



LAVENDER NOTES

Newsletter of Lavender Seniors of the East Bay

Volume VIII, No.7 – July 2003

A Volunteer Services Program — project of The Tides Center

• 1395 Bancroft Ave. • San Leandro, CA 94577 • (510) 667-9655 •

Report from Senior Services Coordinator

by *Suzi Kalmus*, Coordinator

While I was standing in line at the Castro Theatre for the LGBT Film Festival in San Francisco, an old friend (whom I hardly recognized) came up to me, giving me a big hug. "How are you, Suzi?" she asked. "And are you staying off the free-ways?" We both chuckled and then the real discussion began. When I explained what I was doing, and how Lavender Seniors works, she was thrilled. "I want to do that," she offered. Another friend came up to us, and joined in, also wanting to volunteer, to help, to connect.

This is how it happens. People entice people to volunteer. So, if any of you have friends who don't (as yet) know about us, just call ONE friend, and tell them about this fabulous program! We can use their help.

We have a steady group of speakers, but we need more, so that the same people don't have to do it and can get a break. We've lost a few people (moving, too busy, etc.). So if any of you are interested, that would be fabulous! Don't worry, you will be trained. And after your first panel presentation, you'll be fine! Any hands going up?

We've gotten yet another two participants; one in Oakland (near Rockridge) and another in San Leandro. Are there any volunteers out there in San Leandro who can volunteer an hour or so per week? It certainly would be appreciated – and it's such good "karma."

The monthly volunteer meeting is at 10 a.m. the same day as the potluck – the second Saturday of each month. I hope to see all of you volunteers there! I'm also planning a volunteer orientation/training on July 7th for those Friendly Visitor volunteers who have not been trained as yet.

Are any of you available on Tuesdays in July for a "fill in" Friendly Visiting situation? One of our regulars is going out of town and her participant could use some assistance. Please call me if you can help. Thanks.

Peace and good health to you all!▲

Please take note of our new email address:

lavenderseniors@sbcglobal.net

Volunteer Profile: Bob Lindeborg

By Jeff Vessels, Director

To Bob Lindeborg, family matters in more ways than one.

Whether it's his proud Italian heritage, his participation in Lavender Seniors, his relationship with his boyfriend, his human services work, or his church involvement, creating and sustaining family is at the heart of much in Bob's life.

The 56-year-old San Francisco native and South San Francisco resident decided to get involved after reading a newspaper article about Lavender Seniors more than two years ago. He thought the programs sounded interesting, and he thought he would meet interesting people. Since then, he has regularly attended our monthly potlucks and hasn't been disappointed.

"It's a great way to stay connected," says Bob. "The socialization is fun. The people are interesting. The food is great. And the presentations are informative."

Bob soon found himself as a volunteer in our Friendly Visitor program. He was matched with Oakland resident Peter Hart, who was recovering from a serious head injury at a Fremont rehabilitation center and then at home.

"I enjoy visiting Peter," Bob said recently. "We enjoy some things in common, like going to discount stores." For more than two years, they have spent time together at least every other week.

The story of Peter's recovery and Bob's assistance as a Lavender Seniors volunteer was the focus of a January 2003 feature story in ANG newspaper, a group of eight publications in the East Bay and nearby areas. It's as if history has come full circle: a newspaper article got Bob involved in the Lavender Seniors family, and now a story featuring him is inspiring others.

How did other parts of his created and birth family react to the newspaper article about him?

"Very positive," according to Bob. "It was another part of my coming-out process."

Members of the Buddhist Church he attends were supportive, including an 80-year-old Japanese American woman who wrote him a nice letter. He also received warm comments from several cousins.

'Volunteer Profile' continued on page 3

Lavender Seniors provides a Friendly Visitor service to isolated gay and lesbian seniors. It also presents LGBT educational panels to care providers who offer services to all seniors. Lavender Seniors is a member of the Lesbian and Gay Senior Services Collaborative along with New Leaf Outreach to Elders in San Francisco and Senior Spectrum in Marin. Lavender Seniors is funded by individual donors, Alameda County Area Agency on Aging, Alameda County Leather Corps, The California Endowment, City of Oakland, Richard and Rhoda Goldman Fund, Evelyn & Walter Haas, Jr. Fund, Horizons Foundation, The True North Foundation, Royal Grand Ducal Council of Alameda County and San Francisco Foundation. We gratefully acknowledge this support.

