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Lavender Seniors of the East Bay

a Program of the Oakland LGBTQ Community Center

Celebrating 30 years of outstanding service and positive change



April 2024



Volume 30 Issue 4



It's hard to believe that we are a quarter of the way into 2024! This month starts with Easter and Chavez Day being observed on April 1st (falling on Sunday, March 31st) and everyone's favorite, Tax Monday on April 15th (April fools!). We are looking forward to another awesome Third Friday Lunch Bunch on **April 19th** featuring Stefanie Bonigut from The Alzheimer's Association. *The last day to RSVP will be Tuesday 4/16.*

Thank you to our partners at The Watermark for all of the amazing hospitality and hosting our Social Seniors group every last Friday of the month. Join us **April 26th** for another fun filled Friday. You can find the event and RSVP link in the monthly activities section of Lavender Notes. *The last day to RSVP will be Tuesday 4/23.*

Please be advised that we are continuing to *reinforce our RSVP policy* due to a recent security breach at one of our host facilities.

It is important to understand that we love to host you, your friends and as many community members as possible, but we have a system and protocol in place *for a reason*. Our only request is that all guest(s) RSVP on or before the deadline. This not only ensures a proper head count for food and space but ensures staff and guest safety so we can account for who is entering the facilities and spaces we host as well. All participants receive courtesy reminders in advance and the new registration form allows you to add events directly to your personal calendar(s). Our LGBTQIA+ spaces must remain safe and protected at all times. Thank you for understanding!

Next month is Older American's Month so be on the lookout for some special announcements about Senior focused events to happen throughout the city and county. We will be celebrating *you* all month long! And in tandem with the start of Pride season...what a treat!

In gratitude and love,
Jessie R. Spivey, *Director of Elder Services*



Thank you to our friends at NCTSF for supporting our Seniors with a special matinee of "Unpacking P-Town".



Director of Elder Services, Jessie Ray Spivey and Elder Services Coordinator, Julian Leus with Lavender Legend, Coach Holly Reese at March's Third Friday Lunch Bunch



Sergio Ardilla, LGBTQ Advisor from Alameda County Supervisor Lena Tam's office was also a special guest at March's Third Friday Lunch Bunch.

In Memoriam



Don Green
1936 - 2024

Don Green passed away peacefully with his family by his side on Saturday March 17th, 2024. Don was a resident at The Watermark, Lakeside Park and participated in Third Friday Lunch Bunch, Social Seniors and the Friendly Visitor Program. Although our time with Don was short, we enjoyed meeting and spending time with him. He loved chocolate, balloons and visits from the family dog. We extend our heartfelt condolences to both of his Daughter's Kelli and Leslie and the whole Green family. A private service will be held for family and friends.

SPECIAL
ANNOUNCEMENT



DMV announces changes for Seniors renewing DL

California drivers aged 70 and older face special conditions when renewing or applying for a driver's license.

Senior drivers are required to renew their license in person unless directed otherwise by the DMV. They must undergo a vision test and pass a multiple-choice knowledge exam.

If a senior driver fails the written test, their license could be extended by 30 days unless they retake and pass the test sooner.

A recent change in the law permits those under 80 years old to take the written test online, but they still must appear in person for the vision test.

However, instances arise where a driver's declining mental or physical capabilities suggest they can no longer drive safely. In such cases, anyone can submit a Request for Driver Reexamination.

Confidentiality is protected unless the submission was made with malicious intent. Failure to comply with a reexamination request results in automatic license suspension.

For more info, please visit: <https://www.dmv.ca.gov/portal/senior-drivers/>

Lavender Scrolls Project

Through a new partnership, we are in the beginning stages of developing a new set of Lavender Scrolls. The original Lavender Scrolls Project was started by Lavender Seniors as a way to preserve the history and stories of LGBTQIA+ Seniors in the community.

We are thrilled to continue that legacy by honoring a new group of LGBTQIA+ Seniors from our program and presenting them at a future date.

For more info: info@lavenderseniors.org



Rainbow Buddies Pride Launch



After months of anticipation, we are proud to announce that the Friendly Visitor Program will officially be relaunched as Rainbow Buddies in May, just in time for Pride season to kick-off.

