



# Lavender Notes

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

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*Celebrating 26+ years of service and positive change*

*March 2021 - Volume 27 Issue 3*

## STORIES OF OUR LIVES

### Nick Resnick

Nick Sandler Resnick has lived as many exciting chapters in his 36 years on the planet as many of us twice his age: high school and college soccer star; outstanding teacher/coach; President of East Bay Stonewall Democratic Club; CEO of a small curriculum company; devoted husband and father of two adorable sons. Who knows what the next half-century might have in store!?

Born on 2<sup>nd</sup> April 1985 in Ft. Lauderdale, FL, Nick was known as Nikki for the first 22 years of his life. He and his older brother grew up in a “relatively-observant” Jewish household.

“Dad wanted us to have Jewish culture and traditions as part of our lives,” Nick recalls. “So we attended synagogue at high holidays and observed various other traditions. For instance, my brother had his bar mitzvah and I had my bat mitzvah at age 13. Dad and his parents grew up in Philadelphia, where his grandparents had immigrated a generation earlier.”

The Southern Florida Resnick family focused on outdoor activities, the ocean and athletics.

“My childhood was a very positive and active one,” Nick says. “Since we were near the beach in mostly sunny weather, sports always played a significant role in our family. I became aware at an early age, through my soccer team, of the power that diverse backgrounds, both racial and cultural, could bring to groups. My gender was mostly a non-issue growing up. I was known as the androgynous tomboy who played equally well on boys’ or girls’ teams. ‘Oh,

that's just Nikki,' people would declare when I would spring into action on either."



Nick at 18 months; at age 3 with older brother; and at a Janet Jackson concert with friends (Nick in dark vest), age 10

Competition became an integral part of Nick's life in school, at home and on the soccer pitch.



Nikki's soccer prowess touted in the Boca Raton newspaper, age 15

"Academics were important to my brother and me, for sure, and I was focused on getting a full-ride soccer scholarship," Nick recalls. "I wanted to be playing on a major college soccer team, preferably near a big diverse city. Because of my immersion in soccer, I had little that could be called a 'social life.' I might not attend homecoming or the prom because I had a soccer match the next morning. I guess I dated a few times – had a couple boyfriends – but nothing to steer me away from my goal. I met Kelly, my future wife, when I was 17 – she came down from New Jersey to

Florida on spring break – and after several years of long-distance chatting – we wound up in the same area, at last."

Nick never suffered from family criticism about the way he dressed or the way he looked as a kid.

"My parents were aware that I generally dressed and acted more like a boy than a girl," Nick recounts. "I was never shamed by anybody about not wearing dresses, fancy hairdos, make up and such. I knew they would love me no matter what I looked like. I was just known and loved as the jock kid that I was. I guess I can remember once at age 15 or so, my grandmother questioned why I was wearing boy's shorts, but then put it in the category of 'I guess you can't really wear a dress on the soccer field.'"



Boca Raton Soccer, Age 8; At Bat Mitzvah, Age 13; High school graduation, age 18, with Mom

When Nick got that longed-for full-ride soccer scholarship at University of Maryland, College Park, Kelly was also in law school in nearby Washington, DC. As expected, everything went swimmingly with the soccer team activities – and with Kelly – but some real-world doubts began to distract from the long-term dream of playing professionally.

“One of the things that I became aware of, as I moved closer to college graduation and professional life,” Nick recalls, was that I was clearly uncomfortable in my own skin. This soon evolved into realizing that I may have gotten away with feeling like a TomBoy, but I was never going to get away with feeling like a woman. I was no longer the androgynous tomboy of 15, but had become a young twenty-something man, in a woman’s body.”



The Terrapin women's soccer team the cover story of Maryland magazine – action shots with Nick hustling the ball, 2005

A serious back injury – coupled with recognizing he was a transman – soon changed Nick's career and life-plan trajectory.

“I underwent what was a soccer-career-ending disk-fusion surgery, knowing full well what that meant,” Nick recalls wistfully. “Something I become increasingly aware of and committed to during college was learning more about systemic inequities in public education. Through a community service program in college, I spent time reading to DC Youth in their classrooms. Based on the neighborhood the school was in, the books to read children were drastically different in condition, topic and quantity. Once soccer was on the backburner due to my transition and back surgery, my attention turned to ways I could support, better understand and ultimately change our public education system.”

Though Nick had double-majored in general business and women's studies, he knew he was not interested in following Dad and brother into the financial world.

