



# Lavender Notes

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*July 2020 - Volume 26 Issue 7*

## Lavender Seniors Statement of Solidarity with "Black Lives Matter" and "Stop Killing Black People"

It shouldn't have taken 401 years for America – land of opportunity, dedicated to the life, liberty and pursuit of happiness for all its citizens – to live up to the creed enshrined in the second paragraph of our nation's 1776 Declaration of Independence that "all men are created equal." We have an opportunity to self-correct now via various current protest movements, including "Black Lives Matter" and "Stop Killing Black People," which we support.

Therefore, at this crucial inflection point, we anchor our support for immediate action to correct racial injustice on the following:

**GIVEN** there are inherent flaws in even that statement ("all men are created equal"), all such corrective action should include the stipulation that all human beings – men, women and children – are created equal.

**GIVEN** that 41 of the 56 white men who signed that precious, revolutionary and inspirational document were themselves the proud "owners" of entire families of black human beings. It is noted that no women or People of Color were signatories to the original document.

**GIVEN** that – for at least three centuries – countless members of these enslaved families were routinely, legally separated from each other at the whim or financial benefit of their "masters".

**GIVEN** that all members of these families were consistently denied access to services necessary to their health, education and welfare – presumed "rights" of all members of white families – still denied People of Color to this day in some places.

**GIVEN** that at the 1787 Constitutional Convention, part of the nation's earliest

shame came in the form of the "Three-Fifths Compromise" – as a concession to the Southern states – which resulted in slaves being considered only 3/5ths of a person, counting only three of every five slaves as actual human beings – American citizens – in the Constitutionally-mandated decennial census and for various other official purposes.

**GIVEN** that – in spite of a 1792 ruling that no blacks be enlisted in the U.S. Army (only in effect until 1862, due to manpower shortages) and a 1798 ruling by the Secretary of War that "No Negro, Mulatto or Indian may be enlisted" in the U.S. Marine Corps (a practice only ended in 1942), an estimated 9,000 black men officially fought in the Revolutionary War forces. Many more fought as Buffalo Soldiers in various regiments and infantry battalions during wars between 1863 and the early 20<sup>th</sup> century (including the "Indian" and "Spanish-American" Wars).

**GIVEN** that many U.S. slaves – freed by the 1st January, 1863, Emancipation Proclamation – didn't know they could no longer be "owned" until nearly 2.5 years afterward. The news only reached Texas on 19th June 1865 ("Juneteenth" Day) – and many were not freed or changed to paid "employees" for considerable time; some were never freed in their lifetimes.

**GIVEN** that the fortunes of many aristocratic families and corporations of the 21st century were initially built on the backs of unpaid slaves of the previous 3+ centuries.

**GIVEN** the White House, the Statue of Freedom atop the U.S. Capitol Building, and numerous other government buildings/monuments in D.C. were built largely with black slave labor, much of the wages for that work going to the slave owners.

**GIVEN** that it took passage of the 15th Amendment in 1870 before black men were finally given the right to vote (voter suppression, gerrymandering, voter ID requirements, etc., still minimize that right in many states and locales).

**GIVEN** that approximately 200,000 African-American soldiers and sailors served in the Union Army and Navy forces during the Civil War (the U.S. Colored Troops), resulting in the death of at least 40,000 black soldiers and sailors. Unfortunately, those who survived the war and returned home encountered continued threats to their lives, livelihoods and families.

**GIVEN** that 350,000 African-Americans served in World War I (still-segregated units like the intrepid "Harlem Hellfighters" and the "Black Devils"), returning afterward to Jim Crow laws, segregation and the glorification of the Confederacy (thus, glorifying slavery) through erection of statues and monuments over the next six decades, continuing until at least 1978.\*

**GIVEN** that at least a dozen black veterans were lynched – and countless others threatened with lynching – in Southern states within a year after the 11<sup>th</sup> November 1918 Armistice and their return from combat – usually for "insulting or attempting to assault" a white woman. Even those returning veterans not actually lynched or threatened with lynching continued to be victims of assault and discrimination, including white-instigated race riots in such places as Chicago (1919) and various other parts of the country.

**GIVEN** that the National Memorial for Peace & Justice and its Legacy Museum – constructed in Montgomery, AL, in 2018 – has documented 4,400+ lynchings of black men, women and children between 1877 and 1950, with many recent police-related deaths being described as modern-day lynchings, as well.

**GIVEN** that more than one million black men and women served in World War II (e.g., the well-known “Tuskegee Airmen”) and – in spite of serving with distinction – a disproportionate number of African-American veterans were given “blue discharges.” This meant that they didn’t qualify for many jobs, education/benefits via the G.I. Bill, various housing-purchase plans, all of which essentially denied them important access points to achieving the “American Dream”.

**GIVEN** that the military was only desegregated by President Truman in 1948 (too late for some black veterans who were previously denied “regular” benefits after discharge), racism in the military only began being dealt with 85 years after the Emancipation Proclamation.

**GIVEN** that “human zoos” – made up primarily of dehumanized black, Asian and Pacific Islander people – were on display well into the 20th century (e.g., a black man on display at the 1904 St. Louis World’s Fair was such a money-maker that he was moved to the Bronx Zoo and put on display, caged with the monkeys and apes, a most-widely-attended attraction for years. After his release from captivity, not surprisingly, he killed himself in 1916.)\*\*

**GIVEN** that – even in the 19th Amendment of 1920 – it was white women who were granted suffrage. Only with passage of the Voting Rights Act in 1965 were African-American, Asian-American, Native American and Latinx women officially and finally granted the right to vote (if they can successfully run the gauntlet of current voter suppression, voter ID demands and gerrymandering that still exists in many places).

**GIVEN** that a 2013 Supreme Court Decision (Shelby County, Alabama, vs Holder) gutted many key components of the Voting Rights Act, allowing a dozen Southern states and countless local jurisdictions throughout the country to have free rein in re-instituting voter suppression.

**GIVEN** that state and local “Jim Crow” laws requiring racial segregation in education, housing, employment, public accommodations, etc. (frequently not even pretending to be “separate but equal”) were legally being enforced until 1965.

**GIVEN** that – even though the 1954 Brown vs Board of Education decision required integration of schools – the last officially segregated school district (Cleveland, Mississippi) was finally integrated by judicial order in May of 2016. The first federally-enforced high school integration occurred at Central High School in Little Rock, Arkansas, in September 1957.

**GIVEN** that explicit federal intervention had to be invoked in integration cases (e.g., University of Alabama: George Wallace vowed to “stand in the schoolhouse door” to block desegregation attempts in 1963), de facto segregation exists in some public and private schools, colleges and universities to this day, only some even pretending to offer “separate but equal” facilities.

**GIVEN** that the long-overdue Civil Rights Act of 1957 had to be supplemented by the Civil Rights Act of 1968 (in the heat of post-Martin-Luther-King-assassination riots), to deal with Hate Crimes (LGBTQ finally included 41 years later in a 2009 bill), to confront specific inequities faced by Native Americans, Blacks and other People of Color in Fair Housing, Employment and Accommodations.

**GIVEN** that Historically Black Colleges and Universities have existed from at least 1837, this group of educational institutions was only designated as such by the U.S. Department of Education in 1965. These HBCUs – currently 102 of them – continue to struggle to receive a proportionate share of federal higher education funding.

**GIVEN** that the LGBTQ+ community itself has a shameful history of racial discrimination (e.g., use of pejorative terms like “dinge queens”, requiring People of Color to have three forms of identification to enter LGBTQ bars, and perpetuating racist stereotypes, among many other subtle and not-so-subtle forms of discrimination).

**GIVEN** that a disproportionate number of American cases/deaths from HIV/AIDS have involved African-Americans (though 12-13% of the population, black men/women/children are currently 42% of new HIV-positive cases – historically, 43% of the deaths in the epidemic); in the 2020 COVID-19 epidemic, so far, African-American mortality is 2.2 times higher than white or Asian, 2.1 times higher than Latinx and 1.9 times higher than Native Americans. Much of this disparity can be attributed to poverty, unequal access to affordable housing, health care services and education, among other results of generations of systemic racism.

**GIVEN** that hate crimes documented since 1969 consistently indicate that biases associated with race, religion, sexuality and gender identity remain the motivation for the majority of the violence (LGBTQ+ as hate-list targets only formally documented since being added in 2009).

