



# Lavender Notes

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

November 2017

*Celebrating 22+ years of service and positive change*

*Volume 24, Issue 11*

**HAPPY  
BIRTHDAY  
LAVENDER SENIORS!!!**



We began in November 1994 and thanks to the on-going community support we continue to provide essential programs to LGBTQ seniors.



Lift a glass to toast and spread the word we are still here to serve the Lavender Seniors Community!

Your continued support is essential.

Donations to the Lavender Seniors programs can be made out to:

The Mentoring Center

(with a memo notation: for Lavender Seniors of the East Bay)

and mailed to: Lavender Seniors, 4021 Monterey Blvd, San Leandro, CA 94578

Help us to be vibrant to keep you vibrant!

# Mary Watkins

What do Gertrude Stein and our very own Mary Watkins - perhaps best-known for her pioneering "women's music" with Olivia Records and Redwood Records - have in common?

- Each is well-known in the arts community (literature and music, respectively)
- Each has spent significant portions of their lives living in Oakland
- Each has identified openly as a lesbian
- Each has played a role in the composition of at least three operas!

Stein's lesser-known forays into the world of opera included "Four Saints in Three Acts" and "The Mother of Us All" with Virgil Thomson, composer; and her relationship with Alice B. Toklas was featured in "27", an opera premiering in St. Louis in 2014, nearly 70 years after her death.

Mary Watkins' operas have featured sometimes-controversial historical figures and issues:

"Queen Clara", about Clara Barton, founder of the American Red Cross, music written in conjunction with playwright Lance Bellview;

"Dark River," about civil rights activist and SNCC organizer, Fannie Lou Hamer (premiered with Oakland Opera Theater Company in 2009), for which Mary wrote both the music and the libretto.

"Emmett Till", about the 14-year-old African-American boy from Chicago, who was brutally murdered in 1955 Mississippi by the husband and brother of a white woman who claimed he had "flirted" with her. (Note: the two men were acquitted by an all-white jury, ostensibly because the body was so mutilated they couldn't definitively identify it). Mary has written the music in conjunction with playwright Clare Coss.

Mary was destined from an early age to be involved in music. Adopted at 14 months by the Maloneys, a laborer and his homemaker wife in Pueblo, Colorado, Mary (Maloney) Watkins was already taking piano lessons at age 4, following in the footsteps of an older cousin who was musically-inclined, as well. Her parents also adopted her brother, Charles, three years younger, who was, unfortunately, killed in an Oakland auto accident in 1977.



Mary and Mom, 1942



Mary and Mom, 1943



Mary, Mom, Dad, Charles, 1945

Mary considered herself a tomboy who preferred playing with boys, who had "much more interesting things to do" than girls. Though she grew up in an all-white neighborhood of Pueblo, she and her family attended St. Paul's African Methodist Episcopal (AME) Church in Pueblo, where she began playing the piano at age 12, further increasing her interest in music.

"My childhood was a mixed bag," Mary recalls, "since institutionalized racism was around us in every direction. In our town's civic auditorium, blacks had to sit up in the back section; even the theaters required us to sit up in the balcony. When we visited cousins in Kansas, it was much worse: we couldn't even get into the municipal swimming pool, but had to sit outside in sweltering heat, watching the white kids coolly splash around on the other side of the fence."

She attended elementary, junior high and high school in the Pueblo public school system. Though she occasionally dated guys, she had a "hero-worship" kind of crush on her gym teacher. When she went away to junior college, however, she finally discovered "her community," developing her first "gay awareness" along with one of her best friends, Richard, a gay/bi blond Italian, who exposed her to LGBTQ individuals and groups she might never have found on her own, since she was somewhat shy and so immersed in her music.



**Mary by piano in graduation cap and gown.**

After two years at the local junior college, she spent four years at what was then called Adams State Teachers College in Alamosa, Colorado, where she continued in music education, though she really wanted to be studying composition and performance. After she married an Army man from Arlington, VA, however, she moved to the Washington, DC, area, where she stayed for nearly ten years.

"Though the marriage only really lasted about two years," Mary recalls, "we weren't actually divorced for many years, largely - looking back - because of my very realistic fear, at the time, that my husband would try to take our daughter away from me if he knew I was a lesbian. She was born when I was 23 and I only gradually inched my way out of the closet over the next decade or so, finally coming all the way out in my 30s."

While in the Washington, DC, area, Mary played the pipe organ at a Baptist church, working also as a jazz pianist/organist, with various other church gigs and was involved in both writing and production with the Ebony Impromptu Musical Theater Company.

"Most of my friends were lesbian or gay while I was there," Mary says. "I was 24 or 25 when I first 'hooked up' with a woman. Though that only lasted two or three years, I was also involved with a couple more women during my ten years in DC."

Meanwhile, Mary's daughter alternated spending time over the years with her and with her mother in Pueblo.

"I think we had some mother-daughter complications because of this shuffling back and forth," Mary opines, "but that seems to have been largely resolved when I brought her out here to live with me permanently. I'm now the proud grandmother of two grandsons and five delightful great-grandchildren!"

