



Lavender Notes

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

November 2015

Celebrating 20+ years of service and positive change

Volume 22, Issue 11

***Day Light Savings ends on Sunday, November 1st...set your clocks
back an hour before you go to bed Saturday night!***

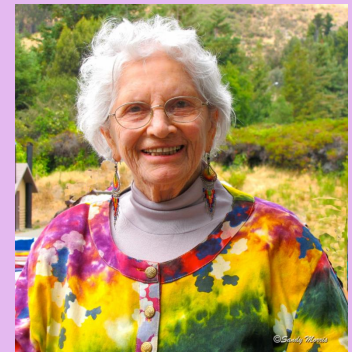
Natalie Zarchin Celebration

Sunday, November 1 from 1-5 pm.

Ed Roberts Campus, 3075 Adeline, opposite Ashby BART station

Program

- 1:00 pm Opening Words by Corky Wick,
Mothertongue Feminist Theater
- Leslie Hassberg, Solo & Singalong
- Mothertongue Feminist Theater Reading from Natalie's Writings
- Poet Joan Annsfire
- Organization Speakers:
 - Leslie Ewing, Pacific Center
 - Barbara Jue, Lavender Seniors
 - Gene Erickson, Richmond Art Center
 - Speaker from OLOC
- 2:30 pm Light Refreshments/Silent Auction of Natalie's Ceramics
- 3:00 pm Sharing Memories of Natalie from those present
- Silent Auction Winners Announced
- 4:00 pm Formal program ends
- 4:00-5:00 pm Schmoözing



Barbara Jue will be speaking around 2:00 pm. We're asking each speaker to plan on a max of 5 mins for their remarks.

Please remind everyone that daylight saving time will end Saturday, so we'll gain an hour.

The Ed Roberts Campus will open for us at 12:00 noon PST. Anyone who can come early to help for set up of chairs and tables will be greatly appreciated.

There will be mics, audio and an accessible stage.

Natalie's daughter Rose is planning on attending. She expressed gratitude that we're having this event.

A 12-page booklet featuring photos and textural highlights of Natalie's activist life will be distributed to everyone in attendance.

A photo of Natalie's Scroll is featured in the booklet, and the scroll will be a main centerpiece for the celebration.

Looking forward to seeing you all and having a memorable time together Sunday.

Requesting Subjects for "Stories of Our Lives"

No "Stories of Our Lives" Feature This Month

Readers may notice that there is no "Stories of Our Lives" column in the newsletter this month, sharing personal stories of LGBT seniors in the East Bay. We re-instituted this column in May. Since that decision, we have been grateful to Darlene Shores, Grant Peterson, Karen Anderson and Bobbie June Jarvis, who were willing to share their journeys with [Lavender Notes](#) readers. Two months - May and September - have featured posthumous tributes to James Armstrong and Natalie Zarchin, respectively.

Board Secretary, John David Dupree, had initially agreed to interview, photograph and gather materials on those LGBT seniors, then write and publish these "Stories of Our Lives" as an experiment through December 2015 to see how it would be received.

"It was important to me that these stories be as representative as possible of our community's diversity," Dupree said. "So I tried to develop a system of rotating inclusivity, meaning alternating features on lesbian, gay, bisexual, transgendered, black, white, Latino/a, Asian, Protestant, Catholic, Jewish, Muslim, North County, South County, Central County, Western Contra Costa County and so on. It's a bit of a tight-rope we walk so that nobody feels excluded or favored."

In the course of "recruiting" area seniors, Dupree reports that he has encountered a phenomenon which may or may not be peculiar to LGBT seniors, which accounts at least partially for no "Stories of Our Lives" this month.

"A number of people who were recommended to me have declined to be interviewed and featured," Dupree remarked. "Virtually all of those people have told me they thought their lives were not interesting enough to anybody else, that they were 'boring' and bland.

"It's my opinion that every LGBT senior who has survived anti-gay discrimination in this culture has a story to tell that might be helpful to others in a similar position. These interesting stories include that of a man who grew up in a staunch anti-gay Roman Catholic Latino family in the Southwest, a man whose story includes getting married - as many of us did - and having children, one a gay son with whom he remains in regular, at least weekly, face-to-face contact.

"Or the web designer who has been on the front lines of LGBT pride for decades. Or the African-American woman who devoted many years to LGBT rights, including long-time membership on the Lavender Seniors board. Or the Latina born in South America, who worked closely with the Audre Lord Clinic in New York before landing in the Bay area, along with her lesbian sister. Or the 93-year-old who grew up Jewish in New York and found his way to the Bay area decades ago."

