



Lavender Notes

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March 2022- Volume 28 Issue 3

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**STORIES
OF OUR LIVES**

Lee Silence

It can be confusing when you spend the first three decades of your life thinking either this man or that man is your biological father, only to discover in your 30s that a third unknown man actually played that role in your coming to be on the planet. Lee Silence, a Friendly Visitor Volunteer with Lavender Seniors, has only been reckoning with the truth of that part of her identity and ancestry for the last twenty-five years.

Born in Reno, Nevada, in April 1965, Lee has a sister two-and-a-half years older. For much of her life, Lee was led to believe that she and her sister had the same father. After all, both of them had the same surname, though their mother told her she had separated from Mr. Silence before Lee was born.

"When I first became aware of family dynamics, my Mom was with my brilliant but criminally-insane stepfather, Merle," Lee recalls. "Though I adored him for much of my childhood, he did spend time in prison in Vacaville, was abusive to my



Lee as cowboy, Age 4

mother and later to me, but I still think of him as the only father I ever had. He taught me so many things. I followed him around like a shadow, imitating so many things about him. I wanted to be just like him, but my how those feelings have changed! Even now, however, I look back and think of things he taught me. The last time I ever laid eyes on him, however, was just moments before he abandoned my mother and me and drove off with all of our belongings. I was 16 at the time, and that event left some indelible scars.”

Though Lee felt her mother and first stepfather (there were several) did a lot of things wrong, they also did a lot of things right, like allowing her to be the boy she always felt she was.

“When other girls were playing with Barbies, putting on dresses and make-up, they indulged me with hoppity horses, Lincoln Logs, Etch-a-Sketch, cowboy outfits and skateboards,” Lee says. “I was definitely a ‘Daddy’s boy’ and was never interested in ‘girly’ things at all. I was the tomboy in pants and boots, playing stickball, football, and skateboarding with neighborhood kids rather than the delicate wallflower playing inside with her Betty Crocker oven.”

Lee has to think seriously to come up with the number of schools she went to during the first eighteen years of her life.

“I went to school in Reno; Stanton, California; Oregon; Hawaii; Louisiana and – for the last six months of high school, I was in Dallas, Texas!” Lee recalls. “My mother was married several times, so we followed these various stepfathers around from place to place, though none of them could qualify for the title of ‘Father’ like Merle did, even though he was a drug dealer and addicted to heroin. He was known to threaten he’d kill my mother, leave her body in the desert and steal her children. At one point, she called his bluff – ‘go ahead and kill me now or get the hell out of here’ – he left for some years, but then came back into our life when I was a teenager, but that’s another story. Suffice it to say my life was fairly difficult and chaotic. My Mom was an alcoholic and was known to take what they call ‘corporal punishment’ into her own hands from time to time. I guess we had a fairly typical love-hate mother-child kind of relationship through the years. In many ways, my sister played more of the mother role for me. Unfortunately, Mom died of ovarian cancer when she was just 47 years old.”



Lee, the redhead Irish lass, long before she discovered the O’Rourke side of her family history in her 50s

It was a few years after their mother's death that Lee and her sister, Shana, were having one of their frequent heart-to-heart talks about the family.

"She told me that Mom made the conscious choice not to tell me about my father because she thought I would feel like more of an outcast than I already felt," Lee says. "Mom had had a fling with a redheaded, married, Police Officer in the Reno Police Department – a man later determined to be named O'Rourke – accounting for why I never felt like Richard Silence was really the father to both me and my sister. Through Ancestry.com about five years ago I was able to find my biological father and connect with some bio-family. Although he died before I was ever able to meet him, I've become close with a niece, and hope to meet other family members going forward!"

Lee's coming-out to her mom, sister and other family members was relatively smooth.