Interested participants can sign up for the Rainbow Buddies Program mailing list to be alerted when the application process opens.

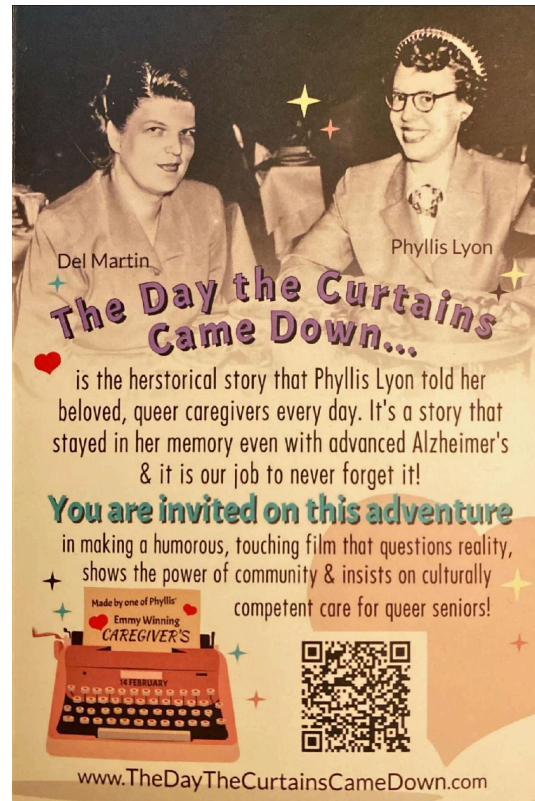
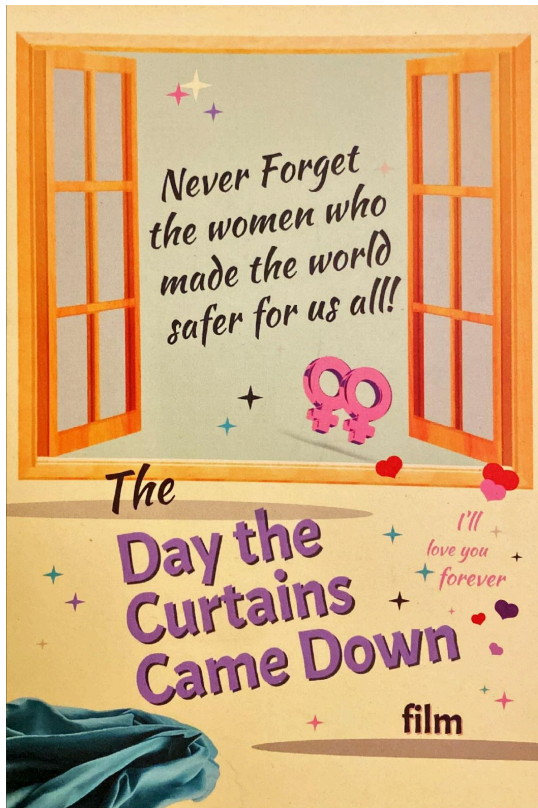
If you are interested in becoming a Rainbow Buddy Volunteer, please sign up for our volunteer mailing list to get recruitment and



Volunteer information session and training dates.

For more info please call 510-882-2286 or visit:
<https://lavenderseniors.org/volunteer/>

Del Martin & Phyllis Lyon Documentary



Phyllis Lyon and Del Martin were pioneering lesbians and helped build a safer world for the queer community. After Del passed, Phyllis' Alzheimer's combined with her ever present feistiness meant that her caregivers faced challenges in taking care of her, which unfolded in a soulful, hilarious, and profound story about queer end-of-life care.

We, the caregivers, entered her reality daily and helped shape it, just as Phyllis shaped ours. Although Phyllis lost so many of her memories, all of her caretakers knew the story of the day the curtains came down because Phyllis retold the same story again and again most evenings when they were going to bed, and she'd see the window without the curtain.

In the earlier days of Phyllis and Del's relationship, not only was being queer illegal, but so was dressing in male clothing if you were identified as female. Phyllis and Del helped found the first national Lesbian Rights organization, Daughters of Bilitis, and they had clandestine meetings in the living room of the house. Many lesbians attending wore "men's" clothing, and they had dances. Phyllis would always say that

back then people couldn't see women wearing men's clothes or women dancing with women. For their safety they had to keep the curtains drawn. When the law was changed, and when society accepted queerness enough for them to feel safe, Phyllis and Del took down the curtains in the window.

