



Lavender Notes

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

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February 2021 - Volume 27 Issue 2

**STORIES
OF OUR LIVES**

Venida "Sugar Bear" Taylor

You can't keep a good woman – never mind 15-year Army veteran – down, even in the middle of a global pandemic. After suffering seven strokes in the last decade, Venida "Sugar Bear" Taylor continues her role as an on-line tutor/mentor in English language development to classes of 7th and 8th grade students in Contra Costa County and from around the world.

Born in Gary, Indiana, in August 1954, Venida was the second of five siblings born to their parents. She had two half-sisters from her father's previous marriage. When she was four years old, her father was transferred to the Oakland Army Base as his last duty station, so her mother and two siblings joined him there. Her younger sister was born in Berkeley and her younger brother was born in San Francisco. Her nickname "Sugar Bear" evolved from some of her earliest Bay Area memories.



with Mom & brother, Indiana 1957



First Grade, Sir Francis Drake

"When I was in elementary school, the Black Panthers were in the height of conducting their free food program for children," Venida recalls. "Early on – though there may have been many more nutritious breakfast foods offered by the Panthers – I became somewhat addicted to Sugar Crisps. So everybody started calling me 'Sugar'. By the time I reached high school, that had morphed to 'Sugar Bear,' a nickname that has stuck through adulthood, even including my stage name during my later years as a performing comedian."

She describes her childhood as “pretty good,” being raised by her mother, an English major who avidly made sure her children used proper English, and her father, an easy-going military man who taught his kids the value of hard work and compassion.

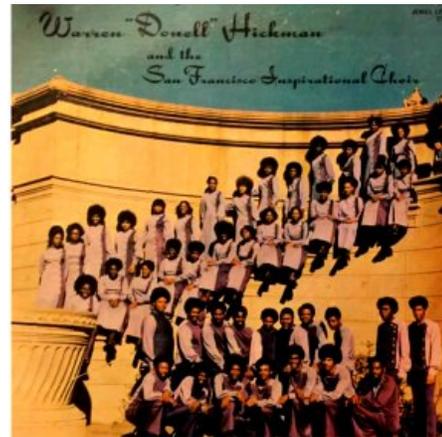
“I would give my childhood an 8.5 on a ten-point scale,” Venida says proudly. “Our parents made sure we were happy, teaching us how to eat and behave properly, to work hard at our school pursuits – academic, extracurricular and social – plus we all were encouraged to make good grades. I particularly loved summer camp, which could involve ‘mountain-climbing’ in Diamond Heights, hiking in Sigmund Stern Grove or attending music camp down in Santa Cruz.”

Her musical accomplishments began on the oboe and soon included the clarinet.

“Because finances were sometimes an issue with our family, my Dad made me choose at one point between the oboe and the clarinet,” Venida recalls. “Since oboe reeds cost \$5 apiece and clarinet reeds were just 25 cents, it was a no-brainer. I had to give up the oboe. I still play my clarinet from time to time, thinking sweet thoughts about when I was in the symphony band at Woodrow Wilson High School in San Francisco. I was the first female student body president there – winning by only 11 votes – and my opponent refused to be part of my cabinet in that well-diversified, multi-racial school. It was primarily black students, but we also had Filipinos, Samoans, Chinese, whites and some Latinos, although they mostly went to Mission High.”



Venida (Ctr) & Cabinet - the first female student body president at WWHS



Venida sang in the San Francisco Inspirational Choir

Her other musical interests included participating in the San Francisco Inspirational Choir, singing in gospel choirs and at church.

“We were active in the Baptist church as a family,” Venida recounts. “One of my half-sisters – who was our choir pianist at one point – and I became very active in various church choirs over the years. In fact, I’m on the 45rpm record and three of the five albums that were produced by the San Francisco Inspirational Choir, which became quite popular. Some songs from those albums are now available on YouTube, in fact, if you just Google that name.”

Venida was aware by age nine that she was attracted to other girls rather than boys.

"For many years, I simply didn't have the language to describe what was going on with me and my attraction to other girls," Venida says. "I dated the older brother of my best friend for a while and then an older guy – already in the Navy – came and asked my father if he could date me. That guy took me to my junior prom and a classmate escorted me to my senior prom the next year. But I was REALLY ready to start dating girls!"