"Though I had plenty of crushes during my school years – the gym teacher, the librarian, some of my elementary school teachers – I remember thinking some of them were 'dreamy' but would never have said anything! I came out to my mother when I was 16 when I was visiting her in Dallas. When I told her I was gay, she said she knew, and that she and Shana always knew they'd 'had a little boy'. She went on to say that she was, too, although hindsight being 20-20, she was bisexual. She wound up with a number of men, however, none of them very happy relationships. When she told my grandmother that I was gay – a pious, recovering alcoholic who had found Jesus later in her life – she didn't quite understand and immediately asked whether I played the boy or the girl in my relationships. I didn't actually have my first sexual encounter with a woman until I was 18, however, and have never been with a guy – I've always known it wasn't for me!"

One of the most troublesome, bizarre and disappointing periods of her life happened when she was 15 and her mother got back together with stepfather, Merle. He had been gone for so many years and spent more time in prison where, it was rumored, he had actually killed a convicted child molester. Lee was somewhat conflicted, of course, since he had, after all, taught her how to ride a bike, to appreciate art and had played a very important role in her early childhood.

"My grandmother was preparing to move from Reno back to her home state of Louisiana at the same time," Lee recalls, "so I stayed with them for a few weeks while Mom and Merle took a two- or three-week road trip in Mom's pristine '65 Ford Thunderbird. One day, Mom walked up through the alleyway and back yard of my grandparents' house. She had a 'surprise' for me – Merle had convinced her to trade the classic T'Bird in on a red schoolbus, which they would be camping in outside of town! I was beyond incredulous! 'What are you talking about?!' was all I could say to her. What followed was an extended period of embarrassment for me. I would get dropped off at school in this giant red schoolbus and my friends started avoiding me. Then the final blow between my stepfather and me occurred when it was clear he'd stolen and pawned my great-grandfather's pocket-watch, slapped my hand away when I reached out to him to look for it and then slapped my face. I could've easily punched him but thought better of it to avoid making my mom's life more difficult. I decided instead to move to Louisiana with my grandparents, which is how I wound up in three different high schools."

Though her mother pleaded with her to stay – since she'd already 'lost' Shana – Lee's decision to stay with her was short-lived and soon aborted.

"Soon after that altercation with Merle, he and my Mom were taking me to visit my sister Shana, but parked the schoolbus at a local bar on the way," Lee recalls painfully. "They came out a bit drunk and arguing, dropped me off at my sister's, and a few minutes later, Mom knocked at the door with only her purse in her hand. Merle had driven away with the schoolbus, my entire childhood and all of my and my Mom's belongings. I had one change of clothes, but my Mom was left with nothing but her purse, and we never saw or heard from him again!"



Teenager Lee in the kitchen in Louisiana, her first security guard uniform and with a colleague at Wells Fargo Bank.

While she finished the last six months of secondary school at W.H. Adamson High School in Dallas, she took the ASVAB (Armed Services Vocational Aptitude Battery) test, scoring high enough to be recruited by the United States Air Force. However, having learned typing and ten-key by touch with lightning-fast fingers, she was immediately pegged for administrative work, which she has done for most of her adult life, leaving the idea of the US Air Force behind. Lee has held positions such as Security Manager at Wells Fargo Bank, Business Manager, Loss Prevention Officer, along with proud-making positions at The Children's Hospital Colorado, and Stanford University. Having taken a detour to become a Certified Massage Therapist, Lee considers herself a "Multi-Potentialite" with an abundance of experience. The best, most consequential move she ever made, however, was her move to California in 1986.

"My sister and her husband had moved from Reno, to Utah, to Belmont, California, and when I was 21, they invited me out to live with them" Lee recounts. "Soon thereafter I left Texas for California, and upon my arrival, knew I had found my home. In thumbing through the San Francisco coffee-table book I read that Polk Street was the place for LGBT's, so I hit the streets of San Francisco. The first time I went into The City alone, I walked unabashedly into a Polk Street dive and asked where all the lesbian bars are and was directed to the Castro...My Mecca! I joyously explored San Francisco and all the GAYity it offered!"