When Mary first came west, she was fortunate enough to be in Southern California when Holly Near was looking for an accompanist to replace Jeff Langley, who had just left the post. Also, Teresa Trull and other "women's music" pioneers like Cris Williamson, Margie Adam and Linda Tillery were among those who joined the movement which propelled women into the spotlight with Olivia Records moving from Southern California to Oakland in 1977.



**Mary at various points in her performing career**

"It was typical in the late '70s and early '80s for women from Olivia to join such celebrities as Pat Parker and Audré Lorde for occasions like East Bay Gay Day and the San Francisco Lesbian and Gay Pride Day Parade," Mary recalls. "We provided back-up for each other in production of various LP records released on the label at that time. For instance, Linda Tillery played drums on my albums and Olivia joined forces with Diana Press to form a consortium dedicated to promoting women's music and literature."

Mary has several albums to her credit, in addition to providing back-up for others, performing in concerts across the country, teaching private students, organizing "Mary Watkins and Friends", composing and producing music of various types.



"Something Moving," Olivia Records;



"SpiritSong," Redwood Records

"Music is healing," Mary dedares, "no matter what génre. But I must say I am most alive when I'm doing opera, something that girl at St. Paul's AME Church in Pueblo, Colorado, might never have imagined if she hadn't taken several important curves in the road along the way. I have been so helped by people like Loraine Goodman and Sonia Maya, who believed in me before I was sure I believed in myself."

From her latest home in a retirement complex in Oakland's Acorn Industrial District, Mary and playwright Clare Coss are currently negotiating to have "Emmett Till" produced, perhaps in a co-production with the Harlem Opera Theater Company in New York.



Mary keeps in touch with family, friends and colleagues around the world, 2017

"Given that I'm turning 78 in December of this year, I've started thinking that none of us always has another tomorrow. I'll be writing and playing and singing and producing until I have no more breath in me - I've been given such a precious gift - my love of music - that I will continue sharing it in any way I can for the rest of my life."

Mary played beautifully for Lavender Seniors Platinum Anniversary celebration in November 2014 - and we're hoping she'll be in town when our Silver Anniversary rolls around in November 2019, two years from now! Thank you, Mary!

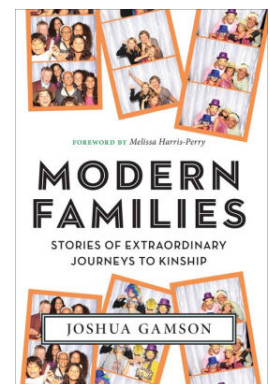
## Book Review

Modern Families: Stories of Extraordinary Journeys To Kinship  
By Joshua Gamson

Gamson is a Professor of Sociology at the University of San Francisco. His mother was a divorced white woman with a young daughter she loved. She was for reproductive rights. She operated an underground railroad for women who needed abortions.

The stories concerned significant issues such as civil rights for gay and straight people. There was support for many adoption techniques considered illegal by the courts.

The central theme of the stories was finding ways to counter public indifference.



Gamson commands our attention. Politicians and media folks had better pay attention. These issues will always be with us.

- Frank Howell



## CONNECTIONS

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

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

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

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

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

Please contact [info@lavenderseniors.org](mailto:info@lavenderseniors.org) and we will be in touch with you soon. Thank You!

Bill Baillie, Partner of Don Silva, and one of the pioneer founders of Lavender Seniors will have a memorial service on Oct 28, 2017 at 11:00 am in St. Cuthbert's Episcopal Church 7932 Mountain Blvd., Oakland 94605 (cross is Keller).

The Oakland Gay Men's Chorus will be singing and a small reception follows the service.

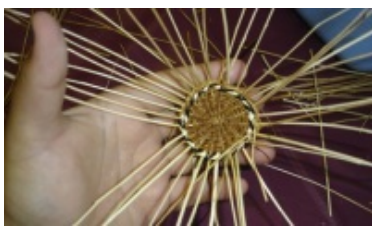
In lieu of flowers, Donations in Bill's name to the Alameda Ducal Council c/o the Oakland Chapter would be appreciated. Send donation to Ducal Council 5326 Hillen Drive, Oakland 94619.

The Equifax breach of personal data information is POTENTIALLY the most damaging event to one's personal identification information. A talk on the subject on What is Identity theft, why is this particular breach is so devastating and what you can do to protect yourself will be addressed on Nov 1, 2017 at 2 pm at the Broadmoor Plaza Senior Residence at 232 E-14th Street, San Leandro 94577, near the Oakland/San Leandro border.

AC Transit Route 1 stops very close to facility, near the corner of Broadmoor and E. 14th. There is a visitor parking lot, plus ample street parking nearby.

Since the Broadmoor Plaza Senior Residence is a locked facility, people wishing to attend should contact Kim Richardson at [Kim.Richardson@humangood.org](mailto:Kim.Richardson@humangood.org) or 510 553-9251 in order to be admitted to the program.

**FREE - Native American Basket-weaving Workshop**



In Celebration of Native American Heritage Month, a board member of the California Indian Basketweavers Association will demonstrate how to weave a pine-needle basket. The class will be held from 11am to 1pm on Saturday, November 4th in the History Room of the Main Library, 300 Estudillo, San Leandro.