Even with advanced Alzheimer's, Phyllis held this monumental moment of their life inside her at the very end of her life. It's a profound moment in herstory for them personally, and for all of us, as a culture.

Since film-maker Deb Svoboda first began gathering footage of Phyllis in 2019, the documentary has primarily been a labor of love. Over several years, Deb now has 4 Terabytes of footage (in other words, A LOT of footage). She still has a couple more scenes to film as well as a few more interviews to shoot. Then comes postproduction and some animation.

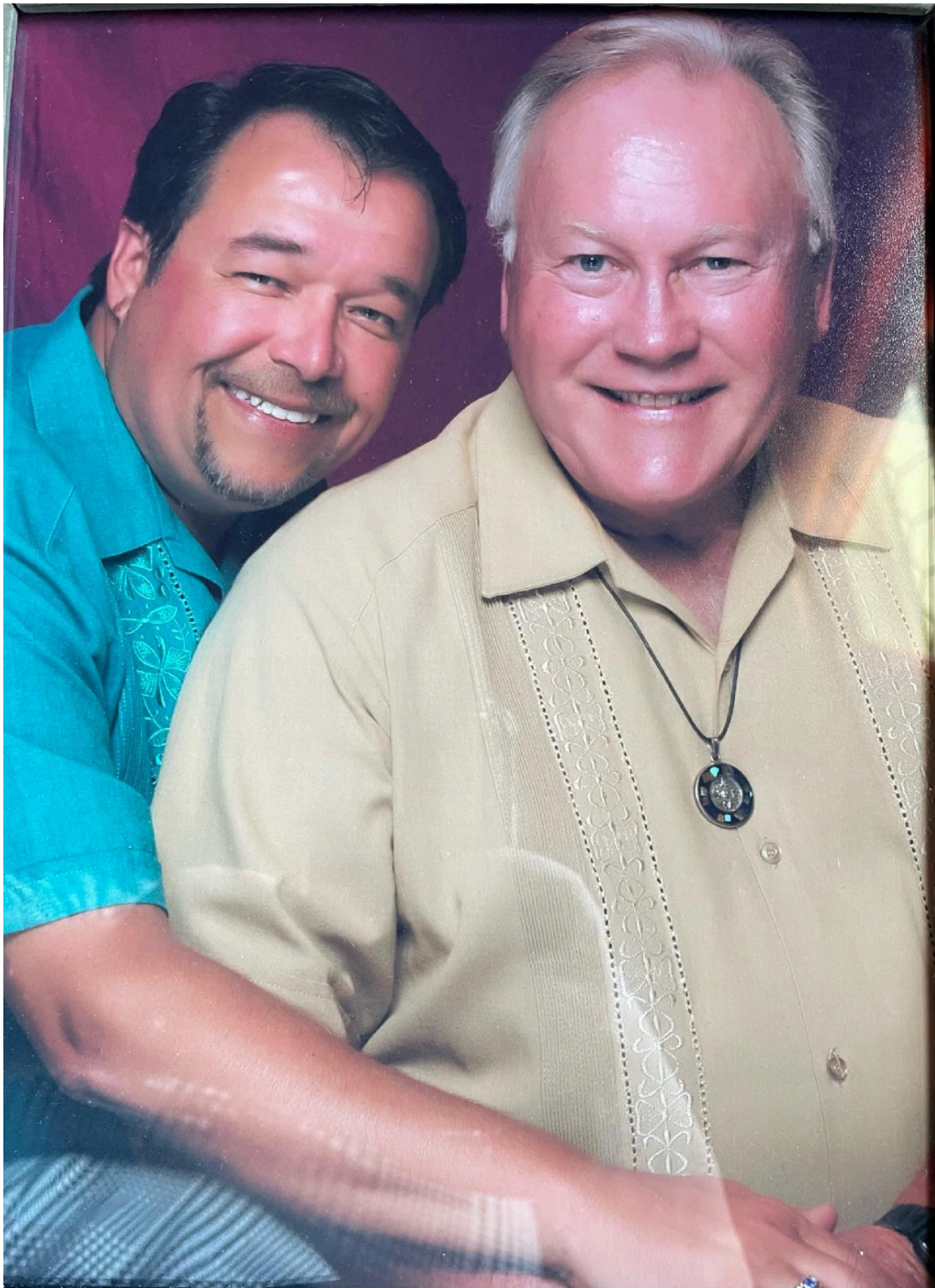
Deb needs to bring other queer creatives onboard to help produce and edit this powerful, rich story that tells the story of not only Phyllis Lyon near the end of her life, but of the importance of culturally competent care, which can be particularly hard for queer our elders, some of whom have to go back into the closet in assisted living facilities. Phyllis Lyon & Del Martin paved the way for us, making the world a better place. Please be a part of keeping their legacy alive. Join us on the journey of honoring this beautiful stage of life and one of the trailblazers of our time.

