

Lavender Notes

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

Celebrating 23+ years of service and positive change
March 2018 *Volume 25 Issue 3*

STORIES OF OUR LIVES

DAVID M. GREENBERG

How many of us have actually wound up in a foreign jail and threatened with prosecution for what we believe in?

David Greenberg, a gay East Bay nurse - turning 70 this year - was among a small group of medical professionals arrested and herded into holding cells back in September 2010. For ten years, they had been parachuting in two or three times a year to offer their services to HIV-positive Zimbabweans in Harare and at the Mother of Peace Orphanage in Mutoko, Zimbabwe. His early roots were hardly the stuff of international intrigue, however.

David, a long-time Bay area resident, and his twin sister were born in Sacramento in 1948, to a 50-year-old Spreckles Sugar Co. accountant and his wife, a College of Fine Arts graduate who later ran a day-care program in her home to supplement the family income. At age four, he moved with his family from Manteca to San Francisco's Sunset District and Richmond District, where the twins and their six-year-old brother grew up. After their father was down-sized by Spreckles, he started a South-of-Market coffee shop where David spent a lot of his childhood.

"Some of my earliest and fondest memories of my father had to do with that coffee shop and the amazing assortment of people we encountered in that place," David recalls. "That remarkable diversity colored my perceptions of the world from that point on, making my eventual 'coming out' story easier than most. Since my father was beyond retirement age when my sister and I were still teenagers, he was able to collect some Social Security to help support us after he lost his job."



The twins at age 18 months

David's father died at age 84 from a bleeding ulcer after having suffered an earlier stroke. His beloved twin sister died eighteen months ago of a brain tumor.

When David was 13, he began working a paper route, then mowing lawns and cleaning apartments to make extra money.

"I was sort of a nerdy overweight kid at the time," he recalls. "When I wanted to get my paper route, it required buying a bike, which meant I got into a bit better shape going up and down the hills of San Francisco, finally having what could be called a 'physique'. As a kid, I was more likely to play dolls with my sister than to do anything athletic.

"One of the earliest indicators that might've predicted I'd be gay was that - whenever we went to visit my grandmother - I would sneak into her room and stare at the men's underwear section of her Sears catalogs and just ogle them like they were somehow pornographic, which, of course, they weren't!"

David went to George Washington High school in San Francisco, where he graduated in 1966.



David, Age 13

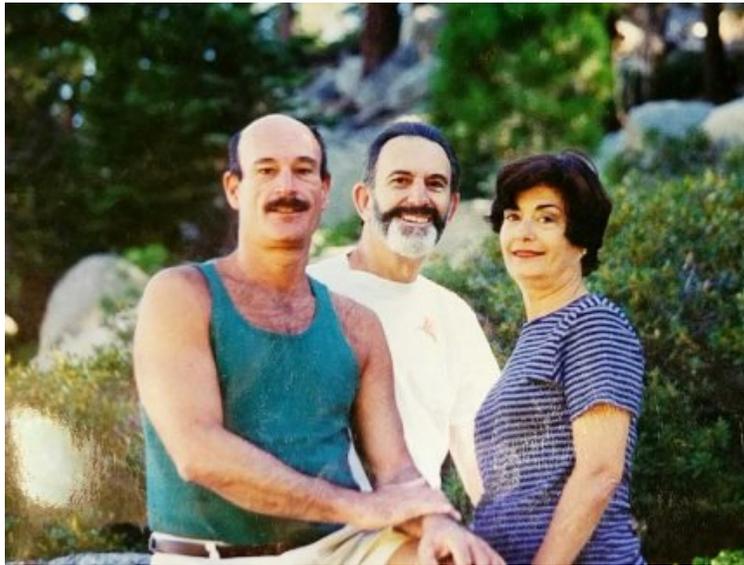


David, Age 18



David, Age 34

"Though my parents - as third-generation Americans - were involved with Congregation Beth Shalom in the Inner Richmond District, my sister and I - fourth generation Americans - were a bit removed from the shul, though we still thought of ourselves as Jewish," David recalls. "We were not an overly religious family, though we were well-educated on our Jewish heritage. I attended Sunday School for eight years, did four years of Hebrew school and had my bar mitzvah as any 13-year-old Jewish kid would!"



David (L), his twin sister and his older brother, 1997

After high school, one of the first experiences that broadened his horizons was traveling for four months with World Campus Afloat, a program of Chapman College in Orange, CA.

"We stopped in various ports of Europe, Africa and South America, which fostered my interest in the plight of developing countries, income and resource disparities," David recalls. "We traveled widely, held classes on board and on land, receiving an incredible college experience - credits counting toward my academic degree. Also, I did a semester at SFSU in 1968, during the riots and strikes when Reagan was Governor of California, honing my political instincts for the first time."

For his last two years, David transferred to UC-Davis, where he finished his bachelor's degree in Biological Sciences in 1971. He then married Gail, his high-school sweetheart. Since he found that most of the biology-related jobs were on the East Coast at the time, he began an 11-year stint working at Macy's so he could stay in the Bay area and still earn a living. He worked in men's clothing, linens, sporting goods and, finally, in the adjustments department, doing outside sales of upholstery, carpeting and the like.