Jennifer Malone, a Wukchumni elder, will lead the two-hour hands-on workshop, geared towards those 12 years old and up. She will discuss the history of basket weaving, after which she will teach attendees how to weave their own basket! Supplies will be provided.

To register for the class, either email [ciba@ciba.org](mailto:ciba@ciba.org) or call 530-668-1332. If the class fills up, a wait list will be created. For more information about the California Indian Basketweavers' Association, or to become a member, visit them at [www.ciba.org](http://www.ciba.org).

## **San Leandro Flex Shuttle Program**

The San Leandro Senior Community Center is reaching out to all agencies (senior living facilities, medical facilities, etc.) that provides services to senior residents in San Leandro. The Center wants to inform San Leandro residents about the Flex Shuttle Program and the Taxi Voucher Program for eligible seniors 60+ years' old and adults, 18+ years old who are certified with East Bay Paratransit.

If you have any questions about the Flex Shuttle in San Leandro or wish to use the service and live in San Leandro, please contact Sandy Rogers, Paratransit Coordinator, at 510 577-7985 or via email; [rogers@sanleandro.org](mailto:rogers@sanleandro.org). Her office hours are Monday - Thursday 8:30am - 12:00pm; she is off on Fridays. Recreation and Human Services Department , 13909 E. 14<sup>th</sup> Street, San Leandro, CA 94578.



## TOGETHER WE CAN MAKE A DIFFERENCE!

### **Memory Care Fair– Dementia Friendly Program Enrollment** **Providing Education and Support to the Caregivers of Our Community**

**PACIFICA SENIOR LIVING CENTER | Sunday, November 5, 2017 | 12NOON-4pm**

33883 Alvarado-Niles Rd, Union City, CA 94587 | (510) 480-0325

Join memory care professionals as they gather to share vital information for family members of individuals with dementia, memory care providers & home care providers. This will be the perfect opportunity to sign up to have vetted and dementia trained volunteers to visit your loved ones or to provide support for you, the caregivers. If you are interested in volunteering for the Dementia Friendly program, make sure that you attend this event and sign-up to volunteer.

Help us to create a safety net for seniors who may be at risk, especially for those who may be living alone or isolated. Specialists in the field of memory care will be doing short presentations and will be available for questions throughout this event. Lite snacks (*Brain Food*) and beverages will be provided.

For more information about the Dementia Friendly Program or to RSVP for this specific event, please contact Community Resource Coordinator Crystal Raine

**[crystal@unioncity.org](mailto:crystal@unioncity.org) | 510 675-5284**

In partnership with:

**Ralph & Mary Ruggieri Senior Center**

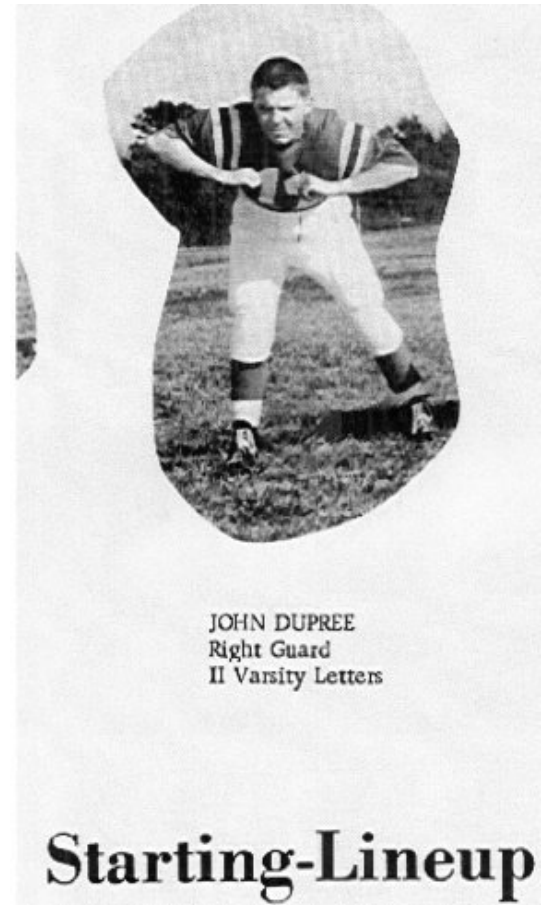
**Union City Senior Commission**



# For Those Who May Consider "Going Public"

This Second Saturday Potluck in San Leandro - on the traditional holidays of Armistice Day (May 13, 1938 - June 1, 1954); later changed to Veterans Day (June 1, 1954 - present) - we will be discussing the various ways we can (or might? or should?) "go public" in the era of the 45th (un)President of these United States.

Lavender Seniors Board Secretary, John David Dupree, also considers this a holiday, since he was born on 11th November 1942, celebrating his 75th this year on that day. As a one-time Interim Executive Director of the Pacific Center, as well as Director of Education, Training and Advocacy (duties included coordinating the Pacific Center LGBTQ Speakers Bureau), long-time participant in Triangle Speakers, GLSEN Speakers trainer, Director of AIDS Education at the AIDS Project of the East Bay (which he co-founded) and promoter of LGBTQ Speakers Bureaus in dozens of developing countries worldwide, John David is planning on leading the group in a discussion that Saturday of what we each might consider in deciding whether to "go public" in an age of severe repression from the top, development of "religious freedom" initiatives around the country, etc.