Dupree laughed as he thought of Lavender Seniors as perhaps having a penchant for being a term he remembered from his youth, "shrinking violets" (a shade of lavender perhaps). He went on-line to see what the official definitions of that term - based on the fact that violets actually do shrink in the sun - might be. These included "shy", "remaining on sidelines," "self-effacing," "showing fear or timidity" or "a very private person".

"I hope we will continue to have people from diverse segments of our community either come forward themselves - or have friends/colleagues who will suggest them - for providing this valuable look into the personal journeys of our fellow and sister LGBT seniors.

"Or maybe this is just a feature that needs to be quietly put to rest."

Nominations for people willing to be featured and tell their stories in the newsletter can be put forward by e-mailing Info@lavenderseniors.org or calling Kathleen, Lavender Seniors Project Coordinator, at 510-574-2073.

Thanks to the Alameda County Leather Corps!

Lavender Seniors Receives Grant from ACLC

The Alameda County Leather Corps announced on Saturday, 24th October, that they have awarded a \$900 grant to Lavender Seniors of the East Bay for ongoing program expenses. Other organizations honored at the Turf Club gathering included Children's Hospital, the Charlotte Maxwell Clinic, and various programs involved in breast cancer research.

Patricia Osage, Executive Director of LIFE ElderCare, which Lavender Seniors' is a project of, was on hand to accept

the grant on Saturday night, offering information and gratitude to the dozens of ACLC members in attendance, according to Michael Trutner, long-time ACLC member and Lavender Seniors board member.

"Virtually all of our fund-raising activities are intended to help various non-profit organizations in the East Bay," Trutner said. "We set up booths at Bay Area events like the Folsom Street Fair and organize social activities for raising money to help wherever we feel our funds will be the most useful."

The ACLC was formed 22 years ago and has given between \$10,000 and \$20,000 per year to various "charities" during that time.

"It's interesting that we're getting lots of younger members lately," Trutner said, "though the down side is that a lot of our older members have had to move out of the area because it's becoming too expensive to live here when you're retired."

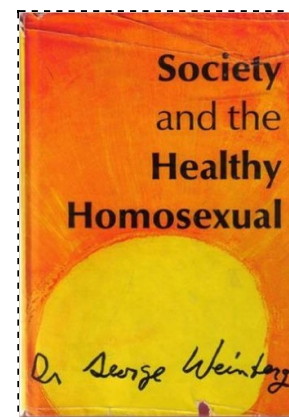
Ms. Osage told the assembled people at the Turf Club Saturday night that the money would be used to support vital Lavender Seniors program like Friendly Visitors, educational and social events to help LGBT seniors get out into the world and into relationship with others.

Monthly Book Review: Society & The Healthy Homosexual

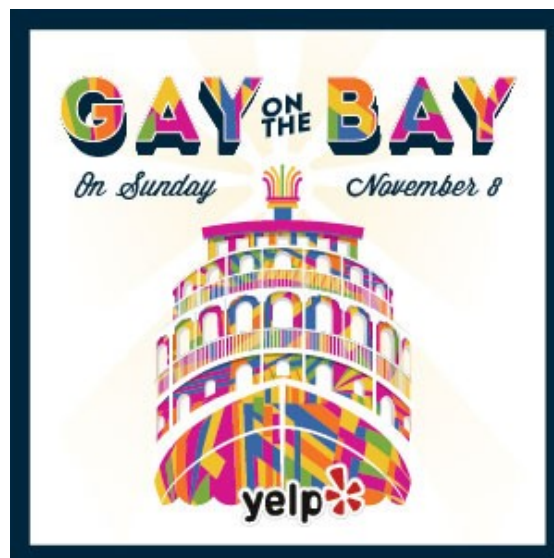
Dr. George Weinberg, St. Martin Press-1972

Instead of reviewing a current work, this month I have decided to pay tribute to a book long out of print. Dr. George Weinberg, a respected clinical psychologist attacked the then-current notion that gay men were psychologically ill and needed therapy. He suggested that society was the villain of the moment, that gay men were quite normal, and that Americans needed to change. He invented a new term, "homophobia" that is now commonplace. Let us now honor his memory. America is now a better place because of him.

- Frank Howell



There is still time to put this event, "Gay on the Bay" into your calendar for Sunday, 8th November. Included is a free Hornblower Cruise trip out onto the Bay.



