



Lavender Notes

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

July 2018

Celebrating 23+ years of service and positive change

Volume 25 Issue 7

STORIES OF OUR LIVES

M. ANNE MITCHELL

What do Berkeley, Western Kansas and LGBTQ activism have in common, you might ask? The life of one of the East Bay's out-front-political lesbian leaders has been intricately involved in that unlikely geographical connection.

Anne Mitchell, currently the Peer and Older Adult Programs Manager at Pacific Center in Berkeley, was born at Herrick Hospital on 19th of May 1961, the first of three sisters. Her sisters were born two and seven years later. Her mother is an avid photographer and writer and the couple developed a publishing concern called Scrimshaw Press, which produced a number of photo books and counter-culture publications beginning when Anne was a young child. In fact, photos of her - mostly taken by her mother - were published in some of these books.

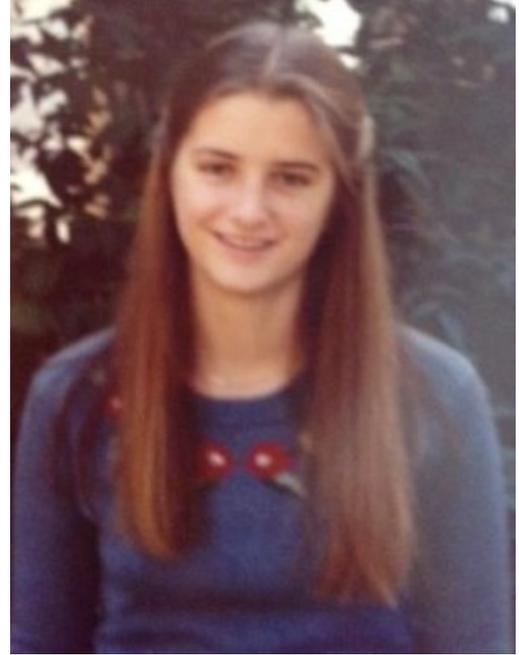


A family photo subject from birth on (Dad in attendance); at age one; and at age three (with Dad)

"I would describe my dear parents as being 'romantic intellectuals' who came to Berkeley from Pennsylvania and New Jersey, respectively, to 'find themselves,' free from their families back east," Anne suggests. "I had an idyllic - somewhat privileged - childhood, going to public schools for the first six grades and then a private school - Head-Royce - from junior high school through graduation."

One of her best life-long friends - met when they were just six months old - was the daughter of some new-found friends of her parents. They met at a party and became part of the Mitchells' "chosen family."

She first started trying her political wings when she arrived at Head-Royce at a time when they were first converting it from an all-girls to a co-educational school. The girls were being required to wear uniforms and the boys were not. Joining the movement to correct this inequity, Anne and her sister schoolmates were soon relieved of having to wear uniforms when the policy was changed abolishing the uniforms requirement.



Photos of Anne at age 8, age 10 and graduating from Head-Royce in 1979, age 18

After graduating from high school, she headed east to enroll at Smith College in Northampton, Massachusetts, where she stayed for four years. She majored in English, though she was also interested in human and social-services work.

"It was great to be at a women's college, since it was always clear that faculty and staff there were devoted to women being successful," Anne recalls. "I go to my college class reunion every five years - just went to our 35th, in fact. I made many long-term friends from all over the country, which has been very important to me."

After graduation, she moved to Cambridge, MA, where she worked on a teen unit of a locked psychiatric facility for two years, solidifying the fact that she wanted to continue working in human services.

"When I attended the case conferences, social workers would discuss the whole gestalt of a person's gender, race, class, family, school, religion and community," Anne reminisces, "which made me long to get into the social work field, so I, too, could be looking at all aspects of a person's life and how I could help."

At age 24, Anne moved back to California, where she held a variety of jobs, ranging from working at a restaurant, in child care, and as a legal secretary. She also was seeing a therapist and growing in ways that helped her understand where she'd been and where she wanted to go. She then went back into social services at an agency in the Tenderloin, work which again helped her to see that her heart was in social service work.

"We were the representative 'payee' for clients in the Tenderloin who had been deemed unable to handle their own finances," Anne recalls. "So we helped organize paying their bills in such a way that they still had money left to live on at the end of the month."

After working next in a hotel system with residents experiencing psychiatric disabilities, she decided to go back to school and get a Master's in Social Work. When she was accepted at the University of Kansas in Lawrence, KS, she decided to make a big change, venturing from her previous lives on the west coast and the east coast, heading to the hinterlands.

"Though it took me ten years after finishing my bachelor's degree, it was an important step for me to experience a place in 'middle America', unlike anything I had ever known before," she recalls. "So I sub-let my apartment on College in Berkeley and wound up in a place best described as 'the middle of nowhere,' which changed my life considerably."

In addition to earning her MSW, she also began her first long-term (17+ years) relationship with a woman, a rancher in rural West Kansas. She also became politically active through helping start a rural chapter of the Kansas Equality Coalition (KEC - now called Equality Kansas). She wound up staying in Kansas for almost 20 years.

"I knew nothing about Middle America before my two decades in West Kansas," she says. "I worked in community mental health centers and found myself, when talking one-on-one with clients, I was able to learn what was really going on as they were able to shed their false self as a perfect Christian, for example, and share their deepest concerns and conflicts."

Anne did a lot of KEC networking around the state, realizing along the way that Lawrence was something of a social and intellectual oasis.