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is the newsletter of
Lavender Seniors of the East Bay
 1395 Bancroft Avenue
 San Leandro, CA 94577
 510-667-9655
 fax 510-667-9909

www.lavenderseniors.org
 lavenderseniors@sbcglobal.net

Mission Statement

The mission of Lavender Seniors of the East Bay is to improve the quality of life of older gay, lesbian, bisexual, and transgendered residents of Alameda and Contra Costa Counties through community outreach, advocacy and education.

Advisory Board

Frank Howell & Ina Mae Murri,
 Co-Chairs
Jeanine DeBacker, Secretary
Bobbie Jarvis, Treasurer
Meg Bruynell,
Eugene Marangoni,
 and *Natalie Zarchin*

Next Advisory Board Meeting:

July 8, 7 P.M. at our office

Interested persons are welcome to attend this meeting; public comments will take place at 7 P.M.

Project Director,

Jeff Vessels

Senior Services Coordinator,

Susan Kalmus

Administrator, *Nancy Fugett*

Editor, *Bert Hendriksen*

There are no membership dues. All persons over 55, their partners, and guests are welcome. The cost of mail makes it necessary to request a donation of \$15 dollars per year to receive the newsletter. Visitors or persons interested in learning more about Lavender Seniors may receive the newsletter for three months without charge. None will be turned away for lack of funds.

Signed articles represent the opinions of the authors and not necessarily those of Lavender Seniors of the East Bay.

Inclusion of a name in this newsletter does not necessarily indicate a person's sexual orientation or gender identity.

Subscription Renewals

When renewing your subscription, please make the check payable to **The Tides Center/Lavender Seniors**

City of Oakland Awards \$32,073 to Lavender Seniors

The City of Oakland has awarded Lavender Seniors a one-year \$32,073 grant to Lavender Seniors for outreach to Oakland's racial and ethnic minority LGBT seniors.

"This grant from the City of Oakland will help not only Lavender Seniors but also city officials and other community organizations to better connect with the most underserved and frequently overlooked LGBT senior populations," said Jeff Vessels, MSSW, Director of Lavender Seniors of the East Bay.

The goal of the grant is to increase access to effective and culturally competent senior services and facilities for Oakland's LGBT seniors, especially those in communities of color.

The grant supports a new half-time Outreach Specialist position to work with LGBT seniors in Oakland's African American, Latino, Asian, Pacific Islander, and Native American communities. We hope to have the Outreach Specialist onboard by the end of July.

The Outreach Specialist will establish lasting relationships between Lavender Seniors and the five priority populations, as well as learn about and report on barriers to and gaps in mainstream health and human services.

The Oakland City Council approved the funding based on a recommendation from the city's Commission on Aging. This is the first time in three years of requests that the city has funded Lavender Seniors.

A project of the Tides Center, Lavender Seniors is funded by individual donors, Alameda County Area Agency on Aging, Alameda County Leather Corps, The California Endowment, City of Oakland, Richard and Rhoda Goldman Fund, Evelyn & Walter Haas, Jr. Fund, Horizons Foundation, The True North Foundation, Royal Grand Ducal Council of Alameda County, and San Francisco Foundation.▲

Poor Circulation?

Many people suffer from poor circulation, or a reduced blood flow to certain areas of the body. Though everyone is likely to experience some circulatory problems on an infrequent basis, people with more extensive problems may have to endure discomfort on a daily basis.

Hands and feet that get cold very easily are common signs of poor circulation. More extensive impairment can show up as bulging bluish vessels in an aching leg or sudden pain in the calf while walking. Further deterioration in the circulatory system may result in tissue breakdown, ulceration, and gangrene. However, these more extreme outcomes are not that common, and often the malady can be stabilized by surgery or other treatments.

