



Lavender Notes

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

March 2016

Celebrating 20+ years of service and positive change

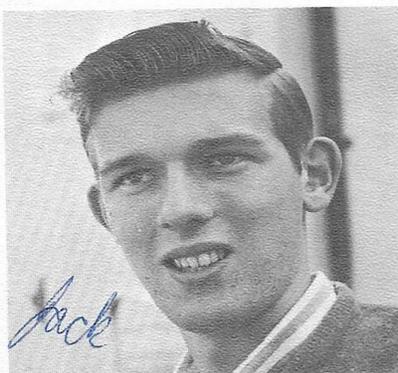
Volume 23, Issue 3

Stories of Our Lives

Lawrence "Jack" Murphy

One of Oakland's own Lavender Seniors, Jack Murphy, who crusaded for the "Gay Olympics" in the 1980s - and oversaw Public Relations for the 1986 Gay Games II in San Francisco - died at Alta Bates Hospital in Berkeley on 30th December 2015. He was 67.

Born 12th September 1948, at Oakland's Merritt Hospital, Jack went to Allendale Elementary School in Oakland and graduated from Fremont High School in Oakland (class of '66), where he was active in many extra-curricular activities, including being editor of the school newspaper, *The Green and Gold*, as well as Commissioner of Finance. He subsequently graduated from San Jose State University with a degree in Public Relations.

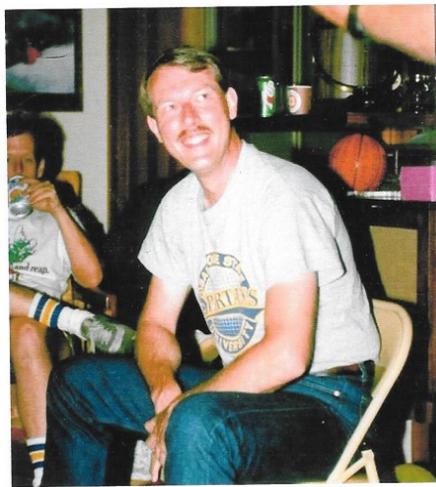


JACK MURPHY
Editor-in-Chief

One of his first major public relations positions - in the 1970s - was with TreeSweet at a time when O.J. Simpson - then touted as a Heisman Trophy Winner from UCLA and award-winning running back for the Buffalo Bills and San Francisco 49ers - was a key spokesman for the company. Jack accompanied Simpson on a two-week two-man public relations campaign tour around the U.S., during which they spent a lot of time together, including playing gin rummy each night after Simpson called his (first) wife to check on the family. As a result, Jack had a difficult time believing that Simpson was guilty of the crimes he was subsequently accused of.

When Jack turned to his biotech specialty, he first went to work as head of public relations for Genentech in San Mateo County; then in the same position for Cell Genysis, another biotech firm. When he exercised his employee options at Genentech, he made a considerable amount of money, some of which he used to buy a lovely Victorian on Liberty Street in San Francisco.

He "came out" to his closest friends in his 20s and to his family in his 30s. In both cases, the revelation "came as no surprise." Though he kept his sexuality from his TreeSweet employers in the 1970s, he was completely out at both Genentech and Cell Genysis in the 1980s and 1990s.



Jack, hanging with some of his many friends, during the 1990's

During his years as a high school student, he became the primary organizer of a loosely-knit band of 15-20 friends who remained in close contact through the decades.

"Since graduation, our group has gotten together several times a year," according to Russ Speer, a close friend and executor of Jack's estate. "This has been going on for 50 years. We are probably a very rare group. At last week's gathering in Lafayette to honor Jack, all 17 of us in attendance (two flew from Arizona and two drove from Nevada) agreed that - without Jack organizing our summer trips and some of the other events - our group probably would not be nearly as bonded as we are."



One of the last group gatherings organized by Jack (middle, back row) was held at Donner Lake (in background)

For several years, until his own health started failing, Jack was an active Friendly Visitor with Lavender Seniors of the East Bay.