Lee has been very active all of her life, participating in athletics in school and after, loving softball, racquetball, and water sports like snorkeling and swimming. Things left on her bucket list include whitewater river rafting,

skydiving, visiting the Azores and Portugal (Cyndi's family was born in the Azores), and visiting Ireland.



Activities over the years: Softball, sailing and snorkeling

Some dating and a couple of relationships later, Lee moved to Denver with her then-partner, but when that came to an end, decided it was time to come back home. She became roommates with her sister's best friend Cyndi. Some months later they were feeling something deeper and have now been together for over 10 years. As fate would have it, Cyndi's only sister passed away unexpectedly at age 40, leaving behind an eight-year-old daughter. Lee and Cyndi have been raising her for nearly three years and it's going as well as could be expected.

"Our daughter is the light of our lives," Lee exclaims proudly. "Also, my sister – a survivor of radical, metastatic breast cancer – and her husband have moved to Dallas, Oregon so Cyndi and I have bought a second home next door so that we can continue spending precious time with them on a regular basis. Family is very important to both of us!"



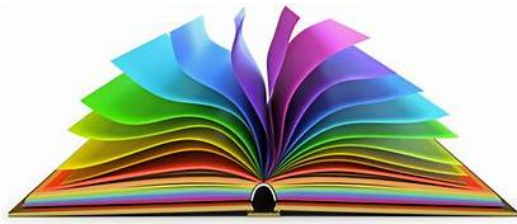
A lovely wife and child, plus enjoying life as parents at Cirque du Soleil Amaluna

Lee continues her commitment to work in the community, in addition to her family and professional commitments.

"I would love to continue volunteering in my spare time, including offering myself as a massage therapist, particularly working with isolated seniors and cancer survivors," Lee says. "I'm also enjoying being a Friendly Visitor with Lavender Seniors, since I want to give back to my community! Much of my motivation for working with Lavender Seniors is to give back to 'those warriors who have gone before me, upon whose backs my current freedoms are built.' As I age, I gain more clarity around what they endured and sacrificed. So, it is incumbent upon me to honor that. I am committed to caring for our forebearers until my last breath. We ALL owe our elders a debt of gratitude, and we should ALL honor them by supporting them in their senior years, which is exactly what LSEB does!"

Thanks, Lee, for sharing so much of your amazing life with Lavender Seniors

and the LGBTQ+ community. All best for 2022 and beyond; especially good luck with that exciting bucket list!



BOOK REVIEW

Unprotected: A Memoir
Billy Porter

This is not a typical memoir. It is a memorable testimony. Porter has won the Emmy, Grammy and Tony awards. He was the star of *Kinky Boots* on Broadway. He was the first openly gay African American man to win in the Emmys' Outstanding Lead Actor in a Drama Series category playing Pray Tell in *Pose*. His life is a graphic exploration of race, sex, art and healing.



Porter's parents thought he was too nelly, like a silly girl. He was seen by psychiatric personnel. His classmates and even his stepfather sexually explored his body. The church railed against him but he succeeded in healing himself.

This powerful book is worth every minute you spend with it.

- Frank J. Howell

BONUS BOOK REVIEW

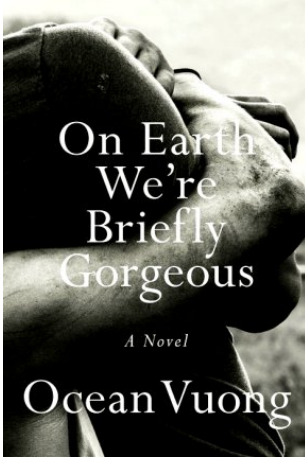
On Earth We're Briefly Gorgeous

By Ocean Vuong



One of the ongoing issues with the LGBTQ+ community over the years has been inclusion. What demographic profile do we think of when we think of lesbians, gay men, bisexuals or transgendered individuals? Is it a Castro clone clad in 501s and a plaid shirt? Is it a lipstick lesbian with a butch dyke as arm trophy? Is it the current Countess of the Imperial Court? In all these situations, is the imagined person black, white, Asian, Latinx, Native American or "other"?