Certain conditions and habits place a person at higher risk for hardening of the arteries, which is a major cause of poor circulation. Some of the primary risk factors are increased age, being female, diabetes, high blood pressure, obesity, smoking, and prolonged periods of sitting or standing.

More serious circulatory problems require medical intervention, but there are things you can do to improve circulation on your own. As with any other health condition, regular exercise and good nutrition (low fat and high fiber) help to keep the body in balance. In particular, yoga has been found to improve blood flow and ease the pain or discomfort associated with poor circulation. Certain herbal therapies also have demonstrated beneficial results in improving circulation (consult a nutritionist for details). Additionally, please remember that eliminating or reducing harmful habits, such as smoking and being a "couch potato," will go a long way in alleviating circulation problems.▲

(From *The Link*, Emeryville Senior Center, April 2003)

Volunteer Profile

(continued from page 1)

A second-generation Italian American, Bob was raised mostly by his mother, his mother's parents (who had immigrated to this country), and his stepfather. He learned both Italian and English at home. It's probably not surprising that Bob's favorite travel destination is Italy, where he also spent a semester during college years.

In addition to travel, Bob enjoys spending time with his friends and his boyfriend, Bob, of more than a year, playing the mandolin, and exploring genealogy. He takes particular delight in locating long-lost relatives, having recently contacted a distant cousin in Georgia. His genealogy work also revealed one source of his social consciousness. His Swedish great great grandfather participated in the 1855 Bread Riot there and served a five-year prison sentence.

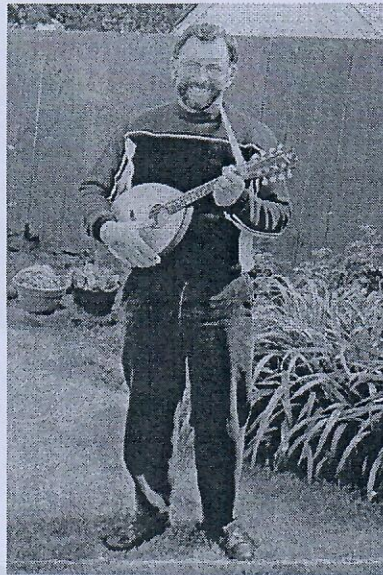
Bob also credits his own personal experiences during high school and the injustices he learned about during the 1960s, including the 1967 Summer of Love. In fact, the level of activism and social consciousness among LGBT seniors is the biggest, most pleasant surprise Bob has found in the Lavender Seniors family.

"I had a stereotype about more-senior seniors," he says. "I'm surprised by the number of activists and outspoken people, and I really enjoy that. My experiences with straight seniors were very different. I didn't see the same level of activism and social awareness."

As a consultant with the Santa Clara County Equal Opportunity Department for the past two years, Bob puts his life experiences, Associate of Arts degree, Bachelor of Arts degree in Social Welfare, and Masters of Public Administration degree to good use. In his job, he completes the county's equal opportunity employment plan and develops policies pertaining to diversity, sexual harassment, and related issues. He re-

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turned to work for the county as a consultant four years ago, at their request, after he retired following a heart attack in 1996. Previously, he worked in the County Executive's office as a management analyst and for the Santa Clara Social Services Department as an eligibility worker for single parents, the blind, seniors, and their families.

Following a 2-1/2 year marriage to his best friend in college, Bob divorced in 1975. Later that year, his first visit to a gay bar was "a moment of enlightenment for me." He recalls thinking, "Wow, here's a whole new world that I've never been a part of at all."

Ten years prior, he had graduated from South San Francisco High School, where he had a much different experience. He felt isolated and very different, like he was the only gay person there. In college, he realized he wasn't alone, but he didn't meet others like him. At age 22, a neighbor in San Jose was the first openly gay person he met. Isolation is tough to deal with at any age.

"Lavender Seniors is very supportive, and people respect your confidentiality," he says. "You can reveal what you want to reveal about yourself."

"All of us can learn from one another – especially from elders. And it's just enjoyable being connected and involved."▲

PRIDE CELEBRATION Gets Only New Grant

HAYWARD – A pride celebration for Hayward's gay community is the only new community event the city is funding in the upcoming fiscal year.