Please scan QR code or visit: <https://thedaythecurtainscameardown.com/> to find out how you can support.

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STORIES 
OF OUR LIVES

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Douglas Siddall (R) and his Husband, Jorge Bahena (L)

From California Dreamin' to Reality

Douglas Siddall's Canadian father met his Yugoslavian immigrant mother at a barn dance where, "she had come with someone else, but left with Dad." Before they married his dad took classes to become a Catholic. When asking the priest about the church's view on children, he was advised, "they will come." "And, boy did they,"

says Doug who was born in 1951, the second of what would become a family of 9 children in Windsor, Ontario, Canada. Despite his place in birth order, Doug didn't have a lot of responsibility in raising the younger children and was "a bad influence on the younger ones" as the first to leave.

Doug's adolescence was filled with lots of activity. He played football, did long distance running, was editor of the yearbook, and valedictorian. Although he grew up in Canada, "there was only one Canadian television station" in Windsor so his music and television influences were mostly American. He delivered the Detroit Free Press before school and worked in a men's clothing store after school. There are two memories from the age of fourteen that he describes as the catalyst for his young adventures. He remembers walking to school listening to "California Dreamin'" by The Mamas and The Papas and thinking "I have to get there". That year he also saw a Fortune Teller who read tarot cards and told him his life would be "mixed across borders." Doug credits his father, who enlisted to serve in WWII because "he saw it as an adventure and a way to see the world" for his own wanderlust. The Summer before finishing high school Doug "took off" on his first adventure.

In the Summer of 1969, just after turning eighteen, Doug hitchhiked across 3 countries. He first headed west and ended up in Winnipeg where he knew his aunt was a nurse. Without any prior contact he showed up at her work and connected with her. Doug stayed with his aunt and uncle long enough to go to the County Fair where he won \$150, "doubling the money he had in his pocket at the start of the trip." He continued to make money along the way, next with "a born-again Christian, travelling jewelry salesman" as he worked his way out to Vancouver. From there he traveled down the West Coast where he would make a stop in Los Angeles.

That Summer was marked by major events that were taking place around Doug (Woodstock, the moon landing, and so much more), but that he didn't consider himself part of at the time. He befriended the cast of Hair and spent some time crashing with them. They were living next door to Cass Elliot and Denny Doherty, so Doug found himself hanging out in the pool with The Mamas and The Papas. It was a (California) "dream come true!" While there Doug was also included in coverage by channel 7 news of the Elysium Fields, a clothing-optional property in Topanga Canyon, where he would find himself naked in a mud bath of 20 people. Eventually he headed south to Mexico City and then made his way back up to the USA through Brownsville, TX and finally ended his Summer in New Orleans, LA. From there he flew back to Canada and started his final year of High School.

That September he was asked to participate in profiles of students' various summer activities. His story was so interesting that it was turned into a full-page article in the newspaper. It was a compelling tale of "hippies, nudity, drugs, and rock and roll" that highlighted his life-changing experiences and was adjacent to coming out to everyone who read the paper, including Doug's grandparents. He was open about his sexuality in high school so there wasn't an issue of a big coming out to family and friends as Doug's fluidity was familiar to people who knew him.