**GIVEN** that police are consistently responsible for close to 1,000 shooting deaths per year (994 in 2015; 962 in 2016; 986 in 2017; 991 in 2018; 1,004 in 2019; and 463 as of 7th June 2020), including a disproportionate number of black and brown people (e.g., blacks only make up 12-13% of the population, but 24% of the people killed by police).\*\*\*

**GIVEN** that police brutality has gone unbridled, particularly against blacks and other People of Color – (a 2019 article published by the National Academy of Sciences estimates that black men are 2.5 times as likely to be killed by police as white men; a 2018 CDC study indicates an even higher disproportion of 2.8) – politicians have consistently resisted having such incidents documented in any central location.

**GIVEN** that racial violence against black people – despite regular protests in the streets – has continued unabated on American soil for the last 401 years; and that white nationalist vigilantes and white supremacist organizations are on the rise in the country (including at the highest levels of government).

**GIVEN** that the American Medical Association and the Human Rights Campaign – among others – have gone on record calling the murder of transgender

individuals to be an epidemic – particularly among transwomen of color. At least 28 (mostly black transwomen) were killed in 2019 and at least 15 (also mostly black transwomen) have been killed in the first five months of 2020. Several of the police murders of transgenders have been misgendered in initial reports.

**GIVEN** that horrific and unnecessary police-related deaths over the decades have involved far too many unarmed black citizens, including at least the following so far in 2020 alone: George Floyd’s death after eight minutes and forty-six seconds of a police knee on his neck and four knees in his back as he lay handcuffed in Minneapolis, MN; Breonna Taylor killed in her own bed by eight police bullets after a “no-knock” warrant was erroneously and violently served on her apartment in Louisville, KY; Rashard Brooks killed by two police bullets in his back in Atlanta, GA; and death of Ahmaud Arbery by three gunshot wounds inflicted in a struggle between Arbery and a former police officer and his son in Brunswick, GA.

**GIVEN** this shameful and disgraceful history of racial injustice in our country, anyone who denies the centuries of systemic, institutionalized racism throughout the land is beyond delusional. Something concrete must be done immediately – by the Executive, Legislative and Judicial branches of our tricameral government; by the Governors and Legislatures of every State, Commonwealth, District and Territory of the U.S.; by every County Board of Supervisors, City and Township Council in the Union to insure that this pattern and practice of systemic and institutionalized racism cease immediately.

**THEREFORE, BE IT RESOLVED** that Lavender Seniors of the East Bay, a non-profit organization serving LGBTQ seniors in the San Francisco East Bay Counties of Alameda and Contra Costa, unequivocally joins the chorus of protestors in the “Black Lives Matter” and “Stop Killing Black People” movements around the country, with the firm belief that none of us can be equal, free and safe until all of us are equal, free and safe.

*\*[Editor’s note: On 9th June 2020, a Tennessee Legislature committee voted 11-5 to KEEP the bust of a Confederate soldier and KKK leader – only installed in 1978 – up in the Tennessee Capitol Building.]*

*\*\*[Editor’s note: For more on this practice of “human zoos” - here and abroad – see this 2019 production: <https://www.youtube.com/watch?v=nY6ZroI5QEk>]*

*\*\*\*[Editor’s note: Part of the reason some sister organizations (e.g., San Francisco AIDS Foundation and American Civil Liberties Union) adopted the motto: “Stop Killing Black People!” see videos:*

*[https://www.facebook.com/search/top/?q=stop%20killing%20black%20people&epa=SEARCH\\_BOX&redirect=false](https://www.facebook.com/search/top/?q=stop%20killing%20black%20people&epa=SEARCH_BOX&redirect=false)*



## Tiffany Isabella Woods

A 21st-century variation on the 1592 quote referencing William Shakespeare as a “Jack of all trades; master of none” applies to this month’s featured member of the local LGBTQ+ community: she has become a “Jill of many



trades; successful at virtually all she's ever tried"!

Tiffany Isabella Woods was born – and assigned the name Dereck Shaver – in Pittsburg, CA, in September 1963. She was the youngest of two – with an older sister – and became the “middle child” ten years later, after her mother had a son via a second marriage. Until she was eight years old – and her parents divorced – Tiffany and her family remained in Pittsburg.

“From that point on, my family life was a bit chaotic for a while, though we always felt cared for,” Tiffany recalls. “I’d gone to five schools by the time I hit 5th grade, including three different schools in 2nd grade alone. My sister and I had been shipped off to our grandparents for six months after the divorce and only returned from Long Beach to the Bay Area after our mother remarried when I was nearly 10 years old.”

Though the family resided in Richmond for a short while, Tiffany lived in Pinole from 5th grade through high school graduation. Early on, she had begun questioning her gender identity.



Tiffany (sailor suit), sister and dog



Eighth grade boys' basketball team



Trying out drag at an early age

“By the time I was five or six years old, I knew I didn’t really feel like a boy,” Tiffany says. “I would look at my sister and wonder why I couldn’t dress up and look as pretty as she did! Obviously, there was no language for discussing such questions in those days and I spent a lot of time and energy over the years resisting what might be more natural for a boy growing up with those feelings today.”

Tiffany went to Catholic elementary schools from third to eighth grade. Then she was sent to Richmond’s Salesian High School – an all-boys, Catholic college preparatory school and football powerhouse – from 9th grade through graduation in 1981.

“Throughout my childhood, there were stark differences noted and comments made by the adults in my life,” Tiffany recalls. “While the other boys – including my cousins – were out rough-housing and playing football, I preferred playing with the girls and was early on being called ‘sissy-boy’ and such, getting social cues from every direction that I was NOT okay!”

She used her wit and talent, though, to survive most of high school via her photography skills.

"I knew I was a perfect target for being bullied in high school, so I had to decide on my best survival strategy," Tiffany says. "Since Dad was a photographer, with his own darkroom in Oakland, I decided to use that skill – and my very good eye. My father was taking photography classes at Laney. As I started high school, I began taking photos of the football players – very flattering photos that made them look like heroes! Dad and I would develop and enlarge them. Then I'd sell the photos to the guys for \$1. Not only did that provide the best protection I could ask for – 'don't mess with the team photographer' – but my little racket gave me some spending money, plus many of my photos made it into all four of my high school yearbooks!"

That "protection racket" worked for her until some of the "protectors" graduated and she had to start weight-lifting and martial arts, in case she was ever provoked into a fight, which she was. Perhaps the most difficult challenge, however, was walling herself out completely from Tiffany.

"I sequestered Tiffany firmly behind a brick wall through high school," she recalls, "which was very painful and hard to do. I resolved to never wear my sister's or Mom's clothes. In fact, I wouldn't allow myself to be home alone, for fear I wouldn't resist the temptation in their closets or make-up kits! I'd seen what happened to other people who were 'different' and I needed to protect Tiffany from discovery and potential extermination. That kind of compartmentalizing your life takes a heavy toll. Trans people are good at reading the room and knowing what we need to transform in ourselves to survive! There are also many of us who have thought about trying to end our lives, either actively or passively, as a result."

She began peeking around and behind that self-constructed brick wall in her freshman year at Contra Costa College in San Pablo, 1981; then in the SF City College Law Enforcement program.



Actor/Male-Model Head Shot – and Playing the "Boy" Role, as necessary

"Up until that time, my only experience with what clinicians might call 'gender dysphoria' were Bugs Bunny in drag or Flip Wilson as Geraldine," Tiffany recalls, laughingly. "It was only in college that I first heard about Christine Jorgensen! But I had no idea where I fit into the whole scheme of things at that point. I grew up in a time where the androgyny of teen heart-throbs like David Cassidy were common. So I continued trying to do the 'boy' thing for several years!"

When she transferred to SF City College in 1983, her foray into law

enforcement seemed to have at least a dual purpose.

"I figured if I became a cop – my stepfather was a police officer and my mother worked for the Berkeley Police Department – I would be making a good salary," Tiffany explains. "Almost more important to me at the time was that the danger of the job would give me a possible 'out' from my life. If I were killed in the line of duty, that would be like the silver bullet killing the werewolf. I would be free of my gender confusion and would die not having to deal with such complicated issues – all new to me – as transvestism vs transsexualism. That would be easier than thinking about suicide, which I had thought about off-and-on when I was about 19."

That career path and existential crisis was ended after she'd been tentatively hired by the Contra Costa County Sheriff in 1986. She was four credits shy of her AA degree at the time.

"They only accepted 200 applications and were planning to hire the top ten applicants," Tiffany recalls. "I was number eight of those ten. I had passed the physical, the oral psych exam and the psych intervention with flying colors. I would be able to honestly answer the 'are you a homosexual' question and easily pass the polygraph. But on my way to this last hurdle, I had a bad car accident, causing severe knee damage and requiring orthoscopic surgery. This put me permanently out of commission for that deputy job."

