investigating a couple of possibilities.

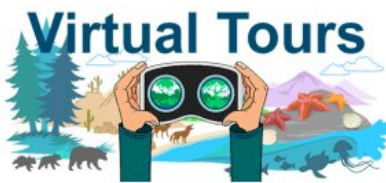
Pen Pal Projects: As is noted in this month's "Founders Corner" above, the

Santa Clara County Office of LGBTQ Affairs is proposing – as part of its LGBTQ Seniors Initiative – to promote an inter-generational initiative by matching LGBTQ seniors as pen pals with young LGBTQ individuals. For more specifics, read the “Founders Corner” above.



On another note, Lavender Seniors has had an inquiry from a 50-something gay man in Scotland who is interested in connecting with an LGBTQ pen pal in America, as a way of getting to know more about what life is like for members of our community here. Similarly, the board is exploring the possibility through such international organizations as ILGA (International Lesbian and Gay Association) of being matched with LGBTQ seniors in countries around the world who might be interested in such a connection. Some of us had such connections as kids and found it to be a useful way of finding out about other cultures, as well as feeling less isolated.

Virtual Museum/Park Tours: The board has also been approached by a recent UCLA graduate who has been conducting virtual museum tours for people, something that might be organized for our Second Saturday Rainbow Lunch, Third Friday Lunch Bunch or even Third Wednesday Film Series Zoom gatherings in the future. In response to the young graduate’s inquiry, we have suggested that virtual tours of the Museum of Tolerance or the Holocaust Museum might be of great interest to some of our participants; but also that seeing the LGBTQ offerings in world-famous museums like the Louvre, the Prado or the Rijksmuseum might be very interesting, as well as educational, particularly given that local Shelter in Place orders are continuing for the foreseeable future since their 19th July resumption here “until amended, replaced or rescinded”, according to that order.



Anyone interested in either of these projects, please contact Info@LavenderSeniors.org or leave a message at (510) 736-LGBT (5428) with contact details. Someone will respond, using those contact details. Also, any suggestions for other museums, national parks, places or subjects of interest to help break the feeling of seniors’ isolation would be appreciated. We won’t pursue either of these concepts if there is no interest shown by people who would be participating.

"Gen Silent"

Documentary and Discussion about Aging while LGBTQ

August 13th 11:30am

"The generation that fought hardest to come out, is going back in
- to survive."



About this Event

Join us for a screening of the groundbreaking documentary, *Gen Silent*.

This award-winning film follows a handful of LGBTQ people as they navigate their identities in a long-term care system that isn't always accepting.

Following the screening, there will be a discussion and Q&A with the filmmaker and a panel of Shropshire area LGBTQ aging advocates, who will share how they are making it a safer place to age without discrimination.

This screening is co-presented by:

Safe Aging No Discrimination and **AgeUK**, Shropshire Telford & Wrekin.

During the event we will be giving a 'sneak preview' of our upcoming film, ***All The Lonely People***. This film examines the growing epidemic of isolation and loneliness. Much of the film is shot across Shropshire and other parts of the West Midlands!

The Evening:

- Introduction by Filmmaker & Producer, Joseph Applebaum.
- Film screening (1 hr)
- Discussion and Q&A w/ Filmmaker & Director, Stu Maddux, & Local LGBTQ Advocates, TBD #1 & TBD #2

The event is free, but **donations are encouraged**. All proceeds help us continue our social-impact filmmaking and the completion of, ***All The Lonely People***. Because of COVID-19 we are currently placing cameras in the hands of our film participants to safely capture their experience in isolation.

Register for the event click here: [Gen Silent](#)

Sexual Orientation and Gender



Identity

(I just can't keep up with it all!)

Definitions

Many Americans refrain from talking about sexual orientation and gender identity or expression because it feels taboo, or because they're afraid of saying the wrong thing. This glossary was written to help give people the words and meanings to help make conversations easier and more comfortable.

Ally | A person who is not LGBTQ but shows support for LGBTQ people and promotes equality in a variety of ways.

Androgynous | Identifying and/or presenting as neither distinguishably masculine nor feminine.