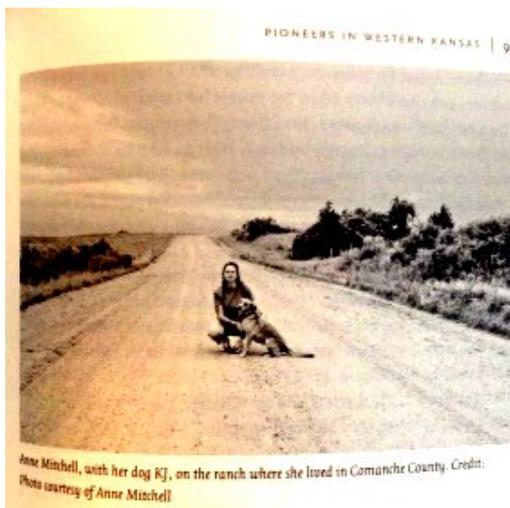
"I always felt the most comfortable there. I encountered amazing moderate Republicans and beautiful giving Christians in the

midst of a place I would have previously stereotyped as being too narrow-minded to be of interest to me! I was able to phone my state representatives on their cell phones while they were out farming."

"In many ways, Kansas has remained hostile to LGBTQ people or anyone who is considered 'different'," she says. "Legislators, for instance, are known to say such enlightened things as 'you're all gonna burn in hell' or 'gay marriage is totally unnatural'."

Because of her work with KEC in Western Kansas, she was one of the activists featured in a 2018 book called "No Place Like Home: Lessons in Activism from LGBT Kansas" (University of Kansas Press) written by C.J. Janovy.

"When Kansas passed a 'heterosexual-marriage-only' amendment in 2005, I had my political awakening ratcheted up a notch or six," she recounts. "Though my partner and I weren't 'out' in the same way we might've been in another part of the world, I always made the point when I was speaking that LGBTQ individuals needed to be treated with respect and should have all of the same civil rights as anyone else."



Ann and her dog in the "Pioneers in Western Kansas" chapter of Janovy's book on LGBT Kansas.

Anne's rancher partner unexpectedly broke off their 17-year relationship in 2009, which initially was extremely upsetting to Anne. She stayed in Kansas another three years, however, moving from the ranch into a trailer behind the local WalMart.

"That was something of a rough period for me, since I was pretty surprised by her decision," Anne recalls. "It took me three years to harness all the good things that had happened to me in Kansas during those 20 years and then decide what I wanted to do with all of that now."

She returned to Berkeley in 2012, earned her LCSW in 2013, so she is now licensed in both Kansas and California.

Asked about coming out to family and friends, Anne began by recalling that she has a lengthy history with Pacific Center in Berkeley. When she was 16 years old, she fell in love with a 17-year-old girl when they met as camp counselors.

"I would stay up late each night trying to figure out what was happening with my sexuality and realized that I needed support," Anne recalls. "I would have my Dad drop me off a few blocks away - under the pretense of meeting up with friends - and became part of the 'Under-21 Lesbian Rap Group' that had recently formed at PC after the agency moved up to 2712 Telegraph from their previous digs, located over a rather seedy bar on San Pablo Avenue.

"My Dad was always pretty low-key about things like sexuality, but my Mom struggled initially, saying that she was disappointed when I told her," Anne recalls. "That hurt at the time but we are close now. Both of my parents liked knowing my friends - many of them really liked talking things over with Mom and Dad - so slowly-but-surely my sexuality was guardedly accepted. In fact, a few years back, all three of us sisters came home for Christmas with our partners. Also, when I was a young lesbian, trying to sort it all out, we sat together and watched that pioneering documentary, 'Word Is Out,' which was a thrill to do with our parents. It's wonderful to be part of an accepting family!"





Over the years, Ann with her sisters, Mom and nephew

Anne's Kansas connection paid off in an unanticipated way when she was hiking in the Oakland Hills wearing a University of Kansas baseball cap.

"I passed a woman on the trail and she saw my hat, stopping to ask if I was from Kansas," Anne recalls. "That was a most fortuitous hike for me, since I am now living with Joni, an 'out Kansan' who has four supportive sisters. We are engaged and planning to be married in the summer of 2019!"

During her time as a Pacific Center employee - besides enjoying - and benefiting from - her work with peers and elders - she was very moved by a five-month course in Oakland called "White Awake."

"Attending that class with other white women concerned about the direction things have been going in this country and the world was very useful for me," Anne recalls. "We discussed in depth the ways that race, class, gender, disability, etc., affect us white women and our relationships to others. It has definitely helped make me a better clinician and human services provider. Generally, it has been so satisfying to see the 'busting open' of radical acceptance: all genders, all sexualities, all races - seeing people out and proud about their queerness or pansexuality, for example - something that wouldn't have been possible a decade or two ago!"



Anne happily coming to work on 27th June 2018 / Anne and Joni, her fiancé, will be getting married next summer

Thank you, Anne, for sharing some of your story, as well as for your continued good work on behalf of the LGBTQ community. We also appreciate the ongoing collaboration with Lavender Seniors of the East Bay, as well as other key players working with the LGBTQ community! And congratulations on your engagement and upcoming wedding next year!





BOOK REVIEW

Against Marriage

An Egalitarian Defence of The Marriage-Free State

By Clare Chambers

Chambers is a university senior lecturer in philosophy at the University of Cambridge. She is also the author of **Political Philosophy: A Complete Introduction: Teach Yourself**.

