



Lavender Notes

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August 2022- Volume 28 Issue 8



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Stewart "Clancy" Woolf

From his roots in Utah to his first love in Nevada to his long-term love in Alameda has not always been a predictable, much less, straight line.

Born in Salt Lake City in June 1955 to a small-business owner from a Mormon background and a woman from a Christian Science background, Stewart "Clancy" Woolf was the fourth of five children. He had three older sisters – including a set of twins born with the same birthdate as their older sister – and one younger brother born when he was 7.5 years old.

"My childhood was a generally happy one," Clancy recalls. "Our father provided for us very well materially and our mother was a devoted housewife and mother. Our maternal grandmother lived with us, also, which was a pretty cool thing, including all of us having assigned seating at the dinner table. Dad worked really hard at his alternator and starter business, where I at one point started working every other Saturday. I learned a lot from him, though he



Roller Skating – Age 2

wasn't really much involved with household issues or decisions, helping with homework and such. He and I spent typical father-son time together playing catch in the yard, hunting, fishing and camping, plus he would attend my little league baseball games."

Neither parent spent much time involved in the religion their grandparents had espoused.

"A few years after we moved in 1957 to the Avenues area of Salt Lake – probably about 1960 – I can remember us going to a few services at the local ward," Clancy recalls. "As for my Mom, though we had a photo of Mary Baker Eddy in the hallway, Christian Science wasn't much on her mind, either. My sisters always went to Easter services there, though, so I started going from time to time, as well, because that meant I would get a new suit!"

Clancy attended Ensign Elementary School except for his 4th grade year.

"Because we lived right across the street from the school, I was the only kid I knew who didn't get to take a lunch or eat at the school cafeteria," Clancy says. "So I had to go home to eat my lunch, meaning I missed out on the school's lunchtime social. For that reason – plus I felt a bit bullied sometimes for being the skinny kid – I opted to go to a different school that had been built 8 or 9 blocks away. I waited for a school bus right in front of the school I'd been going to. That experiment ended badly one day when I'd gotten into trouble at the new school, plus I had forgotten my lunch. So Mom showed up to find me detained out in the hallway in front of the principal's office. This didn't end well for me, so I wound up back at Ensign for the fifth and sixth grades."



His junior high years – 7th, 8th and 9th – were a somewhat stormy awakening for Clancy.

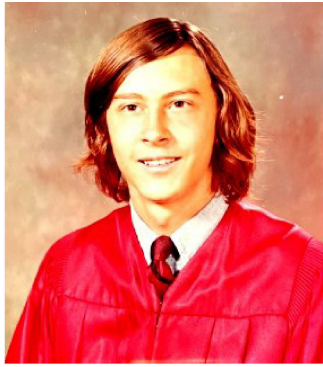
"Kids from all areas of the city were thrown together in that school," Clancy recalls. "Middle- to upper-class kids were now interacting – maybe for the first time – with central city kids. There was one altercation or another nearly every day. It was tough navigating that as the skinny kid. I made friends with some of the tougher kids, so got a bit of protection from them. There were only two black girls in my class and one black guy in the grade ahead of me. I became friends with one of them, Carolyn Michaels, and was teased for just talking to her. In my 9th grade yearbook, she wrote 'Don't ever forget me.' It was so cold walking to school in mid-winter, but Mom declared she wasn't going to pick us up, no matter how cold it was. I guess my years of feeling sheltered were over with that new school!"



With Mom – 9th Grade Graduation

Because he was in a "flexible" program in high school, he spent a couple years

feeling adrift.



Senior class photo - 1973

"At East High, the modular college prep program I was in might result in you having a class, then a couple hours off," Clancy recalls. "So we left campus a lot, got into smoking pot and doing other drugs. Though I was a fairly good athlete, I didn't really do any team sports like basketball, because I was just too thin. I did continue skiing – something I started in the fourth grade – and was sometimes involved with the ski team during the week, meaning I'd miss more classes. So my grades suffered through 10th and 11th grade. I finally buckled down for my senior year, attended most of my classes, became President of the German Club and finished with a fairly good grade-point that year. I finally became interested in the papers I was required to write and the bigger world outside of simply surviving in school. That was a good year!"