His daughter was born in 1977; his son in 1984.

Though his wife was aware that at age 21 he had gone to spend the summer living on gay-friendly Polk Street to explore the possibility that he might be gay, after 12 years of marriage, he broke it to her - and then to their children - that he needed to leave the marriage to deal with the fact that he was indeed gay.

"Those were the hardest discussions I've ever had in my life," David remembers. "I had to make it dear to everyone that I wasn't upset with anybody, didn't dislike anybody, but just had to be true to myself. Because I had been so open about the explorations of my sexuality, I don't think either my wife or I expected I would ever feel that being gay would be my ultimate identity. But it was!"

David and his wife have remained married and good friends, though living separately since 1984. They still file their taxes jointly, travel and take vacations together with children and grandchildren, continue social interactions with common friends and so on.

He returned to school, working nights and weekends, to attend Ohlone College's Nursing Program, earning his Nursing degree in 1981. When he became one of the first nurses willing to provide care for People with AIDS at Providence Hospital, his wife became attached to several of the HIV-positive people in David's world. That was also when he became acquainted with Dr. Les Solomon and Dr. Bob Scott, who had become known by then as East Bay "AIDS Doctors".

"I also became involved as a volunteer with the AIDS Project of the East Bay, where I met amazing role models like Dr. Diane Buczek and Dr. John David Dupree, who were two of the co-founders I became quite attached to there," David recalls. "All of this made the segway into my own true life as a gay man very easy by comparison with others I knew."

In fact, after Bob Scott visited Zimbabwe in 1999, then returned from the 2000 International AIDS Conference in Durban, South Africa, he began telling his colleagues about the AIDS work that needed to be done in hard-hit countries like Zimbabwe, which he had visited again after the conference. Beginning that year and for the next nine years, a small group of medical professionals - led by Dr. Scott and including David - paid their own way to Zimbabwe two or three times a year with skills and medications to assist people in an HIV-ravaged country, still under the authoritarian and tight-fisted "leadership" of President Robert Mugabe.

"Our reputation began to spread around the country - both in Harare and up in Mutoko at the Mother of Peace Orphanage, where most of the children had been orphaned by their parents' HIV-related death," David recalls. "And many of them were HIV-positive themselves. It was devastating to see the rows of little crosses on the graves, but then hopeful to think that we might be able to do something to prevent the onslaught of graves being dug there."

One of the most painful and stressful parts of these annual treks to Zimbabwe to decide who would be treated and who wouldn't, since the group was already providing care to 700-800 People with AIDS each year.

"Bob insisted that we must triage the patients, in order to maximize our impact there," David recalls. "So prioritizing both who needed the treatment most - and who would likely have the most positive outcome - was difficult when patients wanted to know 'why him' and 'why not me?' Developing country doctors and nurses have to make those choices every day, more than we in the west have to, which makes it somehow all the more painful."



David and Bob Scott preparing food together, Harare.
AIDS patients in Zimbabwe



David and some of the nursing sisters being trained to treat

All of that changed dramatically with the unexpected death of Dr. Bob Scott at age 65 in October 2009 from a pulmonary embolism.

"Many of us felt his health was compromised sitting on planes for 10-15 hours at a time getting back to his clinic work in Zimbabwe several times a year," David states. "He was a big tall guy and it was hard on him to be cramped up in coach seats with no leg room and no exercise for that length of time. Out of respect for him, some of us - sponsored by four churches, including Allen Temple Baptist Church - determined to carry on his work the following year."

It was on that occasion in September 2010 - about 4pm one afternoon - that the Zimbabwean police raided the clinic, arresting all of the medical professionals there - including two American nurses, an American doctor, an American AIDS activist from the Allen Temple AIDS program, one Zimbabwean doctor and one New Zealand doctor. They were told they would be charged with practicing medicine without proper licenses and without a registered Zimbabwean pharmacist on site. They were taken to jail and put in very primitive holding cells for

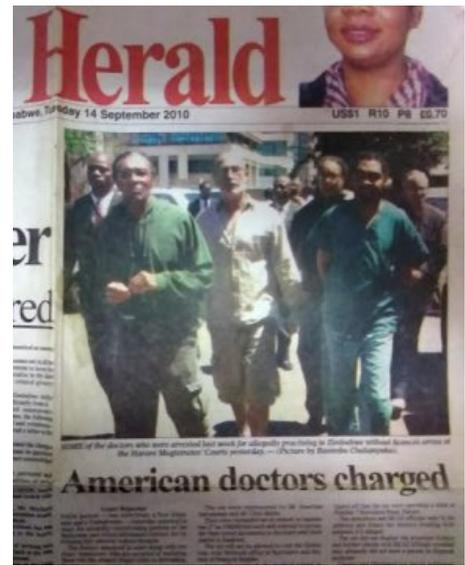
nearly four days. Though the late Dr. Scott had held the appropriate Zimbabwean license and David had a provisional nursing license there, none of that was initially sufficient to help their cause.