"Jack did an amazing job assisting another long-time Lavender Seniors member (who was coping with mental decline) to maintain activities necessary for daily living," said Dan Ashbrook, long-time board chair until January 2015. "I would run into Jack and the senior he visited at Piedmont Grocery in Oakland as Jack would take him there to do his shopping. Jack would also assist with household chores and meal preparation. Because of Jack, the senior he visited was able to prolong the transition into assisted living for quite some time."

Though Jack had requested a Friendly Visitor for himself late last year, Kathleen Miller, Lavender Seniors Project Coordinator, reports that they were unable to make the scheduled match because his health failed so precipitously in December that he entered hospital on the 23rd of December, went into a coma on 30th December and died 45 minutes later, a surprise to even his personal physician.

Prior to being taken to Alta Bates on the 23rd of December, Jack had been moved to AgeSong, an assisted-living facility on Fruitvale in Oakland for 8-10 weeks. He was treated well there, according to Speer, but became increasingly agitated, combative and delusional. The decision to take him to Alta Bates to adjust his medication was a sound one, he said.

"Jack had a huge heart for others and for Lavender Seniors," Ashbrook remarked. "He was one of the most dedicated visitor volunteers that I ever worked with while running the program. Jack experienced first-hand the importance of having community supports available to LGBT elders from an organization like Lavender Seniors. It inspired him to leave a substantial legacy to the organization. I will miss Jack and so will Lavender Seniors!"

Jack's concern for LGBTQ seniors is stated clearly in his will, where he said:

"I left half of my estate to Lavender Seniors of the East Bay. As they get older, gay men and lesbians experience discrimination, even in nursing homes. In addition, I have experienced discrimination as an HIV-positive gay man in an emergency room."

Since he had an ongoing history of bipolar disorder, he also had many concerns about the way mental health issues are dealt with in our culture, not just by the medical profession.

"It is actually a fact that this condition can cause great emotional and financial loss to those suffering from it," he stated in his will.

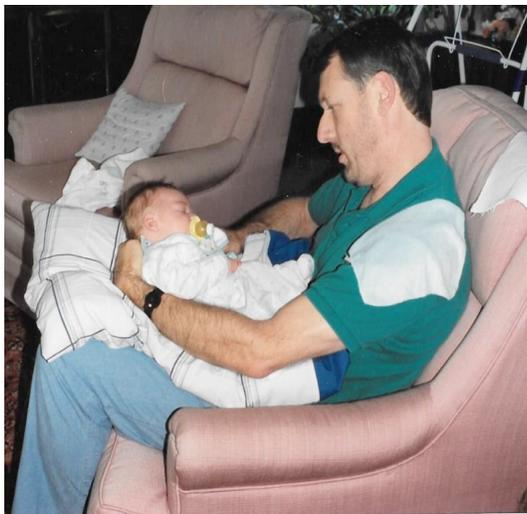
In fact, he also stipulated that - if he were to die from dementia-related illness - he wanted his brain donated to the UCSF Memory and Aging Center, in hopes it might assist in determining causes of and developing treatments to prevent early-onset of dementia.

This would not be Jack's first foray trying to be part of solutions to medical problems. In the early 2000s, the National Institute of Health became aware of how strong his immune system had been in keeping HIV viral load in check and down to "non-detectable" levels. So he was flown to Washington, DC (where he'd attended many of the Gay Olympics Supreme Court Hearings 20 years earlier - amazed that the Rehnquist court could continue approving the "Nebraska Rat Olympics", but deny use of the word for the LGBTQ community), where he was hospitalized to undergo numerous tests to help determine what biological/physiological resources "long-term survivors" might have that could benefit future generations.

"Jack had a couple long-term relationships with other men over the years," Speer recalled. "His struggle with bipolar issues may well have been one of the primary causes of both of them to end. Also, he was strictly monogamous, which seemed to be an issue for both of his lovers at the time. Subsequently, for the last ten or fifteen years, he hasn't really had any significant relationships, which made him sad from time to time."