JDD 1960 Yearbook - Does He Look Like a Happy Camper?

"Frequently when I've done public speaking gigs as an 'out' gay man since the 1970s," John David recalls, "I've introduced myself showing photos like this, perhaps trying to make some esoteric point about being 'just like you'. No matter where I've been, however - whether overseas or in a sub-culture within our own country - it seems important for people to be as 'out' as they feel comfortable being - in order to change minds and hearts."

With that in mind, Lavender Seniors of the East Bay is planning to conduct a formal LGBTQ speakers' training next summer - perhaps in conjunction with the Pacific Center, the Rainbow Community Center and/or the Oakland LGBTQ Community Center. By targeting late summer, Lavender Seniors will have reclaimed its Friendly Visitors Program on July 1st and schools will just be scheduled to open again in the fall. The group wants to be prepared to honor requests from within the community - churches/temples/mosques, schools, civic groups, etc. - where people may still need to have that personal contact in order to see how homophobia and transphobia affects them.

"In an era of Facebook, Instagram, Twitter, Snapchat and other 'social media,' it is still my firm belief that personal contact with LGBTQ people is a primary motivator in social change, acceptance and respect," John David says. "During this Second Saturday Potluck, we will be discussing what that might mean to each of us as LGBTQ seniors - and our allies."

The meeting is being held on Saturday, 11th November, at All Saint's Episcopal Church, 911 Dowling, San Leandro. Food - both catered and brought by participants - is served at 12 noon, after which there are announcements and the program.

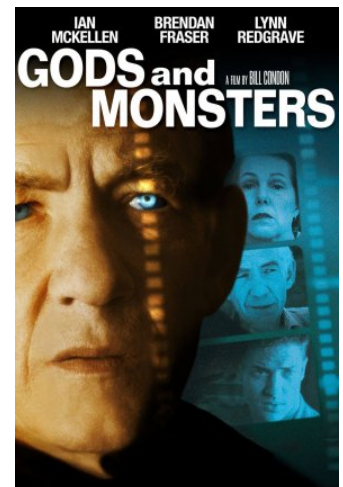
Come and join us!

We are looking for other program ideas for future potlucks that may pique the interest of Lavender Seniors participants. Please send your suggestions to [Lavender Senior Lunches](#).

Third Wednesday Film Series, Wednesday, 15<sup>th</sup> November, 1-3pm

## Gods and Monsters

This film - requested by several film series attendees - is based on the true story of James Whale, director of such Hollywood horror classics as "Frankenstein" and "Bride of Frankenstein". This 1998 gay "cult classic" has considerable star power vis-à-vis Ian McKellen as the aging Whale, Lynn Redgrave as his faithful housekeeper and Brendan Fraser as the hunky gardener and would-be love interest of the aging and eccentric woebegone director.



Though he was once a powerful Hollywood director, British-born Whale is long since retired and in increasingly poor health. His stalwart housekeeper quietly disapproves of his parade of faceless, nameless young gay lovers. When the boss takes an interest in new gardener, Clayton Boone, a former Marine and Korean War veteran, it seems to be for something more than his usual casual conquest. Many dramas unfold during the weeks after he first invites the young man inside the house "for a cup of tea".



Hunky gardener (Brendan Fraser) catches the eye of his boss, peering out the window from inside the house

An Academy-Award winner for best adaptation of a screenplay, this film also garnered many other Academy, Golden Globe, GLAAD and Spirit Awards along the way, including many best actor and best supporting actress nominations for McKellen and Redgrave.

The free film will be shown at 1pm on Wednesday, 15th of November, in the accessible Lecture Hall of the San Leandro Public Library, 300 Estudillo, a ten-minute walk up Estudillo from the San Leandro BART station - or a five-minute walk from the AC-Transit stop at E. 14th and Estudillo.

Lavender Seniors will provide popcorn, bottled water, Martinelli's apple juice, plus miniature Reese's peanut butter cups. After the showing, there will be a brief discussion and evaluation of the film and the issues it brings up for LGBTQ Seniors and their allies.

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

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

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

There is ample free parking - some three-hour and some two-hour - at the library.

[Please note for future planning: Per the group vote in September, the **December** film series will take place on the **SECOND** Wednesday (13th December) instead of the **THIRD** Wednesday, which would've been the 20th December, too close to the Christmas holidays. There will be a reminder of this change printed in the December newsletter. Mark your calendars!]

### Third Friday Lunch Bunch, 17th November, 12-2pm

## Mothertongue Readers Theater Performs

November's Third Friday Lunch Bunch will be a celebration of two things:

- The life of Ruth Michaels, long-time member of the Mothertongue Readers Theater
- The 23rd anniversary of the founding of Lavender Seniors of the East Bay

In what is becoming an annual November Lunch Bunch tradition, several current members of the Mothertongue Readers Theater will be on hand to perform. This year, they will read from the writings of long-time member, Ruth Michaels, who died in July, just a few weeks before her 93rd birthday. We will also be honored by some of Ruth's family members and close friends attending to hear and take part in this tribute to her life - from her 1924 birth in Vienna, escape from the holocaust at age 14, life as an activist in New York, Michigan and California; and most of all, her undying devotion to her family right up until her death in July 2017.



