



Lavender Notes

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

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February 2022- Volume 28 Issue 2

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**STORIES
OF OUR LIVES**

John J. Hall

They called it "The Lazarus Effect" long before the 2010 and 2017 films that depicted how the anti-retroviral (ARV) drugs began affecting HIV-positive people in Africa. What it meant in the second decade of the U.S. HIV/AIDS epidemic, however – beginning in about 1996 – was that People with AIDS had previously considered their diagnosis a death sentence. They would surely die soon, so they might as well cash in their life insurance, reverse mortgage any homes they'd been fortunate enough to own, write their wills and prepare to die.

When Saquinavir and subsequent protease inhibitors were developed beginning in 1995, however, the landscape changed – slowly at first, but dramatically by the end of the century. People who were prepared to die now had to face life head-on, whether they liked it or not! They might live "normal" length lives! A literally life-changing turn of events!

"I've been dying since I was 24 or 25," says John J. Hall, a Lavender Seniors Friendly Visitor volunteer, who found out he was HIV-positive in February 1988. "That means I've been dealing as gracefully as possible with this sword

hanging over my head for more than half my life!"



Baby photo, 1964

John was born in Staten Island, NY, in June 1963. His brother, Thomas, was born a year later. John lived much of his childhood – until age 15 – in New Jersey; then much of his youth and young adulthood in and around St. Petersburg, FL.

"The optics of my childhood were very good," John recalls, "though I was monitored unmercifully by my parents and my brother from my earliest memories at age five! Their goal seemed to be to make the 'sissy-boy' a bit more manly, at any cost! They watched – and commented on – how I walked, how I talked, what TV I watched, how I put my hands on my hips, what I played with and so on. If I was caught playing with a doll, they triple-teamed me. I spent much of my childhood feeling humiliated and definitely NOT loved for who I was! I was a constant disappointment – particularly to my father and brother! I was declared to be in the 'F trifecta' – a fat femmy faggot – at a very early age."

That low self-image persisted throughout elementary school, middle school and until his junior year when he moved with his mother to St. Petersburg, FL, at age 15.

"My Dad announced he was in love with another woman," John recounts, "which I think my mother already knew. She was devastated and wound up hospitalized for a time during that post-divorce period. She married a Florida man, so I moved with her. My brother stayed with our father in New Jersey. Up until that move, I had tried my best being manly – playing baseball, football and soccer – but when I came up to bat or missed catching the ball, everybody groaned. My father and brother would then try to improve my batting or catching skills after participating in my humiliation. But when Mom and I moved to Florida, I was able to re-invent myself, bolstering my self-confidence considerably!"

John was aware of his interest in boys at a very early age in New Jersey, though he did pretend to date girls a bit while he was in high school, "just for the clout".

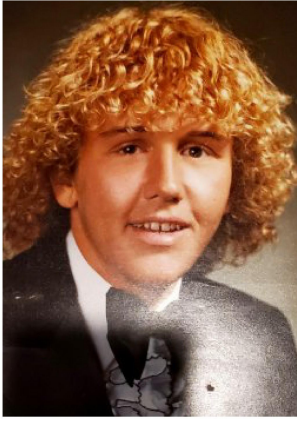
"Even when I was three or four years old, my grandmother caught me exploring another little boy's body with a plastic flower," John recalls. "Later on, beginning when I was about seven, the older boys – ages 12 to 14, I suppose, would literally pass me around for separate bouts of oral sex. Unfortunately, my Dad caught me in the act inside a tent he'd set up and all hell broke loose. I decided I wanted to dig through to China – or at least get the hell out of there to somewhere I'd feel safe. Incidentally, those boys would ask me to compare the sizes of their friends' dicks, wanting to know which one was the biggest and all! That period was the beginning of my life-long addiction to sex!"



John at age 8

With his new-found Florida identity at age 15, however, he showed less of his

“soft” side to the world and achieved a bit of self-confidence that had eluded him, being stereotyped in Jersey.