Junior Prom with Navy escort

The first person she came out to was her aunt, her mother's sister, to whom she could confide most anything and feel supported. Later she told her three best friends and they supported her in a perhaps unusual way.



Jr High School - Age 14

"Those three friends are still close friends today," Venida says. "When I told them what was going on with me, they started going with me to lesbian bars – like Leonardo's in Visitation Valley and later Peg's Place at 9th and Geary. They would sit with me – and even dance with me – like mother hens preparing to push their babies out of the nest. Once I became better-known in those bars, my friends stopped going with me and let me introduce myself to my community! Though I started going before I was 18, my usual practice was to sit on a car outside the bar, watching women come and go. One night, a woman struck up a conversation with me, suggested I might be a 'she-woman' – I didn't even know what that term meant – and took me home with her. Though this initial introduction to lesbian sexuality was a landmark in my life, the woman's taste in food – spaghetti for dinner, spaghetti for breakfast and spaghetti for lunch – soon convinced me that this wasn't a relationship made in heaven."

After graduating from Woodrow Wilson, Venida attended Santa Clara University for one year. She met an Oakland woman there and they dated for a few months, until Venida decided to join the Army.

"During this time, my friend, Carl, and I used to go lounge-hopping, listening to music, dancing and so on," Venida recalls. "But one rainy night on our way home, his baby-blue VW got a flat tire on Mission near Geneva. Since he didn't have the faintest idea how to change a tire, he decided we should get a motel room nearby to wait while AAA came to fix the tire. When he took his wet shirt and shoes off, started kissing me and I could tell he was getting hot, I knew this wasn't for me, so I simply said 'You know what, I could do this myself!', which he didn't seem to understand. When I was in basic training the next year, my younger brother told me he'd run into Carl, told him I was really into women, I think he was surprised, but I think he finally understood why nothing ever happened that night. It was time for me to move on!"

Venida's fifteen-year history in the Army saw her trained as a medic, EKG specialist, x-ray and cast technician. She was posted to Fort Sam Houston in San Antonio, as well as Saigon, Fort Lewis in Washington; two years in Frankfort, Germany; three years at Ford Ord in California; and finally, back at Letterman Hospital in the Presidio, from which she retired.



Receiving Award - U.S. Army



Busy at Work - U.S. Army

"Some of my posts involved routine medic work; others were quite grisly," Venida reports. "When I was in Saigon, for instance, I had to help wounded soldiers as they were being evacuated back to the U.S. after very severe hard-to-imagine injuries. Then, being in Washington State as Mt. St. Helen's erupted, I had to help evacuate people, some of whom seemed to be more concerned about their worldly goods than their lives."

During one of her home leaves in 1975, she finally dealt with her mother around her sexuality, which had blossomed in the military.

"My mother was Vice-President of the San Francisco Council of Churches at the same time that the Lesbian/Gay Pride March was being planned in San Francisco," Venida recalls. "At that time, there were 17 lesbian bars in the City and nearly 200 for gay men, so the march was planned to show the world that gayness was something to be proud of, not ashamed of. I had earlier 'outed' my younger brother with my mother, whose reaction had been to blame herself – 'maybe I rubbed him the wrong way when I was putting his diaper powder on?', she asked! Well, when I overheard her and her colleagues planning to march against the demon gays the next day – deciding who would be manning the bullhorns! – I took a deep breath and told her that if she marched, she would be marching against me and my brother! She put her spoon down and ordered me to my room! Once in my room, I realized I was a grown woman, an active-duty Army Sergeant and needn't be banished to my room anymore. That night I went out to Peg's Place and Scott's Pit. The Council of Churches did NOT march the next day and we never discussed the issue again for years afterward!"



Mom & Dad were together 68 years

Her father, however, was described as "a horse of a different color".

