Sandra Suzanne “Sandy” Morris

The stories of many LGBTQ+ events and individuals in the Greater San Francisco Bay Area over the last 50+ years have been well-documented by one of our behind-the-scenes community heroes – frequently seen with one or more of her trusty camera(s) in her hand and/or around her neck. After many years of coaxing, Lavender Seniors has finally solicited her to let us share a few parts of HER story, for a change.

Sandy Morris – who turns 81 this month! – was born in New York’s Bronx Hospital back in September 1940, younger sister to her 7.5-year-older brother. Her parents were the “first American generation” – both born in 1904 – of Jewish immigrants from what would currently be near the Ukrainian (Mom’s parents) and Romanian (Dad’s parents) borders with Russia. Her father was one of nine siblings and her mother was one of five, so much of her early childhood social life involved regular gatherings, picnics and potlucks with aunts, uncles and cousins.

“The monthly get-togethers with my Mom’s side of the family also included several picnics or potlucks each month,” Sandy recalls. “Since my Dad’s side of the family lived some distance away – in Philadelphia and West Jersey – we would only spend time with them a couple times a year. In fact, I would be hard-pressed to list exactly how many cousins I had on Dad’s side.”

She also had many friends in the closely-knit Bronx
neighborhood of apartment buildings.

“My best friend lived on the third floor right below us,” Sandy says. “We would bang on the pipes as a common, though primitive, communication system that meant we should get together. If either of us heard banging on the pipes between our two apartments, we knew it was time to meet and play together. Beginning as adolescents, we would also spend hours on the phone together. Those were the days when my friends and I would be out on the playground for hours at a time, when America’s streets seemed much safer for kids to have unsupervised play time. Kids virtually supervised each other back then.”

Sandy is still in touch with some of her friends from those days.

“My best high school friend – who was my maid of honor when I got married – and I are still connected,” Sandy says. “Another friend who found me via Facebook at one point turned out to have morphed into such a Trumpite that I had to ‘unfriend’ her. I couldn’t bear dealing with any more of her conspiracy theories or cruel attitudes toward other people. It seems like she forgot where she came from!”

Though the family considered themselves to be Orthodox Jews and lit Sabbath candles every Friday night, they rarely actually attended shul except on high holy days.

“My mother kept a kosher household,” Sandy recalls, “particularly during the time that her mother – my grandmother – lived with us. My brother had a bar mitzvah, which I remember vividly. In fact, I had memorized his entire speech, so when he paused momentarily, I was afraid he’d forgotten the next line and proceeded to recite the entire rest of the speech. Though Reformed Jewish families routinely were conducting bat mitzvahs for girls in their families, that was less common among those of us considered Orthodox. I must confess, however, that my brother and I were successful in getting our somewhat reluctant mother to secretly cook bacon for us, making sure there was a different pan and specific plates used for that purpose.”

Sandy attended elementary and secondary school in Bronx neighborhood schools.

“I had some of the same teachers my mother had a generation earlier,” Sandy recalls. “I came home for lunch every day, since the school was only two blocks away and my Mom made lunch for me. She’d listen to soap operas while she worked in the kitchen. I had been interested in acting since I was
a little kid, even mastering ventriloquism. I was in most of my class’s school plays, even getting to be the lead in one. I subsequently joined the drama club at the local Y. But by about age 13, I developed severe stage fright, so, always drawn to the arts, I began writing poetry.”

Dealing with her sexuality was a slow, but steady, process.

“I had crushes on boyfriends in high school, though I always knew I was ‘different’,” Sandy says. “But then I started having crushes on girls, as well. I met my future husband at high school graduation, just as I was beginning to deal with my gayness. He was in the military, the brother of one of my girlfriends. He was posted to Alaska, so we dated when he was on leave. We wrote to each other regularly and got engaged. I almost immediately sought out a therapist, who did and said terrible things, including that the only reason I might think I was a lesbian was because I missed my fiancé posted thousands of miles away. When he got out of the military, we got married in 1961. It didn’t last long, since I simply couldn’t block who I really am. I tried, but I finally had to leave him, though he was a really nice guy. When I told him I was going through hell, he seemed to understand.”