Several reviewers writing critiques of the 2019 novel, "On Earth We're Briefly Gorgeous" seemed surprised to discover there was such a thing as a Vietnamese homosexual! In spite of the Kinsey scale on sexuality developed at Indiana University in the 1950s, some who celebrate their own status as "out" members of the LGBTQ+ community still find it hard to believe that it can be applied universally. The Kinsey scale – limiting as its 0-6 framework seems to be to today's self-definitions – can apply to people of all races, cultures,



ethnic groups and religions.

Ocean Vuong's celebrated novel – his first after award-winning publication of poetry anthologies – reveals that he is a gay man, unashamed of neither his gayness nor of his Vietnamese roots. The novel is essentially a long letter to his beloved mother, who actually is illiterate and couldn't read it if it were ever sent. Like many "Amerasians" or their descendants – left to fend on their own during and after the long Vietnam War – Vuong is basically raised by his immigrant mother and grandmother. Since he was bi-racial, multi-lingual and

literate, he frequently played the role of translator for those two powerful women in his life, as they tried to survive in an often-hostile American context.

At one particularly poignant point in the book, Little Dog (the narrator, so named by his family to provide him with some strength!) mis-translates the red-spray-painted graffiti on the front door of their Hartford, Connecticut, home ("FAG4LIFE" he tells his war-ravaged mother is wishing the family a "Merry Christmas" in bright red).

Working on a tobacco farm with a teenage boy named Trevor surprises Little Dog with his first gay sex experiences, some of the most graphic in literature. Trevor symbolizes the dominant white culture of America that has consistently rejected Little Dog and his family. Though their sexual relationship is a basically good, healthy one, poor Trevor's working-class background makes him vulnerable to all the temptations of drugs, alcohol and sex.



Vuong at home in Northampton, MA, 2019

This book is basically a testament to the strength and courage of immigrants of all stripes who have come from war-torn countries to the "freedom" of the United States. Little Dog, seen as the last hope for his basically-illiterate mother – who struggles with saying "sorry" countless times each day in order to encourage tips from her nail-salon customers – and grandmother, the pillars of strength in his life.

This novel provides a fascinating glimpse into what life can be like for immigrants and their first-generation offspring of any background – gay or straight – particularly interesting to those who might be oblivious to the fact that gayness exists all over the world. There are still those among us who might need a reminder that gay activism didn't actually begin with Stonewall.

As an openly gay man now, Ocean Vuong teaches creative writing at UMass-Amherst. He lives in Northampton, MA, with Peter, his lover of 12 years.

-- 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!



It's Women's History Month!

Hearing from an Oakland Ground-Breaker

March is Women's History Month (8th of March International Women's Day!) and we will highlight one of the East Bay LGBTQ+ community's "out" – and outspoken – women.



Rebecca Kaplan is the first out lesbian to hold elected office in Oakland. She has a strong history of leading innovations that become successful national models, including in launching civilian crisis responses. She has received awards for outstanding leadership in advancing LGBTQ+ rights and women's rights, and for racial justice.

She'll be carrying on a conversation with us at this month's Second Saturday Rainbow Lunch, March 12th at 12:00 noon, revisiting where our community has been and where we're going.



Rebecca (with bullhorn), Women's March (pre-pandemic lockdown 2020); and with mask, rainbow shawl and bullhorn

Here are the Zoom coordinates for Saturday, 12th March, 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: Women's History Month – Rebecca Kaplan

Time: Saturday, March 12th, 2022 – 12:00 PM Pacific Time (US and Canada)

Every month on the Second Saturday, until Dec 10, 2022, 9 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

Dementia vs Alzheimer's

As we age, many of us notice we can't quite remember that name from our high school days – or from the meeting we attended last night. We might not be able to recall why we put the car keys into the refrigerator or forgot to sign on to Zoom for that really important meeting last week. Perhaps we forgot to turn left to get into the Safeway parking lot and wound up at Walgreen's instead? Did we brush our teeth before we got into bed?