Though none of his three older sisters went on to college, Clancy took a stab at it.

"I was working part-time as a janitor at University of Utah," Clancy says. "In the winter of 1974, my Dad put a statement in the form of a question: 'you're going to college, right?' So I felt a bit obligated to give it a try. I enrolled in UU's general education program, though I had no idea what I wanted to do. I had a fairly spotty record during my time there, taking a lot of science-related classes, but still terrified of math. I was living at home, but there was a lot of tension there, particularly since my younger brother wasn't getting along with my parents and the homefront situation became unbearable – I had to move out and get my own place."

The summer before he moved out of the house, Clancy describes his fondest memories of the time with his Dad.

"My happiest times with my father can be traced to the summer we spent building a cabin together up in the Uinta Mountains when I was about 20 years old," Clancy recalls fondly. "Once we'd poured the slab, the cedar log-cabin kit was like putting together a giant three-bedroom puzzle. A friend stayed with me while we worked on it and Dad would come on the weekends to help us solve such problems as how to deal with a slightly-warped log. Though he'd been very critical of my long-hair, pot-smoking and apparent lack of ambition up to that point, I had now cut my hair and become a bit more focused. He began to see me as a man, relying on my judgment and ability to get things completed. Happy memories indeed!"

Clancy got some interesting jobs, moved out of the family home when he was 21 and began frequenting gay bars in Salt Lake.

"Until I spent a summer working at a friend's resort up at the reservoir, I guess you'd say I was primarily focused on survival and would've been considered basically asexual," Clancy recalls. "Some of us pretended to date girls as juniors and seniors, but my buddies and I weren't really into it. I almost had a close encounter with a girl, but she broke up with me before we did anything sexual. Meanwhile, with my responsibilities of driving a tractor, guiding boat-

trailers down into the water and politely serving and acknowledging customers at the resort, I finally got a sense of where my calling might lie: customer service. When I treated people well, I got good tips. Once I'd found my own apartment, I started going to a local gay bar, The Sun, with friends, including an old friend from grade school. Right from the start, I can tell you I was totally attracted to **older** men, something that has caused an unusual amount of consternation over the years among family, friends, colleagues and even people I didn't know at all!"

More about that life-long issue – and how it became a problem for OTHERS - later. Clancy's more immediate struggle was deciding on a vocation.

"Though I had many skills now – including building a cabin and learning about customer service – I needed to figure out what I wanted to do to make a living," Clancy recalls. "At first, I had considered becoming a contractor, but realized I didn't want to be 'hands-on' like that the rest of my life. Because of my positive experience with drafting in high school, I decided I should become an architectural draftsman. When I went out to the brand-new Utah Technical College, I got off at the wrong floor and was soon convinced to take the mechanical/structural and electrical drafting program instead. Two years later, I had my Associate's Degree, which has served me well through much of the rest of my career until my retirement in 2010!"

Getting back to the "older men" issue, Clancy met his first long-term love at The Sun.

"Most of the older men in Salt Lake gay bars were business men traveling through town on their way somewhere, though there were a few locals – mostly Mormons – at another bar, Radio City," Clancy says. "One night in October 1980, I met this 54-year-old architect from Las Vegas – I was 25 – and we immediately hit it off. He stayed with me that night and tried to talk me into moving with him to Nevada. He had been married and had three kids, but was now divorced. Since I was looking for any excuse to get out of Utah, it took me only from October until January to make the decision to take him up on his offer, moving into his Las Vegas townhouse with him. When he introduced me to some of his Knights of Columbus buddies – mostly married to women – I felt like it wasn't going to work out. He pleaded with me to try, so I did wind up staying with him for two years. But his control issues soon became a major issue between us. I was working in a very stressful high-security underground job – with a firm doing underground nuclear testing – so we would work 12-hour days six days a week for three weeks, then have a week off, for some legal reason or another. When I came home and he made demands on me, including I shouldn't talk with my sisters about what was going on with me, I realized I had to move on. He never comforted me when I needed it but rather made more demands on me, so I left and went back to Utah for a while."