"Dad celebrated my sexuality, only warning me to always look for a tall woman, who would protect me," Venida says. "We were in Stacy's, a club at 16th and Mission, when he introduced me to a woman friend who was a lesbian. I simply said 'Oh, nice, I'm a lesbian, too,' which didn't even seem to surprise him. He didn't mind that either my brother or I were gay – we were his children, after all, he loved us and just wanted us to be happy. He always encouraged us in all of our endeavors. I had a couple successful careers; my

brother is a respected minister – and I think our parents wound up being very proud of us, as well as the rest of their children!”

Between her Fort Ord and Presidio postings, she began working part-time at the Sheraton Palace Hotel to save enough money to buy her dream car, a 1982 Monte Carlo.

“I started out at the Sheraton as a switchboard officer,” she recalls, “and the commute from Monterey was challenging. I got an apartment in West Lake to make the commute a bit easier. After I exited the military, I continued working full-time in room reservations and – for the last seven years before I retired, I worked the front desk as a guest services agent. I worked there for 20 years, rather than continue my schooling, as some encouraged me to do on the GI Bill. I had received so much top-of-the-line medical training in the military that I didn’t see the need to go back to school again to learn something more than I needed to know to thrive.”

Besides her military and hospitality careers, she had her musical career and a career in comedy.

“Sugar Bear has performed her comedy act in many Bay Area venues, as well as various places around the country,” Venida recalls. “I had a one-year contract at Kimball’s East. I’ve opened for performers like Nancy Wilson, the Spinners, Les McCann, and Joe Williams. One of my exes – who has gone on to be a well-known comedian – and I started the gay comedy clubs in Oakland, performing a regular comedy night at Bella Napoli’s, the White Horse, the Oasis and various other night spots, branching out to gay comedy clubs in Los Angeles, New York, and St. Paul, Minnesota. We were supposed to open at Yoshi’s in May before COVID came along.”

Being no stranger to adversity, Venida recalls where she was when a couple other tragic events occurred in the Bay Area. She was just 13 when a Navy plane took off in January 1968 from the Alameda Naval Air Station and crashed into the Bay Bridge (which her maternal grandfather had helped build in 1936). And she was working at the Day’s Inn – while the Sheraton was being remodeled – when the Loma Prieta earthquake struck in 1989. Then her August 2019 surgery – after which she suffered several strokes, temporary blindness in one eye, speech difficulties and spells of paralysis – in the midst of COVID – had her feeling stuck and depressed.



Birthday photos from August 2019 book-end a recent girls’ excursion into town with her niece and grand-niece

“My niece and great-niece have come to my rescue,” Venida says. “We’re all living together now in a Richmond house with a yard for great-niece and brand new great-nephew to romp in, plus we have access to everything we need,

shopping, medical offices and all the rest.”

She has a long history with the City of Refuge, which she attends on-line since shelter-in-place restrictions came into effect in March.

She is grateful for the companionship and what she learned from various women she’s been in relationship with over the years.

“One of my first serious relationships was for about six years after I’d finished basic training and had been sent to Ft. Sam Houston in San Antonio,” Venida recalls. “I’d had my eye on this woman whose unit would march past my company every day. One day I was downtown with my first paycheck, treating myself to dinner and was taking a bus back to the base. That very woman came up and asked ‘Are you going to Fort Sam?’ in this country drawl. When we got to the base, she carried my bags to the barracks and that was the beginning of that! She came west and met my parents; we stayed in my godparents’ house for two weeks. We carried on a long-distance relationship even after I was posted to Saigon. We eventually broke up when she informed me she was pregnant, tried to explain how that happened and so on. We remain in touch now, even though she’s living in Tennessee. We learned a lot from each other.”

Her longest-term relationship has been with Annette, whom she met in 1993 at City of Refuge, a United Church of Christ. She’s been affiliated with that church for 29 years, both in San Francisco and in Oakland, where it moved seven years ago.

Her advice to girls and young women who are struggling with their sexuality is to find someone they feel really safe with and talk about it before it consumes them or makes them avoid coming to grips with their lives.

“My favorite aunt, my mother’s sister, was a godsend to me when I was in junior high school and having trouble facing my life and getting on with it,” Venida recalls. “She told me she’d known I was gay from the time I was a little girl and that everything would turn out fine. In fact, she was much kinder to me on the subject than my own mother was. Though things may be a bit easier today than it was in my day, I’m sure there are some confused young people out there who can use the quiet support that an older woman can provide. I certainly continue enjoying the mentoring that I do with 7th and 8th graders each week.”