High school graduation in 1980

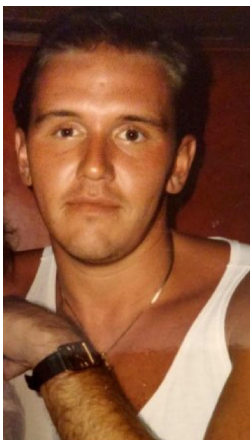
“Being on the beach in St. Petersburg was like being in heaven,” John says. “I grew long hair and let go of all that old baggage. I could be whoever I wanted to be. Not only did I have girls providing ‘arm candy’ for cover in the outside world, but I was regularly cruising the beaches, having sex with guys – sometimes tourists with hotel rooms or men who lived in nearby homes or apartments. Between ages 16-18, I would say I set some kind of record for how many guys I had sex with there! Looking back on my life, I’d say I’ve probably had sex with thousands of men – evidence, I guess, of my being a sex addict. I could never get enough.”

John graduated from Boca Ciega High School in nearby Gulfport, when he was 17. In the summer after his junior year in high school, he began his first long-term gay relationship.

“At age 16, I met this older man – he was 26 – on the beach,” John recalls. “We dated for a while, but then I decided I wanted to go straight, so I broke up with him. In his job as a reporter for the St. Petersburg Times, he was sent to Cuba to cover a story about Castro releasing refugees. The boat he was on was hijacked. He was one of those held hostage for a couple of weeks. When that episode was over, I found a note from him on my little Mustang saying he wanted to see me again. He told me that during that siege, he thought only of me and how much he missed me. So we got back together again. When he took me to my first gay bar, it was like turning a kid loose in a candy store. Though he and I remained forever-friends, my social life began to revolve around going to the bar Monday through Friday evenings and on weekends. My Mom had become addicted to the sauce and left me pretty much unsupervised during those years – ‘John can take care of himself’ seemed to be her attitude. I did finish high school successfully, though!”

John says that alcoholism runs in both sides of his family. He wasn’t spared, either.

“After my Dad’s child support checks stopped when I was 18, things got a bit tense between my Mom and me,” John recalls. “So I moved back to New Jersey for a couple years with my father, stepmother and brother. Meanwhile, I was on my own way to becoming an alcoholic. I mistakenly thought a change in geography might also change my trajectory into alcoholism. Instead, things got worse. My brother caught me in bed with a guy, giving him more ammunition than usual to call me ‘faggot’. During those two years, I also met a guy at an adult bookstore who made a lasting mark on me – literally and figuratively – to this day. I can’t seem to shake him! He was such a good-looking guy and gentle when he wanted to be. However, our very stormy relationship culminated in a bloody battle out in the woods, where he was trying to abandon me. I threw his keys into the woods, he took a tire iron to me, leaving blood all over the car and the police had to take me to a hospital with broken ribs! And that was that!”



John in his 20s

In the aftermath of that bloody "lovers' quarrel" in the woods, John's Dad had to pick him up and was very upset. As a result, John returned to Florida, where he stayed, worked, and loved for 12 years, from 1983-95. He also drank heavily for the first five of those years.

John supported himself for many years working with various banks: in New Jersey, Florida and California.

"I was a whiz at math and science, so had no problem qualifying for a teller job," John says. "I also worked on various customer service, finance- and project-related jobs with banks on both coasts over the years. Even with my drinking problem, I always showed up on time and never fell asleep on the job, so had no trouble finding or keeping positions in that field. I wasn't an irresponsible drunk!

His love life took a sweet turn in the mid-1980s, soon followed by a heavy discovery.