It's time to celebrate love without boundaries. Gay on the Bay is about bringing people together to celebrate something universal: love. You know, the kind that's messy, chaotic, and limitless. Please join the Yelp community as we come together to honor marriage equality and everyone's profound right to love and be loved. Elope or renew your vows with us at our floating celebration on November 8. Though a couple-dozen LGBT couples are either renewing their vows or getting married at 3pm, the three-hour cruise itself is from 4-7pm, gathering at Pier 3 in San Francisco.

RSVP at <http://www.yelp.com/events/san-francisco-gay-on-the-bay-hornblower-cruise-reception-rsvp>

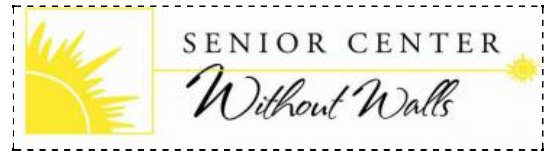


LGBT Online Support Group for Caregivers

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.

Senior Center Without Walls Community Phone Calls



Join Roger Anunsen's "Cognitive Crew"!

Thursdays 1:00 - 2:00pm October 8 - December 10

Cognitive Activity Design explores the potential of applying emerging, evidence-based research in memory and aging to address real-life cognitive challenges. In this series, gerontology students will present 20-30-minute demonstrations of an innovative, brain-healthy activity designed as part of Roger's first-in-the-nation course, "The Aging Mind". Come with an open mind, this series is sure to be full of brain healthy surprises!

Roger Anunsen is co-founder and Principal at MINDRAMP Consulting and director of MINDRAMP's Brain Health Initiative.

Growing an Elder Community Mondays, Part I: 10:00 - 11:00am, Part II: 11:00am - noon

This is a two-part program. Participants may call into either one or both sessions. Part I: 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 become getting riper and be a real contribution to our culture-at-large. This is an opportunity to experience what is noble about being human in this world. Part II: This segment can be experienced as a continuation of Part I or separately, and represents a chance to deepen our experience.

Sing! Saturdays 2:30 - 3:00pm

Join host Toni Tompkins and the SCWW Singers for a fun half hour singing Broadway show tunes, folk songs, and other favorites acapella. All voices are welcome! Song lyrics are available from the office.

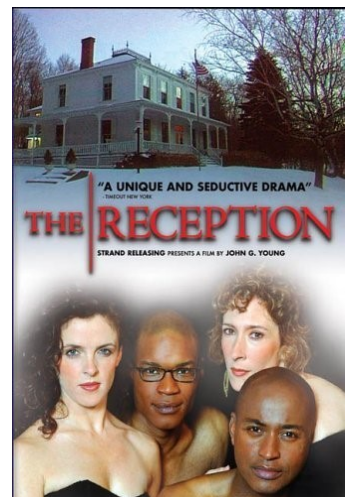
View the [Fall catalog](#) of community phone calls [here](#). To participate in these or other Senior Center Without Walls (SCWW) telephone activities, or to learn more about SCWW programs, call 877-797-7299 or email info@seniorcenterwithoutwalls.org.

Lavender Seniors Film Series: Wednesday, 18th November - 1-3pm

!!! New More Accessible Location, San Leandro Public Library !!!

"The Reception"

In this 2005 film, African-American artist Martin is living in a large farmhouse in upstate New York with Jeanette, a slightly-older (white) French woman. They initially appear to be happily-married lovers in an idyllic situation. Martin spends his days taking care of the pristine 300-acre property and "painting" in the studio he has set-up in the beautiful carriage house out back.



One peaceful wintry morning, a Jeep Cherokee pulls up in the snow, blowing the horn, announcing the arrival of Jeanette's previously-estranged daughter, Sierra, and her newly-acquired African-American husband, Andrew. It seems that a stipulation in grandmother's estate calls for Sierra to receive her inheritance only upon her marriage.

When Sierra tells Andrew that Martin is gay, the four-way dynamic changes almost immediately. Things get even more complicated when Jeanette announces she is going to throw a wedding reception to celebrate her daughter's marriage. Sparks begin to fly in every direction, when mother and daughter must deal with Martin and Andrew (by then known as DeAndré) being attracted to each other.

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.