"These holding cells were so spartan we didn't even have blankets to keep ourselves warm," David recalls. "Some of the more-hardened 'criminals' we were housed with took pity on us and we slept together to keep warm - even those accused of some pretty horrendous crimes.

"One of the strangest experiences to come out of that episode - besides the notoriety and fear that we might never be released - involved one of the police officers. He was assigned to do an inventory of our things, check for tattoos and other identifying marks. When he discovered that I had nipple rings, he was astounded and extremely curious, wanting to touch them and asking all about them. When we were finally released on a sort of 'house arrest' - without passports - he asked me to take him to a piercing salon where he had his nipples pierced, as well!"

It was two weeks before their case was heard by the Magistrate's Court. The American Embassy was relatively supportive, with one political officer spending some time with them nearly every day. Meanwhile, the American media (e.g., most notable, [New York Times](#), [Wall Street Journal](#) and [CNN](#) - see hyperlinks below) had gotten wind of the situation and began publicizing the arrests and impending potential prosecution.

"It was weird to think we were something of cause célèbres back home," David recalls, "although it was good to know that people in the churches supporting us were lobbying for our release and dropping of the charges. When we were finally released and our passports were returned, we were informed that the charges had NOT been dropped and that we had best take the first flights available out of Harare. Which we did."



Oakland medical activists, Gregory Miller (L) and David Greenberg (C); Allen Temple 2010

[The Herald](#), Zimbabwe, 14 September

Baptist Church AIDS activist, Gloria Cox-Crowell and New Zealand physician, Reid Andrew John, are escorted into Magistrate's Court in Harare, Zimbabwe, after being arrested and jailed on charges of treating AIDS patients without proper licensing. Also arrested and charged was Dr. Anthony Jones, also of Allen Temple. ([Wall Street Journal](#), 13th September 2010 - Photo by Tsvangirayi Mukwazhi/AP) and

In 2011, in spite of American Embassy advice that nobody should return, David and Dr. Arnold Perkins from Allen Temple felt compelled to return to Zimbabwe to feel some sort of closure on the issue. When they met with the Ministry of Health, the Medication Authority, the Nursing Ministry, etc., everybody apologized for how they had been treated and made it clear they felt the whole thing had been overblown, perhaps intended to use them as an example in retaliation for President Obama having made negative comments about Mugabe's autocratic leadership.





David (in orange shirt) with other staff members at work after release from jail, Harare 2010

Meanwhile, David continues doing HIV/AIDS work as he has done since the early days of the AIDS epidemic, including at such diverse places as the former Providence Hospital, Peralta's HIV Clinic, Santa Rita Correctional Institution, Santa Clara County Jail and Pelican Bay State Prison up near the Oregon border. For the past six years, he has worked as RN AIDS Case Manager for Lifelong Medical, which he enjoys very much.

"Approximately 70% of the patients we care for are African-American, 60% men and 40% women, very much reflecting the demographics of AIDS in East Oakland," he says. "I've had opportunities to go to work in San Francisco, but I'm really an East Bay guy and wouldn't enjoy the daily commute across the Bay."

Though David has traveled much of the world, he made his first trip to New York last September, which made him understand why many people are so fascinated with the place. He's attended many of the International AIDS Conferences and is unsure whether he'll trek to Amsterdam in July or not for the 22nd such conference.

To deal with the stress of ongoing nursing challenges, he works in his garden and on decorating and repairing his house. He loves spending time with his children and their families, including two granddaughters. His home includes lots of memorabilia from his time in Zimbabwe, including many Shona-stone carvings, story boards used for training and photographs of people who became very dear to him over the years.

As for his personal life - other than his wife - he has had two long-term relationships with men. The first ended rather badly after 4.5 years when he discovered that his partner was quite promiscuous, was spending time at the baths, etc., on those every-other-weekends that David had his children - and had infected David with HIV.

"As a nurse, I was accustomed to being tested at least every six months," he recalls with some bitterness. "When I began that relationship and for nearly four years afterward, I was HIV-negative and then - at the same time I discovered his infidelity and alcohol problem, I also discovered that he had infected me. That was the end of that!"

His second gay relationship - begun a few years later and lasting for five years - seemed to be going fine until David came home from one of the week-long "AIDS Rides" that he participated in for a few years.

"When I came home from the ride," David recalls, "he had apparently decided he needed something different. He moved out shortly thereafter. Since I loved him a lot, it was a pretty painful period for me, but I'd say I'm pretty much at peace with the way my life has turned out up to this point.

"Sure, I wish I was still making the junkets to Zimbabwe - and wish old friends like Mark Kennedy and Bob Scott were still around - but I'm a pretty happy 70-year-old right now. I have no major complaints and will continue working in the community as long as I can be useful."



A recent photo of David in one of his African outfits.

Thanks for sharing so much of your fascinating life story with Lavender Seniors. We hope you take your long-time friend, Bruce's, advice and start participating more with your fellow and sister LGBTQ elders via Lavender Seniors!