Ruth (2<sup>nd</sup> from left), Mariya, Joan, Laura and Diana [photo: Sandy Morris]

In addition, the occasion marks the 23rd anniversary of the Lavender Seniors of the East Bay, which was founded in November 1994 by a group of local LGBTQ activists who saw inequities in the way seniors in their community were living out their lives compared with the population at large. The group held a Platinum Anniversary Celebration in November of 2014 - attended by nearly 250 LGBTQ seniors and their allies - and is planning a Silver Anniversary Celebration for November of 2019. We are hoping Mothertongue members will continue the tradition of performing at each of the Lavender Seniors anniversary celebrations!

The Third Friday Lunch Bunch meets at the North Oakland Senior Center, 5714 MLK Jr Way (corner of 58th) on the 17th of November. Lunch is served promptly at 12 noon, followed by community announcements at 12:45, after

which Mothertongue members will be reading from Ruth's multi-faceted writings!

Parking and entrance to the center are at the rear of the building.



## 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](http://www.caregiver.org).



# Crisis Support Services

of Alameda County

## *Support Group for Women 75 Years and Older*

*Will Meet at Our North Oakland Office*

Gain support for navigating challenges and assistance in living to the full potential of later years in a friendly women-only space.

- Small Confidential Groups
- Low Fee Sliding Scale

### **Registration**

The size of each group is limited to 8 participants.

Pre-registration is required.

No one is turned away for inability to pay.

Services are provided by counselors in training supervised by licensed therapists.

**If interested, please call our Counseling Services Program at 1-800-260-0094**

### **Trauma Informed Care**

We recognize and understand the difficulties trauma survivors face

including the challenge of accessing supportive services.

Crisis Support Services mitigates the potential of re-traumatization by adopting collaborative engagement at every stage of service.

24-Hour Crisis Line 1-800-309-2131

Business Office: 510-420-2460 Fax: 510-420-2460

[www.crisissupport.org](http://www.crisissupport.org)

**Mission Statement:** To reach out and offer support to people of all ages and backgrounds during times of crisis, to work to prevent the suicide of those who are actively suicidal, and to offer hope and caring during times of hopelessness.

A PRIVATE NON-PROFIT AGENCY

**COUNSELING  
SERVICES FOR  
OLDER ADULTS**

**Working Together  
to Improve the Quality  
of Life Today**

(website is [www.crisissupport.org](http://www.crisissupport.org))



## Discover Your Family's History!

On the First Wednesday of each Month from 1 pm to 3 pm the San Leandro History Research Volunteer and Genealogy Specialist Kay Arnold will assist those who are interested in researching their family history on a first-come, first-served basis in the San Leandro Library History Room.

This is free. It is recommended, but not necessary, to gather birth dates, any death dates and marriage dates for your parents and both sets of grandparents before coming for a consultation. Budget 30-45 minutes for your consultation and allow time for the researcher to welcome History Room visitors. For more information call 510-577-3986.



# Crisis Support Services

of Alameda County

## Homicide Survivors' Support Group

(FOR ADULTS 18 YEARS OF AGE AND OLDER)



### NEW GROUP BEGINS NOVEMBER 2017

Homicidal loss is like no other. Losing a loved one to murder is especially difficult for survivors who are frequently re-traumatized by the lengthily and intrusive criminal justice process. Feelings of helplessness, sadness, rage, anxiety, and panic that are normal to the grieving process can stretch on for years as investigation, court proceedings and appeal processes interfere with employment, social connections, intimate relationships and one's ability to begin to grieve.

Sharing feelings and experiences with other survivors of homicidal loss can be helpful to the healing process. Our Homicide Survivors' Group provides a safe confidential place to receive support, explore coping strategies and begin healing from traumatic loss.

#### Registration

The size of each group is limited to 8 participants and pre-registration is required. Low cost sliding fee based on income – no one is turned away for inability to pay.

**If interested, please call our Counseling Program at 1-800-260-0094**

**Services are provided by counselors-in-training who are gaining hours toward licensure and are supervised by licensed therapists.**

We practice Trauma-Informed Care

Crisis Support Services of Alameda County recognizes and understands the impact of trauma including the challenge of accessing supportive services. Our mission is to provide a welcoming and safe environment rooted in the belief that through collaboration with clients at every stage of services, healing is possible.

[www.crisissupport.org](http://www.crisissupport.org)

**24 Hour Crisis Line: 1-800-309-2131**

Greetings Community Partners,

Join us in another amazing month of learning and living a healthy lifestyle!

Below is a listing of **FREE health programs** at Washington Hospital.