Asexual | The lack of a sexual attraction or desire for other people.

Biphobia | Prejudice, fear or hatred directed toward bisexual people.

Bisexual | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.

Cisgender | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

Closeted | Describes an LGBTQ person who has not disclosed their sexual orientation or gender identity.

Coming out | The process in which a person first acknowledges, accepts and appreciates their sexual orientation or gender identity and begins to share that with others.

Gay | A person who is emotionally, romantically or sexually attracted to members of the same gender.

Gender dysphoria | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), the term - which replaces Gender Identity Disorder - "is intended to better characterize the experiences of affected children, adolescents, and adults."

Gender-expansive | Conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.

Gender expression | External appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender-fluid | According to the Oxford English Dictionary, a person who does not identify with a single fixed gender; of or relating to a person having or expressing a fluid or unfixed gender identity.

Gender identity | One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender non-conforming | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

Genderqueer | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

Gender transition | The process by which some people strive to more closely align their internal knowledge of gender with its outward appearance. Some people socially transition, whereby they might begin dressing, using names and pronouns and/or be socially recognized as another gender. Others undergo physical transitions in which they modify their bodies through medical interventions.

Homophobia | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

Intersex | An umbrella term used to describe a wide range of natural bodily variations. In some cases, these traits are visible at birth, and in others, they are not apparent until puberty. Some chromosomal variations of this type may not be physically apparent at all.

Lesbian | A woman who is emotionally, romantically or sexually attracted to other women.

LGBTQ | An acronym for "lesbian, gay, bisexual, transgender and queer."

Living openly | A state in which LGBTQ people are comfortably out about their sexual orientation or gender identity – where and when it feels appropriate to them.

Non-binary | An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do.

Outing | Exposing someone's lesbian, gay, bisexual or transgender identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

Pansexual | Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree.

Queer | A term people often use to express fluid identities and orientations. Often used interchangeably with "LGBTQ."

Questioning | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

Same-gender loving | A term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.

Sex assigned at birth | The sex (male or female) given to a child at birth, most often based on the child's external anatomy. This is also referred to as "assigned sex at birth."

Sexual orientation | An inherent or immutable enduring emotional, romantic or sexual attraction to other people.

Transgender | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Transphobia | The fear and hatred of, or discomfort with, transgender people.

Personal Pronoun Preferences

A pronoun is a word that refers to either the people talking (I or you) or someone or something that is being talked about (like she, it, them, and this).

Gender pronouns (he/she/they/ze etc.) specifically refer to people that you are talking about.

She/her/hers and **he/him/his** are a few commonly used pronouns. Some people call these "female/feminine" and "male/masculine" pronouns, but many avoid these labels because not everyone who uses *he* feels like a "male" or "masculine."

There are also lots of gender-neutral pronouns in use. Here are a few you might hear:

They/them/theirs (Shea ate their food because they were hungry.) This is a pretty common gender-neutral pronoun and it can be used in the singular. In fact, "they" was voted as the Word of the Year in 2015.

Ze/hir/hir (Tyler ate hir food because ze was hungry.) Ze is pronounced like "zee" can also be spelled zie or xe, and replaces she/he/they. Hir is pronounced like "here" and replaces her/hers/him/his/they/theirs.

Just my name please! (Ash ate Ash's food because Ash was hungry) Some

people prefer not to use pronouns at all, using their name as a pronoun instead.

Never refer to a person as "it" or "he-she". These are offensive slurs used against trans and gender non-conforming individuals.

Editors Note: I thought this was a great piece shared on Facebook by our Lavender Seniors Board President on International Non-Binary People's Day last month. So many of us have these old terms engraved in our brains, it takes diligent practice to replace them. For me the challenge is 'guys', what's yours?

Instead of

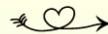
Try

HIS or **HERS**



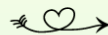
THEIRS

LADIES and
GENTLMAN



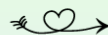
**DISTINGUISHED
GUESTS**

MEN or
WOMEN



EVERYONE

LADY/MAN
in the red shirt



PERSON
in the red shirt

GUYS



FOLKS



**INTERNATIONAL
NON-BINARY PEOPLE'S DAY**



FAMILY CAREGIVER ALLIANCE®
National Center on Caregiving

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 [LGBT Caring Community Online Support Group](#).