“I had coached youth teams a lot when I was in college, plus I really enjoyed the reading program with at-risk youth,” Nick recalls processing his next steps. “I decided I should transition to teacher/coach as Nick and stop trying to pretend I was the woman I never was. I became really uncomfortable thinking about how I was navigating the world as a woman and how the world was seeing me. I needed to assess what was important to me and help bring my external self in congruence with my thoughts and feelings about my identity.”

Nick knew he wanted to distance himself from the East Coast soccer community he knew so well. He checked out organizations like Teach for America, deciding he needed to make a move west with his new identity and



start over. He'd attended a few support groups in Washington, DC, to get more socio-medical transition information. He tried You Tube and on-line chats; however, he mainly paved the way himself through online research, trial and error.

"I landed a placement teaching middle school in the Oakland Unified School District," Nick says, "a post I stayed in for five years, while Kelly and I did the personal and relationship work necessary for launching a successful 'new life'. I was moved to a very diverse and comprehensive middle school, the Edna Brewer Middle School, where I became painfully aware of the discrepancies from school to school and neighborhood to neighborhood across Oakland. Money comes with enrollment. Kids, no matter where they attend school in Oakland, don't deserve to have no PE, no sports, no music, no extra math or reading support. I was smacked in the face with this as a teacher. I decided to dedicate my career to understanding ways I could help shine light on these injustices and develop structures or policies to overcome them. I am definitely still on that journey of learning. I received my administrative credential, and did a nine-month research fellowship, through New Leaders for New Schools. "



Coaching a boys soccer team, 2012; attending 2016 graduation of a student he'd taught at Edna Brewer Middle School years earlier

In 2014, Nick and Kelly decided to put roots down in Oakland, buying a house together, in the same neighborhood where they had rented for the prior 6 years. For five years, he was with California Educational Partners, a non-profit to support schools throughout the state, helping facilitate Communities of Practice with district educators from similar demographic school districts to work together to solve some of their biggest challenges.

In 2019, Nick joined Inquiry by Design, an English Language Arts Curriculum company. Part of the motivation for becoming CEO of this innovative solution-driven organization was that he wanted to work remotely and spend more time with his wife and kids. Additionally, he believed whole-heartedly that this curriculum is what all students deserve to interact with and wanted to use his operational and management chops to scale their footprint in the publishing industry.

"Kelly and I decided to get married in 2012," Nick recalls. "Our journey together is pretty wild. From young teenage queer couple to queer husband and wife. This didn't come without family struggle, but we made it through.

We had a great wedding with family and friends in New Jersey, Kelly's home state, and an incredible honeymoon in Bali."



New Jersey wedding, 2012; Bali honeymoon, 2012

Having their two adorable sons was a bit more complicated for this husband and wife than it might've been for even a lesbian couple or a gay male couple.

"We knew we wanted kids," Nick says, "but we also knew it might be more challenging than we thought. The plan was always for Kelly to carry any children we would have together. For our son, Jude, we used a sperm donor with one of Kelly's eggs. He is now a kindergartener in Oakland Unified. We scheduled a few doctor appointments over the years to understand what effect testosterone might have on the viability of my eggs. We never received conclusive information. However, we found a doctor at UCSF IVF clinic that was interested in working with us and supporting our process. I stopped taking testosterone for about nine months. It was an intense time period for me, but ultimately so worth it. Due to my age, even after 10+ years on testosterone, the areas of my body that were dormant all those years came back to life and I was able to create a healthy egg. Kelly carried this new embryo and our beautiful son, Dylan, was born in 2018! I think we won't be birthing any more babies ourselves, though we might consider adopting one day. Who knows? "



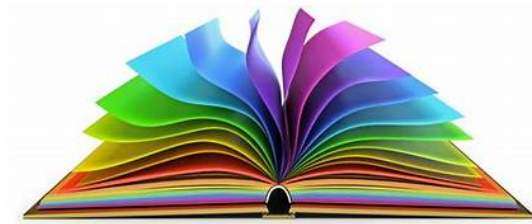
Nick and Jude hiking the Joaquin Miller Trail, 2020; The Resnick Family, Halloween 2020

Nick has continued being active politically and educationally. When he ran (unsuccessfully) for Peralta Community College Board, he became acquainted with people in the East Bay Stonewall Democratic Club. After a stint as Secretary, he was persuaded to become President, a post he resigned a year ago, so he could volunteer for educational boards and committees, like



Stonewall President, Nick, introducing Barbara Lee at Pride Breakfast, 2018; working with school districts on curriculum, 2020

Thank you, Nick and Kelly, for sharing so much of your amazing story with our readers!