Doug continued to manage the men's clothing store after school and was offered an opportunity to take over managing two other stores after graduation, which would mean not going to college. His parents had a lofty goal of all 9 children going to college, but his mom supported him taking the job "as a way to keep him from

leaving.” Instead, Doug chose to go to the University of Toronto and pursue Liberal Arts at a bilingual university program. Early in his college career Doug was diagnosed with cancer. He treated the cancer and took a year off school to travel through South America, Europe, and visited Morocco before returning to Canada. He returned to Toronto to complete his degree and then pursue a graduate degree in teaching English as a Second Language (ESL).

During his graduate work, Doug and another classmate needed to choose a teaching assistant. The applicants were an attractive young, gay man or a woman. Doug chose the woman. That small choice would lead to Doug fathering a daughter with his TA, Maureen, many years later. In the meantime, Doug met a guy from Cape Cod, MA during a vacation. They got together and tried living in Canada but “realized that wasn’t going to work” so they decided to move to San Francisco. Doug was offered a spot at San Francisco State University to finish his Masters degree and then to teach ESL at University of San Francisco. His partner took a job at a law firm and Doug spent 3 years teaching Undergraduate English to foreign students and doing program administration at USF.

The teaching was burning Doug out as he worked 100-hour weeks without being offered a faculty position. At the 125-year celebration of the Jesuit university the Sisters of Perpetual Indulgence protested because the school refused to list a gay and lesbian student group in its law school catalog. Doug chose this time to walk out and join the protest, ultimately stepping away from teaching.

Doug started doing temp work at the law firm where his partner worked. He was told he couldn’t be hired full time because of a nepotism rule. He “appreciated that they were treating the relationship as valid” even though it was keeping him from being hired. Doug was also doing temp work at Bank of America where some other gay men in the department taught him the technology that was becoming prominent in the banking industry. He was offered a full-time position with Bank of America so he let the law firm know he would no longer be available for temp work. They didn’t want to lose him and decided that “since he and his partner were not legally married, they could work around the nepotism rule and offer him a position.” There he got to work with international lawyers and use his ESL and administrative skills, so he stayed for nearly 30 years.

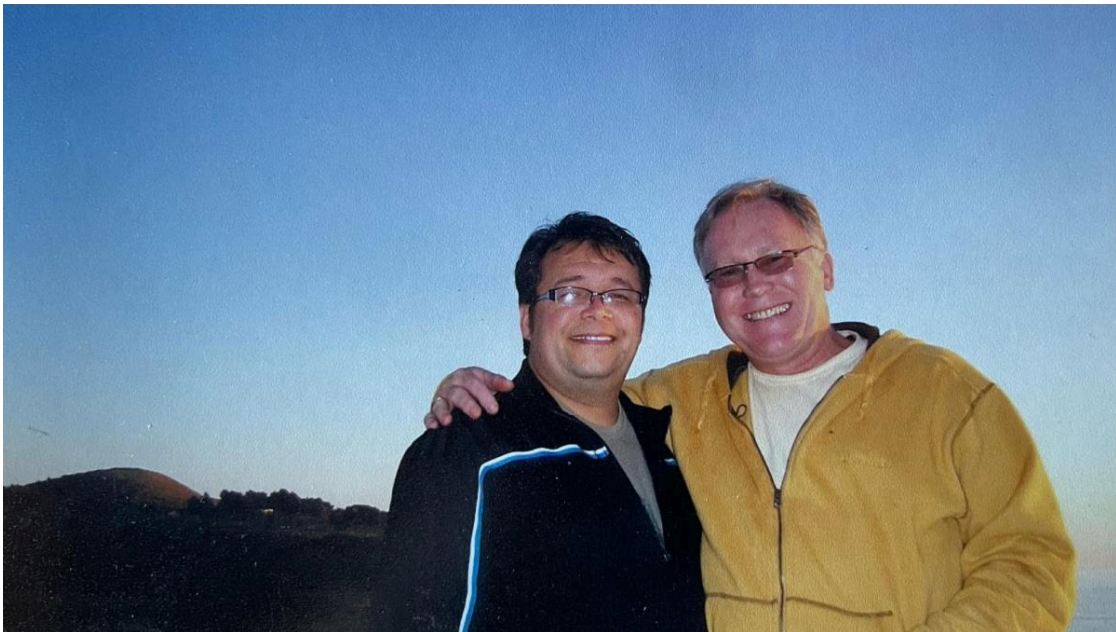
Maureen, Doug’s former graduate teaching assistant, had a plan to finish her graduate work first and then become a mom at thirty-five. She worked internationally teaching English to teachers and establishing her career. As thirty-five approached she asked Doug if he would be the father to her child. She intended to be a single mom but wanted her child to know and have a relationship with her father. Doug took about a year to make his decision, talking it over with his partner, and eventually agreed to be involved in bi-coastal parenting. Their daughter, Meaghan, was born and Doug has always had a presence in her life. He recalls a point in her teenage years where Meaghan said that having a single mom and a gay dad was easy because, “It is what she’s always known and was better than watching her friends have to navigate the break ups of their married families.” She is now a married mother to 3 girls living in Montreal, Quebec, Canada, having followed a similar career as both her parents in linguistics.