"I worked as night-manager of a five-star hotel for a while," John recalls. "Though the hours sucked, it was great fun for a while. I really liked the job, the staff and even the grounds and housekeeping crews. Then I met a 9-to-5 guy whose lifestyle clock collided with mine, so I went back to a day job at another bank. Unfortunately, that guy – in many ways, the love of my life – we've remained great friends over the years – decided less than a year later that he didn't really want to be in a relationship. I was devastated – he's such a sweet guy! I would hear songs on the radio and have to pull off the road in tears. That's how I spent much of my time after that break-up in 1987-88. I went to an Adult Child of Alcoholics (ACA) meeting, stopped drinking for about nine months. Then I went out with a friend, had a couple glasses of wine, fell off the wagon with a thud. A friend told me soon afterward that he was going to an AA meeting. I went with him and it began my current 33 years of being **clean and sober!**"

It was at about the same time – in February of 1988 – that he found out he was HIV-positive.

"I had known about AIDS for years – since a man in New York – trying to get into my pants – had talked with me about condom use and various symptoms of 'the gay cancer'," James recalled. "I thought he was nuts and paranoid and everything else at the time – in fact, within ten minutes of heading down from that guy's apartment, I got it on with a guy in a muscle-shirt, carrying a duffel-bag up those stairs. I realize now I could've changed my life right then, but didn't have that insight until years later. I started getting so worried about AIDS – since I'd had sex with so many guys – that I was becoming emotionally drained by the fear. One day, I became somewhat hysterical when my car broke down on a bridge and it was the last straw! I decided it was more stressful not to know than to find out I was positive. I got tested through my CIGNA insurance. When the result was positive, I felt perpetually panicky for some time!"

Over the next few years, John tried virtually every HIV treatment that became

available. AZT made his t-cells drop. Meds flown in from Mexico were irregular. Since trying combination AZT/DDC, he has literally tried a dozen or so approved and experimental treatments.



John in drag at an AIDS Interfaith Event in L.A. - age 29

"I'm going to do whatever it takes to survive this thing," John declared to himself in his late 20s and early 30s. "I developed a tingling neuropathy in my feet and other negative reactions to the various meds, but I literally dove into any new drug. I hop-scotched from AA meetings to ACOA-HIV to HIV-AA meetings. I've lost dozens of loved ones to this wretched disease. I discovered meditation and have made a continuous effort to stay sober. I've volunteered for various AIDS-related and LGBTQ-related causes. I feel lucky to be one of those left alive this long, since – as I said earlier – I've been dying for over 35 of my 59 years – do the math; that's more than half of my life!"

In California, John continued his banking career until 1995, when he went out on disability.

"When NCNB was bought out by Bank of America, I hung in there for the transition," John says. "At first I worked in a Call Center, then started doing project work, like setting up computer systems, merging banks and such. Our boss loved gay people! We had expense accounts that allowed us to stay in lavish hotels or apartments, eat in nice restaurants, plus fly anywhere we wanted to instead of going home on the weekends. It was a great time. When that project gig ended, however, we had to find another job in the company or be laid off. I opted for the disability route, because my energy continued to flag as I navigated through all the meds."



John in his 40s

Soon after he left the banking industry, he met a man at Starbuck's who owned a guest house in the Castro.

"With my hotel management background, he offered me a job," John recalls. "For the next 20 years, I pretty much ran the place. I provided customer service, did reservations, scheduling, designed the computer system, handled confirmations, and so on. All the owner had to do was write the checks. In 2015, I decided I should spend some time on my own, travel, volunteer some more and give back to the world that had given me so much – and had taken so much away from me."

John's mother died in 1999 in Kansas City, having married her fourth husband, though still somewhat obsessed with her first. His father died earlier this year at age 81. John and his brother, Thomas, have been mostly estranged through much of the 21st century.