Chambers declares the book is for everyone, divorced, happily married or without children.

She is opposed by religious conservatives who believe that conventional marriage is the only route to follow.

The Chambers system is grounded in feminism. She feels that marriage should be abolished. Folks should be able to do whatever they want but conventional marriage could still take place. Same-sex love is the most significant change that has endured.

Chambers has given us a challenging view of a future society but this will never happen. Marriage will remain unchanged. Her book is provocative but unrealistic. America will proceed as usual.

- Frank Howell



Against Marriage

*An Egalitarian Defence of the
Marriage-Free State*

OXFORD

CONNECTIONS



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

LAVENDER SENIORS FRIENDLY VISITOR PROGRAM HAS VOLUNTEER OPPORTUNITIES AVAILABLE.

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

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

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

Please contact info@lavenderseniors.org and we will be in touch with you soon. Thank You!

SPECIAL
EVENTS



CELEBRATIONS



Castro Valley Pride: Saturday, July 14, 2018: www.castrovalleypride.com/#!



SUMMER OF LOVE

- *Hors d'oeuvres*
- *Mock tail bar*
- *Prizes for the best "Summer of Love" outfit*

Dance Party
 Geared for LGBTQ, Allies and Friends.

Saturday, August 18, 2018
6:00pm-10:00pm

Tickets: \$20/advance \$25/door
Class #: 50102

Kenneth C. Aitken Community Center
17800 Redwood Rd., Castro Valley

Castro Valley Pride
DJ Billy Bradford

Information: (510) 881-6738 HaywardRec.org




Hayward Pride Dance: Saturday, August 18, 2018 6-10pm, Kenneth Aiken Center, Redwood Road, Castro Valley



Oakland Pride

Oakland Pride Parade & Festival: Sunday, September 9, 2018 10:30am-7m, Franklin Street, Oakland <https://www.facebook.com/events/178454642888572/>

IN SAN LEANDRO TRUTH THURSDAYS
 IN DOWNTOWN SAN LEANDRO
 ACROSS BART STATION

ENJOY THURSDAY EVENINGS AROUND TRUTH IS BEAUTY WITH FOOD TRUCKS, LOCAL BREWS, LIVE MUSIC AND GOOD COMPANY

THE FOURTH THURSDAYS OF THE MONTH
 JULY 26th
 AUGUST 23rd

5:00 PM TO 9:00 PM
 SAN LEANDRO TECH CAMPUS
 1600 ALVARADO STREET
 FREE ENTRY



GROWING HOME - NQAPIA CONFERENCE 2018

Don't miss the chance to spend 3 empowering and inspirational days with 400 amazing LGBTQ Asian Americans, South Asians, Southeast Asians, and Pacific Islanders at NQAPIA's [triennial national conference](#) on July 26-29 in San Francisco. Meet new people, get trained, learn new ideas, strategies, and analysis, and celebrate our community.

Here are some upcoming deadlines for housing, registration, travel support, scholarships and awards.

- **Book Hotel Accommodations - By June 30**
The special discounted rate of \$ 169 per night per room at the conference host hotel, Hilton Financial District in Chinatown, expires on July 1, 2018. Book with reservation code **NQAPIA** and hotel code **SFOFD** by [clicking here](#).
- **Registration - By July 6**
[Click here to register](#). The registration fee includes all conference meals, workshop sessions, and tickets to the acclaimed Community Catalyst Awards Banquet Dinner on Saturday evening.
- **Apply for Financial Aid/Scholarship - ASAP (*first come first served*)**
We believe that money should never be a barrier to participating. We know that the conference will be an amazing life-changing experience. It is also an expensive experience. To apply for financial aid/scholarship towards your travel support and registration fees, [click here](#).
- **Community Catalyst Award Nominations - By June 29**
Help us celebrate organizations and individuals who have made significant impact to improve the lives LGBTQ APIs. [Click here](#) for a list of award categories and simple nomination form.
- **Conference Workshop Topics - Available Now**
Whether you are a seasoned leader or just coming out, there is something for everyone. [Click here](#) for all the workshops and caucuses.
- **Conference App & Connect - Available Now**
NQAPIA has partnered with *Whoa* as the conference app for attendees to get the most up to date information, listing of all sessions, and conference schedule. [Download the free app here](#).
- **Donate to the Scholarship Fund - Contribute Now**
Please support others to carry on the fight for all of us and ensure that the conference is accessible, inclusive, and powerful for everyone. [Make a tax-deductible donation](#).
- **Take out an Ad or Be an Exhibitor - By June 30**
Interested in reaching out and prompting organization, services, and products? Becoming a Sponsor, Exhibitor, or Advertiser. [Info is here](#).

Links at a glance:

- [Facebook Event](#)
- [Registration](#)
- [Schedule](#)
- [Workshop Tracks](#)
- [Location & Accommodations](#)
- [Sponsors](#)

For More Information contact:

FREE STROKE RISK ASSESSMENT

On Thursday, July 12, 2018, from 9:00 am to 12:00 noon, Alameda Hospital will offer FREE Risk Assessment Screenings Stroke in their Social Hall. Appointments are required and space is limited. For an appointment, call 814-4362 or e-mail: relations@alamedahealthsystem.org.