It was while he was in Las Vegas, he came out to his parents and sisters.

"My parents were in town on business, so I invited them to have dinner with me, using some culinary skills I'd learned from Roland," Clancy recalls.

"Since everybody in my family kept asking me if I



was 'dating anybody' yet, I felt like it was time. After dinner, when I told them, my father's dentures nearly fell out. He was more upset than my Mom was, though she tried to assure me it would just take some time for them to adjust to this new side of their son. Once back in Salt Lake, I asked the twins to join me for lunch, but that coming-out process got interrupted by one of their friends. When we were finally able to talk about it, one of the twins had a harder time with it than the

other – no warmth to her response. When I told my brother – who was still living at home and having his own problems – he had a delayed and somewhat unpleasant reaction. We got into an argument. He said I was criticizing him unnecessarily and that 'at least I'm not a fag like you'. He apologized about six months later. We seem to have worked it through for the most part. He puts out a rainbow flag during Pride month and goes to LGBTQ film festivals with some of his lesbian friends."

The most hurtful family-related homophobia, however, happened at an otherwise-happy occasion – the wedding of his close first cousin's daughter – in Seattle about ten years ago.

"I was so pleased to be included in this celebration," Clancy says sadly, "but it took a powerfully negative turn at the time. Because I was family, we were at the reception early getting things organized. The bridal couple had a platter there, inviting guests to engrave their names so my second cousin and her husband could always remember who was there celebrating with them. I proudly wrote 'Clancy Woolf' and then spent much of the next few hours with another fun and effervescent cousin. After the wedding, we were back at the reception area and somebody had added three capital letters, making it 'Clancy WoolFAG'. My heart sunk. I would've left on the spot if I'd had transportation. Subsequently, though others said they thought they knew which family member had done the platter graffiti, it still hurts me deeply when I think about it."

Clancy found his way to California in 1985, when he took a solo four-day trip to San Francisco.

"I'd heard that men into older men could find them at Sutter's Mill or the Swallow," Clancy recounts. "I saw these distinguished-looking older guys with sport coats, laughing, having a good time, healthy and inspirational. I was in heaven, like the proverbial kid in a candy store! On one of my first visits to Sutter's Mill – while I was still living in Salt Lake – a man who offered me some pretzels also gave me his phone number. I called him the next day and we began a long-term mostly-platonic relationship immediately. He had two homes: one on Union Street in SF and a house near Los Altos down the peninsula. He came to visit me in Salt Lake, where he got a quick tutorial on Mormonism, when he wanted to visit the Temple and wondered where the 'golden plates' were on display – rather than having been swept off to heaven. I moved out to San Francisco within a year after my first trip out here. For a couple years, I lived in my friend's house down the peninsula – \$50 a month plus sharing expenses – but decided I needed to use what I'd saved to get my own place. I bought a condo in San Jose."

After “job-shopping” for a few years as a draftsman with firms in the Bay Area, Clancy landed a full-time position with City of Palo Alto, a post he held from 1993 until his retirement in 2010.

“I commuted from San Jose to Palo Alto for many years on the Capital Corridor,” Clancy recalls, “until our offices were moved out of town. Meanwhile, in 1996, I met the love of my life, Bill Heck, on a providential visit to Baker Beach. I had regularly read the *Bay Guardian’s* guide to beaches – nude and otherwise – in the Bay area. I had seen a photo of this stunning older man, who became my dream fantasy. One day, after an uneventful trip to Muir Beach, I decided – on a lark – to check out Baker Beach rather than return immediately to San Jose. And there – walking down that beach – was that very man of my dreams walking toward me! That began our 22-year loving relationship, including our 2015 marriage.”