"The last time I spoke with my brother – who still can only seem to say cruel things to me – was about 18 months ago," John recalls. "In fact, when our father was dying, Thomas left a Facebook message, saying 'if anybody talks to

my f'ing brother, tell him to go see his dying father'. Of course, with Covid, I couldn't have gone to see him if I wanted to. But Dad was blessed to have a long life – unlike so many of my friends. My father was 81 and my best friend, John Sullivan, was only 28! There's no way you can compare those two lives! One had a lifetime of opportunity; the other got nipped in the bud of his youth! I feel like a wise old man in so many ways, since I've lived with death for so long and have seen some of the cruelest suffering that can end the life of even the most beautiful person! When anybody dies – whether you live to 100 or only to 20 – it's never enough time to accomplish everything you want to accomplish. I imagine most people think 'just give me a few more years!'"

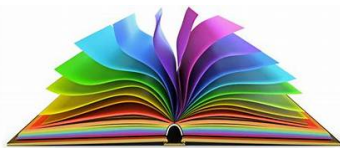
John has a few things left on his bucket list.

"Though I've traveled in nearly 20 countries around the world," he says, "there are still a few more I'd like to see. I have my eye on Croatia, maybe the beaches of the Philippines or Thailand. On a note closer to home, I still feel drawn to organizations like Lavender Seniors and ACOA, where I can help be an advocate for people who might not be able anymore to speak for themselves. Sometimes you just need a big-mouth from New Jersey!"



John at home – age 58

Thank you, John, for sharing so much of your story and your energy with your community. All best for 2022 and beyond!



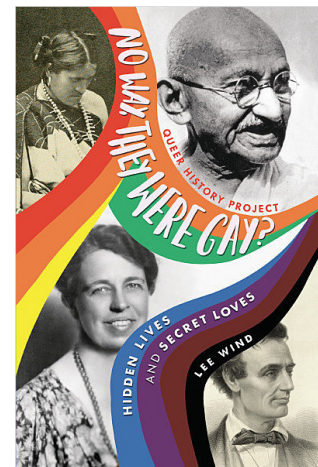
Book Review

No Way, They Were Gay?: Hidden Lives and Secret Loves

By Lee Wind

Here we learn about men and women who are obviously lavender and those who succeeded in concealing their sexuality; only after death were their sexuality explored.

Classic examples ranged from Eleanor Roosevelt to Mahatma Gandhi in India. Historians at the time tried to protect their heroes by downplaying their sexuality. The Nazis in World War II were aggressive in burning books and papers that favored gay men and women. Abraham Lincoln loved another man.



Lee Wind documents stunning histories that cover all corners of the controversy.

- Frank J. Howell

Bonus Book Review



The Prophets: A Novel

By Robert Jones, Jr.

This debut novel may bring full-circle at least two centuries of controversy and inspiration regarding the political statement from the 1980s: "Black men loving black men is a revolutionary act." Or perhaps it speaks to just the eight decades of this reviewer's own life.



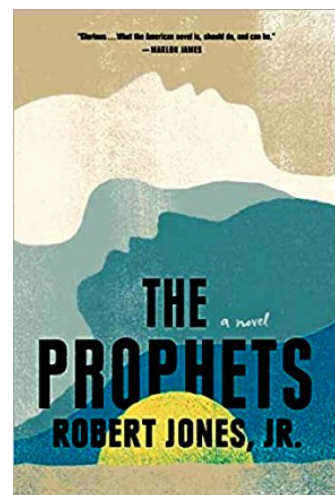
Filmmaker Marlon Riggs & Poet Essex Hemphill
in "Tongues Untied"

When the late filmmaker, Marlon Riggs, released his highly-touted 1989 film, "Tongues Untied," one of the powerful recurring themes throughout that award-winning documentary was the reference to how revolutionary it was for black men to love other black men in a racist society that regularly demeaned, demonized and over-sexualized black men. Riggs, the youngest tenured university professor at UC-Berkeley, was also a volunteer with East Bay LGBTQ-focused agencies (e.g., the Pacific Center and AIDS Project of the East Bay). Unfortunately, he

died of AIDS in 1994 at age 37, soon after facing an onslaught of controversy over the film, which had received some funding through the NEA (National Endowment for the Arts). That created a furor among various homophobic Republican politicians (e.g., NC Senator Jesse Helms), who attempted to defund the NEA for supporting such indecent and sinful projects "promoting" homosexuality.