After recovering from the accident, she embarked on several different chapters of her life, including delivering pizzas, a stint teaching comedy traffic school and working with a fire protection company.

"In the comedy traffic school gig, I was unable to resonate with the drag-queen jokes and butch-dyke jokes that I heard other 'teachers' telling," Tiffany recalls. "The whole gender and sexuality thing was just far too personal for me. As for the fire protection company job, I came out in June, 1989 – moving from the straight world to the gay/trans world. When somebody subsequently spotted me in a gown and heels in the transsexual/transvestite contingent of the 1990 Pride parade – 'cross-dressers in a corvette,' they called us – I was basically fired."



Tiffany in various poses, Losing her job waving from the ETVC car in 1990 Pride Parade, and in the Imperial Court

For ten years, Tiffany was very involved in the HIV/AIDS epidemic, particularly in Southern Alameda County, where she worked many fund-raisers, performed in places like Hayward's World Famous Turf Club, Oakland's Bench & Bar and SF's Chez Moulet. She became a grass-roots activist, participating in Oakland Pride, Hayward Pride and, for 11 years (2006-17), produced the annual Day of Transgender Remembrance in Alameda County in Oakland.



Between 2000-02, however, another tangent from her course involved time between Culver City, Hollywood and San Francisco as a casting director, actor/actress, and producer/director of such documentaries as "Trans Francisco" (2010). She became a member of the Screen Actors Guild (SAG) in 1990 and a male model. In 2000, she was the first actor to change name and gender at the San Francisco SAG Branch.

"I went to Hollywood largely to free myself from HIV/AIDS work," Tiffany recalls. "I was tired of being a girl at night and on-stage, switching out of costume and face into being a boy by day. I needed to show my true self to the world – time for another major transition. I needed to make it in the world as a woman, not just in gay bars & culture, but as an out transwoman full-time."



SAG Actor/Actress headshots      Dereck on shooting location with Barry Corbin (of "Northern Exposure" fame)

Meanwhile, in February 1987, after being nearly broke and feeling largely homeless, waiting on a bus-bench in Sacramento, Tiffany met Bridgette, the love of her life, who has been her partner for the subsequent 33 years.

"Bridgette is the first person in my life who spoke with me openly about my issues of gender and sexuality," Tiffany recalls. "When I shared with her what I'd been haunted by all of my life, instead of screaming in the other direction, she said 'well, let's figure it out and take care of this!' Since she was only 18 (she had told me she was older!) and I was 23, I couldn't believe she was the first person to say 'you're okay!' We have believed in each other ever since, helping each other ride various waves of change in each of our lives."

Her current life trajectory began in 2002 when she was hired at Tri-City Health Center in Fremont, where she worked for the next 16 years. She was co-creator and program coordinator of TransVision, providing hitherto-unavailable health and social services to the transgender community, particularly in the East and South Bay. She experienced many highs and lows on that job over the years.

"Many of our staff and clients had disorienting backgrounds similar to my own," Tiffany recalls, "which I wouldn't wish on anybody. In trying to improve the situation, I've done everything from sex-worker street outreach to helping train police officers on how best to work with the trans community, an issue that has clearly become paramount over the years. Unfortunately, I experienced both the brutal 2002 murder of Gwen Araujo – one of our clients – in Newark and – ten years later – the equally senseless 2012 killing of a

former staff member, Brandy Martell, in downtown Oakland. Both of those incidents – and many more like them – made it more urgent to me to demystify and humanize the trans community in the eyes of the police. Some have criticized me for my involvement with the Oakland Police, County Sheriff and Coroner’s Bureau, but I think it’s crucial to bridge that gulf if things are ever going to get better.”



Training Oakland Police Academy recruits in 2013; and assuming her post at the California Department of Public Health

Tiffany continues as Trans Liaison with the OPD, helping train police officers and assisting during disasters like the 2016 Ghost Ship Fire, which included three transgender individuals among its 36 victims. She currently works as the first openly transgender employee with the California Department of Public Health, and is a Congressionally-appointed delegate to the California Democratic Party. She is the first transwoman elected as co-chair of the LGBTQ Caucus of the Democratic Party. She is being honored by the California LGBTQ Legislative Caucus for being a trailblazer in helping break down barriers to trans services, helping eradicate transphobia and for her work within the California Democratic Party.

The challenges Tiffany has overcome in her personal life tell a story of resilience, courage and creativity. Coming out to her parents and siblings was good preparation for being honest with her own children as an adult. The easiest was her Dad.

“My Dad and I were always very close,” Tiffany recalls, “though we never really openly discussed my transition from Dereck to Tiffany. He surprised us once in 1995, driving down unannounced from Oakland to Union City. Our phone had been cut off and he couldn’t reach me. He caught me at home – in a sweet little summer dress – getting prepared for coronation as Empress of Alameda County. He found drag queens, transwomen and me. After explaining I was fine, I invited him in, his curiosity was soon quenched and it was never discussed again. Later in life – when he couldn’t take care of himself – he came to live with us in San Leandro. When he became a bit demented, he might call me by my birth name. But even as he neared death at age 76 in 2014 – when I was in hospital having knee replacement surgery – he would ask Bridgette if Tiffany was okay. He outed me during one of his hospitalizations. With some family showing up to visit – wondering who the classy lady was – I directed the conversation out into the hallway to let them know who I was – but I wound up in control of my ‘outing’.”

With her mother, things were a bit more difficult, at least initially.

"Mom mostly wanted to know why I'd basically disappeared for six years and had never told her about the problems I'd had growing up," Tiffany recalls. "She particularly wanted to know about my occasional bouts of suicidal ideation in my youth, struggling with my gender identity. I simply said, 'Mom, be real! What would you have done for that confused, slightly suicidal 19-year-old?' It seemed to me that she had been so overwhelmed dealing with my brother's and sister's issues – and a second divorce – that she could hardly empathize with my emotions, switching from pony-tailed boy to glamorous ample-bosomed drag super-star and back to doing the 'boy' thing – maybe as a male model – sometimes all in the same day!"

It took a bit of time for both her siblings to make peace with Tiffany's transition.

"My ten-years-younger brother stayed with us off-and-on in the '90s," she recounts. "I explained that it was easier getting gigs through SAG doing female impersonation. When he found out it wasn't just a job for me, though, things got pretty bad between us for most of a decade. Since he was doing drama at Pinole Valley High School, I figured he'd understand my transition, but that wasn't the case. With my sister, I think it was more a sibling rivalry thing. She was upset when I 'returned' to the family. She'd had everybody all to herself for a few years. Once she realized the family was being supportive to both of us, she came around."

The happy exclamation point on Tiffany's life came in the early 2000s when Bridgette said she wanted them to have children and raise them as co-mothers, something Tiffany wanted, too, but was afraid to hope for. They have a teen-age daughter and fraternal twin 11-year-old sons.

"It took mucho dinero, 12 inseminations and two years to bring our darlin' daughter into the world," Tiffany says. "But well-worth-it, of course. It was a bit easier with the boys, one of whom requires special education and other special-needs services. One of the boys is named after a dear friend, Brian, who died during the AIDS epidemic – a tribute to a lovely man whose memory we will keep alive through our adorable son. Being a Mom means the world to both Bridgette and me – it is my new 'frontier'!"



Tiffany, Bridgette and Family – "No Hate" Campaign in 2013 and Family Christmas Portrait, 2019

Final note, remembering the opening reference to Tiffany becoming adept at so many things during her 56+ years. Tiffany's impact has not been just on the LGBTQ community in California.

"In 2017, as part of the Central American HIV Initiative, I was asked by CDC

International to help organize a trans/civil rights initiative in Guatemala, Panama & Nicaragua,” Tiffany explains. “We have also done exchange with Central American medical, mental health and social services professionals who came to shadow us and see what we do for/with the trans community here.”

In summarizing where she’s been and where she’s going, she closed with the following:

“I’ve been through this non-traditional career with scattered successes and failures,” she summarizes. “I’ve produced documentaries, dealt with HIV, hormones, friends, and trans work. I find it most satisfying that I’ve helped remove a lot of the gatekeepers and barriers to transgender people accessing life-saving services. It’s important that I help create opportunity for the many transwomen (and men) coming behind me. In some ways, I feel that – at age 56 – I’m not as relevant anymore, since there are many younger than me on the front lines now. I’m really happy to have my wife, children, a satisfying job – living a ‘normal’ life, whatever that means – and breaking down barriers for trans and non-binary folks in politics, at long last!”