"Hayward has one of the largest gay communities outside of San Francisco," said Mayor Roberta Cooper, justifying funding for the new event.

Each year, as part of Hayward's Community Promotions Program, the City Council awards grants for events and activities that benefit Hayward residents.

As in the current fiscal year, the city will award \$180,000 worth of grants to community organizations in the 2003-04 fiscal year, which starts in July. The council followed a staff recommendation in approving the recipients.

All but one of the current year's 14 recipients applied for and received grants for next year.

Their events and activities include Admission Day Celebration, Art Education Exhibition Facility, Hayward Arts Council's Arts Promotion program, Cinco De Mayo Celebration, Martin Luther King Jr. Birthday Celebration, Fourth of July Celebration, Hayward Concert Series, Hayward Russell City Blues Festival, Hayward Volunteer Recognition and Awards Dinner, Memorial Day Service, Youth Orchestras of Southern Alameda County, Pacific Chamber Symphony Signature Concert Series, Veterans Day Observance, and Music Academy's Music Program.

That left just \$5,000 in the pot to award a new applicant, and the Light-house Community Center's new LGBTI (Lesbian, Gay, Bisexual, Transgender and Intersex) Pride Celebration was the winner.

The Hayward LGBTI Pride Celebration, to be held downtown on a Saturday night in early September, will honor the city's large and active gay community in an old-fashioned block party. "This celebration will be an event that really symbolizes that Hayward's gay

'Pride Celebration Grant' on page 5

Advertising rates are \$1 per line on a three-column page, \$10 for a business card-size advertisement; 50% discount for subscribers.

Please note our new email address:

lavenderseniors@sbcglobal.net

'Lavenders' Provide Input

Lavender Seniors participants expressed general satisfaction with our programs in a recent survey.

Fifty people responded to a survey we mailed in March to those who have attended potlucks, attended a Speakers Panel workshop, or participated in our Friendly Visitor program.

One-half of respondents said they feel less alone as an LGBT person as a result of participating in Lavender Seniors programs. Nearly 75% said they feel more connected to the LGBT community. And 76% said they have access to information about other programs and services for seniors in the East Bay as a result of their involvement with us.

The Advisory Board has reviewed the report and discussed ways to address areas for improvement and to further strengthen the programs that appear to receive the most positive feedback.

For a full report of the survey results, please contact the office.▲

'Caregiver Training'

May 2003 potluck presentation

Celi Adams is a very determined woman with a mission. In 1988 she saw a need for caregiver training when a close friend of hers was struggling with AIDS. The medical system frequently gave her the runaround and viewed her efforts in a condescending way. As a former nurse, this frustrated her even more. The Center For Caregiver Training was the result. The center offers a series of class meetings, free of charge in San Francisco, for people dealing with any life-threatening illness.

The course covers areas such as: **Managing Symptoms and Side Effects, Building A Personal Support Team That Will Last, Navigating The Medical Care System, and Ask That Nurse.** The Center For Caregiver Training is located at 1320 Divisadero Street, San Francisco.

Phone 415-563-9286, FAX-415-563-9288, Email: hcc1988@aol.com. If you are overwhelmed with caring for an ailing partner give Celi a call. You'll be glad that you did!—Frank Howell

Lavender Seniors Wish List

Make a difference. If you or anyone you know can help us with any of the following items or services, please contact us. Thanks!

Goods:

- Paper and plastic items (plates, napkins, cups, plastic utensils, etc.).
- Reams of white copy paper, 20 lb., 8-1/2 x 11.
- Sodas and bottled water.
- Computer printer ink cartridges, HP inkjet print cartridge #23 (color) and #45 (black).
- Reusable mylar wall calendar.