Jack was, however, asked by the Speers to be the godfather to their first-born son, John Evan, back in 1992.

"He took this obligation very seriously," Speer recalled. "He phoned and visited and took my son out to eat on a regular basis over the years. He was also close to several of the children of members of our high school group, all of whom have warm memories of Jack. This, in addition to our regularly playing tennis or attending poker games - arranged by Jack, of course - several times a year! He was a very social guy!"

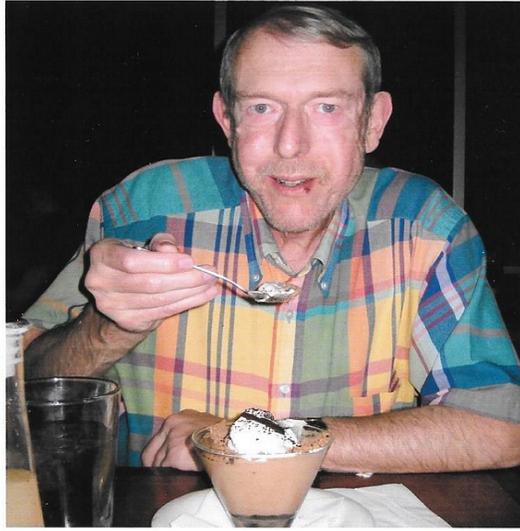


Jack with his 10-day old godson, John Evan, in 1992

Jack was an avid supporter of progressive causes, according to Speer. He gave regularly to the Democratic National Committee and was actively involved in both the 1968 Eugene McCarthy and the 1972 George McGovern campaigns, trying to stem the tide of Nixon's divisive political tactics, like his "Southern Strategy," intended to appeal to those harboring sexist, racist and homophobic beliefs.

"In the end, when our high-school group was deciding what to put on Jack's urn-plaque," Speer recalled, "We decided on 'A Loving Son and a Good Friend to Many', which pretty much describes our old friend. Though the last

year with him was pretty tough - between his physical and emotional ailments - he has always been one of the most devoted, generous and giving friends anyone could ask for."



Jack eating one of his two all-time ice-cream favorites: hot-fudge sundaes (Swiss Miss chocolate shakes the other).

Jack is survived by his long-time group of high-school friends, fellow and sister Lavender Seniors and a few cousins. His legacy to Lavender Seniors will be remembered through the good works the organization is able to accomplish with his kind and generous assistance.



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 www.caregiver.org.



ON LGBT AGING

NEWS & NOTES...still time to take the survey.

From the NRCLA Newsletter

Take the [National Resource Center on LGBT Aging Survey](#)! As we begin 2016, we want to hear from you. As the only [national resource center](#) dedicated to LGBT older adults, we develop content that provides you with the information you need as an LGBT older adult, caregiver, advocate, or professional in a senior

service setting. **Please** take 10 minutes to help us set our **priorities** for the future by taking this [survey](#) today.

Tools You Can Use - One of the most common questions asked during [trainings](#), "What can our organization do to be more inclusive of LGBT older adults?" If this question sounds familiar, check out our [Top 10 Ways to Begin Creating LGBT Safety and Inclusivity for Aging Services](#).



[Third Friday Lunch Bunch, 18th March, 12-2pm, North Oakland Senior Center](#)

Getting Lighter about Growing Older with LAUGHTER!

As we know, growing older has many challenges! How we decide to handle them can make all the difference in the state of both mind and body.



A pair from Oakland's "Laughter Yoga" - Annie Goglia and Amos Lans - will be on hand at March's Third Friday Lunch Bunch to, hopefully, help us take on those challenges more lightly (no, we won't be assuming the lotus position or putting our legs over our heads)...!

Started by a medical doctor in India in 1995, Laughter Yoga is now a worldwide movement promoting health, joy and inner (as well as world) peace among people of all ages. It combines simple breathing exercises with group activities that simulate and stimulate laughter.