Many thanks, Tiffany, for the meaningful work you’ve done in so many places – sometimes at considerable cost to yourself – but always looking out to help others wherever you can!



## BOOK REVIEW

### **Fugitive Life: The Queer Politics of the Prison State** By Stephen Dillon

Stephen Dillon is an Assistant Professor of Critical Social Inquiry and Queer Studies at Hampshire College.

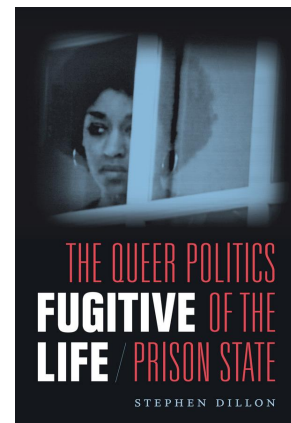
In 1977 George Jackson issues a dramatic statement. "Today we bombed the main substation of the state capital complex in Olympia, Washington. The purpose of this action is to support the struggle of prisoners at the hole at Walla Walla, Washington State Prison".

The prisoners bombed a half dozen banks to punish the state.

The essays of Angela Davis were a powerful voice for prisoners in state institutions. The value of gays and lesbians is highlighted.

Dillon makes a lasting statement in support of prisoners who are struggling to rebuild their lives. Political leaders and all Americans must pay heed.

- Frank J. Howell.



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## BONUS BOOK REVIEW



# China Boat

by Douglas L. Grant, Nifty.org



A still-working but sheltering-in-place Berkeley barrister – a Lavender Seniors participant always looking for new sources of reading and entertainment – has recommended we review one of his favorite books from a non-traditional source. So that’s what we’ve done here, potentially alerting other would-be readers to the fact that there are LGBTQ-themed books outside the mainstream of publishers, downloadable e-books and the like. Maybe other readers have already heard of this site – if so, they may want to skip this review, which is okay...

“China Boat,” this 68-chapter novel, is located on Nifty.org, a free website that advertises itself as “Nifty Erotic Stories Archive,” housing 280,000+ stories by 15,000+ authors. In operation since 1992, the website apparently supports itself with donations from readers interested in continuing access to the website.

It isn’t clear when/where ostensibly-San-Francisco-based author, Douglas L. Grant, actually wrote or uploaded his novel to this website, but it does seem that he thoroughly researched its subject, dating back to 1937, during which most of the action takes place.



The mystery-romance novel introduces two sixteen-year-old boys – Rhys and Jack – from fairly well-to-do families – who have fallen in love at a fairly-exclusive New England private boys school. Before the 1936-37 school year is over, one of the boys – Rhys – is abruptly (and unwillingly) taken out of school by his widowed father to accompany him on a trans-Pacific steamship trip to Shanghai for an extended and undefined period. The young lovers – who have participated in the interesting concept of “bed-visiting” with each other – and other boys – in their dormitory area – are bereft at the idea of being separated for any length of time, particularly since one other pair of gay teens has recently been expelled from their school, punished and separated for life.

During the three weeks between San Francisco and Shanghai aboard the SS Herbert Hoover, communication between the two teen lovers is limited to encrypted and closely-nuanced passages in shipboard cables, plus hand-written and photo-laden letters sent from places where they dock along the way: Honolulu and Yokohama.

There is more action, romance and intrigue aboard the ship than one might expect in this period leading up to World War II. Once cloistered in Shanghai’s Cathay House, Rhys, another gay teen and a gay 29-year-old experience more international intrigue, with Rhys intent on returning to Jack and their life together at any cost. This novel can be accessed on any device:

<http://www.awesomedude.com/douglas/china-boat/index.htm>

Criticisms worthy of mention – one minor and one major:

- There are multiple typos in virtually every chapter – perhaps one of the cringe-worthy prices one pays for not going through traditional publishing houses, armed with proofreaders/editors galore.
- All three gay teenagers in the novel are inordinately skilled – beyond their years – in very adult-sounding areas, such as encryption/decryption (some of us armed with Captain Marvel decoder rings in the 1950s would be envious!), knowledge of international affairs, details about the fledgling aviation industry and better-known maritime field, and basic human nature. The 29-year-old known gay character is more believable with his role in the international intrigue peppered throughout the book.

Either way, it's an interesting read about many things, including what it was like being gay, young and in love in another era.

One **disclaimer**: our source – the Berkeley barrister – mentions that there are some reading options on this website that might be offensive to some or, perhaps, unacceptable/inappropriate for others; options that we did not explore. Thus, we are only recommending exploration of the one hyperlink – our readers are all adults who will make their own choices about their reading material. Our source did assure us, however, that those stories listed in “The Best of Nifty” are virtually all tasteful and inoffensive. Apparently the keepers of the archive are at least politically correct, whether some or all of the contributing authors are or not.

- John David Dupree, Tinamastes, Costa Rica

## CONNECTIONS



### Notes from Sick Bay

It has been brought to our attention that one of our own has suffered a setback recently and is interested in hearing from fellow/sister LGBTQ seniors and friends.

Larry Laikam – a long-time active participant at Lavender Seniors, Billies and the Rainbow Community Center – is currently hospitalized at St. Francis Hospital in San Francisco after suffering a stroke, primarily affecting his left side. As many of his LGBTQ+ comrades-in-arms can attest, he rarely misses a social event for any of these groups, whether it be in Oakland, Berkeley, San Leandro, Vallejo, or elsewhere. These groups are his family.

He wants people to know that he is lucid and his speech is fine, although his physical recovery will likely take some time. His spirits remain upbeat, considering the daunting challenges confronting him. Larry is a very gregarious and generous person who helps others whenever he can. He appreciates every phone call, card and letter he receives. Mail sent to his current address is being forwarded to his sister in Fresno, but he will receive all of it in due

course.

Since COVID-19 restrictions limit him to only one visitor a day, for those who might want to mask up and visit him, it is suggested you contact him at St. Francis Hospital, (415) 353-6000, Room 709, to make arrangements. Either way, he says that calling him with good wishes or just to chat would be very much appreciated.

By the time this newsletter is being read, however, he may have been discharged to an East Bay (hopefully gay-friendly) assisted living facility where he can receive extended physical therapy before he moves back, ideally, to his own home. For those who try unsuccessfully to reach his room at St. Francis, Karen, our Friendly Visitor Coordinator, can be contacted to keep tabs on his current whereabouts at [Karen@LavenderSeniors.org](mailto:Karen@LavenderSeniors.org).

*[Editor's Note: Anyone knowing of other area LGBTQ+ seniors having bouts of health- or spirit-related challenges, needing extra TLC from our community, please contact us at [Info@LavenderSeniors.org](mailto:Info@LavenderSeniors.org) – or leave a message (with contact details) at (510) 736-LGBT and someone will be in touch. If requested, we will include details in the next month's "Notes from Sick Bay."]*

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## 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](http://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 fourth 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 [Info@LavenderSeniors.org](mailto:Info@LavenderSeniors.org) or leave a message at 510-736-LGBT. Someone will get back to you as soon as possible

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



## Second Saturday / Third Friday Zoom Lunches in July

Since it is unclear when Alameda or Contra Costa County will be reaching Stage 2 in the "re-opening process" – or when North Oakland Senior Center or All Saints Episcopal Church will be opening their doors again, we have cancelled all Lavender Seniors events for July.

We will continue the four-month-old Zoom-meeting "tradition" for both the Second Saturday and Third Friday in July. In addition – just thinking worst-case scenario – we have set up those dates each month through December. That way the same hyperlink can be used each month we're still sheltering in place. Hopefully, we'll be back out-and-about before December and can cancel any of those scheduled for the future.

As for the Lavender Seniors Third Wednesday LGBTQ Film Series, that has also by necessity been cancelled, as well. We were able, however, to attend the Queer Women of Color Film Festival and the Frameline Film Festival's Pride Showcase June 24-28. Lavender Seniors co-sponsored one of the Frameline films, "Twilight's Kiss (Suk Suk)", about two elderly men in Hong Kong who come out as gay late in life and face the challenges of dealing with their children and other family members about that, as they find themselves falling in love.

Below are the details for the Second Saturday and Third Friday Zoom meetings:

\*\*\*\*\*



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: Jul 11, 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)  
+1 253 215 8782 US (Tacoma)

Meeting ID: 896 7102 6595  
Password: 153953

\*\*\*\*\*

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

Topic: **Third Friday Lunch Bunch**

Time: July 17, 2020 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)  
+1 253 215 8782 US (Tacoma)

Meeting ID: 852 3582 5964  
Password: 569546

We hope to see you there at either/both of those meetings!