## November

- \* **Wednesday, November 1<sup>st</sup>, 6 - 8 pm: Health & Wellness Seminar: Nutrition Myths** Conrad E. Anderson, MD, Auditorium of Washington West (2500 Mowry Ave.)
- \* **Saturday, November 4<sup>th</sup>, 9 am - 1 pm: Annual Diabetes Health Fair:** Conrad E. Anderson, MD, Auditorium of Washington West (2500 Mowry Ave.)
  - The event will begin with a health fair from 9 to 11 am. The health fair will include blood glucose, cholesterol, and blood pressure screenings in addition to diabetic foot exams.
  - There will be two speaker presentations from 11 am to 1 pm. Dr. Sangeetha Balakrishnan, cardiologist, will present "Heart Health and Diabetes: What is the Connection?" and Anna Mazzei, registered dietitian and certified diabetes educator, will present "Quick Meals on a Budget."
- \* **Thursday, November 9<sup>th</sup>, 6 - 8 pm: Health & Wellness Seminar: Understanding HPV: What You Need to Know** Conrad E. Anderson, MD, Auditorium of Washington West (2500 Mowry Ave.)
- \* **Thursday, November 16<sup>th</sup>, 6 - 8 pm: Health & Wellness Seminar: Getting Through the Holidays When You are Grieving** Conrad E. Anderson, MD, Auditorium of Washington West (2500 Mowry Ave.)
- \* **Saturday, November 18<sup>th</sup>, 10 am - 1 pm: Abdominal Aortic Aneurysm Screening** Conrad E. Anderson, MD, Auditorium of Washington West (2500 Mowry Ave.)

○ **Registration required, will not accept walk-ins**

## December

- \* **Thursday, December 7<sup>th</sup>, 7 - 8 pm; Diabetes Matters: Difficult Conversations: Tips on How to Talk to Your Health Care Provider** Conrad E. Anderson, MD, Auditorium of Washington West (2500 Mowry Ave.)

**We encourage participants to call (800) 963-7070 to register.**

To learn more about seminars offered by Washington Hospital, visit <http://www.whhs.com/Events.aspx> or call 800-963-7070. Seminars may be televised on InHealth, a Washington Hospital Channel (Comcast Channel 78) and online at [www.inhealth.tv](http://www.inhealth.tv)

**Please share with others.** Healthy regards,

Lucy Hernández, MPA, Community Outreach Project Manager Washington Hospital Healthcare System

T) 510.494.7009

F) 510.608.1373

Follow Washington Hospital Healthcare System on [Facebook](#), [Twitter](#) and [Instagram](#)

Join us for the **HICAP** presentation:

**Medicare and the Annual Enrollment Period (Oct. 15- Dec. 7): Changes for Next Year**

**Tuesday, November 7<sup>th</sup> 12:30-2:00 pm**

at the Hayward Senior Center, 22325 N. Third St, Hayward

Sponsored by **Out Standing Seniors**

Presented by **Legal Assistance for Seniors**



This presentation provides information on changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans in the coming year.

Provides an overview of eligibility, costs, benefits, and changes in Medicare Parts A and B.

Explains options for supplementing Medicare and getting help with medical costs.

How to Reach LAS:

Call for an appointment today at:  
1-510-832-3040 (LAS)  
1-510-839-0393 (HICAP)

Mail at:  
333 Hegenberger Rd, Suite 850  
Oakland, CA 94621

Or on the web at:  
[www.lashicap.org](http://www.lashicap.org)

#### Health Insurance Counseling and Advocacy Program

The Mission of Legal Assistance for Seniors is to ensure the independence and dignity of seniors by protecting their legal rights through education, counseling, and advocacy. We offer services in the following areas: Public Benefits, Immigration, Elder Abuse, Guardianship of minor children, and Health Care.

LAS is the parent agency for Alameda County's HICAP, a volunteer-based program helping people on Medicare and pre-retirees to navigate the health insurance maze. **HICAP provides free, unbiased Medicare counseling to anyone in Alameda County.** We help Medicare beneficiaries of any age make informed choices and we provide advocacy when their health care benefits and rights are threatened or denied. Individual appointments and group presentations are available throughout the county.

Medicare's Annual Enrollment Period runs from October 15<sup>th</sup>-Dec 7<sup>th</sup> and allows people to make changes in their Medicare plans for the following year. **If you have experienced changes in your health or financial situation this open enrollment period is your opportunity to ensure your health care needs are being met.** There is no cost to meet with our volunteer HICAP Counselors who provide individual appointments so that they can answer questions specific to each person's situation. By early October, we know what changes will affect coverage in 2018 and can provide accurate and detailed information for Alameda County Medicare beneficiaries.

If you would like us to schedule educational presentations about Medicare or any of our legal services for a group of seniors or service providers, you may contact our office and ask for the Community Education Department.

# Finding Common Ground

## Tuesday, November 7, 7:00 p.m.

**Fremont Main Library 2400 Stevenson Blvd.**

**Fremont, CA 94538 510-745-1401**

# FREMONT STANDS UNITED AGAINST HATE

Join us for an evening of unity against hate. Hear the personal stories of people in our own community who have experienced hate. Broaden your understanding of how insidious hatred is, how our neighbors have been targeted, and what implications this has for us.

**Finding Common Ground** is a quarterly series focused on topics which impact the people of Fremont. Sponsored by Fremont Main Library, Compassionate Fremont, and the Fremont Human Relations Commission, the series aims to foster understanding through education. Principal Librarian Peggy Watson (1943-2016) laid the foundation for this series which we dedicate to her memory.