*For more info on the 2010 Zimbabwe arrest episode:

CNN: http://edition.cnn.com/2010/WORLD/africa/09/12/zimbabwe.americans.arrested/index.html?eref=edition_world&utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+rss%2Fedition_world+%28RSS%3A+CNNi+-+World%29

Christian Science Monitor: <https://www.csmonitor.com/World/Africa/2010/0913/US-medical-team-arrested-in-Zimbabwe-released-on-bail>

New York Times: <http://www.nytimes.com/2010/09/12/world/africa/12zimbabwe.html>

The Feb 10 2018 Lavender Seniors Potluck held at All Saints Church celebrated the Chinese Lunar New Year of the Dog.



Arlene Lum, President of the Chinese Community Cultural Assn. of San Leandro gave the attentive audience a brief history of the minority tribes in China and where they originated. She related the description of each of the tribes and spoke on their cultural practices.



After the history lesson, Arlene demonstrated and assisted the participants in making a beautiful Chinese lantern to take home. She also provided a traditional Chinese dessert of coconut jello and fruits.

The Lavender Senior attendees expressed their delight at having Arlene again this year.

Since it was also Valentine's Day weekend, Gabriel Delgado, our talented and creative Lavender Senior member, handmade individual "love bags" to share with each and every one! Thank you, Gabriel for spreading "LOVE" abundantly!

Book Review

Title: James Baldwin: The FBI File

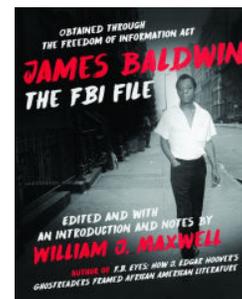
Edited and With an Introduction and Notes by William J. Maxwell

J. Edgar Hoover had a lifelong obsession with communism as a cause of most American problems. He tended to let crime in the streets go by the boards. The Mafia had a field day. He saw James Baldwin as a menace to American morality but he could never charge Baldwin with any serious crimes. He always implied that Baldwin must be guilty of something.

Maxwell's research is more like a scalpel than a conventional text. It is for browsing rather than concentrated reading. Historians will want to pore over every detail but those observers who despised Hoover will love every word.

Maxwell's book will endure for decades.

- Frank Howell



San Francisco Foundation's East Bay Foundation on Aging Awards Grant

LAVENDER SENIORS RECEIVES \$15K GRANT

Lavender Seniors of the East Bay has received a \$15,000 grant for 2018 from the East Bay Foundation on Aging, which is administered by the San Francisco Foundation.

The East Bay Foundation on Aging (EBFA), a supporting organization at The San Francisco Foundation, is a grant-making partner committed to improving the lives of under-served seniors in (and around) Oakland. Founded in 2009 with the proceeds from the sale of the historic Matilda Brown Home for Elderly Women in Oakland, the East Bay Foundation on Aging seeks to improve and maintain the physical and emotional health of vulnerable older adults. Northern California's oldest non-profit, The Ladies' Home Society of Oakland ran the Matilda Brown Home from 1872 to 2007. Due to financial, infrastructure, and emerging issues related to the changing demographics and needs of seniors, the Society sold the facility and created a grant-making entity that will continue the legacy of service to seniors.

<http://sff.org/programs/core-program-areas/community-health/east-bay-foundation-on-aging/>



According to the proposal submitted last fall, the grant will be used for the following purposes:

To improve quality of life and caring for East Bay LGBTQ seniors; improve self-esteem, thriving in place, & connection to community via social/educational activities & support groups; and to train residential treatment facilities' staff and healthcare providers on welcoming vulnerable LGBTQ seniors.

With that in mind, Lavender Seniors - in its 24th year serving LGBTQ seniors in the East Bay (Alameda and Contra Costa Counties) - will use this funding to help continue existing programs, including the following:

- The organization's flagship Friendly Visitors program
- Two monthly luncheons (Second Saturday at All Saints Episcopal Church in San Leandro; Third Friday at North Oakland Senior Center) with educational and entertainment programs and Q&A afterward
- A monthly LGBTQ-related film (Third Wednesday at San Leandro Public Library);
- The monthly newsletter, **Lavender Notes**
- The website (www.LavenderSeniors.org) for information sharing and referrals
- The Lavender Scrolls Project (exhibiting life stories of local LGBTQ individuals at libraries, health fairs and Pride events)
- Distributing its two "Safe and Visible" training films, targeting the creation of more LGBTQ-friendly health-care practitioner offices, residential and assisted-living facilities
- Sponsoring and co-sponsoring LGBTQ senior support groups throughout the East Bay
- Providing information tables at health fairs, civic and Pride events

In addition, Lavender Seniors is currently hoping to resume and further develop support groups for LGBTQ seniors who are taking care of same-sex partners or loved ones, who may not have the support systems in place regularly available for 'traditional families' - parents, siblings, children, and a non-discriminatory medical, mental health and social services establishment.

Also, quoting from the proposal submitted:

LGBTQ Seniors have likely experienced rejection, discrimination and/or abuse during their formative years, as teenagers, as young adults and throughout their personal and professional lives. They have lived through such institutionalized homophobia as the 42-year era when Eisenhower's 1953 Executive Order called for identification, purging, blackballing and possibly prosecution of LGBTQ employees at every level of federal service.