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## FOUNDERS CORNER

by Barbara Jue, co-founder July 2020

Even as the state slowly moves through stage 2 and begins to re-open in the early steps of stage 3, Alameda county continues to have COVID-19 cases rising above 5,000. And so we are still sheltering in place. Following are

resources to help you survive in this climate of COVID-19. It is just a shortened version of the COVID-19 Resource document Lavender Seniors created for handling this pandemic. The landscape of help is fast changing, but 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](mailto:info@Lavenderseniors.org) giving us your e-mail address and/or you snail mail address with a request for a copy of the document in the subject line.

To date we have delivered over 25 masks to Lavender Seniors and if you need some, please again let us know and masks will be sent to you. We have continued to have our 2nd Saturday of the month and the 3rd Friday of the month gatherings via Zoom. The link is broadcast just before the event occurs so that you can join in.

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## HOME HEALTH CARE

### HOME HEALTH ELIGIBILITY DURING THE COVID-19 PANDEMIC

#### More people can receive skilled care at home

In response to the COVID-19 pandemic, the **Centers for Medicare & Medicaid Services** issued temporary home health eligibility requirements to give healthcare providers flexibility to focus on patient care. This means, we can help you keep your most vulnerable patients at home for skilled care, while minimizing their risk of exposure to community infectious diseases.

#### UPDATED HOME HEALTH ELIGIBILITY REQUIREMENTS

**1. Homebound Status** (requirements clarified due to COVID-19 pandemic)  
During the COVID-19 public health emergency, certain people who didn't qualify for home health previously may now meet homebound requirements. This includes patients who physicians certify should not leave home due to a medical contraindication that increases their risk of infection. This information, including evidence of home health eligibility, should be documented in the patient's medical record.

According to the Centers for Disease Control and Prevention, examples of those at high risk of severe illness from COVID-19 include:

- People age 65 plus
- People who live in a nursing home or long-term care facility
- People of all ages with underlying medical conditions such as chronic lung disease, moderate to severe asthma, serious heart conditions, immunosuppression, severe obesity, diabetes, chronic kidney disease or liver disease, among others.

**2. Face-to-Face Encounter** (related to the primary reason the patient requires home health services)

If your patient meets home-bound criteria, this should be documented as part of the Face-to-Face encounter. Video visits with two-way, real-time audio and video communication now satisfy the Face-to-Face encounter requirement.

**3. Need for Part-Time or Intermittent Skilled Care**

#### 4. Patient Under Physician's Care

#### 5. Physician-Signed Home Health Plan of Care

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## FOOD PROGRAMS

**Great Plates Delivered Program**— A Meals delivery program free of charge offered by the collaboration of FEMA and the State of California in response COVID-19 shelter in place for vulnerable seniors. For all those interested in the Alameda County Great Plates Delivered program see the information below. Qualifying seniors over 65 will receive a meal kit consisting of breakfast, lunch and dinner for a day Monday thru Friday. No delivery on Sat or Sunday or Holidays.

### ALAMEDA COUNTY

- Online Form - <https://acgreatplates.acgov.org/> (preferred method)
- Voicemail – (925) 803-7943
- Email – [ACGreatPlates@acgov.org](mailto:ACGreatPlates@acgov.org)

Anyone who lives in Oakland should apply to the Oakland Great Plates Program using their online form or by calling the Oakland program's hotline.

### OAKLAND ONLY

- Online Form - <https://www.oaklandca.gov/resources/great-plates-delivered-city-of-oakland>
- Voicemail - (510) 238-FOOD
- Email – [greatplates@oaklandca.gov](mailto:greatplates@oaklandca.gov)

### BERKELEY

**Berkeley Mutual Aid Network** assists high risk individuals through a variety services including emergency stop-gap funding for groceries, navigating resources such as CalFresh benefits, assistance running essential errands and more. To request assistance, fill out their [application form](#) or leave a voicemail at (510) 519-6770.

**HelpBerkeley.org:** Is a 100% volunteer organization that was created to help support the Berkeley community in this time of need. Their mission is to deliver fixed- priced affordable meals to individuals at-risk for COVID-19. Our approach provides incremental revenue to local restaurants and helps them keep their doors open. HelpBerkeley.org serves those who are at-risk for COVID-19 while they are in self isolation during this period. They are seniors or individuals affected by underlying conditions, often with limited resources.

### WHAT WE DO:

- We partner with local restaurants to provide 2 meals (one dinner+ one next day lunch) for a total \$10 plus tax.
- Over 100 volunteer drivers deliver the meals for free
- We reach out to those we can help through city administration, community organizations, faith-based organizations and the medical community.

### YOU CAN HELP

- Connect us to local organizations who support seniors and others in need
- Share our program with at-risk individuals and potential volunteers

- Partner with us to help us deliver on our mission

## Contacts:

You can reach us through our website

HelpBerkeley.org <https://www.helpberkeley.org/>

For questions about the program please call Mary Pat Farrell, volunteer outreach coordinator, at (262) 303-6233

## DUBLIN

During the shelter-in-place, take advantage of one of these meal programs available to Seniors:

- **Open Heart Kitchen (OHK)**, in conjunction with the City of Dublin, offers a lunch takeout program for seniors (age 60 and older). Lunch is available for drive-through pick-up, Monday – Friday, 11:30 AM-12:15 PM, at the Dublin Senior Center. Please reserve your lunch at least one business day before by calling OHK at 925-500-8241.
- **The Meals on Wheels** program by Spectrum Community Services enables seniors to maintain their independence by delivering nutritious meals to homebound seniors. For more information, [email](#) Spectrum or call 925-931-5385.

**FREMONT:** Call 1-510-574-2222 for food and hygiene services info

## MEAL DELIVERY KITS PROGRAMS:

### THRIVE MARKET

- Thrive Market is an online, membership-based market delivering the highest quality healthy and sustainable products to your door at member-only prices. The gift of a Thrive Market membership provides access to incredible benefits, including:
- Shop over 6,000 wholesome food, home, and beauty products curated just for members
- Shop by your diet and values
- Every paid membership sponsors a free one for a low-income family
- We currently ship to all residential and commercial addresses in the contiguous U.S. We do not currently ship to P.O. boxes, Alaska, Hawaii, Puerto Rico, or Canada, but hope to do so in the near future.

## HOME CHEF

Customer Support

Mon – Fri 9AM–6PM CST

872-225-2433

- \$60 covers 3 Home Chef recipes per week for 1 week (2 servings per meal)
- Average cost per serving \$6.99
- Weekly recipe rotations for all skill levels and dietary preferences means there's always something new and exciting to cook. Make meals uniquely yours. Upgrade, double-up, add or swap protein on select meals. You're in control of your dine-style. Add meals. Edit servings. Or take a week off and fly to Tahiti. Plans and preferences change — we keep up.
- Pick Your Meals
- Select recipes each week that fit your preferences and dietary restrictions. Accept our suggestions or choose your own!
- Customize Your Plate
- Use our Customize It feature to upgrade, swap, or double up your



favorite protein on select recipes.

- Cook And Enjoy!
- Fresh, pre-portioned ingredients delivered right to your door – effortlessly create and plate exciting dishes with our step-by-step recipe cards.

## DAILY HARVEST

<https://get.daily-harvest.com>

e.g. \$79 for 9 item basket

Everything we make is built on organic fruits and vegetables and crafted into delicious food that is actually good for you. We're frozen for a reason—because our method means more nutrients, better flavor, and food that keeps up with the pace of your life. And—when you're juggling way more than you think you can, or you're taking the night off—our food is delivered to you and ready in minutes

## VEESTRO

Mon – Fri 8am- 5 pm PT

855-434-8988

- Plant based vegan vegetarian
- Restaurant quality, chef-prepared meals from \$9.90/meal
- Cooked from fresh, organic ingredients by our chefs and delivered to you frozen.
- You heat, eat & enjoy. Heat in the oven or microwave. No chopping. No cooking. No cleanup.
- Your orders are fully customizable. Change your meals, pause delivery, or cancel anytime.

## FRESHOLOGY

800-743-7546

Phone Hours (All times are Eastern Time)

Monday - Friday 8am - 5pm

### It all starts with great food

No more stressful planning, preparing or time wasted shopping. Just choose from one of our award-winning menus and customize a plan to fit your taste and your lifestyle. We'll take care of the rest. 4 delicious menus to choose from.