FIX-IT CLINIC AT SAN LEANDRO MAIN LIBRARY

JULY 14th
1:00 PM - 4:00 PM
300 ESTUDILLO AVENUE
SAN LEANDRO, CALIF 94577

In partnership with CivicSpark, the City of San Leandro is hosting a Fix-It Clinic where volunteers with fixing expertise on small appliances such as fans, toasters, tools and other such items can be looked at and, perhaps, fixed. Volunteers and coaches will advise and help you repair those small broken items.

This is a family-friendly, all ages, do-it-together event. Interested volunteers with any fixing expertise may sign up to participate at <http://goo.gl/xS1MRK>. For more information on the event, call the Library at 510 577-3971.

SWING FEVER BAND AT THE

SAN LEANDRO MAIN LIBRARY
SATURDAY JULY 21st
2PM - 3PM
FREE ADMISSION

Since 1978, **SWING FEVER**, has been entertaining audiences in the San Francisco Bay Area and throughout Northern California. Members of the band include some of the most experienced jazz musicians in the Bay Area as well as the very fine vocalist, Denise Perrier.

Quality music...Authentic big band sound...**Swing Fever's** musicians pay tribute to the great jazz legends. Critics rave: "Toe-tapping and relentlessly swinging..." Catch the swing fever with the **Swing Fever Band!**

San Leandro Main Library: 300 Estudillo Avenue, San Leandro CA 94577
www.sanleandrolibrary.org ph: 510 577-3971

JEWELRY SALE AT MASTICK SENIOR CENTER

On Wednesday, July 11, from 10:00 am to 2:00 pm the Mastick Thrift Shop will have gently used jewelry and much more available for purchase.

The Mastick Senior Center is located at: 1155 Santa Clara Avenue, Alameda, Calif. 94501. Phone: 510 747-7500. Program info: www.mastickcenter.com

Weekday program hours: 8:30 am to 4:00 pm.

GOLDSTAR SENIOR SHARED HOUSING ROOM FOR RENT

Goldstar Senior Shared Housing is a program creating affordable housing and claims it is a cost-effective solution to the growing housing crisis. It is a housing alternative for seniors 60+ who may be interested in shared housing either as a renter or as a host.

They claim the benefits from their program:

- Affordable housing
- Increased security
- Companionship
- Financial Stability
- Add'l income
- Transportation
- Mutual Assistance
- Stay in Your Home

Goldstar Shared Housing invites you to contact them at: 510 909-2510 or goldstarsharedhousing@gmail.com or POB 3781, Hayward, CA 94540

*Please use due diligence in checking out this service by checking with the local BBB or other referrals. This is an informational notice and Lavender Seniors neither endorses nor confirms this service. Please let us know of your experience with this service by writing back to us at info@lavenderseniors.org.

A BIT OF LOCAL BAY AREA HISTORY AND ORGANIZATIONS

Lyon-Martin Health Services

This long-serving institution merged with HealthRIGHT 360 on March 1, 2015 to give hope, build health and change lives for people in need. They do this by providing compassionate, integrated care that includes primary care, mental health, and substance use disorders treatment.

Lyon-Martin provides health services in San Francisco such as

- Providing mental health services
- Primary care to lesbian, bisexual and heterosexual women, genderqueer and transgender people
- Short-term individual therapy and group therapy
- Transgender care, hormone therapy, gender-affirming surgery referrals
- Breast/chest health screening, gynecological care and family planning
- Routine physicals and Well-Person visits
- Chronic disease management (eg. Diabetes, asthma, high blood pressure)
- Care for common acute medical problems (ex. Colds, UTIs, minor injuries)
- HIV testing and HIV care
- STD testing, diagnosis and treatment
- Immunization

TRANSGENDER HEALTH CARE

- Gender affirming surgery referrals
- Mental health therapy
- Gender Spectrum group therapy
- Transgender competent primary care
- Pre-operative and post-operative care
- Hormone therapy and laboratory monitoring
- Transgender-affirmative gynecologic care
- Referrals for trans-sensitive mammography

For more information please call: (415) 565-7667 website: www.lyon-martin.org

For more information please call: (415) 363-7007 website: www.lyon-martin.org
Lyon-Martin is located at 1735 Mission Street, San Francisco, CA 94103

HARVEY MILK LGBT DEMOCRATIC CLUB

Harvey Milk, slain gay supervisor of San Francisco, founded the LGBT Democratic Club in 1976 to politically mobilize San Francisco's Queer Progressives.

For 40 years, the Harvey Milk LGBT Democratic Club has continued Harvey's legacy of Political activism, electoral organizing and building power across communities and issues in San Francisco.

For more information please go to their website: www.milkclub.org or email at info@milkclub.org.



Queer Art: Our Stories of Resistance and Healing

Tuesday, July 10
Reception 6 p.m.
Program 6:30-8:00 p.m.
New Conservatory Theatre Center,
25 Van Ness Avenue
San Francisco

F R E E , E S E R V A T I O N S R E Q U E S T E D .

Join Us at our next Q Series:

Queer Art has always told a deep narrative of our LGBTQ community. Throughout modern history it has told intricate tales of our struggles, our resistance, and our healing. Today, queer art and artists play a prominent role in our larger culture but in the process, has it lost its identity? At our free Q Series event, our distinguished panelists will be discussing how queer art fuels the resistance and whether, by taking up space in nontraditional areas, it still yields the same effects that it has in the past.