LGBTQ seniors may have been thrown out by parents, subjected to "curative therapies", caught in highly-publicized police raids, fired (or denied promotions) on jobs, excommunicated from churches, dishonorably discharged from the military, charged with trumped-up "morals" offenses, imprisoned, beaten or denied child custody, etc., strictly because of their sexuality. Any of these experiences takes a heavy psychological toll, perhaps resulting in low self-esteem, leading "double lives", self-isolation for protection and/or excessive use of drugs/alcohol for "pain management".

Our target population is East Bay LGBTQ seniors, their friends, families, service providers and environment. When frail seniors need to seek additional resources - via assisted living, senior housing complexes, independent living, RCFE's or just down-sizing - many have reported the need to go "back into the closet" for fear that past experiences of rejection, mistreatment or abuse will be repeated if service providers or new neighbors know "who they really are".

Because of self-isolation (for safety) and lack of traditional sources of support (e.g., spouses, children and other accepting/caring family members), there is a tendency to suffer from mental health issues (particularly depression and/or substance abuse), homelessness, illness and improper self-care. Therefore, it is important that these vulnerable populations have access to quality medical care, sound nutrition, self-help care, mental/emotional support and caring/welcoming social service providers.

And finally, Lavender Seniors hopes to continue collaborating with other LGBTQ-serving agencies (e.g., Pacific Center, Oakland LGBTQ Community Center) in creating a well-trained cadre of LGBTQ seniors for a speakers bureau; a community-wide "elder services" committee for helping meet LGBTQ seniors' needs; and development of a resource/referral services directory.

Needless to say, this EBFA grant can hardly accomplish all of that, so financial donations, plus donations of time, energy and ideas are always welcomed by the Lavender Seniors Board of Directors. There are plenty of volunteer opportunities, ranging from (for example) board membership, event planning (our silver anniversary celebration is coming up in November 2019!), becoming a Friendly Visitor, hosting events (e.g., luncheons and films), tabling at Health Fairs and Pride Events and being trained as a speaker or disseminator of various training materials!

For more information, contact Info@LavenderSeniors.org.

CONNECTIONS



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

LAVENDER SENIORS FRIENDLY VISITOR PROGRAM HAS VOLUNTEER OPPORTUNITIES AVAILABLE.

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

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

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

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

Just out from Experian...

The Ultimate List of the Year's Worst Scams

by [Matt Tatham](#)

What a year it's been—just one month into 2018 and there are already 3,151 scams added to the [Better Business Bureau \(BBB\) Scam Tracker](#)™... and counting. That is good news, sort of, because last year at the same time there were already 3,932 scams found.

Many of the same scams are repeated each year, often driven by financial life moments such as taxes, holiday shopping, and utility scams. So far in January, a number of different and new scams have made the news, including:

Secretary of State Scam

This scam starts when you receive an email claiming to be from Secretary of State Rex Tillerson, who says you're owed a payment he knows about because of an investigation by the FBI and CIA. The scam reportedly states that you will receive an ATM card with more than \$1 million dollars on it, but first you have to send \$320 along with personal information to receive it. The [Federal Trade Commission \(FTC\)](#) says this is false, warning Americans not to fall for this—or anytime you're told you have won a prize, owe money, or may go to jail.

Jackpotting

Jackpotting is a new cyber-attack scam that the [Secret Service](#) warned financial institutions about criminals installing software or hardware on ATMs that force the machines to issue large amounts of cash. Criminals have found ways to exploit the standalone machines commonly found in pharmacies, big-box retailers, and some drive-thru ATMs.

It's hard to know the exact financial implications because sometimes these crimes aren't disclosed publicly. But anytime money is missing, it's sure to have an impact on the banks and ultimately you—the consumer—in the form of higher fees or more obstacles to accessing your cash.

Cryptocurrency Scams

As the price and popularity of [Bitcoin and other cyber-currencies](#) skyrocketed in late 2017, scammers eagerly sought to take advantage of the frenzy.

The Japanese Bitcoin exchange [Coincheck](#) was hacked in January and the thieves were able to steal more than \$500 million in cryptocurrencies. This is the largest cryptocurrency hack to date. Facebook and Instagram have banned advertisements for certain bitcoin, initial coin offerings (ICOs), and some other cryptocurrency-related products because of deceptive and misleading practices. Several ads were leading victims to sites such as [Prodeum](#), whose only purpose was to take their money and not provide the advertised service.

"Yes" calls

This scam happens when you answer the phone and the person on the other line asks: "Can you hear me?" and you respond, "Yes." Your voice is being recorded to obtain a voice signature for scammers to authorize fraudulent charges over the phone. You can visit the [FCC website](#) to block any unwanted calls.

Netflix

The popular service is the target of an [email phishing scam](#) featuring the subject line "payment declined," which may get your attention if you are a subscriber. The email wants you to click on a link to update your credit card information. If you see this don't click on the link because it can be dangerous malware. Visit your Netflix account by typing the address in yourself to check your account as a safer means of verifying your account status.