Douglas (L) and his older Brother



Douglas pictured with Daughter, Meaghan



Douglas and Jorge enjoying a scenic view together

In the early 1980s Doug found himself in the hospital very sick with pneumonia. The nurses thought it was GRID (the name given to AIDS early in the epidemic) related pneumonia. They were sure he was going to die, but his doctor was excited about the possibility it was Psittacosis, also known as avian chlamydiosis, ornithosis, and parrot fever. Doug talked to his doctor, and they were able to determine that Doug's pneumonia was related to his practice of allowing his pet parrot to lock its beak to Doug's teeth. Doug had boarded his parrot at a pet store during a trip and it was sick when he picked it up. Doug's doctor was very excited to learn that Doug was sick from "French kissing his parrot" and that he could be treated for the very rare disease.

Living in San Francisco in the 1980s meant that Doug got involved in lots of AIDS Care. He volunteered for Project Open Hand, an organization founded by Ruth Brinker to deliver nutritious meals to AIDS patients, Shanti Project, and as a director in a gay bowling league support group that provided AIDS emergency funds. Doug has

experienced many caregiver situations ranging from Kairos Support for Caregivers during the AIDS crisis to various elder care situations with aging friends over time.

After 15 years in an open relationship with his partner Doug found that they were growing apart with different interests. Their break-up was amicable, but complicated in the way that separating things like home ownership can be. They had different ideas about how to do it, but ultimately decided that Doug would be the one to leave the home since he was initiating the separation. They remain friends today and this change would lead to Doug meeting his partner, Jorge, about a year after the breakup.

Jorge moved from Mexico to San Francisco about 6 months before meeting Doug in 1996. He had been working as a bank manager in Mexico, but not getting promoted because he “wasn’t married.” He came and stayed with a friend and her son. Doug and Jorge met at a Castro Street Fair at a pay phone in front of Orphan Andy’s. Doug and his friends were wearing temporary tattoos from an AIDS organization. Doug’s friend became impatient waiting for Jorge, who was making plans to meet up with his own friends, to get off the phone and “offered to show him the tattoo, proceeding to drop his pants and present his back side.” Doug and Jorge chatted in Spanish and even took a photo together, then parted ways. A few hours later they found each other again at The Phoenix and spent the night dancing together. Jorge’s friends were ready to leave and asked him if he wanted to go with them or “stay with the old man.” Jorge chose to stay with Doug. Doug invited him home, but Jorge first asked if Doug would be “true to him”. They were married at San Francisco City Hall in 2004 "legalizing their marriage." While this was a translation of Jorge asking that Doug be honest with him, it was quite endearing, and Doug has remained true to him ever since.

They have made a beautiful home and life together in Oakland. On a trip to Mexico together Jorge was getting a haircut from someone who was also a shaman. He took Jorge into the back for a ceremony and told him that he and Doug would have a long and happy life together "with no stones in the road." Doug describes their life together as one with a “clear path where they have dodged many small stones.” However, they both faced “an avalanche of boulders” with extreme health scares right before the COVID pandemic. In 2018, Jorge was given only 6 months to live but is thriving nearly 6 years later. Doug also faced a new diagnosis, but they have both come through, despite the loss of so many friends.