[RSVP](#)

Participants include:

- Ed Decker, Artistic Director, New Conservatory Theatre Center
- Ani Rivera, Executive Director, Galeria de la Raza

- Ann Rivera, Executive Director, Galeria de la Raza
- Shawna Virago, Artistic Director, Transgender Film Festival

Directions

Horizons' Q Series are free public events featuring leaders of the LGBTQ movement in dialogue about our movement, our culture, and what it means to be LGBTQ. The Q Series offers excellent opportunities to learn about the work being done by Horizons' grantee partners and to meet and connect with others.

[R S V P](#)



Women's Cancer Resource Center

Queer & Trans Open House and Cancer Panel

A Queer & Trans Open House and Cancer Panel will be held Friday, July 13th from 6 - 8 pm at WCRC's wonderful new space at 2908 Ellsworth Street (between Russell & Ashby) Berkeley 94705.

Sponsored jointly by the Women's Cancer Resource Center (WCRC) <http://www.wcrc.org/> and the Pacific Center (PC) <http://pacificcenter.org>, the event will feature three LGBTQ folks (see flyer below) speaking about their experiences with cancer, followed by Q&A. The panel will be from 6:30 - 7:30 pm, giving time before and after to socialize with the community.

A Women's Cancer Resource Center &
Pacific Center Event

Friday, July 13, 2018

6 - 8 pm

Queer & Trans Open House and Cancer Panel

at the Women's Cancer Resource Center
2908 Ellsworth Street in Berkeley

Panelists will include:

**Karaoke Aficionada Dana Morrigan
Fabulous WCRC Volunteer and Wellness Instructor Terri Keith
Visual Artist and Fruit Lover Margo Rivera-Weiss**

**And we'll have local community partners sharing
their service and support offerings.**

Registration appreciated via WCRC's Facebook page or
the WCRC website: www.wcrc.org

Questions? Please contact Program Director
Cassandra Falby at (510) 809-0217



Pride Flag redesign by
Daniel Quasar

For more information on the event, contact either Cassandra Falby of WCRC (510-601-4040 x 117) or Anne Mitchell at PC (510-548-8283 x 126). To register for the event:

Facebook: https://www.facebook.com/events/466270570496583/?active_tab=about or

WCRC website: <http://www.wcrc.org/wellness-workshops.html>

(listed under wellness workshops - July 13)

The LGBTQ Dementia Care Project

Summit on Alzheimer's in the LGBTQ Community

Dr. Jason Flatt, who has presented previously to Lavender Seniors, recently hosted a summit on the role that Alzheimer's Disease is playing in the lives of LGBTQ seniors. The summit was sponsored by the Alzheimer's Association, Family Caregiver Alliance, and OpenHouse.

The following statistics were presented:

LGBTQ Community: Alzheimer's Disease / Facts and Figures

- Alzheimer's is the 6th leading cause of Death in the U.S.
- More than 5 million Americans are living with Alzheimer's
- 1 in 3 seniors dies with Alzheimer's or another form of dementia
- San Francisco is home to 25,000 LGBT Seniors
- LGBT middle-age and older adults serve as caregivers at a higher rate than the general population - 22% compared to 13%
- 50% of individuals with HIV experience cognitive impairment
- By 2050, Alzheimer's and other dementias will cost the nation \$1.1 Trillion
- LGBT Seniors at Risk for isolation and lack of support and resources - 60% of LGBT Older Adults in San Francisco live alone; 63% are neither partnered nor married, 3-4 times less likely to have children to support them
- LGBT Seniors are 5 times less likely to access health and social services due to fear of discrimination or inadequate treatment

Other Stats offered:

Conditions Uniquely Affecting LGBT Seniors

- Significantly more likely to live in poverty.
- Lifetime suicidal Ideation rates are significantly higher
- The LGBT community experiences higher rates of Post-Traumatic Stress Disorder and PTSD traits

Health Disparities:

- Nearly 1/3 of respondents reported being in poor general health
- Only 15% have children, and of these only 9% have children who are available to help.

As a result of all these facts, the Alzheimer's Association set the following Training Objectives - to learn more about:

1. Barriers to accessing health and social services
2. Culture, Strength, health disparities and concerns as informed by LGBTQ history
3. Alzheimer's and related dementia
4. LGBTQ Caregiver Concerns
5. Better Practices

It was noted that many of the questions and concerns for addressing training for caregivers of LGBTQ seniors were included in the training films developed by the Lavender Seniors training programs in 2015 and 2017: "Safe and Visible 1: Creating a Healthcare Practice Welcoming to LGBT Seniors" and "Safe and Visible 2: Creating a Care Facility Welcoming to LGBT Seniors". These two films were offered by Lavender Seniors at the conclusion of the summit. Both films are available online and have already been viewed across the internet. One of the bottom-line observations by the conclusion of the summit is that learning a new language has been one of the best things to do to keep the mind active and reduce aging.

OpenHouse began initiatives for co-housing of LGBTQ seniors with seniors of the straight community in a ratio proportionate for LGBTQ. They also are providing training for MSW and above care givers of Alzheimer's and dementia clients.

Dr. Flatt's finished report should be available later online at UCSF.edu.



Lavender Seniors Assists in Inauguration of Pride Month

Emeryville Senior Center Launches First LGBTQ Pride Month

The Emeryville Senior Center hosted their first-ever LGBTQ Pride Month this year from 15-29 June. Lavender Seniors of the East Bay displayed some of its Lavender Scrolls, which document the lives of some LGBTQ seniors, including a "secret scroll," which shows that there are still some who are afraid to "go public" with their sexual orientation.