Bill was seeing other men at the time. About a year later, he asked Clancy to move in with him.



Clancy and Bill at Ski Lodge, Whistler, BC, 1998

“That commute between Alameda and San Jose was getting old to both of us,” Clancy says. “When he called me one day to make sure I’d made it back safely, our discussion soon turned to our living together in his Alameda home. During those first few years, we traveled together a lot. Since we were both avid skiers, we hit the

slopes in Canada, Colorado, Tahoe, Wyoming and even as far away as Bariloche in Argentina. We joined a Gay Ski Group. We traveled throughout Europe together. Since he’d been an international school teacher for the U.S. government, he had much more experience traveling than I did. So it was particularly delightful to see him smiling at the joy in my eyes when I saw Venice or the Champs Elysée for the first time!”

During their many travels, they encountered bold/rude questions about their relationship.

“It’s been surprising to me how worked up people – even in the gay community – can get about my relationships with older men,” Clancy wonders out loud. “We were traveling on a ski trip in Argentina when a couple behind us demanded to know ‘the nature of our relationship.’ For one thing, it isn’t anybody else’s business; but for another, why does it matter to other people? Even hospital staff have asked ‘is this your father?’ My answer was ‘he’s my husband.’ There may be some who think I’m a gold-digger – waiting eagerly for some old man to die and leave me wealthy perhaps? I worried that even Bill’s sister – who pre-deceased him – had that question. But I retired from my job in 2010 in order to take care of Bill, whose health began deteriorating that year. The life of a full-time caregiver can be a difficult and lonely one, I can say from first-hand experience. For nearly eight years, I dealt all day with doctors, dialysis, diapers and IV stands. We got out as much as possible – like to the Lavender Seniors Third Friday Lunch Bunch – but our international travel stopped with our last trip to Italy.”

Clancy and Bill got married in 2015 soon after the Supreme Court decision in

Obergefell.

"I pulled the covers back on my side of the bed one night and noticed something fall onto the floor," Clancy says. "It was a jewelry bag containing two boxed wedding rings. Turns out one of Bill's attendants had taken him shopping for these symbols of our togetherness and had him place it under the covers. He and I laughed about it. He said his only reservation about getting married was that he wanted to make sure there was a Catholic funeral mass for him after his death. Having agreed to that, a few days later I woke Bill up and said, 'shall we go get married today?' He said an enthusiastic 'yes' and we headed for the Oakland City Hall, where we finalized things the day after the Supreme Court decision! It was a great day!"



Clancy and Bill, Wedding Day, June 2015



Clancy, Frank & Laurent at Morris's 97th birthday, 2019

After Bill's death in 2018, there was a Memorial Mass at St. Philip Neri in Alameda, as promised. Clancy spent the next year or two trying to rebuild his life. Among the friends he connected or re-connected with – some via Lavender Seniors – was Morris Simpson, who turned to Clancy for assistance for the last year or so of his life (he died in March 2022, three months shy of his 100th birthday). Clancy has also volunteered to assist various older gay men who he'd come in contact with during his 22 years with Bill.

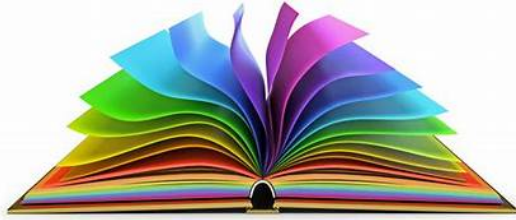
Clancy doesn't have too many things left on his bucket list.