Sandy came out in 1962.

“There were no supports for lesbians and gay men back then,” Sandy recalls. “But I had a co-worker who was a lesbian. One holiday weekend – while my husband was away in school – she and her partner took me to a lesbian bar. I was almost immediately hooked. In fact, I was the butterfly flitting around the bar, offering to light everybody’s cigarettes! It was the Sea Colony Bar in Manhattan and I knew right then that my marriage was over. Interestingly, when I was back in New York for a conference in 2010, I went by that historic bar and was shocked that it seemed to be about one-third the size of the space that captured my heart nearly 50 years earlier. Of course, it had become a straight bar by then.”

After she left her husband, she stayed with her folks for a few weeks before she could find a place of her own. That interim period was the context for her abrupt coming-out to her mother.

“At one point, I was asleep on the couch and my Mom started hassling me,” Sandy recounts. “I had barely opened my eyes when she started accusing me of sleeping around with men. I know she wasn’t upset about my leaving my husband, since neither parent liked him very much. So my retort might have been very impulsive. I told her I was NOT sleeping with men, but that I would LIKELY be sleeping with women the rest of my life. Looking back on that incident, her response was a bit funny, because she asked me pointedly, ‘does that mean you’re a fag’!? But as it turned out – though my parents were never totally happy out my being a lesbian, they were always supportive – they would never have dreamed of throwing me out of the house, for instance. In fact, whenever I had a problem – or when I brought a lover home – they were always welcoming and gracious. They never rejected me. Same with my brother, although his first wife – mother of his first child – didn’t want me to
After returning to New York she found a job, moved from her folks’ apartment to a place of her own in the Village and then the East Village. She wrote, having some of her poems published locally. She dated a lot and had a few steady girlfriends, including a fling with Janis Joplin. She met her first long-term girlfriend at a bar in the East Village.

“Pauli was an artist in a pretty unhealthy relationship at the time,” Sandy says. “When that broke up and she went to Michigan, I went up to visit her one Thanksgiving. That cemented the deal that we were destined to live and travel together extensively over the next few years. She moved into my East Village apartment. Since I was always doodling, she started buying me art supplies, sketch books and so on, trying to encourage me in my artwork. At one point, she suggested I bring my work around to the art galleries. Though I never fancied myself a great artist, I gathered my portfolio, showed it to curators at a couple galleries and – wonder of wonders! – a small gallery in the Village accepted it! Over the years, my work has been shown in Bay area galleries and won awards in judged shows.”

Sandy and two of her award-winning pieces of art – one a sketch and one a second-place-winning watercolor, 1968

She and Pauli moved to a loft in Chelsea but after about a year, tired of the city, in spite of the nightlife. Sandy had worked at a printing company near their loft, in production at an ad agency and at a magazine. She and her girlfriend were fairly frugal, lived very simply and, thus, quickly saved enough to make the move west.

“Even when I was a kid, I had this dream of going to California,” Sandy recalls, smiling mischievously. “In fact, both times I ‘ran away from home’ – once at about age eight and once as a teenager – my target destination was the West Coast! Though I only made it three subway stops on my first venture – with a single dollar in my little hand – and made it as far as Washington, D.C., on my second – both times I wound up calling my folks, tearfully confessing what I’d done and was warmly welcomed back home each time. Since they’d reported me to police as missing, I had to go to the station, where they told me I needed therapy. I’ve heeded that strong advice and have been in mostly-useful therapy off-and-on ever since.”

The third attempt to follow Horace Greeley’s advice – to “Go West” – was the charm.

“Since Pauli had a fairly serious drinking problem, my ultimatum before agreeing to make this trip with her was that there could be no booze – she was a beer drinker who could get very nasty if she’d had a snootful!” Sandy recounts. “She agreed. So, with our savings, we bought a used station wagon,
rented a car-top carrier, rolled up our artwork, plunked our two cats in their little boxes and headed west in September of 1966. The car wasn’t terribly reliable – it broke down first in Daytona Beach – so we didn’t attempt going through the Rockies. We meandered leisurely through the southern route – staying in inexpensive motels, mostly – taking about a month altogether. Our first California destination was Laguna Beach.”