On Friday, June 29, one of Lavender Seniors' co-founders, Barbara Jue, spoke at this inaugural celebration. She then showed "Out for Justice, a video of the stories that founding members, Marvin Burrows, Bobbie Jarvis, Frank Howell and Tomi Smith related as to the difficulties they experienced being LGBTQ in their early years. The film was narrated by Dan Ashbrook, then Executive Director of LSEB at the time.

"This first LGBTQ celebration was suggested by mica-Meri Furnari, who served as a Lavender Seniors interim board member during its transition from Life Elder Care to pursuing its own 501(c)(3) status," according to Barbara. "Also, Kim Burrowes, Events Coordinator and Acting Recreation Supervisor at the Senior Center, played a pivotal role in making this happen. We are hoping it will become an annual event."

For more information about the Emeryville Senior Center, located at 4321 Salem Street, Emeryville 94608, phone 510-598-3730 or read more about their grand re-opening at <https://evilleeye.com/in-the-neighborhood/emeryville-senior-center-hosts-grand-reopening-completion-two-million-dollar-renovation/>

SPECIAL ANNOUNCEMENT

Memorial Celebration for Bea Howard

There will be celebration of the life of local activist and long-time participant in Mothertongue Readers Theater, Bea Howard, at 1pm on Saturday, July 7th at Strawberry Creek Lodge, 1320 Addison Street in Berkeley.

Bea was born in NY in 1932. She was married to Norman Howard and had two children, one son and one daughter. She was an activist all her life, leaving New York to move to "lesbian land" in Fayetteville, AR, where she lived until she moved to California. Her first home was in El Cerrito with Natalie Zarchin, who died three years ago. In 2000, Bea moved to Strawberry Creek Lodge in Berkeley, where she lived until her death.





Bea with Family, 2012



Bea at Strawberry Creek Lodge, 2018

Bea worked extensively with disabled children during her years in New York and tutored children of various abilities and disabilities in the Bay area until her retirement in 1987.

She had traveled to the East Coast on June 14 to see her family. She was at her son's home in NY where she died early Sunday morning, June 17, in her sleep. She was due to take the train that day to Baltimore to visit her daughter.

"Through Natalie, Bea learned about Mothertongue and joined immediately upon arriving in California," according to Ruth Hurvitz, a long-term friend and sister Mothertongue participant. "She loved to perform as any of you who saw her read in Mothertongue will agree."

"We will be reading some of her pieces during the celebration," said Afy Downey, another Mothertongue sister. "Bea was loved by many at Strawberry Creek. We are expecting her son, Kenny, his wife Debbie, and her daughter, Laura, to be at the celebration, as well."

Parking can be an issue in the Strawberry Creek neighborhood, so car-pooling is advised.



Potluck

Second Saturday Potluck Lunch, July 14th 12-2pm

All Saints Episcopal Church, 911 Dowling, San Leandro

Program:

Alameda County Fire Department speaking on Personal Emergency Preparedness.



A catered buffet luncheon will begin at noon, followed by announcements and the program at approximately 1:00pm. Feel free to bring a potluck dish to share if you wish.





The Royal Grand Ducal Council of Alameda and Contra Costa Counties, Inc.

along with

The Court of Future, Fun and Feathers

Present

The Coronation of the 26th Royal Grand Duchess
Sister Anni Coq l'Doo

Vatican XXVI
A Flamboyant & Ostentatious Evening in the Basilica

Saturday, July 14th, 2018

[Doors Open at 5pm - Coronation at 6pm]

Details will be posted as follows:

<https://www.facebook.com/groups/rgdcgroup>

<http://www.alameda-ducal.org>

Location

—

The Oakland Asian Cultural Center
388 Ninth Street, Oakland, CA 94607

Dates

—

Start: Friday, July 13th, 2018 - 6:00pm
End: Sunday, July 15, 2018 - 8:00pm

Tickets Available at <https://www.brownpapertickets.com/event/3327661>

Coronation 26 \$50.00 (\$52.74 w/service fee)

Saturday Coronation which includes buffet

Weekend Package \$80.00 (\$83.79 w/service fee)

Coronation Table \$480.00 (\$497.79 w/service fee)

Coronation Table seats 10 (limited availability)



Shortcuts and surprises for enhancing later life with **technology**

Tech can help you and your loved ones as we get older:

- Stay in touch and get help with voice assistants (such as Alexa and Google Assistant)
- Make smart phones and tablets usable via accessibility controls
- Use wearables and smart home devices to increase safety and independence
- Maintain your privacy and security when going online



Credit: Antoine K. (<https://www.flickr.com/photos/ktoine/7833212430/>) CC BY-SA

How to harness the power of technology while avoiding its pitfalls. Learn some tips for yourself and for the older adults in your life.

Friday, July 20, 2018 noon-2pm
North Oakland Senior Center
5714 MLK Jr Way
Oakland, CA



Raymond Yee, Ph.D., is a personal technology consultant who has taught hundreds of people to use computers, set up their phones, build websites. An active volunteer in his community, Raymond has made calls to seniors for Tele-Care for over 15 years.