This remarkable 2021 novel by Robert Jones, Jr., describes in dramatic fashion what it would've been like for two gorgeous and fit black gay teenagers – living as slaves on a cotton plantation during the first quarter of the 19th century in the Deep South – who are in love with each other.

[Editor's Note: In the lengthy "Acknowledgments" section at the back of his novel, Jones indeed thanks Riggs and Joseph Beam, who both appeared in "Tongues Untied," Beam being credited with the "black men loving black men" quote, a recurrent theme in that film.]



"Isaiah was Samuel's and Samuel was Isaiah's" and everybody knew it.

Such was the way virtually all of the slaves on the cotton plantation – called "Empty" by the slaves and "Elizabeth" by the white family who "owned" the plantation – perceived these two young men. Samuel, 17 years old at the outset of the novel, was described as "purple-black" and Isaiah, 16 years old, as "coal-black". These muscular teens lived in the barn and took care of the

animals, a responsibility they handled deftly, like a well-oiled machine.

When Paul, the “Massa,” decided it was time for the boys to provide stud services to produce more slaves for the plantation, their refusal creates the first bout of dramatic tension in the book. Later, when Ruth, the plantation’s white mistress – spacey, to say the least – wanders into the barn and tries, unsuccessfully, to seduce one of the boys by literally mounting him on a bale of hay, she abuses her power to report them for “looking at her” so they are whipped mercilessly while pulling a wagonful of people like workhorses until they can no longer walk.

Six of the primary women figures – repositories of a rich matriarchal history handed down by word of mouth from pre-slavery days in Africa – gather around in the barn to provide folk remedies for the boys whose backs have been split open by the “toubab” lashes. They are all taking a risk of suffering the same torturous treatment – in addition to the sexual indignities they already face. Most of them have borne children against their will – many of them mixed-race children via the master and other white family members.



Author Robert Jones, Jr.

One of the women has been forcibly separated from her woman lover and brought to Mississippi. There is also a major plot twist vis-à-vis homosexuality, which will not be discussed here, avoiding the risk of being a “spoiler” for anyone wanting to read the 378-page novel.

The author has clearly done a lot of research bringing this large and complicated cast of characters to life, along with their potential pre-slavery backgrounds. He describes the travesty of being brought on ships in chains to the West and – if they survived (which many didn’t) – faced a life of being treated worse than the animals on the plantation. Anyone who can’t see the ongoing after-effects of such systemic racism is simply not paying attention to this very grim – and protracted – chapter of American history.

This is a highly-recommended book – particularly with the ongoing escalation of discussions about racial inequities in the U.S. and abroad.

Anybody interested in seeing the 1989 “Tongues Untied” can view it on line with a public library card, student or professor ID:

<https://www.kanopy.com/signup?destination=node%2F116269>. This 54-minute film is also available via Amazon Prime and PBS Passport.

-- Dr John David Dupree, Tinamastes, Costa Rica

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 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 enjoy seeing a nicely-written card or letter in our snail-mailboxes! It's always nice to be remembered!



For LGBTQ+ Seniors, whether "Jeopardy" Fans or not

Having Fun with Knowledge

Long-time fans of "Jeopardy" – the knowledge/trivia quiz show that has been running on network TV for over

50 years (since 1964, except for a brief hiatus between 1979-1984) – have been following the shooting star of Amy Schneider, as she skyrockets to fame in this particular corner of the media/pop-culture world.



The first transwoman to achieve such success on the popular nightly program, the Dayton, OH, native – now living in Oakland – has been quoted as saying how proud she is that she has gone as far as she has (the second longest-running and fourth-highest money winner in the program’s history, as of 24th January). Across all American game shows, she is the **11th highest-earning contestant of all time**.