The pair met and socialized with a small group of lesbians in Laguna Beach.

“Learning that we were headed to San Francisco, one couple told us they had a good friend in gay-friendly San Francisco, gave us her contact information and we headed north. The woman invited us over, pooh-poohed our idea of finding a hotel, and insisted we stay with her in her large Church Street apartment. We soon found a place of our own on 21st between Church and Dolores, where we both had studios. Unfortunately, my girlfriend’s drinking started up again and got progressively even worse than it had been in New York. Once again, I gave her an ultimatum, which resulted in both of us going into therapy at what was then the ‘Center for Special Needs’ on Van Ness.”

Both women found jobs at the Post Office. Sandy passed her driving test. When they separated, Sandy told her partner to keep the car and she would use public transportation to get around town. Meanwhile, she met a new girlfriend and moved to Petaluma with her in 1968.

“I was able to transfer to the Post Office up there, becoming a letter carrier there for six years,” Sandy recalls. “Though my new relationship only lasted about two or three years, I met another woman and we were together for about five years, including buying a house together in Petaluma. After we broke up – though remaining good friends – I bought with my partner a small house in San Rafael, then later, a larger one with a lovely view and a pool. I lived there for about ten years – until 1985. During that time, I joined NOW and was one of the founding mothers of a battered women’s shelter – Marin Abused Women’s Services – which is now called the Center for Domestic Peace. I was on the board of directors for nine years and was chair of the personnel committee, which was a most demanding post.”

Sandy worked for the Post Office for seven years, was on disability for a while, then worked for an electronics manufacturing company in Novato for 18 years, advancing to Senior Buyer & Procurement Specialist responsible for the purchase of critical and high dollar components. She was declared one of the
ten toughest buyers and got a buyer’s award from one of the trade publications. She became known as an assertive negotiator.

“Though I was still working in Novato – a 45-minute reverse commute – I moved to Oakland in 1985,” Sandy recalls. “After being laid off from my Job in Novato, I wound up working in procurement and contracts for two other electronics companies before joining the Alameda County Medical Center at Highland Hospital, just a half-mile away from my house.”

In June 1994, Sandy participated in both the Gay Games (as a golfer) and the Pride March commemorating the 25th anniversary of the Stonewall uprising.

So let’s hear about that life-long love for photography?

“My Dad – a talented amateur and then semi-professional photographer – gave me my first camera when I was ten years old,” Sandy recalls fondly. “I graduated up over the years to digital cameras which give you so much more flexibility than the old-timers that call for changing the film countless times during even a half-day event. Before I went to France in 2006, I bought a traditional point-and-shoot digital and a new 35mm digital to use on the trip. I’ve had seven digital cameras since then. And I’ve mostly never looked back!”

In addition to that first trip to France with her girlfriend, Sandy has traveled with-camera to Alaska & Hawaii, Spain, Cuba and – for her 75th birthday – went to Kenya and Tanzania. She headed back to Cuba in 2016, but the excitement and joy of photographing wildlife brought her back to Africa in 2017, this time to South Africa, Botswana, Zambia and Zimbabwe. When she turned 80 in 2020, she had planned to visit and photograph various national parks in India, but then Covid prevented any such dreams from materializing.

“In 2018, I was having one of my regular phone conversations with my brother,” Sandy recalls fondly. “He was living in Florida – we saw each other every couple of years either here or there. He said he’d like to see Africa, too. I asked him to give me a date and arranged a rather easy-going trip to just Kenya and Tanzania. I treasure that time we had together, since he died about a year later. I still miss him terribly – he was such a great guy!”

Sandy’s sense of adventure was not reserved for Europe and Africa, however.
She intends to spend some time organizing and donating her photo documentation of the LGBTQ community in three places: (1) the Bay Area Lesbian Archives will receive local community photos, including performers and community events, like Lavender Seniors 25th and 30th Anniversary celebrations; (2) June L. Mazer Lesbian Archives in Los Angeles will receive photos of nationally-known, out-of-state performers; and (3) San Francisco’s LGBTQ Historical Society will receive photos like the Gay Games and Stonewall 25th Anniversary Pride March.