In this interactive session, participants will learn easy and fun exercises which reduce stress, increase health, and spark connection between people. The after-lunch presentation will also include a discussion of the benefits of Laughter Yoga, a physical warm up, and tips for applying Laughter Yoga in your everyday life.

"Amos and Annie" have both been affiliated with Laughter Yoga and Oakland's LifeFire Workshops for many years, as well as certified InterPlay leaders (which we may get a sampling of, as well, at some future Lunch Bunch if we play our cards right). They are both certified as Laughter Yoga teachers and regularly lead dynamic and fun team-building and stress-reduction presentations for businesses and organizations in the Bay area, as well as around the country from coast to coast.

Annie, who has worked with seniors throughout her 20-year human service career, creates and facilitates

workshops such as "Lightening Up about Growing Older," in which she tries to help people have more connected, joyful and embodied lives. She has led many workshops and support groups for the LGBTQ community. Her website is www.lifefire.com, where an interesting KPIX-TV interview on her work has been posted.

Amos, who has attended several Lavender Seniors Third Friday gatherings in the past, has helped plan and lead the Oakland LifeFire Yoga group for 5 years. He is one of the teachers of the weekly InterPlay men's class. For many years, Amos taught elementary school both in the classroom and in the garden. He is a core volunteer at North Oakland's Dover Street Park, and teaches composting there to people of all ages. He is an active member of the Billys, an open-hearted community of gay and bisexual men.

The Third Friday Lunch Bunch is held at the North Oakland Senior Center, 5714 MLK Jr Way (corner of 58th Street) from noon until 2pm. Lunch - which is free - begins at noon, followed by brief announcements and a presentation, which alternates monthly between education and entertainment/"fun" programs.

The parking lot and entrance are at the rear of the building, the former Merritt College in one of its several past lives.

Book Review:

TORN: Rescuing The Gospel From The Gays Vs. Christians Debate

By Justin Lee

Jericho Books-hardbound

Here we have a family caught in a religious controversy of parents in a deeply conservative family filled with conflicting emotions.

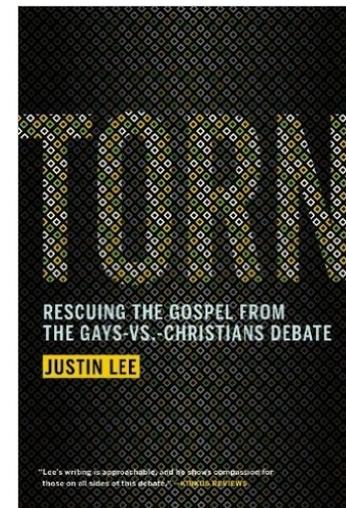
Jerry Falwell blamed gay Christians for the rash of teen suicides: Dan Savage attacks Christians for the rash of teen suicides.

Who do we believe? Can The Bible be trusted? All sides are dispassionately explored.

The ex-gay model is rejected. Celibacy is accepted as an option. The Bible is not believed to be anti-gay.

Justin Lee offers workable solutions and practical advice.

-Frank Howell



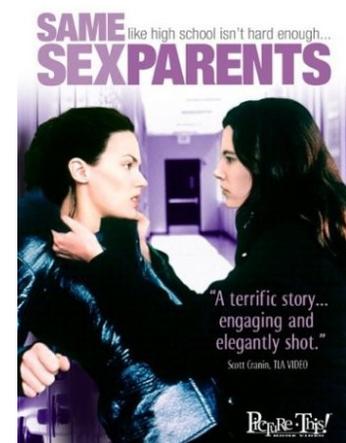
Lavender Seniors Film Series, Wednesday, 16th March, 1-3pm

Same-Sex Parents

[Des Parents pas Comme les Autres]

Laurence Katrion's 2001 drama [Same Sex Parents](#) (in French with English sub-titles) concerns a teenager who is discovering both her own sexuality and the sexual orientation of her parents. A jealous classmate exposes the fact that Olympe (Olympia) has 2 gay parents. Feeling ostracized and humiliated, Olympia lashes out at her doseted mother. Life unravels so that the truth can set them free.