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## FOOD FARM DELIVERY SERVICES

**GOLDEN GATE ORGANICS** - <https://www.goldengateorganics.com/>

Golden Gate Organics brings delicious seasonal 100% organic produce, grown in the wider Bay Area foodshed, to your home and business.

Office Hours: Mon-Thurs: 9-5 Fri: 9-4

510-698-9446 [care@goldengateorganics.com](mailto:care@goldengateorganics.com)

600 50th Ave, Oakland, CA

**WHOLE FOODS** - We are working to expand capacity to service more Prime Members with free, two-hour grocery delivery and door drop service from

Amazon Fresh and Whole Foods Market in more than 2,000 cities and towns.

To become an Amazon Prime member, go to the Amazon Website [amazon.com](https://www.amazon.com). It costs about \$13/month or \$120/year. There are lots of other benefits besides free 2-hour food delivery.

### **INSTACART** - [Instacart.com](https://www.instacart.com)

They deliver from many places, a few of them are Safeway, Costco, Petco, Sprouts, Village Market, Andronico's, CVS, and Berkeley Bowl

The website won't give info about cost, unless you sign up for the service. But it looks like it is \$4-8 per delivery, plus 5% of the cost of your groceries. So if you order \$100 worth of groceries it would be \$4-8 per delivery plus \$5. But it is really unclear, so check with them if you want to use their services. Maybe you can inform the rest of us.

There is also a monthly or a yearly flat fee options - but be careful about this because they say they renew it automatically.

### **IMPERFECT FOODS** <https://www.imperfectfoods.com> (510) 595-6683

Delivers exactly what it sounds like, produce that might be slightly flawed, potatoes that are too big, carrots with 2 appendages, etc. You can choose the delivery plan that works for you and can make changes to your box items. They only deliver on a schedule, so if you want something in between your delivery date you may not get it.

### **FARMSTEAD** <https://www.farmsteadapp.com> (650) 215-6213

It looks like they offer a wide variety of products; including fresh produce, dairy, meat/fish/poultry, and pantry items. Could not find any information on pricing - you probably have to open an account to get that information.

### **FARM FRESH TO YOU** <http://www.farmfreshtoyou.com> (800) 796-6009

They only deliver overnight. They bring the season's best mix of 100% certified-organic produce and hand-crafted farm products conveniently to your door by growing and partnering with local farms and artisans. Each delivery comes with news from our family farm, delicious recipes, quick tips and the option to customize your box online — we bring our farmers market booth to you!

They have a variety of box types to choose from, veggie only, fruit only, mixed fruit and veg, organic only, etc.

- You can choose how often they deliver.
- You can choose the box size, regular size is \$35; a large box is \$49.
- They also offer a wide variety of other items, dairy, pantry, proteins, etc.
- Check out their website for more info

### **DAYLIGHTFOODS** [www.Daylightfoods.com](http://www.Daylightfoods.com):

1-510-931-4207

Local farms within a 150-mile radius with self p/u or \$15 delivery

Boxed - \$30 - \$35

30200 Whipple Road, Union City 94587

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# HOME DELIVERED MEALS

## Meals on Wheels:

**Livermore: Livermore Office Coordinator:**

Carrie Oldes 925-421-4657, [LivMOW@SpectrumCS.org](mailto:LivMOW@SpectrumCS.org)

**Dublin, Pleasanton and Sunol: Pleasanton Office Coordinator:**

Jennifer Choi, 925-931-5385, [PDSMOW@SpectrumCS.org](mailto:PDSMOW@SpectrumCS.org)

Healthy, home-delivered meals are available for seniors (60 years and older) who are unable to prepare their own food, and have difficulty with mobility. Fresh, nutritious meals are distributed during the week, and chilled or frozen meals by Stanford Health Care's Valley Care Hospital in Livermore. Meals can be pre-ordered for weekends and holidays.

## Program Options

- Special diets available on request (including low sodium, low fat, low cholesterol, renal, carbohydrate control, soft, mechanical soft, vegetarian).
- Rice or tortilla substitution for bread.

## Suggested Donation: \$3.75

- There is no obligation to contribute.
- A contribution is purely voluntary.
- No eligible participants will be denied service because of a failure or inability to contribute.

## Project Open Hand

**San Francisco Office:** 730 Polk St, San Francisco, CA 94109

Phone: (415) 447-2300

Grocery Center and Meal Pick-up Times:

Tuesday - 9am – 4pm

Wednesday – Saturday 11am – 4pm

Reach the SF Client Services office by phone, Monday – Saturday, 9am – 4pm at (800) 551-6325 or (415) 447-2326.

**Oakland Office:** 1921 San Pablo Ave, Oakland, CA 94612

Phone: (510) 622-0222

Grocery Center & Meal Pick-up Times

Monday, Tuesday, Thursday, Friday: 10am - 2 pm

Reach the Oakland Client Services office by phone, Monday – Friday, 9am – 5pm, at (510) 622-0222 (you can also leave a message any time)

Must meet qualifications. Fill out form online. Have doctor's fill out.

HIV- AIDs

Diabetes over a range of Glucose readings

MediCal

Hep C

Had surgery incapacitated for 30 days

Covers Alameda County North to Albany and South to Hayward.

## Spectrum Meals:

**SOS Wheels on Meals:** (510) 582-1263 – delivered meals Central Alameda County: Castro Valley, Hayward, San Lorenzo, San Leandro. Contact Deborah Kuehner at ex: 114. For Oakland, contact Kathy Gonzales at ex: 101

**San Leandro Spectrum Meals:** (510) 825-9793

Cold or frozen meals call 72 hours in advance, pick-up at San Leandro Sr. Center.

**Spectrum Community Services**

*Meals to go (suggested donation:\$3.75)*

Hayward Senior Center curbside pickup 12-12:30 M-F

22325 N 3rd St

Hayward, California 94546

Contact Daniela Keiffer 3 days in advance to reserve your meal 510-881-6768

San Leandro Senior Center

13909 E 14th St

San Leandro

Weekdays but must call (510) 881-0300, 72 hours in advance 12pm-1pm

North Oakland Senior Center

5714 MLK Jr Way (corner 58th Street), Oakland

Weekdays but must call Kayla Brown (510) 597-5085, 72 hours in advance 12pm-1pm

**SLUSD Mobile Pantry @ Adult School**

1448 Williams St

1st Fri 1pm-3pm

**Mercy Brown Bag Program**

*Pantry to go*

13909 E 14th St

2nd & 4th Mon - must pre-register by calling (510) 534-8540 10am-12pm

**Davis Street Family Resource Center**

*Pantry*

3081 Teagarden St

Mon-Fri 10am-530pm

**Bethel Community Church**

*Pantry to go*

14235 Bancroft Ave

Thu 6pm-8pm

**Ashland Village Mobile Pantry**

*Pantry*

1300 Kentwood Ln

3rd Tues 2pm-4pm

**All Saints Episcopal Church**

*Pantry to go*



911 Dowling Blvd  
1st Sat 12pm-1pm

## **April Showers**

*Meal to go and showers for those experiencing homelessness*

951 MacArthur Blvd  
1st, 3rd, 5th Sun 1pm-3:30pm

## **April Showers**

*Meal to go*

1600 Bancroft Ave  
Tues, Wed, Thurs 11am

## **LIFE ELDERCARE**

### **Meals on Wheels**

Our trained, screened volunteers deliver nutritious mid-day meals Monday through Friday, with frozen meals available for the weekend.

Along with the regular meals, we also have vegetarian, renal, and diabetic menu options.

July's menu is not posted yet, here is the June one:

<https://lifeeldercare.org/wp-content/uploads/2020/05/2020-June-MENU-website.pdf>

### **Eligibility**

Individuals who are 60 years of age or older is eligible. To get more information, sign up for meals, or connect with Meals on Wheels programs in other Alameda County cities, please call (510) 894-0370 or email

[info@LifeElderCare.org](mailto:info@LifeElderCare.org).

- Live in Fremont, Union City, or Newark, CA
- Are unable to shop for food or prepare meals for themselves
- Do not receive help from a reliable caregiver

Our highest priority is to serve frail seniors who most urgently need our assistance.

For billing or donation questions, please contact Patty:

[peng@LifeElderCare.org](mailto:peng@LifeElderCare.org); (510) 574-2092.

*Deliver a meal & a smile to home-bound seniors:* learn more about [volunteering](#) or [sign up](#) to become a Meals on Wheels volunteer driver.

This program is partially funded by City of Fremont; City of Newark; City of Union City; Area Agency on Aging, and generous individuals, organizations, and businesses in the community.