Services:

- Volunteer for our Friendly Visitor program and be matched with an LGBT senior who has requested in-person and/or telephone support. (Volunteers can be of any age.) Or sign-up if you would like to be matched with a volunteer.
- Work with our Senior Services Coordinator, Suzi Kalmus, to arrange and produce Speakers Panel presentations about LGBT senior issues.
- Interview LGBT seniors and Lavender Seniors volunteers and write an article for our newsletter.
- Work with our Director, Jeff Vessels, to research grant opportunities and prepare grant applications.
- Inquire about positions on our Advisory Board. To expand our diversity, we are particularly seeking candidates who are male, of minority race or ethnicity, and who may have non-profit board experience.▲

This newsletter was created in **Adobe PageMaker 6.5**; a PDF file of this and earlier issues are available from our website for viewing in **Acrobat Reader**. Visit

www.lavenderseniors.org/newsletter

¡Happy Birthday!

Don Hancock

Carol Parker

Jerry Washington

July 1

Bill Swenor

July 6

Dick Colton

Vern Nelson

July 11

Patricia Sousa

July 12

Bea Howard

July 13

Tom Long

July 15

Abel Foster

Nancy Fugett

Emiko Midori

July 16

Cynthia Dunn

July 19

Grant Brown

July 25

Susanna Kelly

Jennifer Sprinkles

July 26

Thomas A. Daniels

July 27

Patricia Mahaffey

July 28

Rick Bolton

July 31

Saturday • 12 Noon • Potluck Meeting
• Program at 1:15 P.M. • July 12 •

Your name begins with the letters

A through I — Bring a Main Dish

J through R — Bring a Salad

S through Z — Bring a Dessert/Fruit

San Leandro BART station shuttle is available. Call voice mail day before: 667-9655 to arrange pickup.

Presentation of the Month:

Christina Cappelletti, head of the *Lambda Youth* project, will present a panel of teen gays who will tell their stories about coping with peer pressures in school, coming out to parents, the meaning of first love in their lives.

Lambda Youth is a division of **Project Eden**, which is partially funded by the City of Hayward and the Horizons Foundation.

First Federally Funded Gay Senior Center Set to Open

In a deliciously ironic twist, Dubya's faith-based initiatives program has opened the door to federal funding of a day care center devoted to serving the needs of Broward County, Florida's elderly LGBT community. Funding is from the Broward County Council on Aging, and will include federal funds awarded under the faith-based initiatives program. The center will be located in an affiliate of Metropolitan Community Church, and will be run by Sunserve, a social services agency.

Although the center will be open to anyone, its primary population will be the frail elderly of the LGBT community whose primary caregivers need respite or, more commonly, who have no family support. It will provide meals, nursing stations and a vital sense of community. Said pastor Grant Lynn Ford, "Everyone is looking for community ... They want affirmation and to hear someone say, 'you're home.'" The center is set to open in August.▲

(*Lesbian News*, Vol. 28, No 11, June 2003)

**Lavender Seniors
Job Announcement:**

Outreach Specialist

Lavender Seniors invites qualified applicants for the position of Outreach Specialist. This new position is made possible by a one-year grant from the City of Oakland. The position, which reports to the Director of Lavender Seniors, is available on or about July 1, 2003, depending on availability of funds from the City of Oakland.

Position and Outreach Project Goal:

To increase access to effective and culturally competent senior services and facilities for Oakland's LGBT seniors, especially those in communities of color.

For complete specifications and manner of applying, please visit our website:

www.lavenderseniors.org/index

or contact Jeff Vessels, Director, at 510-667-9655.



Pride Celebration Grant

(from page 3)

community 'has arrived,'" said Lighthouse representative Mary Lavelle in a grant application. "But most importantly, it will send a message to those in the community who are struggling with their identity that Hayward is a welcoming, tolerant and diverse community."

Councilman Kevin Dowling, himself gay, said that while Oakland might have a larger gay population, many services are here in Hayward.

The East Bay's gay population is about 250,000 to 350,000, larger than San Francisco's, according to East Bay Pride, the nonprofit organization that produces the annual East Bay Pride Festival and will be helping with the Hayward event.▲

(Excerpted from a story in the *Daily Review* by Michelle Meyers on May 26, 2003)

Our Mailing List Lavender Seniors does not lend, sell or give away its mailing list to any outside organization.

Your support is crucial to enable the *Lavender Seniors* to continue its role as a vital resource to our community. Please take a moment and send your donation today.