“I’m the matriarch of the family now on Mom’s side,” Sandy says. “So many of my family are gone now – just a few second cousins and a couple new-found cousins – also photographers – living in Japan. When I’m asked by the younger set any sage advice I might have for them, I generally suggest the importance of keeping a sense of humor. It’s gotten me through a lot of rough times. My biggest regret is that I didn’t travel more when I was younger and more agile. Plus I wish I’d done more camping as a kid, maybe some skiing. All in all, though, I’m content – I’m not wealthy, but comfortable. I have my art and good friends. I continue working with the SF Bay Times, contributing photographs now and then. I don’t know what I’d do if I couldn’t continue being creative!”

Thanks for sharing some of your stories, photos and artwork with Lavender Seniors readers, Sandy! All best for the rest of 2021 and beyond. Happy 81st birthday!

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**BOOK REVIEW**

**Cleanness**
by Garth Greenwell

Much of the story is set in Southern Bulgaria in southeastern Europe. The Russians finally leave. The
Greenwell, a gay man, seeks freedom to develop his life. He gives us a detailed accounting of his love life and how he relates to others. We can easily identify with his struggles and victories. He rockets into a great poet. He has a fondness for dogs. We learn about his intimate encounters with violence and love. The reader feels a new determination for loving and caring.

A refreshing and joyful journey.

- Frank J. Howell

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A Home at the End of the World

What’s not to love about both this 1990 novel – authored by Pulitzer-prize-winner, Michael Cunningham – and the 2004-released film based on the book?! Nothing, as far as this reviewer is concerned.

Though Cunningham is gay, he says he doesn’t want his writing to be classified as “gay” fiction. As in his earlier prize-winning “The Hours”, however, there’s clearly and explicitly one or two LGBTQ characters, plus many fluidity-filled pages.

In addition, there are three urban areas – Cleveland, New York and Tucson – that become their own separate characters in this book and subsequent film. Beginning in the Ohio metropolis, two thirteen-year-old boys – Jonathan blond, clearly (and shyly) gay at an early age; Bobby brunet, deliciously handsome and naïve – run into each other in a school cafeteria line. Mutual pursuit finds them fast friends, who really need no others in their lives throughout their teenage years. Though there are a few more tentative sex scenes in the book than in the film, it is clear that the boys-becoming-men have different motivations for their sexual encounters: Jonathan is falling in love with Bobby (played deftly by Colin Farrell in the film); and Bobby – who has lost his revered older brother at an early age, as well as his mother and then his father earlier in the film than in the book) – desperately needs Jonathan (played by Dallas Roberts) and the family he represents, including his mother, Alice (played by Sissy Spacek).

Casting in the film must have been done by someone who read the book several times. Nobody could doubt the actors chosen throughout were inspired by Cunningham’s vivid character descriptions in the book. The last major character in the book, Clare (played by Robin Wright Penn), is Jonathan’s
beloved roommate after he moves to New York to attend NYU. The pair keep procrastinating about their plan to have a child before her biological clock runs out (she is 11 years older than the boys/men in the book, but apparently they’re all the same age in the film). When Bobby – a high school graduate semi-content to work at a bakery and live with and care for Jonathan’s parents – is forced to fly from Alice’s nest when she and Jonathan’s asthmatic father leave for the pulmonary-friendly desert climate of Tucson, he opts to try re-connecting with Jonathan in the Big Apple. A host of situations arise, of course, from the three-way relationship(s) that ensue.

There are as many love dyads in this book and film as there are characters. Jonathan and Bobby love each other; Alice and Bobby have a troubled love-fear-hate relationship with each other; both Jonathan and Bobby love Clare, who, in turn, loves both of them. Cunningham adroitly plumbs the lines of each of those relationships in a way that makes the reader/viewer want to turn the next page, stay mesmerized by (and re-watch) the film or listen to the next reader on the audio-book!