"I want to learn to ride a unicycle, of course," Clancy responds jokingly. "I don't have much travel in my future, although I might like to see Japan. I hope I can help educate people about those of us who are attracted to older men. I can't explain why it is, just like people can't explain why they're gay or straight or bi or into redheads or into tall people, short people or whatever. It's just who we are. It's more than sexuality – it's a way of being. There seems to be a bias – even in the gay community – against older people. I don't understand it, particularly since most of us acknowledge the wisdom of people who have experienced more than we have. I think we can all do a better job at compassionate acceptance of people of all gender identities, sexualities, races, backgrounds, ages and so on. It would make us all better people!"



Clancy at Salt Lake Pride, 2019

Thank you, Clancy, for sharing so much of your life's story with Lavender Seniors and for your ongoing commitment to voluntarism in the LGBTQ+ community.

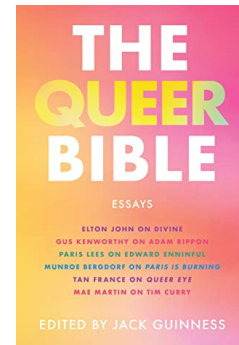


BOOK REVIEW

The Queer Bible: Essays

By Jack Guinness

Here we find stirring examples by writer Mark Moore. He challenges the typical examples of the stereotype of the nelly male who swishes around other males looking for constant sex. Wild behavior was like a drug. A special example was Dirk Bogarde as a closeted homosexual in the film Victim (1961).



Comedian Danny La Rue took gay comedy into London's West End theatres and television.

Readers of all sorts will be taken by this book. Don't miss it.

- Frank J. Howell

BONUS BOOK REVIEW



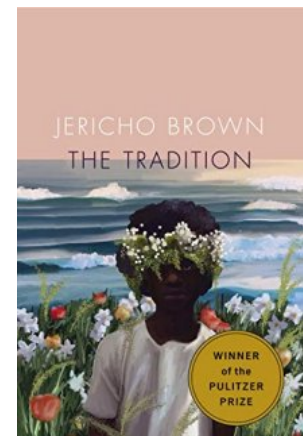
The Tradition

By Jericho Brown

This 2020 Pulitzer Prize-winning book of poetry by a black gay man broaches the many 21st century problems confronted, particularly by black and LGBTQ+ people in our society. He touches on mass shootings, police misbehavior, homophobia, HIV/AIDS, lynching, and many other issues that continue to plague Americans around the country. On awarding the Pulitzer in 2020, the judges described the book as "a collection of masterful lyrics that combine delicacy with historical urgency in their loving evocation of bodies vulnerable to hostility and violence."

One of the recurrent themes in this award-winning masterpiece by Jericho Brown is the tendency among gay men to abandon the men they love after they have had their way with them. He invokes what appears to be childhood physical abuse by both his father and his grandmother, though he also seems to have learned a lot of life's lessons from each of them.

Brown is credited with combining the traditional sonnet, the blues and (a new term for this reviewer) the ghazal, described as "Originally an Arabic verse form dealing with loss and romantic love, consisting of syntactically



and grammatically complete couplets, the form also has an intricate rhyme scheme." In one of the reviews of his work, he is credited with being a "poet of eros, who wields this power as never before, reaching the very heart of our cultural crises."



In one of his several "Duplex" poems in this poetry volume, two of his couplets that some gay men may relate to:

Here is one symptom of my sickness:
Men who love me are men who miss me.
Men who leave me are men who miss me
In the dream where I am an island.

Brown, Director of the Creative Writing Program at Emory University in Atlanta, laments that we have become a culture accustomed to terror: in the bedroom, the classroom, the workplace, grocery stores, places of worship and the theater, while also trying to cull some beauty from what can otherwise seem like the wreckage of so many lives.

A thought-provoking collection, for certain! Along the way, he evokes memories of black poet, Essex Hemphill, lynched/martyred Emmett Till and the relationship between Patrocles and Achilles in ancient Greek mythology. One particularly bittersweet poem, "Good White People," describes those rare occasions when his grandmother described ever feeling like she was treated with respect by white people, who might open the odd door for her.