The film opens with Olympia and her handsome boyfriend, Leo, taking their relationship "up a notch" after a dance. This fact makes Olympia's dassmate, Geraldine, jealous, so she retaliates by telling everyone that Olympia's mother is a lesbian, living with her motorcycle-driving female lover, Do (short for Dorothea). Olympia confronts her mother about the issue but is not satisfied about the answers she gets. Olympia heads off to Paris to find her biological father, who is completely out about his gayness. Upon Olympia's return, she discovers unmistakable proof that Geraldine was correct.



For more information, on this film see trailer put together by www.Lesbians4Lesbians.com at <https://www.youtube.com/watch?v=Be0KGcbzq7I>

The Lavender Seniors film series is being shown this month (third Wednesday is 16th March) from 1-3pm in the Lecture Hall at the San Leandro Public Library, 300 Estudillo, San Leandro.

Lavender Seniors will provide popcorn, bottled water, Martinelli's apple juice and sparkling cider, plus miniature Reese's peanut butter cups. Following the 1-3pm screening, there will be a brief discussion/evaluation of the film and the issues it brings up for us as LGBT seniors.

The library is a ten-minute (five-block) walk up Estudillo from the San Leandro BART Station. For those with mobility issues, pick-up from the San Leandro BART station can be arranged (12:30-45) by either e-mailing David123Black@gmail.com or calling David (505-917-1616) at least a day in advance.

The AC-Transit 1R has a bus-stop at East 14th and Estudillo, which involves a 1.5-block walk up Estudillo to the library.

For people who are driving, the library is on Estudillo two blocks below Bancroft Avenue in San Leandro. It is accessible via either I-880 or I-580, as well.

From I-880, get off at the Davis exit and head east toward the hills. Davis eventually becomes Callan, which passes the north side of the library two blocks above East 14th.

Coming on I-580, get off at the Estudillo Exit (#31B) and follow it until you reach 300 Estudillo.

There is ample parking at the library.

Spring Forward March 13th

Daylight Saving Time begins at 2:00 a.m. on the second Sunday in March ,



Ardenwood Historical Farm tour and naturalists walk

March 29th 10:30 a.m. to 3:00 p.m. (times approximate)

This is a wonderful opportunity to take in some local history.



Join us on this adventure! A working early 20th century farm, Ardenwood is beloved by visitors who enjoy

traveling back to a simpler time. Pea fowl affectionately known as peacocks wander freely as do chickens and roosters. Farm animals are a favorite including goats, sheep, pigs, rabbits, and chickens. Naturalists share turn-of-last-century farm life with visitors: animal feeding, wool carding, and farm life are popular examples of public programs they offer. We expect you will want to return to show family and friends this jewel within East Bay Regional Park District.

If you have access to a computer, you can go to this website to read all about Ardenwood.

<http://www.ebparks.org/parks/ardenwood>



Always friendly greeters on hand

The members of Lavender Seniors and Out Standing Seniors have been invited to get outside and take in some fresh air! Ardenwood Historic Farms has arranged for a tour bus to pick us up from the San Leandro & Hayward Senior Centers and give us a guided tour by one of their naturalists. Bring a bag lunch, we will picnic together before our guided tour.

This is a free event but...***Reservations are required.*** To reserve your space on the bus or for questions contact Beckie Underwood at beckie@lavenderseniors.org or call or text 510.600.4716. Leave your contact information, email preferably, and which senior center you want to be picked up and dropped off at.

Reservation deadline: March 15th or when the 21 passenger bus is full!

Mark your calendars!



Hello everyone and Happy Leap Year!

What a great event the Senior LGBTQ Prom was at the Hayward Area Senior Center last June, in great part thanks to your contributions.

We are preparing for two more great events this year!

First, is a less formal **LGBTQ Pride Dance on Friday, June 17, 2016 from 7:00-10:00pm** at the Hayward Area Senior Center.