## BOOK REVIEW

### **Trust: America's Best Chance**

By Pete Buttigieg

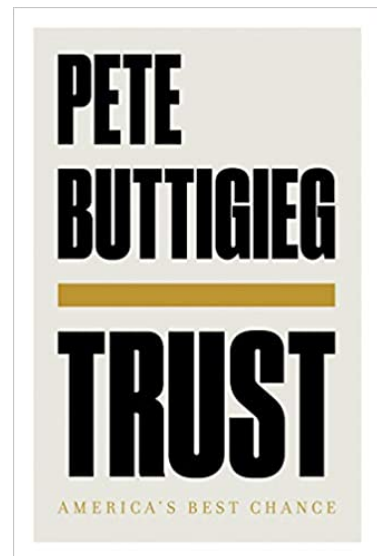
Pete has produced a wonderful accounting of what he achieved as mayor of South Bend, Indiana.

The new book is challenging us to produce new progress in America and elsewhere. We must stimulate hope, and appeal to all classes and political parties but we have fallen behind in economics, racial justice, condition in jails, health and production.

He worked with Jimmy Carter in Plains, Georgia. Trump has pushed naked racism with no sense of guilt or shame. The clean-up will be challenging.

Pete became the US Secretary of Transportation in February 2021. The first openly gay cabinet member in US government. He resides with his husband Chasten Buttigieg in South Bend.

- Frank J. Howell



## BONUS BOOK REVIEW

### **Queerly Beloved: A Love Story Across Genders**

By Diane and Jacob Anderson-Minshall



Imagine you're the femmier half of an intense and loving lesbian couple for 15 years. With a few inklings along the way, the butchier half of the relationship turns to you and says, "You know what? I think I'm really a man!" How does this story end?



This 2014 double-memoir, written in a creative-nonfiction style, traces changes for the subsequent eight years of this now-three-decade relationship with alternating diary-type entries from each of them as one of the couple transitions from female to male.

The path was definitely not problem-free, as attested by the alternating entries from Diane and Suzy (later Jacob), citing the inevitable ups-n-downs of such a tidal change in the order of things in their household.

Both Diane and Suzy (Jacob) had been active in LGBTQ+ media for years, first with *Girlfriends* and *Curve* magazines and later – after a move to L.A. from San Francisco, both began working with *The Advocate*. Diane is currently listed as Editorial Director and Jacob is Deputy Editor. Coming out as trans at work was initially just a name-change for Jacob, unlike many others who have experienced considerable trauma in that transition.



Diane, on the other hand, was frequently as afraid to come "out of the closet" as a lesbian whose husband used to be her wife. For the most part, however, her employers, family, friends and colleagues responded largely positively.

This 264-page book describes the pair as "co-conspirators in life and love" through both harrowing and joy-filled times.

The book is available on-line in paperback or e-book.

- John David Dupree, Tinamastes, Costa Rica

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## 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.

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### LAVENDER SENIORS FRIENDLY VISITOR PROGRAM HAS VOLUNTEER OPPORTUNITIES AVAILABLE.

Volunteers with the Lavender Seniors Friendly Visitor program are background checked, interviewed and trained, after which they are matched with a senior to visit regularly, usually for a couple hours each week. Visitors can share stories, chat

about mutual interests and current events, and if both are willing and able, volunteers can take their seniors out for a walk in the park, a bite to eat, a cup of coffee, shopping or maybe a movie or a trip to the museum.

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

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

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

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## Reminder: Lavender Seniors Birthday Program

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

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



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



Grab a Chair, a Bottle of Water and a Calorie or Six of Energy!

## Light Exercise for Seniors

This month's Second Saturday Rainbow Lunch will find us – after our usual individual check-ins – experiencing a light Zoom exercise class! One of our Lavender Seniors participants, a lifelong dancer and newly certified dance teacher, Quinn Wallace, will lead us in a series of joint-friendly and age-inclusive movements and stretches. During this class, our goals will be to relieve any physical tension that we may be feeling – after nearly a year "sheltering in place" – and to enjoy moving our bodies at home. We repeat: the only things you will need are water, a chair, and some energy!