He helps individuals, community organizations and businesses. Call or email today for a free consultation. 510-984-2330 / raymond.yee@gmail.com and <https://raymondyee.net>

Lunch - including vegetarian options - is served promptly at noon, after which there is a brief period for community announcements. During his presentation, Dr. Yee will lead participants in exercises which will help them decide what their technology needs might be.

Third Friday Lunch Bunch is held at the North Oakland Senior Center, 5714 MLK Jr Way (corner of 58th Street). The parking lot and entrance are at the rear of the building, which is the former Merritt College facility.



"MAN IN AN ORANGE SHIRT"

One of the breakout hits at this year's Frameline International LGBTQ Film Festival (the oldest and largest festival of its kind in the world!), "Man in an Orange Shirt," is the July selection for Lavender Seniors' Third Wednesday Film Series. Also shown as part of KQED's tribute to Pride Month, the film boasts such well-known stars as Vanessa Redgrave, Julian Morris, Oliver Jackson-Cohen, Joanna Vanderham and James McArdle.



This two-part BBC "Masterpiece" series can best be described as tales of love across 60 years, highlighting the very different challenges that face the couples. Michael and Thomas become lovers just after World War II; then Michael's grandson, Adam, becomes involved with Steve in the present day. Vanessa Redgrave's appearance as Adam's grandmother (and the aging widow of Michael) is one of the most challenging in her stellar career.



Michael and Thomas in the 1940s



Flora and Adam in 2017



Adam and Steve in 2017

From the PBS Website:

Masterpiece: Man in an Orange Shirt.

From best-selling British novelist Patrick Gale, "Man in an Orange Shirt" tells two powerful love stories set 60 years apart, linked by family and a painting with a secret that echoes through generations. The film explores a forbidden relationship made impossible by societal pressures during WWII, and vividly contrasts it with a present-day romance, nearly derailed by consequences of the 1940s tale with which it is deeply intertwined.

In 1944, British Army Captain Michael Berryman meets war artist Thomas March in southern Italy, as chaos reigns all around them. Despite having a young fiancée, Flora, waiting at home, straight-laced Michael finds himself falling for Thomas' bohemian charms. In 2017, an aging Flora looks on as her grandson, Adam, tentatively forms a relationship with his client, Steve, in a more accepting world. But while the external obstacles have fallen away, a minefield of internalized issues and dangerous temptations still pave the road to happiness.

From the makers of "Broadchurch" and "Grantchester," this is a tender, powerful film sure to spark conversation about outdated attitudes and equal rights.

The film series is held in the fully-accessible Carnegie Lecture Hall at the San Leandro Public Library, 300 Estudillo. Screening begins at 1pm on the Third Wednesday, 18th July 2018. Following the showing, there will be a brief evaluation and discussion of the film.

The library can be reached via BART (five blocks above the San Leandro station), AC-Transit (two blocks above the E. 14th and Estudillo bus-stop), Bancroft Avenue, Highways 580 or 880. Ample two- and three-hour parking is available.

Changing Aging w/joy & love

North Berkeley Senior Center
1900 Martin Luther King Jr. Blvd. at Hearst · Berkeley, CA
Wheelchair accessible.

Hosted by Barry B. From Elders' Guild

Details

Conscious Aging for the Greater Good

Our vision is a world in which powerful and conscious elders join together in common purpose to bring healing, joy and connection to our lives, our families, our communities and the world.

Our mission is to create the communities where we re-imagine our old age, look after one another and embody the wisdom that will enable us to help heal the future.

Each Elders' Guild Meeting is a Celebration of Life that Enlivens the Spirit.

Please bring (relatively) healthy treats to share

We shmooze from 1:45 to 2:00 and begin at two

Donations requested to cover the cost of space rental

SPECIAL ANNOUNCEMENT

CITY OF SAN LEANDRO TO ISSUE PROCLAMATION TO LAVENDER SENIORS

On Monday, July 16th, the City of San Leandro will issue a proclamation acknowledging the contributions to the LGBTQ community by the Lavender Seniors of the East Bay and in celebration of the LGBTQ Pride season.

The Proclamation will be presented at the regular city council meeting at 7:00 pm in the Council

Chambers in City Hall, 900 East 14th Street, San Leandro, Ca 94577.
The LGBTQ community is welcomed to join the Lavender Seniors in this celebration.



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-

CARING FOR OUR SENIOR LGBTQ PARTNERS/FRIENDS AND OURSELVES

Focused on issues of aging, we are providing a seven-session therapy series serving members of the senior LGBTQ community caring for partners/friends and ourselves

This is a no-fee series limited to 12 individuals
We request your commitment to attend the entire series

Location: San Leandro Senior Center
13909 East 14th Street
San Leandro, CA 94578

Duration: Mondays Only
June 11th, June 18th, June 25th
July 2nd, July 9th, July 16th and July 23rd

Time: 3:30 PM - 5:00 PM

To Register: Call the San Leandro Senior Center - (510) 577-3462

Online registration: www.sanleandrorec.org
Course #13190

Program Information: Contact Lavender Seniors (510) 736-LGBT (5428)

E-mail: info@LavenderSeniors.org

Group facilitator is Dr. Melinda Ginne. She is a clinical psychologist with a 35-year career specializing in geriatrics and the treatment of the psychological aspects of acute, chronic, and life-threatening illness. She is one of the founding instructors in the Professional Program in Aging and Mental Health at UC Berkeley Extension. In the past two decades she has taught a number of classes and workshops on aging as well as on the psychological aspects of illness. She has been active in the LGBTQ community since 1975.