-- John David Dupree (he/his/his), Oakland, CA

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



Completing a Document On-Line Together?

Developing Advance Health Care Directives

Between Second Saturday Rainbow Lunch and Third Friday Lunch Bunch this month, Lavender Seniors will be helping walk participants through various steps seniors might want to consider as we acknowledge we're no longer in the spring or summer of our lives. Developing Care Directives will be discussed during the Second Saturday Zoom session and End of Life Options will be discussed at the Third Friday Zoom session (see separate newsletter article below).

This month's Second Saturday presenter is suggesting that each participant come to the session armed with the documents necessary to at least tentatively complete them, facilitated by an expert in the area, Janet Thompson. Lavender Seniors will e-mail or snail-mail all regular participants a copy of the appropriate forms to be looking at while we are on-line together. Anyone who wants a copy sent to them should contact Karen@LavenderSeniors.org or at 510-388-2992, leaving e-mail or snail-mail address and phone number by the 8th of August to ensure delivery prior to the meeting.



Janet Thompson, certified by the Coalition of Compassionate Care of California, has been a trainer for The East Bay Conversation Project of Contra Costa / Alameda Medical Association to promote understanding and engagement in "The Conversation" about advance care planning. Currently a Senior Living Counselor at St Paul's Towers, Janet has been a consultant and Community Relations Director 20+ years at Senior Living facilities throughout the Bay Area.

Janet believes strongly that advance care planning – while we are still well and for our own peace of mind – is an important part of one's personal health responsibility, subject to review as our life circumstances may change.

Advance Care Planning and End of Life Decisions enable individuals to make their health care wishes known to health care agents, medical professionals, family and friends. It gives health care providers the tools to create a care plan that meets both treatment and quality of life goals when you might not be able to speak for yourself. It also helps reduce confusion, conflict and feelings of insecurity among those who want to respect any final wishes you might have.

She'll explain the value of a Physician Orders for Life-Sustaining Treatment (POLST) document.

She has observed the difficulties that can ensue if seniors assume that "things will

work themselves out” when, for instance, a couple designates each other as health care agent but each subsequently develops moderate to severe dementia.

Janet is here to take us from creating plans “when I get around to it” to “I’ll finish my advanced care plan with a little guidance by the end of the week!”

Here are Zoom coordinates for Saturday, 13th August, from 12 noon until 2pm. Please note that we have reserved the time/date for the rest of the year through Saturday, 10th December 2022:

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

Topic: Second Saturday Rainbow Lunch: Developing Advance Care Directives

Time: Saturday, August 13th, 2022 – 12:00 PM Pacific Time (US and Canada)

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



Facing Difficult “End of Life” Decisions

Many of us have watched our parents, grandparents, aunts, uncles, other family members and friends face difficult “end of life” decisions. Some of them have experienced protracted bouts of illness (e.g., Alzheimer’s, Parkinson’s, Cancer, Stroke, Heart, Kidney or Liver Disease); others have had a sudden death while shoveling snow or a peaceful death in their sleep. And there are examples of everything in between. Though we may know intellectually that all of us will pass on one day, none of us knows how or when. Californians approaching the end of life – no matter how old they are – now have some options to consider.

In 2016, California followed the lead of its progressive neighbor to the north and passed the End of Life Options Act, effective June 9th that year, making it the fifth state in the country to adopt such legislation. There are now 11 states and jurisdictions in the U.S. that support medical aid in dying. This Act was renewed and enhanced earlier this year. Knowing what options might be available through this Act – including the potential for medically-assisted death – may be worth learning about. The Act empowers a person to choose a death

with dignity.

For the Third Friday Lunch Bunch on 19th August, we will have a well-versed team of experts on this subject making a presentation to us after our check-ins.

- Stewart Florsheim, Board Member, End of Life Choices California
- Ann Gordon, Practice Leader, End of Life Option Program, Kaiser Permanente, NCal

They will help us answer at least the following questions, plus be available for a robust Q&A session after their presentation.