We are most fortunate to have both Quinn and



her Aunt Twyla helping lead us in this class! Twyla Wallace – a nationally certified massage therapist with over 30 years of experience, a proud Vermont lesbian and senior, and Quinn's aunt! – has graciously helped to build the exercises that we will do in this class. Twyla will join us in participating and after class, can lend her expertise by answering any questions you may have about at-home stretches and movements that nurture body, mind, and spirit.



If anyone would like us to focus on any particular (or particularly-troublesome) part of the body, please contact Quinn at [quinnwallace@mac.com](mailto:quinnwallace@mac.com) and she will be sure to include this area of the body in our class. See you there!

### *More about your instructors:*

**Quinn** (she/hers) came to the East Bay two years ago, when her now-fiancée began law school at UC Berkeley. Born in Portland, OR, Quinn spent most of her childhood in a small Austin, TX, suburb called Dripping Springs. Quinn loved dancing and playing music in her high school band, where she was even drum major for two years! She studied at Mount Holyoke, the country's oldest women's college, where she continued exploring her love of dance through classes, student performances, and co-leading a dance group. After graduating early and traveling solo for a few months, Quinn moved to Los Angeles to pursue her Master's degree. Quinn now works as a Transportation Planner in Oakland and was recently certified as a Scottish Highland Dance teacher. She got engaged in January 2021 and tentatively plans to tie the knot in spring 2022! Quinn is a new volunteer with Lavender Seniors and is very grateful for the opportunity. Her love, respect, and gratitude for the LGBTQ folks who came before her is largely inspired by her aunt, Twyla.

**Twyla** (she/hers) grew up in Kent, OH, in the 1960s and '70s. Her father was a music professor at Kent State University, while her mother stayed home with their three daughters. Twyla was involved in theater and music from a young age and pursued teaching in college. As a young adult, she moved across the country to Portland, OR, where her sister (Quinn's mom) soon followed. In Oregon, Twyla became involved in massage therapy and after attending massage school, was licensed to practice in 1986. Twyla lived and practiced on the Oregon Coast for about 10 years before moving to Vermont. She continues to be passionate about healing and creating individualized body work sessions in her studio near Mount Snow, VT. Twyla helps to lead a "bone builders" class for women at risk of developing osteoporosis and sings in a women's choir. A much loved member of her small town, Twyla is a proud Vermont lesbian and is grateful to have many dear LGBTQ friends and neighbors.



Here are the Zoom coordinates for Saturday, 13th March, from 12 noon until 2pm:

Lavender Seniors invites you to a scheduled **Saturday Rainbow Lunch** meeting on Zoom.

Topic: Second Saturday Rainbow Lunch

Date/Time: Saturday, 13th March 2021 – 12 noon to 2pm Pacific Time (US and Canada)

Join Zoom Meeting

Meeting ID: 896 7102 6595 – Password: 153953

Dial by your location: +1 669 900 9128 US (San Jose)

Meeting ID: 896 7102 6595 – Password: 153953

Hope to see you then!



The MMAA: Merger with AMPA and OUTServe/SLDN

## Status of LGBTQ+ in the U.S. Military

The LGBTQ+ community has been at the mercy of early-morning Twitter whims and mean-spirited polices to “clean out” the military for the past four years. (We’ve even had Alito and Thomas threatening to reconsider Obergefell and same-sex marriage as the law of the land – but that’s another story for another time).

Thus, many LGBTQ+ individuals and organizations might be wondering what the “facts” are after feeling relatively buoyed up and accepted since “Don’t Ask; Don’t Tell” was officially rescinded during the Obama administration in September 2011. For those with math issues, that’s meant five steps forward (2011-16) and then four steps backward (2017-2021). Where are we now?



After acting as Interim Executive Director of the Modern Military Association of America (MMAA) since January 2020, Jennifer Dane – a former intelligence analyst and threat-prevention specialist in the U.S. Air Force – has recently been named to that ED post permanently, requiring her to move from Belmont. Jenn will be speaking with us at the March 19th Third Friday Lunch Bunch on the current status of LGBTQ+ individuals in the military. She may be accompanied by a gay and/or trans MMAA member, as well, hopefully.