AirBnB

This scam involving users of the popular AirBnB site that lets travelers rent an apartment or house. The scam starts with an imposter home or apartment owner directing the renter towards a fraudulent or "spoof" website to finalize payment for the rental. Those fake sites result in lost money and no place to stay because the rental property being discussed is usually not even available. In fact, the real owners are most likely unaware that their property is being spoofed by

scammers.

Death Threat Hoax

The [FBI](#) came out warning consumers about death threats being made through emails that state "I will be short. I've got an order to kill you."

The email then demands money or bitcoin as a payout from the email recipients. Other versions of the scam could state that a "hitman has been hired to kill" them. This scam is very aggressive and threatening in nature to convince people that they have to pay or else.

How to Protect Yourself From Being Scammed?

To avoid being scammed you have to remain diligent and follow these steps:

- Assess the validity of all messages that you receive from people and business that you do not know. That includes any unsolicited phone calls, people knocking on your door, emails sent you-even those that look like they are from a company you do business with, or family and friends-and letters received in the mail that look like they are official.
- Any emails and links sent to you that seem off should be checked first, by rolling your cursor over them with your mouse before actually clicking on the link. Look at the destination URL is to see if it looks legitimate or not.
- Scammers will also pose as imposters from businesses or organizations and call or approach you in person. The Consumer Financial Protection Bureau (CFPB) recently warned people about [scammers posing as CFPB employees](#).

Criminals will go to great lengths to try to pressure you with demands for money or payments. If you feel you are being victimized, make sure to report the scam to proper government agency, your local [Better Business Bureau](#) office, and your local police department.

Dyke Night at the Movies presents

a film screening celebrating Women's History Month

March 11, 7pm

California Theater

2113 Kittredge St. (@ Shattuck Ave.) Berkeley
(2 blocks from Downtown Berkeley BART)

(International films made about and by women (not lesbian specific).

Featured films:

Last Night in Edinburgh, from the UK is about forced arranged marriages, and reveals a brilliant strategy to address the problem. The filmmaker will be in attendance for a short Q&A after the screening.

Alive & Kicking: The Soccer Grannies of South Africa, an inspiring film looks at older women breaking stereotypes and their resourcefulness and resiliency in handling adversity.

In Light of the Revolution about female Egyptian artists in Cairo during the Arab Spring uprising.

To view trailers and purchase tickets click here (tickets must be purchased in advanced at the website):
internationalwomensfilms.com

*Note that this screening is NOT being hosted by Landmark Theaters but is a special privately hosted event.

Please help us fill the theater -- spread the word and post on Facebook with this link: <https://www.facebook.com/events/168662927120496/>

Happy International Women's History Month!
See you there!

All Saints Episcopal Church, 911 Dowling, San Leandro

Jo Ann Yoshioka will be talking about Occupational Therapy.

A buffet luncheon will begin at noon, followed by announcements and the program at approximately 12:40pm. Feel free to bring a dish to share if you wish.

Third Friday Lunch Bunch, 16th March, 12-2pm

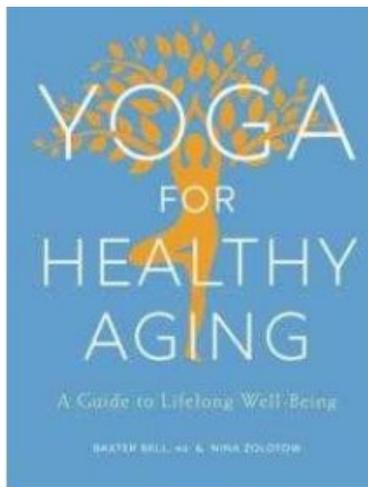
USING OT/PT AND YOGA AS PREVENTION

Many of us at any age - particularly in our "seniors" age group - may be "forced" to participate in Physical Therapy or Occupational Therapy to recover from minor to major occurrences such as strokes, concussions, breaking bones, bouts of Guillain-Barré, heart attacks, etc. When we're hospitalized and realize we can't even brush our teeth or take a shower anymore, having a skilled team of physical therapists and occupational therapists can help us regain those functions and get back to living our lives with dignity and quality.

But - as those who attend the Third Friday Lunch Bunch this month will discover - there are many ways that those same therapeutic activities can help in prevention of loss of some of those functions as we age, even without some sort of cataclysmic event in our lives requiring it.

A team of instructors from Samuel Merritt University - adjacent to Summit Medical Center in Oakland - will be on hand to explain the two fields and how they can be important in our lives with or without a catastrophe of one sort or another. They will discuss the health benefits of occupational therapy and physical therapy, the health benefits of yoga (they are both yoga practitioners), as well as when and how to seek these services.

They will lead a short, gentle, seated yoga practice appropriate for beginners. Please dress in loose, comfortable clothes and come with your curiosity and your questions!