- What does the act cover and how has it changed this year?
- What are the other legal options available in California at the end of life?

For more information:

<https://endoflifechoicesca.org/>



Following are the Zoom coordinates for this month:

Topic: *End of Life Choices in California*

Friday, 19th August 2022 – 12 Noon until 2pm Pacific Daylight Time

Join Zoom Meeting

<https://us02web.zoom.us/j/85235825964?pwd=WmptRG5SSU2RDVUNyQ1hFWGM2NlZOQT09>

Meeting ID: 852 3582 5964 – Passcode: 569546

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

Meeting ID: 852 3582 5964 – Passcode: 569546

We look forward to hearing more about this recently-renewed and enhanced Act from those who know most about it.



Save the Date! Take Some Action for Meeting In-Person!

**Third Friday Lunch Bunch Resuming
in October!?**

For most of the 21st century – until Covid reared its ugly head in March 2020 – the North Oakland Senior Center played host to the Lavender Seniors Third Friday Lunch Bunch on the third Friday of every month. During those gatherings – attended by anywhere from 10+ to 100+ LGBTQ+ seniors, their allies, families and friends – would receive a nutritious meal and plenty of social interaction eating at round tables, which facilitates conversation. Then, after five minutes for community announcements, the program would be

turned over to presenters who might be offering education or entertainment (sometimes both) for 20-40 minutes, followed by a usually-robust Q&A period before closing out at/around 2pm.

Since March 2020, Lavender Seniors has continued hosting this program on Zoom (minus the nutritious meals, of course), featuring check-ins from each participant, followed by engaging education and/or entertainment and Q&A. Many of us have barely started creeping quietly out of our homes – even fully-masked, double-vaxed and boosted – reluctant to enter theaters, concert halls, religious facilities or even indoor restaurants while Omicron BA-5 persists.

Earlier this summer, North Oakland Senior Center approached Lavender Seniors to inquire about whether we might want to resume in-person meetings at the facility (5714 Martin Luther King Jr Way) beginning on the 21st of October. Because of scheduling issues, the meetings would have to resume at 12:30-2:30 pm instead of the former 12-2 pm timeslot. The Center Manager, Kayla Brown, has suggested that – weather-permitting – we hold the first meeting at tables set up outside on the patio – perhaps with individually-wrapped lunches – just to begin easing our way back inside the facility for the winter months. If there is enough interest – and comfort – with meeting together again face-to-face, we would likely move inside to either the old dining room or to the larger Multi-Purpose Room, depending on level of interest. If, for instance, we only have 30 people show interest, our old meeting space might be sufficient. If we have more than that, we might need to pursue engaging the larger meeting space, allowing room for social distancing in the era of Omicron BA-5.

Kayla has listed a number of city-mandated requirements needing to be met before this could be finalized. For instance, if someone attends the outside patio meeting in October, she/he/they would come in through the gate, but not yet be allowed to enter the building in order, for instance, to use rest-room facilities. People would have to be formally registered with the Center before being allowed inside. Following is the list of city/NOSC requirements.

Requirements for participants:

- Mask must be worn throughout the Center, **except** when eating in designated area.
- Must be an active NOSC member (still-friendly cost of \$12/year), paid by check, money order or exact cash preferred. Credit cards not accepted, though reflected on form. Non- members would be welcome to set up an appointment or come to the Center M-F, 10am-2pm. A membership form can be found here: (cao-94612.s3.amazonaws.com) (If the \$12 is a challenge, any person interested in attending is welcome to reach out to Kayla by email or phone and she will work with them directly and privately.)
- Must have proof of Covid-19 vaccination. Currently, boosters are not required, though that could change before October, depending on health department protocols.
- Must take temperature and check-in at the kiosk with their membership key tag when they come to NOSC.
- Contact can be made with NOSC/Kayla at: KBrown3@oaklandca.gov or 510-597-5085
- Questions to Lavender Seniors at: JohnDavid@LavenderSeniors.org or

510-736-LGBT (leave name, phone number and e-mail address, if available, to be contacted).