Well Connected Enriching lives and supporting well-being.

(FORMERLY SENIOR CENTER WITHOUT WALLS)

Community Phone Calls

This award-winning program offers activities, education, support groups, and friendly conversation over the phone or online.

Just a few of the things offered:

(The times are no longer listed in the generic catalog, once you have signed up you will get a link to a catalog with times in your time zone)

LGBTQ Chat 2nd and 4th Mondays

This group is open to all LGBTQ older adults to connect with others socially in a supportive environment where participants can share individual and collective experiences. Facilitated by Ariel Mellinger, ASW, Support and Wellness Coordinator, Openhouse SF

Music's Memory Lane Tuesdays

Each week we'll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we'll dive into our recollections of concerts, lyricists, and pop culture. Facilitated by Steve Maraccini

Perplexing Questions Sundays

Have you ever wondered how a fly can walk upside down on the ceiling? Or how a camel can go so long without water? Find out the answers to some head-scratching questions. Facilitated by Sharon Schwartz

View the Current catalog of community phone calls [here](#). Check the [website](#) for more information. To participate in these or other Well Connected telephone activities, or to learn more about their programs, call 877-797-7299 or email coviaconnections@covia.org.



**Save
the
Date**

Out Standing Seniors - Sponsored by Pacific Center

12:30 - 2:00 p.m. (1st and 3rd Tuesdays)

Meets via Zoom email outstandingseniors2@gmail.com for info.

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

LezBold Peer Support Group

1:30 p.m. (Thursdays)

Meets via Zoom email lezboldgroup@pacificcenter.org for info.

Find support and like-minded wonderful people!

Older & Out Therapy Group - Berkeley - Sponsored by Pacific Center

3:00 p.m. (Fridays)

email Anne@pacificcenter.org for current meeting information.

Free drop-in therapy group for LGBTQ community members age 60+

Older & Out Therapy Group - Oakland - Sponsored by Pacific Center 2:00 p.m.
(Fridays)

email Anne@pacificcenter.org for current meeting information.

Free drop-in therapy group for LGBTQ community members age 60+

Older & Out Therapy Group - Hayward - Sponsored by Pacific Center

1:00 p.m. (Mondays)

email Anne@pacificcenter.org for current meeting information.

Free drop-in therapy group for LGBTQ community members age 60+

Rainbow Seniors - Sponsored by Pacific Center & Lavender Seniors

12:30 - 2:00 p.m. (2nd & 4th Tuesdays)

Meets via Zoom contact rainbowseniors@pacificcenter.org for info.

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

Living OUT in Livermore - Sponsored by Pacific Center

2:00 - 3:30 p.m. (1st Tuesdays)

Meets via Zoom email Anne@pacificcenter.org for info.

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

Lavender Seniors Board Meeting

7:00 - 9:00 p.m. (2nd Wednesday)

via Zoom

A portion of this meeting is open to the public.

Senior Gay Men's Group

1:30 p.m. (Weekly on Thursdays)

Due to COVID-19 shelter-in-place, Senior Gay Men's Group is not able to meet.

For more information email us at seniormensgroup@pacificcenter.org

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

Lavender Seniors Second Saturday Rainbow Lunch

see info above for joining us via Zoom

Lavender Seniors LGBTQ Film Series

Cancelled due to COVID-19 precautions.

Tri-Valley Rainbows - Sponsored by Pacific Center

5:30 - 7:00 p.m. (3rd Thursday)

Meets via Zoom email Anne@pacificcenter.org for info.

A Peer Support Group is a confidential space for LGBT Seniors 50+ to safely share thoughts, feelings, resources, information & to support one another.

Oakland Third Friday Lunch Bunch

Sponsored by City of Oakland Aging/Adult Services & Lavender Seniors of the East Bay

see info above for joining us via Zoom

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Lavender Seniors of the East Bay

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