There have been ongoing concerns about accessibility for wheelchairs and walkers at the Thunderbolt Theater (those not wanting to sit in the front row had to make their way up a tier or two for optimum viewing). Therefore, following up on a suggestion on participants' October's post-film evaluation form, we have acquired the main-floor totally-accessible "lecture hall" at the San Leandro Public Library, 300 Estudillo Drive, San Leandro, for at least November and December showings. In the event the venue is evaluated as appropriate for future films, we have applied to have the third Wednesday of each month through 2016 for this purpose, as well.

The library is a ten-minute (five-block) walk up Estudillo from the San Leandro BART Station or one block above the AC Transit 1R bus-stop at E.14th and Estudillo. For those with mobility issues, pick-up from the San Leandro BART station can be arranged (12:30-45) by either e-mailing JohnDavid@lavenderseniors.org or calling 510-532-8951 at least a day in advance.

There is ample parking at the library.

Third Friday Lunch Bunch: Friday, 20th November 2015

Late-in-Life Advocacy for LGBT Seniors

Presenters at November's Third Friday Lunch Bunch have suggested the sub-title for their presentation be "Who will advocate for you when you are no longer able to advocate for yourself?"



Leyla Zabih, owner of Werner Enterprises, ElderCare Specialists, is a California Licensed Professional Fiduciary, a Nationally Certified Guardian, and a Geriatric Care Manager. Having worked with seniors for over 20 years, Leyla says she is passionate about ensuring that all of her clients receive the highest standard of care. She has a special interest in servicing clients in the LGBT community. Leyla holds a Masters in Counseling with a dual specialty in Marriage and Family, as well as Gerontology.

"I want the LGBT community to know there are people like me out there who can advocate for them when they no longer feel strong or capable enough to advocate for themselves," Leyla said. "This can be a personal or family decision; or it might be a decision adjudicated by a court, which then appoints someone like me - a Nationally Certified Guardian and Geriatric Care Manager - to ensure the highest-quality care."

Leyla will be joined by estate planning attorney, Kathryn Korn, who will discuss the various legal aspects of planning for late-in-life advocacy.

Third Friday Lunch Bunch takes place at the North Oakland Senior Center, 5714 Martin Luther King Way (corner of 58th Street in the former Merritt College Building). The parking lot and entrance are at the rear of the building. For further information, please contact Kathleen Miller, Lavender Seniors Project Coordinator, Kathleen@lavenderseniors.org, or at 510-574-2073.

HIV and AIDS

From a Center for Disease Control article dated 7th October 2015

HIV and AIDS Diagnoses and Deaths:

In 2012, people aged 55 and older accounted for about one-quarter (24%, 288,700) of the estimated 1.2 million people living with HIV infection in the United States.

In 2013, people aged 50 and over accounted for 21% (8,575) of an estimated 47,352 HIV diagnoses in the United States. Of these, the largest number (44%, 3,747) were among those aged 50 to 54.

In 2013, among persons aged 50 to 54, the estimated rate (per 100,000) of HIV diagnoses by race/ethnicity was 59.3 among African Americans/blacks, 23.3 among Hispanics/Latinos, and 8.7 among whites.

In 2013, people aged 50 and older accounted for 27% (7,108) of the estimated 26,688 AIDS diagnoses in the United States.

Of the 6,955 deaths related to AIDS in 2013, 2,588 (37%) were among people aged 55 and older.

Prevention Challenges:

Older people in the United States are more likely than younger people to be diagnosed with HIV infection late in the course of the disease, which means starting treatment late and possibly suffering more immune-system damage. This can lead to a poorer prognosis and shorter survival after an HIV diagnosis. Among people aged 20 to 24 who were diagnosed with HIV infection during 2004-2009, 99% survived more than 12 months after diagnosis, compared with an estimated 89% of people aged 50 to 54, 86% of people aged 55 to 59, 82% of people aged 60 to 64, and 73% of people aged 65 and older (for those who did not survive more than 12 months, death could have been from any cause). Late diagnoses can occur because health care providers may not always test older people for HIV infection, and older people may mistake HIV symptoms for those of normal aging and not consider HIV as a cause.

Many older people are sexually active, including those living with HIV, and may have many of the **same HIV risk factors as younger people**, including a lack of knowledge about HIV and how to prevent transmission, as well as multiple partners. Older people also face some unique issues:

Many widowed and divorced people are dating again. They may be less aware of their risks for HIV than younger people, believing HIV is not an issue for their peer group. Thus, they may be less likely to protect themselves.

Women who no longer worry about becoming pregnant may be less likely to use a condom and to practice safer sex. Age-related thinning and dryness of vaginal tissue may raise older women's risk for HIV infection.