Billy has graciously agreed to DJ this event. Since it is less formal we are not planning on the wonderful, event planner Steve Montes or the beautiful professional photos from Saul and Sandra Bromberger, although we are hoping to incorporate these two pieces into the formal event planned in December. The more formal event will be the **LGBTQ Winter Ball on Friday, December 2, 2016 from 7:00-10:00pm** at the Hayward Area Senior Center.

Tera Maroney is the new Recreation Coordinator at the Hayward Area Senior Center and will be coordinating these two upcoming events. You will be hearing from her as she gets a committee together to plan and organize the next events.



Explore
Play
Learn

Daniela Keiffer

Recreation Supervisor

Hayward Area Recreation & Park District

1099 "E" Street | Hayward, CA | 94541

510-881-6768 (p) | 510-888-5755(f)

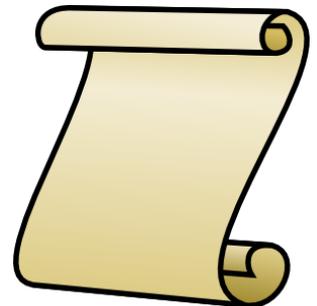
keid@haywardrec.org

WWW.HAYWARDREC.ORG

Enjoy life with H.A.R.D.!

Letters to the Editor

Tell us what you think of this new column. Send your letters to the editor to: info@lavenderseniors.org



Lost & Found

A new column for items left behind at Lavender Seniors Functions

If you've lost or found something at a Lavender Seniors event or function, please send your inquiry including the event, date & description of what you found or lost to: info@lavenderseniors.org. Items found while the function facilitator or LS board member is present should be turned in to them.



Monthly Events

Out Standing Seniors

February 1 & 15 11:30 a.m.-2:00 p.m.(1st and 3rd Tuesdays)

Hayward Senior Center, 22325 N. Third Street, Hayward

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

Lavender Seniors Advisory Board Meeting !!! New More Accessible Location!!!

March 9, 6:00-8:00 p.m.



San Leandro Public Library, 300 Estudillo, Meeting Room C, San Leandro
A portion of this meeting is open to the public.

Queerly Aging Lesbians

March 3 & 17, 1:30 p.m. (1st and 3rd Thursdays)
The Pacific Center, 2712 Telegraph Avenue (at Derby), Berkeley
Find support and like-minded wonderful people!

Senior Men's Group

Marh 10 & 24, 1:30 p.m. (2nd and 4th Thursdays)
The Pacific Center, 2712 Telegraph Avenue, Berkeley
Co-sponsor: The Pacific Center, 510-548-8283

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

San Leandro Potluck

March 12, 12:00-2:00 p.m. (2nd Saturday)
Unity Church, 1420 Santa Maria Street, San Leandro (Corner of Joaquin & Santa Maria)
Come relax for a couple of hours. Share the love, meet others, talk and laugh!

LGBT Film Series !!! New More Accessible Location!!!

March 16, 1:00-3:00 p.m.
(3rd Wednesday of each month)
San Leandro Public Library, 300 Estudillo, lecture hall, San Leandro
This month's movie is: "Same Sex Parents" info above.

Oakland Lunch Bunch

Sponsored by City of Oakland Aging & Adult Services
March 18, 12:00-2:00 p.m. (3rd Friday of each month)
North Oakland Senior Center, 5714 Martin Luther King Jr. Way, Oakland
This month's program is: "Getting Lighter and Growing Older with Laughter" see info above.

Tour of Ardenwood Historical Farms in Fremont !!! Free transportation and Free admission!!!

March 29, 11:00 a.m.-3:00 p.m.
Bus will pick up at San Leandro Senior Center & Hayward Senior Center
Reservations required.

Thank you to our sponsor, Chapel of the Chimes

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

Call and set up your Health Care Directive today!

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Oakland, CA 94611
FD# 1254



Allison Rodman, Family Service Counselor
... Care, Comfort & Plan
allison.rodman@lifemarkgroup.com
510-593-697

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Lavender Seniors

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