Thank you for sharing so much of your life with Lavender Seniors, Sugar Bear. Maybe you can join us at one of our Zoom meetings and try your comedy routine with kindred LGBTQ seniors!



BOOK REVIEW

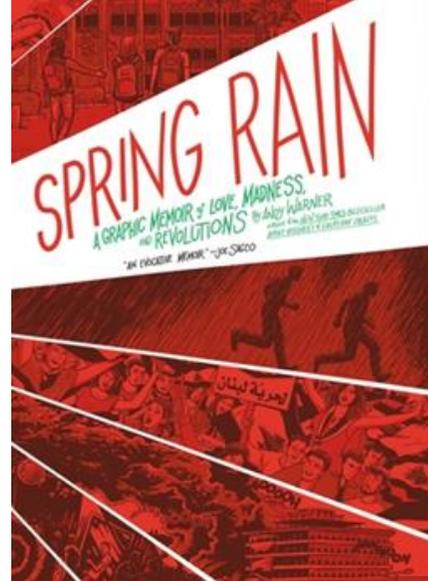
**Spring Rain: A Graphic Memoir of Love,
Madness, and Revolutions**
by Andy Warner

This memoir is cast in the form of a wildly entertaining comic book. There is no text.

One of the wild characters declares, "and if I die in a car bomb before I find a boyfriend, I tell you I am going to be pissed."

There are dozens of minor biographies that are not easy to forget. There is much fun here.

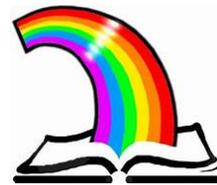
- Frank J. Howell



BONUS BOOK REVIEW

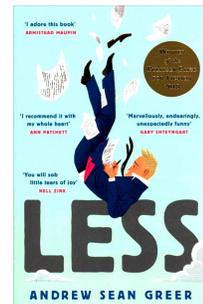
Less

By Andrew Sean Greer



There are people who have been known to read and re-read books numerous times – one example is a friend who has read “Call Me By Your Name” nine times, apparently discovering some previously-unknown nuance or action in the narrative each time. This month’s 2017 novel by gay San Francisco author, Andrew Sean Greer, is one of those books one might want to read a second time, just to make sure some confusion about the narrator might need to be clarified.

This 261-page novel traces a round-the-world tour of a not-terribly-well-known gay novelist (named Arthur Less, but referred to throughout the book – and in the title – as just “Less”), who is in escape-avoidance mode. He is about to turn the dreaded five-OH (50), his much-younger lover of nine years is marrying another man, his latest book has been turned down by his publisher, his first long-time – and very well-known - lover/mentor and prize-winning poet has suffered a stroke. And he just wants to escape his feeling of mediocrity and old age in any way possible.



Less’s travels take him from West Coast to East Coast to Mexico to Italy to Germany to France to Morocco to India to Japan and back to his beloved San Francisco.



Andrew Sean Greer

One of the reasons a reader might want to re-read this gay-themed novel by a well-published gay author is that the last chapter (“Less at Last”) might make the reader question many of the assumptions made between the beginning (“Less at First”) and working through the round-the-world Journey (“Less Mexican,” “Less Italian”, “Less German,” “Less French”, “Less Moroccan” and “Less Indian”).

“Brilliantly funny... Greer is an exceptionally lovely writer, capable of mingling humor with sharp poignancy... His narration, so elegantly laced with wit, cradles the story of a man who loses everything: his lover, his suitcase, his beard, his dignity...” *The Washington Post*

"Less is the funniest, smartest and most humane novel I've read since *The Imperfectionists*... Greer writes sentences of arresting lyricism and beauty. His metaphors come at you like fireflies... Like Arthur, Andrew Sean Greer's "Less" is excellent company. It's no less than bedazzling, bewitching and be-wonderful." *New York Times Book Review*

"Less is philosophical, poignant, funny and wise, filled with unexpected turns... Although Greer is gifted and subtle in comic moments, he's just as adept at ruminating on the deeper stuff. His protagonist grapples with aging, loneliness, creativity, grief, self-pity and so much more." *San Francisco Chronicle*

- John David Dupree, Tinamastes, Costa Rica

"Not Another Second" LGBTQ+ Elders Book/Exhibit

This 2021 book – containing 100+ portraits – and exhibit – on display at Watermark in New York – includes the personal stories of 12 LGBTQ+ seniors.