Liz Kleine, MOT, OTR/L, is an occupational therapist who teaches in the Department of Occupational Therapy at Samuel Merritt University. She is also trained as a Life Coach and Clinical Hypnotherapist. She has worked in hospital based and home health rehabilitation for over 20 years helping adults of all ages achieve independence in daily living skills.

Jason Hardage is a physical therapist who teaches in the Department of Physical Therapy at Samuel Merritt University and a registered yoga teacher. One of his passions is making yoga accessible to all, including older adults. He is a certified Yoga for Healthy Aging teacher.

The Third Friday Lunch Bunch is held at the North Oakland Senior Center, 5714 MLK Jr Way (corner of 58th Street). The nutritious buffet-style lunch will be served promptly at 12 noon, after which brief community announcements will be made. The program will be turned over to Liz and Jason by 12:50. Following their presentation, there will be ample time for Q&A.

The parking lot and entrance are at the rear of the building (off of 58th Street) in the old Merritt College facility, which was retrofitted after the 1989 Loma Prieta earthquake and added to the U.S. National Register of Historic Places in 1992.

Please feel free to join us!

Hi Friends,

One of my photos is included in the exhibit 'Berkeley Aperture' at the ACCI Gallery.

I hope that you will be able to attend. The Berkeley Camera Club members whose works are in this exhibit are very talented and accomplished photographers. I hope that you will be able to attend the opening, and if not, to stop by the ACCI Gallery to view our photos some time between March 16th and the show's dosing on April 1st.

Best,

Sandy Morris

Berkeley Aperture

A juried photography exhibition featuring works
by thirty members of the Berkeley Camera Club



March 16 - April 1, 2018
Opening reception: March 16, 5-8 pm

Chris Adamson
Kathryn Barnhart
Kirsten Berg
Maria Budner
Mary Martin DeShaw
Gene Dominique
George Draper
Marsha Kirschbaum
Natalie Knott
Hiroshi Morimoto

Sandy Morris
Stephen Napoli
Kenneth Osborn
Ed Oswalt
Aphra Pia
Diane L Rice
John Andrew Rice
Terry Ryder
Anita Schriver
Amitai Schwartz

Michael Slack
Lyrinda Snyderman
Alan Steinbrugge
Marti Stites
Bernadette Talbot
Carol Thomas
Tom Trippe
Holly Wallace
Joan Wheeler
Laurie E Wilson

www.accigallery.com

acci
GALLERY

1652 Shattuck Ave
Berkeley, CA 94709

[Editor's Note: Sandy Morris has documented the LGBTQ community for decades!]

Elders' Guild Meetings - Sunday, March 18th (Third Sundays)

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

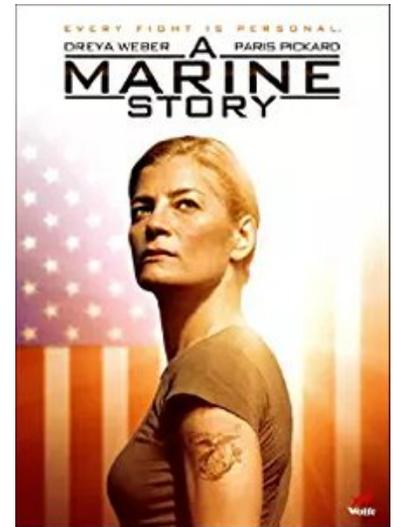
We shmooze from 1:45 to 2:00 and begin at two

Donations requested to cover the cost of space rental

THIRD WEDNESDAY LAVENDER SENIORS FILM SERIES, 21ST MARCH, 1-3PM

A MARINE STORY

Lavender Seniors tribute to Women's History Month is the award-winning "Marine Story." The remarkably hard-bodied actress/aerialist Dreyfa Weber ("The Gymnast") stars as Alex (Alexandra), a highly-decorated Marine officer unexpectedly discharged from her wartime duty. Returning to her conservative home town, she agrees to coach and counsel the precocious teen rebel Saffron (Paris Pickard). Alex is the no-nonsense role model and authority figure that Saffron needs, and in true "Karate Kid" style she "kicks some butt", inspiring the young woman's transition from slacker to boot camp-ready Marine recruit.



But as Saffron is finally finding the strength to grow up, Alex must find new courage to face her own demons.

Set in the middle of the homophobic "Don't Ask - Don't Tell" era in the military, Alex is one of nearly 15,000 who - in spite of perfect service records or even being highly-decorated - were expelled due this discriminatory policy. To watch trailer:

http://www.imdb.com/videoplayer/vi2118911769?playlistId=tt1447479&ref_=tt_ov_vi

Recipient of 15 awards on the Film Festival circuit, this 2010 film provides a deep look at how "DADT" affected the lives of many women and men in the U.S. It was released about a year before President Obama formally certified the end of the policy in July 2011. The discriminatory 17-year-old policy was repealed, only after ruining thousands of lives of valiant LGBTQ military personnel - and preventing countless others from enlisting (or being allowed to enlist) in the first place.

"As of Sept. 20, service members will no longer be forced to hide who they are in order to serve our country," Mr. Obama said in a statement. (New York Times, July 22, 2011)



The discharged Marine and the troubled teen work out together.