**Berkeley** – MEALS ON WHEELS servicing Berkeley, Albany, Emeryville contact Dina Quan 510 981-5250

**Oakland and Central County** – SOS MEALS ON WHEELS contact Charlene Deterline 510 582-1263

**Pleasanton and Livermore** – SPECTRUM COMMUNITY MEALS ON WHEELS contact Carrie Oldes 925 483- 1989

**County-wide Japanese Style -J'Sei Meals on Wheels** contact Taralyn Kawata 510 654-4011

**Fremont, Newark, Union City – Life Elder Care MEALS ON WHEELS** contact Tammy Duran 510 894-0370

**Alameda - MEALS ON WHEELS** contact Rosemary Reilly 510 865-6131

## **MOMS MEALS**

March 24, 2020 (Des Moines, Iowa) – The U.S. News and World Report issued a list of top pre-made meal and meal kit delivery services for seniors, and ranked Mom's Meals among them.

Mom's Meals, a leading provider of **home-delivered meals nationwide**, offers meals tailored to meet the needs of common medical conditions, like diabetes, kidney problems, cancer and heart disease. Clients can choose each meal from a broad menu of nutritious and tasty options, and have the fully-cooked, ready-to-heat meals delivered to their door.

As mentioned in the U.S. News World and Report, key highlights of Mom's Meals services, include:

- Ready-made meal delivery plan designed specifically for seniors
- Chef-designed meals highly rated on taste and nutrition
- Can be tailored for specific health needs
- May help you stay in your home longer

## **ABOUT Mom's Meals**

At Mom's Meals, we believe better health should be accessible to all, and it begins with the very meals we eat. We provide high-quality, refrigerated meals to any U.S. address. We put choice in the hands of our customers, offering a broad selection of entrees, including those to support common health conditions. For more information, visit **[www.momsmeals.com](http://www.momsmeals.com)**.

To Order 1-844-657-8721 (2 hours difference in IOWA)

Shipped out of Nevada via Fed-EX to your door Shipping charges separate.

## **Home On The Range**

2773 Telegraph Ave, Oakland, CA 94612 ·

(510) 251-8030

## **[www.homeontherangemeals.com](http://www.homeontherangemeals.com)**

Home On The Range offers free delivery of fresh cooked meals on daily basis

Ordering information. Once you've selected items from our Menu. Simply call (510)251-8030, (510)452-1787. FAX (510)251-1819.

**Gift Certificates** Call (510)251-8030, (510)452-1787 fax (510)251-1819

## **FACTOR 75**

888-573-2222 for info

## **The Keto Diet, Made Easy**

Get low-carb, high-fat meals delivered to your doorstep.

FREE Shipping

## How It Works

**Pick Your Meals**--New weekly ketogenic meal options. New menus every week.

**We Cook Them**--Our gourmet chefs do the prepping and cooking so you can do you.

**Free Delivery**--We deliver fresh, never frozen meals directly to your doorstep.

**Heat, Eat & Enjoy**--No prep. No mess. Our meals arrive ready to heat and eat in minutes.

Fresh, Healthy & Unbelievably Tasty. Our keto meals set the bar for quality and taste.

**Fresh, Never Frozen Ingredients**--We only use fresh ingredients from our network of trusted partners. Factor meals are free of hormones, antibiotics, gluten, refined sugars and GMOs.

**Chef-Crafted Recipes**--Our team of culinary experts craft meals so mouthwatering, you won't believe they're healthy.

**Designed by Dietitians**--Our registered dietitians work hand-in-hand with our kitchen to ensure every keto meal has an optimal amount of carbs and fats to keep you on track.

**How do the meals stay fresh during transit?** We ship our meals in insulated boxes with gel packs that will keep the box at refrigerated temperatures for quite a long time! We thoroughly test them in all seasons across all climates. Keep in mind that it is normal for the gel packs to be slightly melted by the time they arrive. This is because they release cold air into the box as they melt. The cold air does dissipate quickly when you open it, so you should transfer the meals to the fridge immediately.

**Pricing:** Save time & money. Try one of our weekly meal plans at an exclusive discounted rate. Free Shipping

6 Meals per Week \$12.83 discounted to \$10.33 per meal

8 Meals per Week 12.38 discounted to \$10.51 per meal

12 Meals per Week \$11.50 discounted to \$10.25 per meal

[Get \\$50 Off Your First 2 Weeks](#)

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## MENTAL HEALTH

### ALAMEDA COUNTY

- Disaster Distress Hotline: 1-800-985-5990 or text "TalkWithUs" to 66746 24-hour hotline for calls
- Crisis Support Services of Alameda County 1-800-273-8255 24 hour hotline

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## SURVEY

Lavender Seniors is wishing to donate to the charities that serve meals to our

LGBTQ community. Please take a moment to send a note to us at [info@lavenderseniors.org](mailto:info@lavenderseniors.org) telling us which non-profit you are a patron. You can also call us at 1-510-736-5428 and leave us a voicemail.

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## NOTE

A recent e-mail (paraphrased in bulleted list below) received from Rachel Muir was meant to be shared. Check out the link to her list of materials you may want to peruse while you are sheltering in place:

(This document is intended to serve as a resource to white people and parents to deepen our anti-racism work. If you haven't engaged in anti-racism work in the past, start now. Feel free to circulate this document on social media and with your friends, family, and colleagues.)

[bit.ly/ANTIRACISMRESOURCES](https://bit.ly/ANTIRACISMRESOURCES)

Some of the comments Rachel shared:

- I cannot imagine the fear and terror that permeates everyday life for people of color.
- Being afraid when you go to bed at night that you might be shot while you sleep by a law enforcement officer whose very job it is to protect you. ([Breonna Taylor](#))
- Writing this email, a voice inside my head said "don't say anything, you're just going to sound like another brand jumping on the conversation".
- But there is no such thing as a silent ally.
- I have a platform.
- If I don't use it, I'm contributing to the problem by being silent.
- As leaders dedicated to making social change we have to speak up against racism and violence.
- *I will not be silent.*
- I will ask questions, challenge my expectations and assumptions, read, listen, give, and use my voice to be a better ally.
- I'm grateful to you for being a part of my community.
- Now is the time to use our voices and come together.
- Racism is woven into the fabric of our nation's being and that includes philanthropy.

I leave you with this message of hope

Much love,  
Rachel

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Like you, I am deeply outraged by what happened to George Floyd. The image

of his death is seared into my mind with vivid horror.

I am hopeful that this is finally the turning point for our nation to find its soul of humanity and move us forward to a respectful and humane culture and with institutions which support that culture. That the young people in the nation have rallied and that the top police officers of cities have joined with them is the most promising sign that our nation is standing up for human rights totally together. That the peaceful demonstrators taking to the streets with disregard to the risks and dangers of exposure to the COVID-19 virus is a promise that the national narrative of cultural change is far more important than their and their families own lives and that the change will finally happen in our lifetime.

The following 501 C (3) organizations identified by Equality California are working to change the racist and brutal culture of the police. They would welcome your donation:

- BLACK LIVES MATTER- <https://blacklivesmatter.org/>
- COLOR OF CHANGE- <https://colorofchange.org/>
- RECLAIM THE BLOCK - <https://www.reclaimtheblock.org/>

And these are the books which Equality California recommends:

- *Freedom is a Constant Struggle* -- Angela Y. Davis
- *White Fragility* -- Robin Diangelo
- *How to Be Anti-Racist* -- Ibram X. Kendi
- *Me and White Supremacy* -- Layla F. Saad
- *So You Want to Talk About Race* -- Ijeoma Oluo
- *The Fire Next Time* -- James Baldwin

We are still in the first wave of the COVID-19 Pandemic Please remember to:

- Regularly Wash your hands for 20 seconds
- Wear a mask whenever you are outside your home
- Use hand sanitizer
- Maintain social distancing of 6 ft
- Check on our elders (by phone) or, if in person, wearing a mask.
- If we can be of help to you, reach out.
- If you can help others, reach out.

There is strength in numbers. Take care. Complete the Census 2020 ([My2020Census.gov](https://my2020census.gov)) and donate to Lavender Seniors of the East Bay on GiveOutDay Tuesday, June 30th (<https://www.giveoutday.org/organization/lavenderseniors>)

**Happy Pride!!!**

## 2020 Census – Make Sure You’re Counted!

As you can imagine, the gathering of data for the 2020 Census has been considerably affected by the COVID-19 pandemic, our “stay-at-home” orders and the social distancing required to flatten the curve of the coronavirus here and throughout the country.