Sponsored by:



Office of the District Attorney, Alameda County
Nancy E. O'Malley, District Attorney



Scam Alert

The Alameda County District Attorney's Office has been made aware of a recent attempted scam in which individuals are receiving calls on cell and home phones claiming to be from the Alameda County District Attorney's Office. The callers leave messages or speak to the individual answering the phone and addresses the call recipient by name and supplies a correct date of birth. The caller claims to be collecting on a payday advance loan with a case number and demands an immediate cash payment be wired or the person will face arrest, prosecution and wage garnishment.

The Alameda County District Attorney's Office NEVER calls with a demand for money or payment. Any such calls are a scam and the public are warned not to wire or otherwise send money in response to such calls.

Anyone receiving a similar call demanding payment may report the attempted fraud to the District Attorney's Office by calling 510-383-8600.

Contact: ADA Teresa Drenick // Teresa.Drenick@acgov.org 510-272-6280



Community Phone Calls

Just a few of the things offered:

LGBTQ Chat 2nd and 4th Mondays, 1:00pm - 2:00pm

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

Where Were You When? Saturdays, 12:00pm - 12:45pm

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

Poetry Sundays, 10:00am - 11:00am

Share with others poetry that you have written or that you admire and join in a lively discussion about the poems. Facilitated by Anne Alle

Father's Day Sunday, 6/17 4:00pm - 4:30pm

Join us to share recollections and stories about your father or other important male influences in your life. Facilitated by Gloria Kasdan

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

Lavender Seniors Board Member Resigns

Gary Turner, our newest Lavender Seniors board member, has resigned as of June 9, 2018, after ten months on the board. We are grateful to Gary for his contributions to the board, particularly in the IT arena, where he has spent 30+ years providing technical assistance to organizations on both the East Coast and the West Coast. He was featured in the June "Stories of Our Lives" column, where more information about his life and contributions can be found. We wish him the best in whatever endeavors he continues to pursue. Thank you, Gary!



JULY



THIS MONTH'S EVENTS

Out Standing Seniors - Sponsored by Pacific Center

July 3 & 17 12:30 - 2:00 p.m. (1st and 3rd Tuesdays)
Hayward Senior Center, 22325 N. Third Street, Hayward

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

Queerly Aging Lesbians

July 5 & 19, 1:30 p.m. (1st and 3rd Thursdays)
The Pacific Center, 2712 Telegraph Avenue (at Derby), Berkeley

Find support and like-minded wonderful people!

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

July 6, 13, 20, 27, 3:15 p.m. (Fridays)
North Berkeley Senior Center, 901 Hearst Ave, Berkeley
Free drop-in therapy group for LGBTQ community members age 60+

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

July 6, 13, 20, 27 2:15 p.m. (Fridays)
Oakland LGBTQ Community Center, 3207 Lakeshore Ave., Oakland
Free drop-in therapy group for LGBTQ community members age 60+

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

July 2, 9, 16, 23, 30 1:15 p.m. (Mondays)
Hayward Senior Center, 22325 N. Third Street, Hayward
Free drop-in therapy group for LGBTQ community members age 60+

Rainbow Seniors - Sponsored by Pacific Center

July 10 & 24, 12:30 - 2:00 p.m. (2nd & 4th Tuesdays)
San Leandro Senior Center, 13909 E 14th St, San Leandro
A safe and confidential space for LGBTQ seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

Lavender Seniors Board Meeting

July 11, 6:30 - 8:30 p.m. (2nd Wednesday)
675 Hegenberger Rd., Oakland
A portion of this meeting is open to the public.

Senior Gay Men's Group

July 12 & 26, 1:30 p.m. (2nd and 4th Thursdays)
The Pacific Center, 2712 Telegraph Avenue, Berkeley
Co-sponsor: The Pacific Center, 510-548-8283
Feel alone? Need to find space to be yourself and chat with others? Join us!

Lavender Seniors Pot Luck

Lavender Seniors Pot Luck

July 14, noon - 2:00 p.m. (second Saturday)

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

This month's program: "Alameda County Fire Department" (see info above)

Lavender Seniors Film Series

July 18, 1:00 - 3:00 p.m. (3rd Wednesday)

San Leandro Library, 300 Estudillo, San Leandro

This month's movie: "Man in an Orange Shirt" (see info above)

Island Pride Peer Support Group - Sponsored by Pacific Center

July 11 & 25, 1:30 - 3:30 p.m. (2nd & 4th Wednesday)

****change of day and time****

Mastick Senior Center, 1155 Santa Clara Ave, Alameda

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

Oakland Lunch Bunch

Sponsored by City of Oakland Aging & Adult Services

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

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

This month's program: "Enhancing Later Life with Technology" (see info above)

Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr.

Second Vice President: Gwendolyn M. Boozé

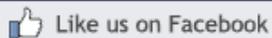
Vice President: Akilah Monifa

Founding Member: Barbara Jue

Secretary: John David Dupree

Treasurer: Carmen Chiong

Lavender Seniors of the East Bay

 Like us on Facebook

newsletter editorial board:

Beckie Underwood

John David Dupree

Barbara Jue

Email: info@lavenderseniors.org

Website: <http://lavenderseniors.org>

Message: 510-736-LGBT

(510-736-5428)

Mailing Address: 4123 Broadway,

Ste 818

Oakland, CA 94611