Please send your comments and ideas to Sister Annette of Compassionate Fremont: [MarieAnnette.Burkart@SNDdcN.org](mailto:MarieAnnette.Burkart@SNDdcN.org)



The library is wheelchair accessible. An ASL interpreter will be provided for this program if requested at least 7 days in advance. Voice: 925-742-1400 or TDD: 925-742-1400



## **Annual State of the LGBTQ Movement Update** **Wednesday November 8, 6:00pm - 8:00 pm**

Merrill Lynch  
555 California Street, 8th Floor  
San Francisco, CA 94104

### **[Register Online](#)**

Horizons Foundation's Q Series wraps up its year with a comprehensive analysis of the state of the LGBTQ movement as seen by some of its most outstanding leaders. Join high-profile national and international leaders as they highlight the advancements and challenges of 2017 and look ahead to 2018 and beyond.

#### **PRESENTERS**

- Rea Carey, Executive Director, [National LGBTQ Task Force](#)
- Isa Noyola, Deputy Director, [Transgender Law Center](#)
- Jessica Stern, Executive Director, [OutRight International](#)
- Rick Zbur, Executive Director, [Equality California](#)

#### **MODERATOR**

- Roger Doughty, President, [Horizons Foundation](#)

Please register online or send your RSVP to [events@horizonsfoundation.org](mailto:events@horizonsfoundation.org).

NOTE: Valid I.D. is required for entering the Merrill Lynch venue.

**[REGISTER >](#)**

***DOWNTOWN OAKLAND SENIOR CENTER***  
***200 Grand Avenue, Oakland, Ca. 94610***  
***Presents:***



**Friday, November 10, 2017**

**9:00 am - 2:00 pm**

**THE DAY WILL INCLUDE:**

• **Panel Presentations**

Alzheimer's, Dementia, Depression, Memory Issues and Caregiving,  
Socialization, Legal Aspects, Financing Care and More

• **Q&A** • **Break Out Sessions** • **Resource Room**

Prize Drawings, Refreshments will be Served

**ADMISSION IS FREE**

**Call to RSVP (510) 238-3284**

*No Classes will be held that Day*

Lavender Seniors Proposed Holiday Theater Outing, Sunday, 3rd December, 7-9pm

## The Golden Girls: The Christmas Episodes

Lavender Seniors tries to organize at least one theater outing for LGBTQ seniors each year. In October 2016, for example, there were 26 East Bay LGBTQ seniors (and their allies) who descended on the Orpheum Theater to see Darren Criss (openly a member of "the family", of course) in a delightful performance of "Hedwig and the Angry Inch."



Due to a number of transitions in the organization this year, we haven't gotten around to sponsoring a similar outing yet in 2017. We want to make that right by inviting a group of LGBTQ seniors (and their allies) to what is becoming an alternative Bay Area holiday tradition: "The Golden Girls: The Christmas Episodes" at the Victoria Theater in San Francisco.



Take 4 talented drag performers, cast them in two new Christmas episodes of the uproariously funny TV show, *The Golden Girls*, and you have an assured night of theater for the entire family. Now a yearly tradition, this loving tribute to the characters the entire world has come to know and love features **local** drag stars Heklina (Dorothy), Matthew Martin (Blanche), D'Arcy Drollinger (Rose), and Holotta Tymes (Sophia). Prepare yourself for Blanche's sexy antics, Sophia's cutting wit, Dorothy's consternation, Rose's endearing stupidity and lots of beefy shoulder pads, at the Victoria Theatre. No matter the season, nothing warms your heart - or keeps you laughing - like the Golden Girls.

In addition, Alaska 5000 - a winner of "RuPaul's Drag Race" on Logo and VH-1 - will be joining the hilarious geriatric quartet as "guest star" again this year!

There are 17 performances to choose from between 30<sup>th</sup> of November and 23rd of December (see <http://www.goldengirlssf.com/>). For various logistical reasons (including work and school schedules), we have reserved a block of seats (including wheelchair spaces) for the Sunday, 3rd December, performance from 7-9pm. Taking a 7pm performance rather than an 8pm would help insure that people who need to get home via the 16th Street BART station (right across the street from the theater) will have plenty of time for after-the-show snacks and/or drinks and still get inside the station before it closes at midnight (as well as making their usual bedtimes, hopefully, since we older folks MAY turn in a bit earlier than we did a few decades ago)!

For those who are interested in attending this performance with a group of like-minded and kindred-spirited individuals, please contact John David ([JohnDavid@LavenderSeniors.org](mailto:JohnDavid@LavenderSeniors.org) or 510-532-8951) to make sure there are still seats available. If so, sending a check (Lavender Seniors, 2107 57th Avenue, Oakland 94621) for \$25 per person made out to Carmen Chiong, Treasurer, to be received by 5pm on Monday, 13th November, will ensure that you will have tickets available for that evening performance.

We particularly encourage Friendly Visitor volunteers to join us and, if possible, bring your dients with you for this uplifting holiday treat! We will even kick in \$5 toward tickets for each volunteer and/or dient who chooses to attend (i.e., two tickets for \$40 instead of \$50 if both volunteer and dient want to attend).

Obviously, if that 3rd December date (or traveling in a 'pack') doesn't work for you - and you're interested in seeing this performance - you can go independently to the website mentioned in the fifth paragraph of this article and book seats for any of the 17 performances.