Among the many accomplishments during Jenn’s tenure at the helm of MMAA

– the largest organization in the country serving LGBTQ+ active military, veterans and their families:

- Assisted the Biden-Harris transition team to ensure the transgender service ban was repealed in the first 100 days and that LGBTQ voices were heard by the Department of Defense and the Veterans Administration
- Shared her knowledge and expertise of the LGBTQ military and veteran community with Dr. Jill Biden at the new launch of Joining Forces
- Worked to bring remote and freelance employment opportunities to military spouses by partnering with Instant Teams
- Provided crucially important input to the U.S. Department of Veterans Affairs (VA) on LGBTQ veterans access and treatment at VA care facilities
- Began working with the Maryland Governor's Challenge Team on mental health services and suicide prevention for LGBTQ+ military and veterans
- Filed a Supreme Court amicus in a case involving a government-funded foster care program's objection to serving LGBTQ people
- Worked with Members of Congress to pass legislation in the U.S. House that would de-fund both the Trump-Pence transgender military ban and a new DoD policy effectively banning the LGBTQ pride flag on military installations
- Awarded scholarships to ten military spouses to pursue their higher educational goals.
- Hosted Pride Month events with The Mission Continues, featuring special guests Col. Margarethe Cammemeyer, Col. Patsy Thompson and former Army Secretary Eric Fanning.
- Continued assisting transgender servicemembers seeking waivers to join or to continue serving, as well as veterans seeking assistance with upgrading their military discharges due to discriminatory policies like the former "Don't Ask, Don't Tell"
- Continued moving forward our lawsuits challenging the Trump-Pence transgender military ban in court and outdated policies harming servicemembers living with HIV
- Hosted virtual events for chapters, such as online meet and greets, happy hours, game nights and watch parties



Lavender Seniors invites you to a scheduled meeting on Zoom.

Topic: Third Friday Lunch Bunch

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

Join Zoom Meeting

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



Meeting ID: 852 3582 5964 Password: 569546

Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 852 3582 5964 Password: 569546

Hopefully, you can join us for this vital discussion. Whether you can join us or not, we wish you all peace, health and happiness for the rest of 2021 and beyond!

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### **CARING FOR OUR SENIOR LGBTQ PARTNERS, FRIENDS AND OURSELVES**

A 10-session group serving the full spectrum of senior LGBTQ+ community members caring for LGBTQ partners/friends and ourselves as we age. The group will focus on facing medical conditions and issues of aging through personal exploration, group support, and education.

This is a no-fee group limited to 10 individuals therefore we request a commitment to attend the entire 10 meetings of the group.

Group facilitator, Dr. Melinda Ginne, 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 medical 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 Dr. Ginne has taught a number of classes and workshops in aging as well as in the psychological aspects of medical illness. She has been active in the LGBTQ+ community since 1975.

"She helps to calm our anxieties", reports one attendee. This is beyond peer-to-peer counseling by addressing psychological issues arising from medical conditions.

Sessions are held via Zoom with HIPAA certification. Sessions will be held on 10 Mondays, April 26 to June 28, 2021.

To sign-up, call: 1-510-736-5428 and leave your name, phone number and e-mail address. You will be called back for a short interview.

For program information: Barbara Jue, 1-510-736-5428 your name, phone number and e-mail address. We will return your call.

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## Celebrating the Angels Around and Among Us

Join us Thursday, March 11, 2021 (6:00pm PST) for "Angels" – our next virtual showcase! [Click here](#) for tickets.

**Admission is free**, but we welcome your **donations** to the San Francisco Gay Men's Chorus.

"Angels" will commemorate the 30th anniversary of "When We No Longer Touch," the world's first requiem dedicated to those lost to AIDS, with a rebroadcast from SFGMC's momentous 40th anniversary concert that took place on October 26, 2018 at San Francisco's St. Ignatius Church.

The evening will also include the premiere of a video celebrating the creation of SFGMC's Artist Portal at the National AIDS Memorial Grove located in Golden Gate Park.

**Admission is free - [click here for tickets!](#)**

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## Shrewsbury LGBT History Festival 2021

February - March, free online events, all welcome

*Free*

Sat 6 Feb 3pm Launch Party  
 Sat 6 Feb 7pm PRIDE  
 Sun 7 Feb 3pm United Queerdom  
 Sun 7 Feb 7pm For My Wife  
 Tue 9 Feb 7pm Falling into the Arms of Phoebe  
 Fri 12 Feb 7pm The Archivettes  
 Sat 13 Feb 3pm Bulgarian Tendencies  
 Sun 14 Mar 7pm Valentine Special  
 Thu 18 Feb 7pm Trans Lives in British History  
 Sat 20 Feb 3pm Metro Centre  
 Sat 20 Feb 7pm The Theatre of Liberation  
 Sun 21 Feb 3pm March for Dignity  
 Tue 23 Feb 7pm Mark Hignett in Conversation  
 Wed 24 Feb 7pm Creative Conversations  
 Fri 26 Feb 7pm Say My Name  
 Sat 27 Feb 2pm Young People's Showcase  
 Sun 28 Feb 3pm Ionut & Calin  
 Sun 28 Feb 7pm Gen Silent