The U.S. Census Bureau continues to carefully monitor the situation and follow



the guidance of federal, state, and local health authorities. They are adjusting some operations with two key principles in mind: protecting the health and safety of our staff and the public, and fulfilling our statutory requirement to deliver the 2020 Census counts to the government on schedule.

We hope this finds each of you safe and well. As we all work to adjust, we want to remind you that responding to the 2020 Census is safe, important and easy to do from the comfort and safety of your own home (online: [my2020census.gov](https://my2020census.gov) | by phone: 844-330-2020 (English). [Phone number for 12 non-English languages here: https://2020census.gov/en/contact-us.html](#)).

You can now view live census response rates on a state, county, city, and census tract level at <https://2020census.gov/en/response-rates.html>. This tracker is updated daily at 12:00pm PST through 8/14.

The 2020 Census is underway and is ready for America to respond. Plan to include everyone you expect to live in your home on April 1. You can respond online in one of 13 languages and find assistance in many more.

The first invitations were sent out to an estimated 140 million households between March 12-20. Every household that hasn't already responded should have received additional reminder letters in the mail between Monday, March 16 and Tuesday, March 24.

Respond to the 2020 Census as soon as you receive your invitation — and when you're finished, make sure your friends, families, and social networks know about the importance of responding.

### **Why the Constitution Calls for Conducting This Count Every Ten Years!**

The census provides critical data that business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data. The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

As you may know, Lavender Seniors received a small grant from the United Way of the Bay Area to assist in any way possible to make sure that the LGBTQ community is accurately reflected in Census 2020. For questions or assistance, please feel free to contact us at [info@lavenderseniors.org](mailto:info@lavenderseniors.org) or (510) 736-LGBT (5428). We will help in any way we can. We want to make sure that each member of our community – and their loved ones – get counted!

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### **Lavender Seniors Participant Targeted**

## **Census 2020 Scam Warning**

One of Lavender Seniors' participants has notified us of having had the following experience with (allegedly) Census 2020:

Please warn people that there is a 2020 Census scam going on where you get an email that looks legitimate, which says 2020 Census. When you open it, it looks like a government site. They ask you all the regular questions but they also ask for your Social Security Number. Unfortunately, I filled this out and submitted it. Later, I read an article that said beware 2020 census will never send you an email. They will never ask for your Social Security number. I called the Census and they confirmed that I had been scammed. But I am now trying to run around freezing my credit reports, putting alerts on my bank account and social security, changing passwords, etc. If you have been duped you should do the same. I hope already-vulnerable LGBTQ seniors and their loved ones can protect themselves!

As you may know, Lavender Seniors has received a small grant from the United Way of the Bay Area to assist LGBTQ seniors and their allies with registering for the decennial census, which has been extended to 31st October from the original targeted end-date of 31st July because of complications arising from the COVID-19 pandemic.

The census is extremely important, since funding decisions and even decisions on how you are represented in the state legislature and Congress will be determined by how comprehensive and accurate the final Census tally is.

If you're in Alameda or Contra Costa County – or stranded elsewhere domestically or internationally, which has been the case with some of our community, due to travel restrictions - and have any questions or concerns about registering for Census 2020, please feel free to contact us at [Info@LavenderSeniors.org](mailto:Info@LavenderSeniors.org) or by leaving a message at (510) 736-LGBT and someone will get back with you to help answer your questions!

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## **CARA Alert – June 26, 2020**

A publication of the California Alliance for Retired Americans

[Print/Download](#)

**BLACK LIVES MATTER**  
**BUDGET VICTORY– FOR NOW.....**

We did it! The Governor agreed to keep the programs important to seniors and people with disabilities in the budget, for now..... but with the stipulation that we will revisit these and other cuts after reviewing the states' July 15th revenues, and getting other revenue measures passed like the federal HEROES Act (that will bring billions to the states), and other revenue measures which are being considered.

It took each of you who made calls, sent emails, signed letters, and more to convince the Governor that the programs on the chopping block are essential – and saving lives – especially in this moment with COVID-19 surging in California. We must continue to monitor the situation, and advocate for new

revenues to avoid future cuts. Our advocacy works and it must continue!

**REGISTER FOR OUR JULY 31st CELEBRATION & TOWN HALL**  
***Protect, Improve, and Expand Medicare, Medicaid, Social Security, U.S.***  
***Postal Service, ADA and Women's Right to Vote***

**Register at [July31.cara@gmail.com](mailto:July31.cara@gmail.com)**

In late July and early August, our country will be celebrating the anniversaries of some of these most important programs for seniors and people with disabilities. Many of these programs keep us alive and healthy, especially in this time of COVID-19. Please join CARA on **July 31st at 12 noon** for a celebration, town hall, and Call to Action. This will be a Zoom meeting and will feature guest speakers, music, a flash mob (in our chairs) and more. You must rsvp to CARA at [July31.cara@gmail.com](mailto:July31.cara@gmail.com)

CARA has developed some signs celebrating these programs. You can start the celebration today by printing these signs (in either **black and white** or in **color**) and decorating your home, car, lawn, etc.



**CARA Senior Vote/Regional Conventions Going Virtual**  
**Register Today!! [Click here](#)**

CARA is sponsoring 14 Senior Vote conventions in September and October of this year. Due to the surge in COVID-19 cases in California and the reality that many of our pre-arranged venues will not be open for large gatherings, nor will it be safe for us to participate in group events of this type in person, CARA has decided that all 14 of our Senior Vote Conventions will be held virtually - via ZOOM/Teleconference.

You must register for these events and pay the registration fee. CARA will MAIL you the materials for the event, plus some surprises, including a gift card for a lunch at a future date. There are scholarships available if you cannot afford the registration – just check that box on the registration form.

Each event will have keynote speakers, candidates running for key offices in that area, presentation on the state ballot measures, and lots of fun and games.

You must register in advance for these events. **Click on these logos for more information.**





## **CARA ON LINE APPEAL EXCEEDS OUR GOAL!!**

Thank you to everyone who donated to CARA for our June 16th on-line appeal. We hoped to raise \$2500 in this appeal – and we raised close to \$4000!!!! These funds will help us fund our Senior Vote Program and Regional Conventions this summer and fall.

## **SCHOOLS & COMMUNITIES FIRST: SENIOR TO SENIOR PHONE BANKS TO START IN JULY**

Now that SCF has officially qualified for the November Ballot, we must begin talking to seniors about this important measure that will bring over \$12 **billion** back to our local communities and schools by making corporations pay their fair share. We need YOU to call senior voters in your county to let them know that this measure will help their communities, and encourage them to vote YES. If you are willing to call a list of seniors in your area (we will provide a script, the list, and any materials you need), please email us with your name, email address, phone number and which county you wish to call. Send this information to [jreid.cara@gmail.com](mailto:jreid.cara@gmail.com). Thank you.

### **You can contact CARA at:**

**MAIN OFFICE:** 600 Grand Ave. #410, Oakland, CA 94610 / 510-663-4086

**TOLL FREE** 1-877-223-6107 / FAX: 510-663-4099 / [www.californiaalliance.org](http://www.californiaalliance.org)

### **Our mailing address is:**

California Alliance for Retired Americans

600 Grand Ave Ste 410

Oakland, CA 94610-3561



## **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](#).

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**Well Connected – It's a great time to join some of these calls!**

**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 Wednesdays, 7/1 – 8/26** 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. Note: PFLAG and friendly visitors are welcome to join us on the last week of the month. Facilitated by Laura Groffman

**Bingo Saturdays, 7/11 – 7/25** Bingo? On the telephone? You bet! Join us for the classic game of chance and a few variations. Please call the Well Connected office to request Bingo cards, including cards in Braille: (877) 797-7299. Facilitated by Janice Rooker

**Noggin Joggin' Thursdays, 7/2 – 8/27** Let's get those dendrites going and spice up our brains! We will have exercises that may not always be easy but will be a fun way of joggin' our noggins. We're sure to have a great time along the way. Please join us! Facilitated by Nicolette Noyes

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](mailto:coviaconnections@covia.org).

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**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 Board of Directors

President: Victor Aguilar Jr

Vice President: Gwendolyn M. Boozé

Treasurer: Carmen Chiong

Secretary: John David Dupree

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](mailto:karen@lavenderseniors.org)

Mailing Address: 4123 Broadway,  
Ste 818  
Oakland, CA 94611

Website: <http://lavenderseniors.org>

Newsletter Editorial  
Board:

Beckie Underwood  
John David Dupree  
Barbara Jue

Contact  
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