They describe "the lost years" they spent in the closet, as well as ways their activism has helped propel us to where we are. Their stories are inspirational for other LGBTQ+ individuals of all ages. Many of us who are now in our 60s, 70s, 80s and 90s – a few making it to 100+ – have lived through such life-changing moments as Stonewall, the HIV/AIDS epidemic and its associated ACT-UP actions, as well as the Windsor and Obergefell Supreme Court decisions that have gradually helped legitimize our lives.



To find out more about this book/exhibit (proceeds from purchases of the 148-page book go toward assisting LGBTQ+ youth) and how it can be accessed, check out:

https://books.google.com/books/about/Not_Another_Second.html?id=VWwNzgEACAAJ

To see media accounts of how this exhibit (on display through March) has evolved, check out:

<https://www.nbcnews.com/feature/nbc-out/they-lived-double-life-decades-now-these-gay-elders-are-n1255358>

<https://www.yahoo.com/entertainment/lived-double-life-decades-now-093028358.html>

After the exhibit finishes its run in New York, it is going to travel around the country to such places as Tucson, Los Angeles and Napa. Lavender Seniors is going to try to arrange to have it come to the Bay Area, as well, if that hasn't already been arranged. Stay tuned on that.

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](mailto:karen@lavenderseniors.org) 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!

Reminder: Lavender Seniors Birthday Program

Lavender Seniors' Friendly Visitor Program – in collaboration with its "Communication Relieves Isolation" program has organized a "birthday acknowledgment" activity with one of our volunteers sending birthday cards to LGBTQ+ seniors and their allies each year.

Anyone whose birthday (year of birth is not necessary, though it is appreciated) hasn't been acknowledged should provide their full name, mailing address and date of birth (with or without year) either via Info@LavenderSeniors.org or by leaving a message at +1-510-736-LGBT and your name will be added to the list. Also, any volunteers who want to assist in this program should make contact, as well.



Letter and card writing may seem like a lost art to some, since it appears that many of our grandchildren are not even being taught how to write in script anymore. Many of us aging "Palmer method" script-writers, however, still enjoy seeing a nicely-written card or letter in our snail-mailboxes! It's always nice to be remembered!



LGBTQ+

Politics/Politicians

Americans have just gone through the rockiest not-so-peaceful transfer of power in the nation's history. This, in the midst of an out-of-control pandemic, a tanked economy, disturbing and expanding food insecurity issues, a mob insurrection on the U.S. Capitol, a U.S. Senate so far unwilling to deal with the John Lewis Voting Rights Act or the George Floyd Justice in Policing Act, plus the nation urgently needing to rejoin the Paris Climate Accord to march alongside the rest of the world dealing with climate change and rejoining the World Health Organization to re-engage in the global fight against the pandemic and other health issues.

That's a lot. Yes, on 25th January, President Biden reversed the trans-ban in the military, for which we applaud heartily. But Supreme Court Justices Thomas and Alito are still gunning for the same-sex-marriage decision of 26th June 2015.

What, then, might be useful for LGBTQ+ Lavender Seniors to know about all of that? One bite at a time, as we continue Second Saturday Rainbow Lunch Zoom gatherings through 2021:

There were more than 1,000 openly LGBTQ+ candidates running for local, state and federal offices in the 3rd November 2020 election. Let's start with acknowledging just a select few of those who were successful at being the "first" of our community to be appointed, elected (or re-elected) and what that might imply for the future of the nation's LGBTQ-focused issues.

With the inspirational election of Kamala Harris as the country's first female Vice-President, hopefully there will soon be a less-disproportionate number of transgender and lesbian appointments and elections, as seems evident with the number of successful candidates among gay men who made the cut in the 2020 election/appointment cycle (see below – selection not intended to be all-inclusive – e.g., there were at least six transgender candidates elected – we picture just four of them). This change for more gender equity will, hopefully, begin in the 2022 election cycle, if not before. Representation is clearly very important! This is just a start!