Here's my gift of: \$10 ____ \$25 ____ \$50 ____ \$75 ____ \$100 ____ other ____

Name _____

Address _____

City _____

State _____ Zip Code _____

Home Telephone _____

E-mail address _____

Please make checks payable to
The Tides Center/Lavender Seniors
 and mail to:
 Lavender Seniors
 1395 Bancroft Avenue
 San Leandro, CA 94577

Thank you for your generosity!

☐ Please contact me about including Lavender Seniors in my will. ☐ Please contact me to volunteer.

Community Listings

East Bay Women's Support Group

Meets 2nd and 4th Fridays each month

July 11 and 25: 1:15 – 3 P.M.

Meets at *Pacific Center*,
2712 Telegraph Avenue, Berkeley

Senior Men's Afternoon 1:30 – 3:30 P.M.

2nd and 4th Thursdays

July 10 and 24

**2712 Telegraph Avenue,
Berkeley**

Co-sponsored by *Pacific Center*
and *Lavender Seniors*

Fellows of East Bay

Second Sunday, 5:30 – 8:30 P.M.

Social Club for mature men and their admirers. Monthly Potluck dinner and social held the second Sunday of every month at Oak Center Towers, 1515 Market Street, Oakland.

Bring food and drink to share and a \$4 donation.

July 13

East Bay House to Share

I'm looking for a housemate to share my El Cerrito home. It has 2 BR, 1 bath, views, gardens, laundry, fireplace, dining room. I have 3 indoor/outdoor cats. Rent is \$700 per month (first & last in advance) and includes all utilities and cable.

This is a smoke-free home.

email: nzarchin@aol.com or phone:
(510) 528-0018

– Natalie

Potluck Event . . . Pride Picnic

bring your favorite picnic dish to share
Cull Canyon Regional Park in Castro Valley
Swimming Lagoon area at the Cabaña (same as last year)

Saturday, August 9 Noon – 5 p.m.

East Bay Regional Park entry fee is:

\$3.50 Adults, \$2.50 Seniors & Youth

Free Parking . . . Swimming (not *au naturel*)

Directions: From **I-580 eastbound** in Castro Valley, take the Center St. exit; go north on Center to Heyer, right turn on Heyer to Cull Canyon Rd. and on the left is park entrance. From **I-580 westbound**, take the Castro Valley exit and continue west on Castro Valley Blvd. to Crow Canyon Rd.; turn right on Crow Canyon, then turn left on Cull Canyon Rd. and continue to park entrance on the left.

Don't Ask, Don't Tell, Don't Pursue, Don't Harass!

What's really the present status of gays in the US military?

GLOBE (Gays and Lesbians Organized for Betterment and Equality of Alameda County), the Lighthouse Community Center, and the Service-members Legal Defense Network will hold a panel discussion about the current status of the *Don't Ask, Don't Tell* policy.

The panelists from SLDN will cover topics such as service members' personal stories, legal and civil rights issues, gay linguists, and how this policy affects the nation's military effectiveness.

Saturday, July 26, from 2 P.M. – 5 P.M.

Lighthouse Community Center, Hayward

A question and answer period at the program end.

A donation of \$5 each is requested (but no one turned away)

More details: Eugene Marangoni at 510-475-1125

Meg Is on the Mend

In mid-June, Meg Bruynell received a total hip replacement at Kaiser Fremont. The surgery went very well. Problems of finding pain medication that she could tolerate have been overcome.

Meg has been using a walker for over a year and for the past few months she has been nearly bedridden due to the pain in the hip, but also due to muscle spasms in her upper left quadrant muscle. Now the spasms have been giving her much more of a problem than the hip!

Some days after surgery she was transferred to the Fremont Health Care Clinic. Her telephone number there is 510-739-5482 and she would be delighted to hear from all of you. Check to see whether she is still there if you are planning to visit.

The rehab and occupational therapists have done wonders, with sessions six days a week! Meg is working hard and beginning to feel a bit better.

Meg sends a "Thank you" to everyone who sent cards, phoned and stopped by; especially she sends loving thanks to the members of the Advisory Board who presented her with a beautiful Pine Bonsai! See you soon!—*Bobbie Jarvis*