Yes, for those of us who read “A Home....” back in the ’90s, watched (and bought) the film in the first decade of the 21st century, it was a unique experience for this reviewer to hear his second-ever audio-book (ten years after driving to Denver listening to gay author and comedian, David Sedaris’s “Me Speak Pretty One Day” on CD). Like the paperback book itself, the audio-book re-created the distinctive narrative chapters of each character. Hearing the film’s two male leads (Colin Farrell reads the chapters about Bobby; Dallas Roberts reads the Jonathan chapters) was a unique way to be reminded of the colorful descriptions in Cunningham’s book, as well as the myriad bittersweet love stories depicted in the film directed 14 years later by openly-gay Michael Mayer.

As usual, screenwriters have to go through certain literary contortions to condense and adapt a 377-page book (10-15 hours to read?!) in order to make an 80- to 90-minute screenplay. A tragic incident in Alice’s life, for instance, in the book (Jonathan’s younger sister dies during childbirth and Alice can never bear another child) is not referred to in the film; and a highly-dramatic tragedy for Bobby (in the book, his father burns down their house, while smoking in bed); instead – though referring to his smoking in bed – the film has Bobby discovering his father has died peacefully in his sleep. The director and screenwriter decided that a successful film can only handle a certain amount of tragedy and melodrama. This film and screenplay has achieved the perfect balance of all those life components.

Some reviewers advise reading a book first, then seeing the film; others advise seeing the film first and then reading the book. This reviewer suggests that

...
everyone should experience at least reading the book, watching the film and/or then re-experiencing the book via audio-book, something that can be done while accomplishing other things in your life! What a concept to discover in one’s golden (platinum...? titanium...?) years!

- Dr. John David Dupree, Oakland, California

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

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 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
Some Lavender Seniors may feel the need to make choices the second weekend of September. Three different commemorations are happening, though any combination might work:

- **Second Saturday Rainbow Lunch** will be held via Zoom from noon-2pm on Saturday, 11th of September. Most of us of a certain age remember where we were and how we felt when we heard that JFK had been shot in Dallas, November 1963; when the Loma Prieta Earthquake hit in October 1989 and when the insurrection happened in the halls of Congress on January 6, 2021. This is also probably true for most of us on September 11, 2001, when many of us were glued to our TVs watching the World Trade Center Towers come down, another terrorist plane hit the Pentagon and one landed in a Pennsylvania field. As the nation commemorates the 20th anniversary of that terrifying day, it seemed appropriate for us as members of the LGBTQ+ community to discuss perhaps-repressed feelings about that day and how it affected us.

- **Remembering September 11th Twenty Years Later.** Various commemorations will be held around the country, including the following:

- **Pride in the Park: LGBTQ+ Health & Wellness Fair.** Simultaneously on that Saturday, September 11th, Lavender Seniors will be at this 12 noon-7 pm event near Lake Merritt's Edoff Memorial Bandstand, an event conducted by the Oakland LGBTQ Community Center and its Glenn Burke Wellness Clinic. For more info: [https://www.oaklandlgbtqcenter.org/clinic](https://www.oaklandlgbtqcenter.org/clinic)

- **Oakland Pride 2021.** The next day, Sunday, September 12th, Lavender Seniors will have a booth at Oakland PRIDE in downtown Oakland following the Oakland PRIDE parade. Oakland Pride PARADE kicks off 10:30am at Broadway & 14th Street. Oakland Pride FESTIVAL kicks off at 10:30am and ends at 7:00pm. The Oakland Pride FESTIVAL main entrance is located at Broadway & 20th Street. Secondary entrance
located at Webster and 21st Street. General admission to the Oakland Pride FESTIVAL is $10, children under 12 is $5. For more info: https://www.oaklandpride.org/

We'll be everywhere! Look for us.

Incidentally, FYI, once before – on the 15th anniversary of 9/11, Oakland Pride was actually held on September 11th. Here is part of the blurb from our October 2016 newsletter:

**Lavender Seniors at Oakland Pride on September 11th, 2016**

Lavender Seniors of the East Bay continued its ongoing presence at the all-day celebration of Oakland Pride on Sunday, 11th September, 2016.

Long-time board members, Mike Trutner & Frank Howell setting up the Lavender Seniors booth with Harry Ogawa.