The film will be shown at 1pm on Wednesday, 21st March, at the San Leandro Public Library, 300 Estudillo, in the totally-accessible Carnegie Lecture Hall. Popcorn, bottled water and apple juice will be provided as refreshments. A brief discussion and evaluation of the film and its relevance to LGBTQ seniors and their allies will follow the showing.

LGBT Online Support Group for Caregivers

The theater is sometimes a bit chilly (which even library personnel apparently cannot adjust), so it's advised to bring a sweater or light jacket, just in case.

FAMILY CAREGIVER ALLIANCE®

If you are lesbian, gay, bisexual, or transgender and caring for someone with ongoing health

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](#).



You're getting a new Medicare card!

Cards will be mailed between April 2018 - April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at [ssa.gov/myaccount](https://www.ssa.gov/myaccount) or 1-800-772-1213. TTY users can call 1-800-325-0778.

■ WATCH OUT FOR SCAMS!

Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.

- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

The Center for Elders Independence opened its new center in San Leandro that helps at-risk seniors live at home, rather than at a nursing home.

The new facility at 2850 Fairway Drive (just across the street from the San Leandro Kaiser Hospital), will have their state-of-the-art PACE Center and will provide geriatric medical clinic and day center services with a capacity to serve 500 seniors in San Leandro and neighboring communities.

"As the population ages, demand is growing for our holistic model of care that provides solutions for seniors who have multiple health challenges," said Linda Trowbridge, CEO of the Center for Elders Independence. The center coordinates transportation, home care, healthy food, a place to exercise, new friends and social activities services in the PACE health plan.

Every senior enrolled in Program of All-inclusive Care for the Elderly (PACE) meets the requirements for nursing home care, 96 percent continue to live in their communities. Seniors who are eligible would enroll in CEI's PACE health plan.



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

Music's Memory Lane Tuesdays, 1/9 - 4/3 6:00pm - 6:30pm

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

Advocacy Now Mondays, 1/8 - 3/12 3:15pm - 4:15pm

Meet with your peers to discuss strategies that can be used to effectively communicate your opinion to elected officials about issues that directly affect the financial, emotional, and physical health of adults over 60 and/or adults with disabilities. Facilitated by Patt Schroeder, ESC's SCWW Program Specialist

Growing an Elder Community Mondays, 1/8 - 3/12 10:00am - 12:00pm

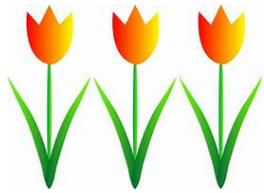
By speaking with others, older people discover what is beautiful about the latter stages of life, and how getting older, especially as a disabled or homebound person, can contribute positively to our culture-at-large. This is an opportunity to experience what is noble about being human in this world. Facilitated by David "Lucky" Goff, Ph.D., Radio Host, and author

Authors Read Aloud Fridays, 1/12 - 4/6 10:15am - 11:00am

Join independently published authors as they read selections from their works and then answer your questions. Each week will feature a new author representing one of a variety of genres, including romance, drama, biographies, mysteries, and more. Facilitated by Bay Area Independent Publishers Association

View the [Winter 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



THIS MONTH'S EVENTS

Out Standing Seniors

March 6 & 20, 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.

Older & Out - Livermore

March 6, 13, 20, 27, 1:00 p.m. (Tuesdays)

Livermore Senior Services, Robert Livermore Community Center, 4444 East Ave., Livermore

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

Queerly Aging Lesbians

March 1 & 15, 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 - Berkeley

March 2, 9, 16, 23, 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 - Hayward

March 5, 12, 26, 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

March 13 & 27, 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 Advisory Board Meeting

March 14, 6:00 - 8:00 p.m. (2nd Wednesday)

675 Hegenberger Rd., Oakland

A portion of this meeting is open to the public.

Senior Gay Men's Group

March 8 & 22, 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

March 10, noon-2:00 p.m. (second Saturday)

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

This month's program: "Jo Ann Yoshioka" (see info above)

Lavender Seniors Film Series

March 21, 1:00 - 3:00 p.m. (3rd Wednesday)
San Leandro Library, 300 Estudillo, San Leandro
This month's movie: "A Marine Story" (see info above)

Island Pride Peer Support Group
March 15, 10:30-11:30 a.m. (3rd Thursday)
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
March 16, 12:00 - 2:00 p.m. (3rd Friday)
North Oakland Senior Center, 5714 Martin Luther King Jr. Way, Oakland
This month's program: "Healthy Yoga for Aging" (see info above)

March 25th---DLST time begins!



Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr.

Vice President of Operations:
Gwendolyn M. Boozé

Vice President: Akilah Monifa

Founding Member: Barbara Jue

Secretary: John David Dupree

Gary Turner

Treasurer: Carmen Chiong

Lavender Seniors

 Like us on Facebook

Email: info@lavenderseniors.org
Website: <http://lavenderseniors.org>
Message: 510-736-LGBT
(510-736-5428)
Mail Address: 4021 Monterey Bl.
San Leandro, CA 94578