Wed 3 Mar 7pm Kate Hutchinson  
 Fri 5 Mar 7pm The Boy and The Bear  
 Sat 6 Mar 3pm Sophia Dubochet  
 Sun 7 Mar 3pm Voices of Eswatini  
 Sun 7 Mar 7pm Reel in the Closet  
 Mon 8 Mar 7pm Free to Be Me  
 Thu 11 Mar 7pm Morley Clarke  
 Fri 12 Mar 7pm Hot to Trot  
 Sat 13 Mar 3pm Who was Suleika Aldini?

Watch out also for  
 Exhibitions and  
 Short film programme  
 Running throughout the festival



[www.shrewsburylgbthistory.org.uk](http://www.shrewsburylgbthistory.org.uk)



**FOA**  
 FAMILY CAREGIVER ALLIANCE®  
 National Center on Caregiving

LGBT Online Support Group for Caregivers



If you are lesbian, gay, bisexual, or transgender and caring for someone with ongoing health problems...[you are not alone!](#)

Family Caregiver Alliance's online LGBT Caring Community Support Group connects you with others facing the day-to-day challenges of caregiving. If you're assisting someone with Alzheimer's, stroke, Parkinson's, traumatic brain injury, or other chronic health problems, you can get support from the convenience of your home.

Share experiences, resources, and ideas in a supportive, caring environment. Available 24 hours a day, all you need is e-mail, and it's free!

Visit [LGBT Caring Community Online Support Group](#).

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## Well Connected Enriching lives and supporting well-being.

(FORMERLY SENIOR CENTER WITHOUT WALLS)

### Community Phone Calls

This award-winning program offers activities, education, support groups, and friendly conversation over the phone or online.

#### **Just a few of the things offered:**

(The times are no longer listed in the generic catalog, once you have signed up you will get a link to a catalog with times in your time zone)

#### **LGBTQ Chat 2nd and 4th Wednesdays**

This group is intended for participants who identify as LGBTQ, and is an opportunity to connect with others socially in a supportive environment, where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community. Facilitated by Jerry W. Brown, Covia Senior Director Affordable Housing

#### **Music's Memory Lane Tuesdays**

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

#### **Life Stories: Acknowledgment and Inspiration Thursdays**

When we articulate our stories, we contribute to the wisdom that is generated in the group. Sharing stories can be an opportunity for learning and sharing more about ourselves and others, it can be a time for acknowledgment and

inspiration, a path to transformation and growth. It can also simply be a time and place to connect with each other, share a few laughs, and appreciate those moments of connection. Facilitated by Phalguni Freeman, Counseling Student, Palo Alto University, CA

View the Current catalog of community phone calls [here](#). Check the [website](#) for more information. To participate in these or other Well Connected telephone activities, or to learn more about their programs, call 877-797-7299 or email [coviaconnections@covia.org](mailto:coviaconnections@covia.org).



#### **Out Standing Seniors - Sponsored by Pacific Center**

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

Meets via Zoom email [outstandingseniors2@gmail.com](mailto:outstandingseniors2@gmail.com) for info.

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

#### **Living OUT in Livermore - Sponsored by Pacific Center**

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

Meets via Zoom email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for info.

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

#### **LezBold Peer Support Group**

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

Meets via Zoom email [lezboldgroup@pacificcenter.org](mailto:lezboldgroup@pacificcenter.org) for info.

*Find support and like-minded wonderful people!*

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

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

email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for current meeting information.

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

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

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

email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for current meeting information.

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

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

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

email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for current meeting information.

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

#### **Lavender Seniors Board Meeting**

Mar 10 6:30 - 8:30 p.m. (2nd Wednesday) via Zoom

*A portion of this meeting is open to the public.*

#### **Lavender Seniors Second Saturday Rainbow Lunch**

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

### Tri-Valley Rainbows - Sponsored by Pacific Center

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

Meets via Zoom email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for info.

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

### Oakland Third Friday Lunch Bunch

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

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

## Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr

Treasurer: Carmen Chiong

Secretary: John David Dupree (on hiatus)

Founding Member: Barbara Jue

Communication Director: Melissa West

Member: Ana Bagtas

## Lavender Seniors of the East Bay

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

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

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