She has also expressed pride in the fact that she has helped with visibility of the transgender community during her considerable reign! (for more information about Amy Schneider’s rise to fame, see:

<https://www.goodmorningamerica.com/culture/story/jeopardy-champ-amy-schneider-trans-representation-tournament-champions-82438413>).

So Lavender Seniors is going to hop on Amy’s bandwagon, creating its own scaled-down version of “Jeopardy for LGBTQ+ Seniors” at the Second Saturday Rainbow Lunch in February. Karen Anderson, Friendly Visitor Program Coordinator, is working on how to adapt the game to Zoom participants who may have never played along. Nonetheless, she promises there will be prizes for all who participate in this light-hearted, low-competition version of this popular gameshow.

Here are the Zoom coordinates for Saturday, 12th February, from 12 noon until 2pm. Please note that we have reserved the time/date through Saturday, 10th December 2022:

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

Topic: Second Saturday Rainbow Lunch: “Jeopardy” for LGBTQ+ Seniors

Time: Friday, February 12th, 2022 – 12:00 PM Pacific Time (US and Canada)

Every month on the Second Saturday, until Dec 10, 2022, 11 more occurrences

Join Zoom Meeting: <https://us02web.zoom.us/j/89671026595>

Meeting ID: 896 7102 6595

One tap mobile: +16699009128,,89671026595# US (San Jose)

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

Meeting ID: 896 7102 6595

Hope to see/hear you there!

Sex Education: LGBTQ+ Style

Most seniors of a certain age may have been lucky to see a film strip showing cutaway diagrams of the female and male genitalia during their school-based "sex education". Little or nothing more for most of us. As discussed in last month's Third Friday Lunch Bunch, it seems that virtually none of us got sex-positive messages from our various religious institutions, but maybe a bit from progressive parents, schools, youth groups, media and, unfortunately, locker rooms.

And then there were some of us rearing children, who used the services of SIECUS (originally standing for Sexuality Information and Education Council of the U.S. in 1964; now sub-titled simply Sex Ed for Social Change). The organization's mission statement – applied to people of all ages, sexualities and gender identities – reads as follows:



The Sexuality Information and Education Council of the U.S. (SIECUS) has served as the national voice for sex education, sexual health, and sexual rights for over 50 years. SIECUS asserts that sexuality is a fundamental part of being human, one worthy of dignity and respect. We advocate for the rights of all people to accurate information, comprehensive sexuality education, and the full spectrum of sexual and reproductive health services. SIECUS works to create a world that ensures social justice inclusive of sexual and reproductive rights.



Michelle Hope Slaybaugh

Michelle Slaybaugh, SIECUS' Director of Social Impact & Strategic Communications, is scheduled to join us at our Third Friday Lunch Bunch February Zoom gathering, after participant check-in. We encourage every participant who is willing to share his/her/their story of how whatever formal or informal sex education they received at various stages of their lives affected their coming-out process. This will, hopefully, include discussing their comfort level with this subject on their journey through life up to and including whatever senior status they may have achieved at this point.

Following are the Zoom coordinates for February's Third Friday Lunch Bunch:

Lavender Seniors is inviting you to a scheduled Zoom meeting.

Topic: Third Friday Lunch Bunch – Sex Education: LGBTQ+ Style

Time: Friday, February 18, 2022 at 12:00 PM Pacific Time (US and Canada)

Every month on the Third Friday, until Dec 16, 2022, 11 more occurrence(s)

Join Zoom Meeting: <https://us02web.zoom.us/j/85235825964>

Meeting ID: 852 3582 5964

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

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

Meeting ID: 852 3582 5964

We hope to see/hear you there!



A free 10-week group to explore issues of aging in the LGBTQ+ community while caring for ourselves or others

This is a free 10 session group focusing on issues of aging for the full spectrum of the senior LGBTQ+ community. Through personal exploration, group support and education, we will explore topics of interest for people caring for someone or for themselves. Such topics include facing medical illness, caring for self while caring for another, planning for your future, and legal issues for LGBT+ singles or couples.