Following is the flyer NOSC has graciously developed to welcome us back in October.

Lavender Seniors
3rd Friday
LUNCH
BUNCH

 Join us for community, connection,
lunch and fun!

 3rd Friday's every month
12:30pm-2:30pm

 At the North Oakland Senior Center
5714 Martin Luther King Jr. Way
Oakland, CA 94609

 Sponsored by:  

 NOSC membership, proof of vaccination and mask
covering nose and mouth required in the building.

Questions?
email: [johndavid@lavenderseniors.org](mailto: johndavid@lavenderseniors.org) or 510-736-LGBT (5428)
NOSC 510-597-5085, M-F, 9a-3p or [nosc@oaklandca.gov](mailto: nosc@oaklandca.gov)

CORONAVIRUS UPDATES
Get the latest news from our Public Health Department



Public Health - Emergency Medical Services - Behavioral Health - Environmental Health
Homeless Care & Coordination - HealthPAC - Center for Healthy Schools & Communities

Week of July 18

Alameda County Health Care Services Agency
Update

Please share with your networks

Alameda County continues to see a high number of COVID-19 cases among residents. Wearing a mask indoors protects against infection, especially when the virus that causes COVID is circulating at high levels in our communities. *Hear from [Tiburcio Vasquez Health Center CEO Andrea Schwab-Galindo](#) and [Alameda County Health Officer Dr. Nicholas Moss](#) about masking for your health and those around you*

Despite high case numbers, many residents are returning to pre-pandemic activities. We encourage you to safely engage in activities that bring you joy by taking steps to protect yourself and others. If [traveling](#), reduce your risk of infection or spreading the virus by wearing a mask, testing before and after travel, and staying home if sick or positive. Staying up to date on your and your family's COVID-19 vaccine doses can prevent severe illness during or after travel if you do become infected. *Watch this [video from Roots Community Health Center](#) on best practices for gatherings*

Families are also preparing for the start of a new school year, and we've gathered resources and messages, including a COVID-19 guidance video series, to support a healthy start to the school year that you can use with your communities in a [Back-to-School toolkit](#).

Lastly, we would like to provide you with a situation update on monkeypox in Alameda County. As of July 20, there are 35 cases among residents. This does not include cases reported by the City of Berkeley. Many cases in the U.S. currently appear within networks of self-identified gay and bisexual men and transgender people. People in these networks are currently at higher risk, though people of any sexual orientation or gender identity can become infected and spread monkeypox. See [Monkeypox - What You Need to Know](#)

As always, thank you for your support. Help us distribute this information to others by sharing this newsletter.

[Alameda County Dashboard](#)
[Public Health Department Website](#)





August 27-28

SVPRIDE.COM

Plaza de César Chávez Park
Downtown San José



OAKLAND PRIDE 2022
SATURDAY SEPTEMBER 10 -
SUNDAY SEPTEMBER 11, 2022

Oakland Pride is returning in-person for 2022!





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

Next session:

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



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,

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

Newcomers Welcome

Mondays,

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.



**Save
the
Date**

Out Standing Seniors - Hayward - Sponsored by Pacific Center

August 2 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

August 2 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

August 4, 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

August 4,11,18,25 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

August 3,10,17,24,31 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

August 5,12,19,26 - 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

August 9 & 23 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

August 10 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

August 13 12:00 - 2:00 p.m. (Advanced Healthcare Directives - see info above for joining us via Zoom)

Tri-Valley Rainbows - Sponsored by Pacific Center

August 18 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

August 19 12:00 - 2:00 p.m. (End of Life Choices in California - 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)

Friendly Visitor Program: (510) 424-7240 or

karen@lavenderseniors.org

Mailing Address:

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