When any of those things happen to us, does that mean we are developing any one of our worst fears: Alzheimer's? Parkinson's? Senility-related dementia? Or just an ordinary process of aging? Most of us won't be as quick on the draw in our 60s, 70s and 80s as we were in our 20s, 30s and 40s. Does that mean we're imminently headed for a memory-care unit?



To help us sort through some of those questions that trouble us as we age, the Northern California and Northern Nevada Chapter of the Alzheimer's Association – located in Lafayette – will send a representative to meet with us at this month's Third Friday Lunch Bunch Zoom gathering. Joining us will be Grace Liu, East Bay Site Director for the organization. Among the issues she will

be discussing with us after our usual check-ins includes:

Understanding Alzheimer's & Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. We will be reminded of the impact of Alzheimer's; risk factors, including those unique to the LGBTQ+ community; warning signs; and community resources.

About the Alzheimer's Association

The Alzheimer's Association leads the way in the attempt to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. The East Bay office in Lafayette, unfortunately, remains closed for the time being due to the pandemic. Staff continue to work remotely and

provide resources and services. The association is committed to serving all communities, particularly those who face greater risk of dementia due to health disparities caused by systemic racial and social injustice, striving to create a society in which all people feel safe, cared for, and valued.

Questions? Ask volunteers like Patty, 24/7 Helpline at
800-272-3900



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

Lavender Seniors is inviting you to a scheduled Zoom gathering.

Topic: Third Friday Lunch Bunch – Dementia vs Alzheimer's

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

Every month on the Third Friday, until Dec 16, 2022, nine more occurrences

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!



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](#).



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
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 BJue@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

Wear a mask with the best fit, protection, and comfort for you.



N95 Respirator

NIOSH-approved

When worn correctly, respirators offer the highest level of protection and filter 95% of particles.



KN95 Respirator

Filtration varies depending on standard.
When worn correctly, KN95s provide more protection than disposable masks.



Disposable Mask

Sometimes referred to as "surgical masks" or "medical procedure masks"

Disposable masks offer more protection than cloth masks.



Cloth Mask

Non-medical, made of fabric

Layered finely woven cloth masks offer more protection.
Loosely woven cloth masks provide the least protection.



Masks and respirators should not be worn by children younger than 2 years old.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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Well Connected

Enriching lives and supporting well-being.

(FORMERLY SENIOR CENTER WITHOUT WALLS)

Community Phone Calls

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

Just a few of the things offered:

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

LGBTQ Chat - Wednesdays, 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, 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

Mar 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

Mar 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

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

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

Find support and like-minded wonderful people!

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

Mar 3,10,17,24,31 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
Mar 2,9,16,23,30 3:30 - 5:00 p.m. (Wednesdays)
email Anne@pacificcenter.org for current meeting information.
Free drop-in therapy group for LGBTQ community members age 60+

Older & Out Therapy Group - Berkeley - Sponsored by Pacific Center
Mar 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
Mar 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
Mar 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
Mar 12, 12:00 - 2:00 p.m. (Women's History Month - see info above for joining us via Zoom)

Tri-Valley Rainbows - Sponsored by Pacific Center
Mar 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
Mar 18, 12:00 - 2:00 p.m. (Dementia vs Alzheimer's - see info above for joining us via Zoom)

Lavender Seniors of the East Bay Board of Directors

President: Victor Aguilar Jr
Vice President: Melissa West
Treasurer: Carmen Chiong
Secretary: Dr. 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

Board:
Beckie Underwood
John David Dupree

Mailing Address:
4100 Redwood Rd, Ste 20A #240
Oakland, CA 94619

Contact
Us

Website: <http://lavenderseniors.org>