Mondays 2-3:30 PM on Zoom

January 31 - April 4, 2022

April 25-June 27, 2022

July 18-September 26, 2022

October 24-December 26, 2022

For program information and sign-up, Call: 1-510-736-5428 or email info@lavenderseniors.org (Write "Caring Program" on the subject line) leave your phone number, e-mail address, and full name. Someone from Lavender Seniors will call you to discuss the program.

“This support was critical to my success in caregiving, and critical to my personal well being physically and emotionally while caregiving.”

“This is beyond peer-to-peer counseling.”

Group facilitator is Dr. Melinda Ginne. She is 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. She is one of the founding instructors in the Professional Program in Aging and Mental Health at UC Berkeley Extension. In the past two decades 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.



Sponsors: Amazon Foundation; Give Now Fund of Horizons Foundation

PACIFIC CENTER FOR HUMAN GROWTH

LIVING FULLY WITH HIV

A Free 9-Week Process Group for Adults with HIV

[Click here to apply](#)

Pacific Center's Living Fully with HIV Group is Accepting Applicants for a free 9 week social justice process group for adults living with HIV.

Tuesdays 3:30 - 5 pm PST, February 8 - April 5, 2022
via Zoom

[Click here for more information](#)

Interesting Info....

Social Security Opens to Survivors of Same-Sex Couples Who Could Not Marry (click on link or go to <https://www.yahoo.com/news/social-security-opens-survivors-same-124134984.html>)

FREE-The Postal Service is delivering one shipment of 4 COVID tests per residential address. Enter your name, address and email at www.usps.com/covidtest to request a shipment.



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, 1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27

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

Growing an Elder Community - Mondays, 1/3 – 3/7

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

Newcomers Welcome

Mondays, 1/10, 1/24, 2/14, 2/28, 3/14, 3/28, 4/11, 4/25

Are you confused about how to start "connecting" with Well Connected? We will guide you through the process of making that first phone call or how to join online. Learn about what those icons mean in the catalog, or how to take a turn to talk. No question is too silly or simple! Facilitated by Donna Mossholder

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.



Out Standing Seniors - Hayward - Sponsored by Pacific Center

Feb 1 12:30 - 1:30 p.m. (1st Tuesday)

Meets via Zoom email 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

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

Meets via Zoom email 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

Feb 3 2:00 - 3:00 p.m. (1st Thursday)

Meets via Zoom email lezbolddgroup@pacificcenter.org for info.

Find support and like-minded wonderful people!

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

Feb 3,10,17,24 1:00 - 2:30 p.m. (Thursdays)
email 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
Feb 2,9,16,23 3:30 - 5:00 p.m. (Wednesdays)
email Anne@pacificcenter.org for current meeting information.
Free drop-in therapy group for LGBTQI community members age 60+

Older & Out Therapy Group - Berkeley - Sponsored by Pacific Center
Feb 4,11,18,25 - 4:30 p.m. (Fridays)
email Anne@pacificcenter.org for current meeting information.
Free drop-in therapy group for LGBTQI community members age 60+

Rainbow Seniors
Feb 8 & 22 12:30 p.m. (2nd & 4th Tuesdays)
San Leandro Senior Community Center
email rainbowseniors@gmail.com for info.
A welcoming space for LGBTQI seniors 50+ to share thoughts, feelings, resources, information, and support. FREE, though donations are welcome.

Lavender Seniors Board Meeting
Feb 9 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
Feb 12, 12:00 - 2:00 p.m. ("Jeopardy" see info above for joining us via Zoom)

Tri-Valley Rainbows - Sponsored by Pacific Center
Feb 17, 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
Feb 18, 12:00 - 2:00 p.m. ("Sex Education" 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

Founding Member: Barbara Jue
Member: Khilynn Fowler
Member: Nolan Quinabo

Lavender Seniors of the East Bay

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

Newsletter Editorial

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

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Beckie Underwood
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