Elections/Appointments of Transgender Individuals:



Dr. Rachel Levine-HHS



Sarah McBride - DE Senate



Stephanie Byers - KS House



Taylor Small - VT House

Elections/Appointments of Lesbians:



Karine Jean-Pierre – Deputy WH
Press Secretary



Sharice Davids – KS House



Kim Jackson – GA Senate

Elections/Appointments of Gay Men:



Pete Buttigieg – Secretary of Transportation



Adrian Tam – HI House



Torrey Harris – TN House



Sam Park – GA House



Ritchie Torres – NY – U.S. Congress



Evan Low – CA Assembly



Mondaire Jones – NY – U.S. Congress



Eddie Mannis – TN House Republican

Participants in this month's Zoom gathering will be able to discuss with kindred spirits the impact of this past election cycle, the controversial follow-up to that election cycle and the subsequent activities involved on Inauguration Day. For anyone who did not see 22-year-old Amanda Gorman – the country's first National Youth Poet Laureate – recite her powerful six-minute poem, "The Hill We Climb", it can be seen in its entirety via this YouTube link:

<https://www.youtube.com/watch?v=Wz4YuEvJ3y4>. Eight months earlier, she recited another poem, "In This Place (An American Lyric)" at the 43rd Anniversary Celebration of the National Center for Lesbian Rights: <https://www.facebook.com/nclrights/videos/192963492561236/>

For your information, the following schedule was decided on by participants in January's Zoom meeting:

March: Quinn will lead us in a virtual exercise class

April: Leah (and new bride, Heather?) will lead us in exchanging cooking tips/recipes

May: Kristen will lead us in taking an in-depth look at the Bay Area Lesbian Archives

Anybody else with ideas for something they would be interested in planning/leading during subsequent Second Saturday Zoom meetings (or until we can meet face-to-face again), please either attend one of the meetings to express your idea – or send an e-mail indicating your interest to either Karen@LavenderSeniors.org or JohnDavid@LavenderSeniors.org.

Meanwhile, here are Zoom coordinates for Saturday, 13th February, from 12 noon until 2pm:

Lavender Seniors of the East Bay invites you to a scheduled Zoom meeting.

Topic: Second Saturday Rainbow Lunch

Time: February 13, 2021 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89671026595?pwd=TGRtYkxaTzZGbWFFFTB1WWpQNFpWZz09>

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



Word from the East Bay's Qal'bu Maryam Women's Mosque

The Role of Women & LGBTQ+ in Islam

We live in an era when a President of the U.S. can issue a "Muslim Ban", prohibiting admission to the country from Muslim-majority countries; mosques all over the world face security threats from Islamophobic elements in society; Muslim women are being jailed for driving a car and Muslims known or suspected of being LGBTQ+ are still subject to the death penalty in at least eight countries operating under Sharia Law – and imprisonment in another 60+ countries.

After the September 11, 2001, terrorist attacks, the incidence of anti-Muslim attacks increased exponentially, indicating that many perpetrators of such violence tend to stereotype all of the estimated 1.8 billion practitioners of Islam world-wide – including 3.5 million in the U.S. – as harboring terrorist tendencies.



Qal'bu Maryam Women's Mosque

How do we help overcome such ridiculously-false negative stereotypes in our communities and help achieve elusive peace that the Biden-Harris administration is currently seeking so avidly?



Ustadha Rabi'a Keeble

The Lavender Seniors' Third Friday Lunch Bunch this month will hear about the ways that one East Bay organization, the Qal'bu Maryam Women's Mosque – the second such mosque in the country – is confronting these issues. Formed in April 2017 and initially operating out of the Starr King School for the Ministry in Berkeley, the mosque – also becoming a Justice Center – now shares space with other non-profit groups at 2501 Harrison in Oakland. Its founder, Rabi'a Keeble, will help lead a discussion after our check-ins on Friday, 19th February, from 12 noon until 2pm. Rabi'a's vision was to have a worship space for all people, and inclusive of the LGBTQ+ community

The organization has not been without controversy in the Islamic community, since it lifts up the role of women in leading prayer – rather than always sitting behind men as followers - and is open to LGBTQ+ members in its congregation. A Muslim gay man from the mosque will be joining us on the Zoom gathering as well.