There will be no group transportation arrangements; each person will need to find their own way to the theater, directly across from the 16th Street BART station in the Mission.

### **THE GOLDEN GIRLS: THE CHRISTMAS EPISODES - DEC 3**

Doors: 6:00 pm / Show: 7:00 pm (event ends at 9:00 pm)

#### **Victoria Theatre**

2961 16th Street  
San Francisco, CA 94103  
415-863-7576

Either way, we at Lavender Seniors hope you have had a good 2017, including whichever holidays you have chosen - or chosen not to - observe this year (e.g., Christmas, Hanukkah, Kwa'anza, Ramadan, Diwali, Laba, Chinese New Year, etc.). All the best for 2018 and beyond!



## *Community Phone Calls*

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

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

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

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

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

**Write for Life Tuesdays, 12:30pm - 1:30pm**

Few of us have been taught to be self-caring and accepting of ourselves. As we continue our journal writing group we are given permission to express our emotions without censorship. Participants are not expected to share journal entries; rather we will discuss what we discover about ourselves as we write. Writers, non-writers, and new participants are welcome! Facilitated by Dr. Sheppard Kominars

**Write for Life: Men's Group Sundays, 1:30pm - 2:30pm**

Are you worth 20 minutes a day? Whether you are 65 or 85, and whether you like to write or hate it, a mere 20 minutes a day could change your life! Research has proven that giving ourselves permission to express our emotions without censorship improves the quality of life. Participants are not expected to share journal writing and discussion will focus on what we find about the process as we write. All are welcome - those who enjoy writing and those who don't. Facilitated by Dr. Sheppard Kominars

**Personal Storytelling Tuesdays, 3:00pm - 4:00pm**

Under the guidance of Master Storytelling Mary Gay Ducey, Stagebridge Storytellers have been exploring the art of personal storytelling, adapting folk and fairy tales, and creating vibrant stories from real events in history. Stagebridge tellers have taken personal memories, classic stories, and fascinating historical events, and turned them into engaging personal narratives. In this call-in Storytelling Concert, you will hear these stories come alive! Each story is followed by a Q&A and brief discussion. Facilitated by Stagebridge, California

View the [Fall 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](mailto:info@seniorcenterwithoutwalls.org).

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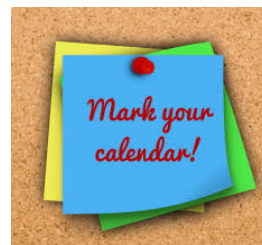
## SAVE THE DATE

DECEMBER 6<sup>TH</sup>, 2017

Fremont Hills Assisted Living Holiday Chamber Mixer

Introducing our "New Kids On The Block"

Cocktails • Networking • Live Entertainment • Prizes



### THIS MONTH'S EVENTS

#### Older & Out - Hayward

November 6, 13, 20, 27 1:15pm (Mondays)

Hayward Senior Center, 22325 N. Third Street, Hayward

*A topical therapeutic peer support groups for isolated LGBTQ older adults*

#### Queerly Aging Lesbians

November 2 & 16, 1:30 p.m. (1st and 3rd Thursdays)

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

*Find support and like-minded wonderful people!*

#### Out Standing Seniors

November 7 & 21, 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 - Berkeley**

November 3, 10, 17, 24 3:15pm (Fridays)

North Berkeley Senior Center, 901 Hearst Ave, Berkeley

*A topical therapeutic peer support groups for isolated LGBTQ older adults*

**Older & Out - Livermore**

November 7, 14, 21, 28 1:00pm (Tuesdays)

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

*A topical therapeutic peer support groups for isolated LGBTQ older adults*

**Lavender Seniors Advisory Board Meeting**

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

675 Hegenberger Rd., Oakland **(location change)**

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

**Senior Gay Men's Group**

November 9 & 23 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 11, noon - 2:00 p.m. (2nd Saturday)

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

*This month's program: "For Those Who May Consider Going Public" (see info above)*

**Rainbow Seniors**

November 14 & 28 12:30-2:00 (2nd & 4th Tuesdays)

San Leandro Senior Center, 13909 E 14th St, San Leandro

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

**Lavender Seniors Film Series**

November 15, 1:00 - 3:00pm (3rd Wednesday)

San Leandro Library, 300 Estudillo, San Leandro

*This month's movie: "Gods and Monsters" (see info above)*

**\*\*New Pacific Center Group: Island Pride Peer Support Group**

November 16, 10:30-11:30am (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

November 17, 12:00 - 2:00 p.m. (3rd Friday)

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

*This month's program: "Mothertongue Readers Theater" (see info above)*

## **Lavender Seniors of the East Bay Board of Directors**

**President:** Victor Aguilar Jr.

**Editor:** Beckie Underwood

**Vice President:** Akilah Monifa

**Founding Member:** Barbara Jue

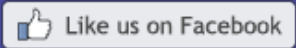
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Gwendolyn M. Boozé

**Treasurer:** Carmen Chiong

Gary Turner

# Lavender Seniors



Email: [info@lavenderseniors.org](mailto:info@lavenderseniors.org)  
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(510-736-5428)  
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San Leandro, CA 94578