The availability of erectile dysfunction medications may facilitate sex for older men who otherwise would not have been capable of vaginal or anal intercourse.

Although they visit their doctors more frequently, older people are less likely than younger people to discuss their sexual habits or drug use with their doctors. Also, doctors may be less likely to ask their older patients about these issues.

Stigma is a particular concern among older people because they may already face isolation due to illness or loss of family and friends. Stigma negatively affects people's quality of life, self-image, and behaviors, and may prevent them from seeking HIV care and disclosing their HIV status.

Aging with HIV infection also **presents special challenges for preventing other diseases** because older people with HIV may have an increased risk for cardiovascular disease, thin bones, and certain cancers. Older HIV patients and their care providers need to maximize prevention efforts against these conditions and remain vigilant for early signs of illness. They also need to be careful about interactions between the medications used to treat HIV and those used to treat common age-related conditions such as hypertension, diabetes, elevated cholesterol, and obesity.

More information is on the CDC website: <http://www.cdc.gov/hiv/>

Institute on Aging presents The 31st Annual Cable Car Caroling From Generation to Generation

WHEN: Sunday, December 6th | 12:30-4:30 pm
WHERE: Institute on Aging, 3575 Geary Blvd,

DID YOU KNOW?

Worldwide, the number of people aged 60 years or older will rise from 900 million to 2 billion between 2015 and 2050.

DID YOU ALSO KNOW?

Sunday December 6, 2015 is the 31st Annual Cable Car Caroling event!

Please join us for food, fun and festivities for this unique one-of-a-kind San Francisco fundraiser and community tradition that benefits lonely and isolated seniors in the Bay Area.

HERE ARE THREE WAYS TO PARTICIPATE:

1. PURCHASE YOUR TICKETS TODAY

Simply click [here](#) to purchase tickets and join us for the event and the after-party.

2. SPONSOR A SINGER

Be sponsored as a singer or show your support of a singer to help ensure that older and disabled adults in our community receive the care and support they need. The carolers who raise a minimum of \$100 will be able to attend Cable Car Caroling free of charge. Download the form to get started today by going [here](#).

3. MAKE A TRIBUTE GIFT

A tribute gift or gift in honor is a way to remember a special person while at the same time helping others. After you have made your contribution, a tribute card will be sent to the person(s) you designate and an acknowledgement letter will be sent to you. Names will be read aloud at the Cable Car Caroling event reception in honor of loved ones. Memorial and tribute donations to the Institute on Aging are fully tax-deductible.

P.S. We need your support to make this year's event the most successful ever.

Monthly Events

Out Standing Seniors

November 3 & 17 11:30 a.m.-2:00 p.m.

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!!!

November 4, 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.

Support Discussion Group for Aging Lesbian Women

November 5 & 19, 1:30 p.m. (1st and 3rd Thursdays)

The Pacific Center, 2712 Telegraph Avenue (at Derby), Berkeley

Find support and like-minded wonderful people!

Senior Men's Group

November 12 & 26, 1:30 p.m. (2nd and 4th Thursdays)

The Pacific Center, 2712 Telegraph Avenue, Berkeley

Co-sponsor: The Pacific Center, 510-548-8283

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

San Leandro Potluck

November 14, 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!!!

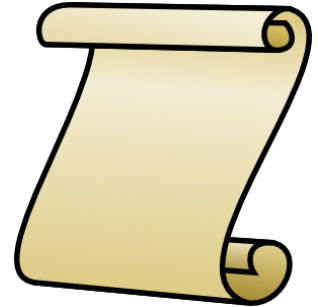
November 18, 1:00-3:00 p.m. (3rd Wednesday of each month)
San Leandro Public Library, 300 Estudillo, lecture hall, San Leandro
This month's movie is: "The Reception" see info above.

Oakland Lunch Bunch

Sponsored by City of Oakland Aging & Adult Services
November 20, 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: "Late-in-Life Advocacy for LGBT Seniors" see info above.

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.



Thank you to our sponsor, Chapel of the Chimes

[Chapel of the Chimes](#) is proud to be a Lavender Seniors "LGBTQ 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!

Chapel of the Chimes, Oakland
4499 Piedmont Avenue
Oakland, CA 94611
FD# 1254




Allison Rodman, Family Service Counselor
... Care, Comfort & Plan
allison.rodman@lifemarkgroup.com
[510-593-6978](tel:510-593-6978)

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