A group of interestingly-dressed men, women and children wandered by the booth, along with thousands of others!

Though there was a bit of disappointment that we weren’t put in the “senior” section of the Pride booths this year, we made the best of the situation, gave out free bottled water, candy and lots of information about the organization!

See you at Oakland Pride next September 2017!

Getting back to the **present:**

Here are the Zoom coordinates for Saturday, 11th September, from 12 noon until 2pm:

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

**Topic:** Second Saturday Rainbow Lunch: Personal Memories of Commemorative Events

**Time:** September 11, 2021 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

https://us02web.zoom.us/j/89671026595?pwd=TGRTRbtxaTzZGbWFFTB1WWNpNFpWZz09

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 there!

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Trans/Non-Binary Photos/Interviews @ Eastman Museum

To Survive on This Shore

Since our Third Friday Lunch Bunch has involved four art/museum tours via Zoom since October 2020 – through the Hammer Museum at UCLA – we have decided to try our own wings at providing an independent tour of another gallery. This time we will venture to the George Eastman Museum in Rochester, NY, where an amazing collection of photographs and interviews with transgender and non-binary seniors is being housed for five-plus months.

For over five years, photographer Jess T. Dugan and social worker Vanessa Fabbre traveled the United States seeking individuals within the complex intersections of gender identity, age, race, ethnicity, sexuality, socio-economic class, and geographic location. The team moved from coast to coast, to big cities, small towns and rural areas, documenting the life stories of transgender and gender nonconforming older adults, an important but under-represented population. The project participants have a wide variety of life narratives spanning the last ninety years, offering an important historical record of transgender experience and activism in the United States.

While Dugan has explored issues of identity, gender, and sexuality – often working within LGBTQ+ communities – in their earlier photographs, this is their first body of work focusing on older adults, a result of their collaboration with Fabbre. Dugan’s portraits are open and emotive, utilizing direct eye contact to facilitate a meaningful exchange between subject and viewer.

Within the project, each photograph is accompanied by an excerpt from a full-length interview conducted by Fabbre. These texts give insight into each individual’s lived experience, enhancing the viewer’s connection to each subject’s story. The exhibition provides a nuanced view into the struggles and joys of growing older as a transgender person and offers a poignant reflection on what it means to live authentically despite sometimes facing seemingly insurmountable odds.
A companion publication, *To Survive on This Shore*, was published as a hardcover book by Kehrer Verlag in 2018.

*To Survive on This Shore: Photographs and Interviews with Transgender and Gender Nonconforming Older Adults* is an exhibition organized by Barrett Barrera Projects. It can be viewed on-line until January 2nd, 2022 at [https://www.eastman.org/tsots](https://www.eastman.org/tsots). Since our Zoom tour will only have time to show how to access the exhibit – and will subsequently focus on only 4-6 of the individuals, anyone interested in seeing more – or the entire collection – will still have four months to view it on-line, buy the book or plan a trip to include Rochester, NY!

Here are the Zoom coordinates for the Third Friday Lunch Bunch gathering on September 17th:

Lavender Seniors is inviting you to a scheduled Zoom meeting.

**Topic:** Third Friday Lunch Bunch: To Survive on This Shore – Museum Exhibition Tour

**Time:** Friday, September 17, 2021 – 12 noon Pacific Time (US and Canada)

[Join Zoom Meeting](https://us02web.zoom.us/j/85235825964?pwd=WmptRG5SU2RDVUNyQ1hFWGM2NlZOQT09)

Meeting ID: 852 3582 5964 – Passcode: 569546

One tap mobile  
+16699009128,,85235825964#,,,,,*569546# US (San Jose)

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

Meeting ID: 852 3582 5964 – Passcode: 569546

We hope to see you on this tour back east – from the comfort of your own home!
Revised Save the Date Notice!

Thursday, September 30, 2021
for the 18th Annual

Healthy Living Festival

DRIVE THRU at the Oakland Zoo
9777 Golf Links Rd. Oakland, CA 94605

As a Result of recent Covid-19 increase in cases
USOAC will be having a DRIVE THRU event. Detailed
instructions provided on Registration Form.