Because the mosque represents a stark departure from orthodox Muslim tradition, welcoming LGBTQ+ congregants, allowing women to lead prayers and deliver sermons (called khutbahs), and encouraging all genders to pray shoulder to shoulder, its founder – self-described as a “third-wave black feminist and womanist” – has received criticism from its more traditional counterparts.



A Muslim lesbian before prayers

“Men and women need to learn together,” the mosque’s Ustadha (teacher) said in a June 5, 2018, article in *Berkeleyside*. “This will help end misogyny within the religious sphere.” (The entire article can be read at: <https://www.berkeleyside.com/2018/06/05/maryams-daughters-is-berkeley-mosque-changing-the-face-of-contemporary-islam-or-eroding-the-faith>)

Details for this month’s Zoom gathering is as follows:

Lavender Seniors of the East Bay invites you to a scheduled Zoom meeting.

Topic: Third Friday Lunch Bunch

Time: February 19, 2021 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85235825964?pwd=WmptRG5SU2RDVUNyQ1hFWGM2NlZOQT09>

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



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 Wednesdays

This group is intended for participants who identify as LGBTQ, 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 Jerry W. Brown, Covia Senior Director Affordable Housing

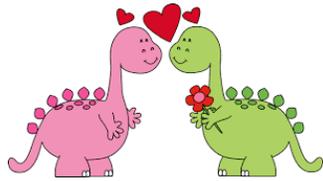
Music's Memory Lane Tuesdays

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

Life Stories: Acknowledgment and Inspiration Thursdays

When we articulate our stories, we contribute to the wisdom that is generated in the group. Sharing stories can be an opportunity for learning and sharing more about ourselves and others, it can be a time for acknowledgment and inspiration, a path to transformation and growth. It can also simply be a time and place to connect with each other, share a few laughs, and appreciate those moments of connection. Facilitated by Phalguni Freeman, Counseling Student, Palo Alto University, CA

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



Out Standing Seniors - Sponsored by Pacific Center

Feb 2 & 16, 12:30 - 1:30 p.m. (1st and 3rd Tuesdays)

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

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

Living OUT in Livermore - Sponsored by Pacific Center

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

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

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

LezBold Peer Support Group

Feb 4 & 18 2:00 - 3:00 p.m. (1st & 3rd Thursdays)

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

Find support and like-minded wonderful people!

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

Feb 1,8,15,22 1:00 - 2:30 p.m. (Mondays)

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 Feb

3,10,17,24 3:30 - 5:00 p.m. (Wednesdays)

email Anne@pacificcenter.org for current meeting information.

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

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

Feb 5,12,19,26 3:00 - 4:30 p.m. (Fridays)

email Anne@pacificcenter.org for current meeting information.

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

Lavender Seniors Board Meeting

Feb 10 6:30 - 8:30 p.m. (2nd Wednesday)

via Zoom

A portion of this meeting is open to the public.

Lavender Seniors Second Saturday Rainbow Lunch

Feb 13, 12:00 - 2:00 p.m. (see info above for joining us via Zoom)

Tri-Valley Rainbows - Sponsored by Pacific Center

Feb 18, 5:30 - 7:00 p.m. (3rd Thursday)

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

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

Oakland Third Friday Lunch Bunch

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

Feb 19, 12:00 - 2:00 p.m. (see info above for joining us via Zoom)

Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr

Treasurer: Carmen Chiong

Secretary: John David Dupree (on hiatus)

Founding Member: Barbara Jue

Communication Director: Melissa West

Member: Ana Bagtas (on hiatus)

Lavender Seniors of the East Bay

Message: 510-736-LGBT (510-736-5428)

Friendly Visitor Program: (510) 424-7240 or
karen@lavenderseniors.org

Mailing Address:

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Oakland, CA 94619

Website: <http://lavenderseniors.org>

Newsletter Editorial
Board:

Beckie Underwood
John David Dupree

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