9:00 a.m. to 1:00 p.m.

“Promoting Health and Wellness for Sixty+ Adults”

Commemorating 35 Years of Senior Organizing
and Engagement, Continuing the Work Through the
Pandemic and Beyond!
Join us as we take collective action to improve the quality of life for seniors
throughout Alameda County. Together, we can make positive change!

Contact United Seniors
for more information at (510) 729-0852 or
email Mary at Mary@usdac.org
or visit www.usdac.org

**SEE REVERSE**
CARING FOR OUR SENIOR LGBTQ PARTNERS/FRIENDS AND OURSELVES

Final session for 2021
Mondays 2-3:30 p.m.
October 25 - December 27, 2021

A free 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, caregiver concerns, and issues of aging through personal exploration, group support, and education.

For program information and sign-up, email info@lavenderseniors.org or call: 1-510-736-5428 and leave your phone number, e-mail address, and name. Someone from Lavender Seniors will call you to discuss the program. Sessions are held via Zoom with HIPAA certification.

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

Group facilitator is Dr. Melinda Ginne, a clinical psychologist with a 40-year career specializing in geriatrics and the treatment of the psychological aspects of acute chronic and life-threatening medical illness. Dr. Ginne is one of the founding instructors in the Professional Program in Aging and Mental Health at UC Berkeley Extension. In the past two decades she 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.
If you are in need of masks, we have some. Call us at 510-736-5428 and leave your name, phone number, address, and e-mail. Or send an e-mail to info@lavenderseniors.org with the same information. They will be sent to you.

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.

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 Wednesdays, 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22
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
Growing an Elder Community Mondays, 9/6 – 11/8

In community, we will discover what is beautiful about the latter stages of life, and how getting older, including as a disabled or homebound person, can contribute positively to our culture. This is an opportunity to experience what is noble about being human in the world. Facilitated by David “Lucky” Goff, PhD

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).

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Out Standing Seniors - Hayward - Sponsored by Pacific Center
 Sept 7 & 21, 12:30 - 1:30 p.m. (1st and 3rd Tuesdays)
 Meets outside on 1st Tues. and via Zoom on 3rd Tues.
 email [outstandingseniors2@gmail.com](mailto:outstandingseniors2@gmail.com) for info.
 *A welcoming space for LGBTQI seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.*

Living OUT in Livermore - Sponsored by Pacific Center
 Sept 7, 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 LGBTQI seniors 50+ to safely share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.*

LezBold Peer Support Group
 Sept 2 2:00 - 3:00 p.m. (1st Thursday)
 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
 Sept 2,9,16,23,30 1:00 - 2:30 p.m. (Thursdays)
 email [Anne@pacificcenter.org](mailto:Anne@pacificcenter.org) for current meeting information.
 *Free drop-in therapy group for LGBTQI community members age 60+*

Older & Out Therapy Group - Oakland - Sponsored by Pacific Center
 Sept 1,8,15,22,29 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
 Sept 3,10,17,24 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 LGBTQI community members age 60+*
Lavender Seniors Board Meeting
Sept 8 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
Sept 11, 12:00 - 2:00 p.m. (911 20 years ago - see info above for joining us via Zoom)

Tri-Valley Rainbows - Sponsored by Pacific Center
Sept 16, 5:30 - 7:00 p.m. (3rd Thursday)
Meets via Zoom email Anne@pacificcenter.org for info.
A welcoming space for LGBTQI 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
Sept 17, 12:00 - 2:00 p.m. (Museum Tour see info above for joining us via Zoom)

Lavender Seniors of the East Bay
Board of Directors

President: Victor Aguilar Jr
1st Vice President: Melissa West
Treasurer: Carmen Chiong
Secretary: John David Dupree (on hiatus)
Founding Member: Barbara Jue

Lavender Seniors of the East Bay
Message: 510-736-LGBT (510-736-5428)
Friendly Visitor Program: (510) 424-7240 or karen@lavenderseniors.org
Mailing Address:
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Oakland, CA 94619
Website: http://lavenderseniors.org

Newsletter Editorial Board:
Beckie Underwood
John David Dupree

Contact Us