Doug is grateful to still have people in his life “through all the chapters.” He has kept people close, even when it was hard, like during COVID. He is happy to be socializing again but remarked that he “hasn’t yet regained his wanderlust.” Instead, they are enjoying dinner parties, theater, opera, and activities with Lavender Seniors like the art class currently being offered. They are continuing to provide care within their community and to enjoy their life together. - *Jennifer Pardini & Jamie McGrath, Volunteer Writers for Lavender Notes*

If you or someone that you know are interested in being featured in Stories of Our Lives, please email: info@lavenderseniors.org



Monthly Activities

LAVENDER
SENIORS
of the East Bay

T H I R D

FRIDAY

LUNCH BUNCH

O A K L A N D

Third Friday
**Lunch
Bunch**

**RSVP
REQUIRED**

Every **Third Friday @ 12:30pm**
North Oakland Senior Center
5714 MLK Way



For more info please call **510-781-2926** or email: jessie@oaklandlgbtqcenter.org

Apr 19

Lavender Seniors Third Friday Lunch Bunch

Come out and celebrate at Third Friday Lunch Bunch with fun, food and great company! We will be featuring a guest speaker from the Alzheimer's Association for an conversation about Healthy Living for

your Brain and Body.

RSVP Required to attend - Lunch provided for registered guests.

Register

Free

Social Seniors

Elder Services
A Program of The Oakland LGBTQ Community Center

LAVENDER SENIORS
of the East Bay

Oakland
LGBTQ COMMUNITY CENTER

THE WATERMARK
BY THE BAY

SOCIAL SENIORS

EVERY LAST FRIDAY 12:00PM

RSVP REQUIRED

A MONTHLY SOCIAL FOR LGBTQ+ SENIORS
THE WATERMARK, 1440 40TH STREET, EMERYVILLE, CA 94608
FOR MORE INFO PLEASE CALL 510-882-2286 OR EMAIL: INFO@LAVENDERSENIORS.ORG

Apr 26

April Social Seniors

Social Seniors is a monthly social for LGBTQ+ Seniors to connect and combat isolation. The is a free event however, RSVP is required to attend. Lunch will be provided for all registered guest(s).

Register

Free

Oakland Gay Men's Chorus Spring Concert



Dr. Ben Riggs, Artistic Director

What a Wonderful World!
25 Years of Song

Saturday, April 13th, 7:30pm
Montclair Presbyterian Church, Oakland

Sunday, April 14th, 4pm
Del Valle Theater, Walnut Creek

www.OaklandGMC.org/Tickets

Oakland Gay Men's Chorus

The poster features a vibrant rainbow background with a collage of photos of the chorus members. The text is in various fonts, including a large, stylized white font for the title and a smaller, elegant script for the subtitle. The dates and times are in a bold, sans-serif font, and the website URL is at the bottom.

Experience an enchanting evening with the Oakland Gay Men's Chorus commemorating 25 years of melodic harmony in "What a Wonderful World." Celebrate the timeless magic of music and unity with soul-stirring performances, including beloved classics like "Seasons of Love" and "True Colors," alongside captivating original compositions like "Love Is All That Matters" by our talented member Wally Bee. Don't miss the world premiere of "Earth Song," a poignant tribute

to resilience and diversity, commissioned for our 25th anniversary. Join us for an unforgettable celebration of love, diversity, and resilience.

Tickets



NEW - The Heart to Art Project

Cohort 1 Currently in-session

Cohort 2 Fall 2024

Bi-weekly on Tuesdays 4:30pm - 6:30pm

In-person at The Oakland LGBTQ Community Center

A new art program for LGBTQ+ Seniors facilitated by local Artist Derrick Bell. No drop-ins, pre-registration is required. For more info about next cohort, please call 510-882-2286 or email: info@lavenderseniors.org.

Lavender Seniors Third Friday Lunch Bunch

April 19th 12:30pm - 2:30pm (Third Fridays)

In-person at The North Oakland Senior Center

A monthly luncheon for LGBTQ+ Seniors/Elders. A guest speaker or informative presentation is followed by a lunch provided for registered guests. FREE but RSVP is required to attend. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW - LGBTQIA+ Elders Therapy Group

Wednesdays 1:00pm - 2:00pm

In-person at The Oakland LGBTQ Community Center

This group provides a therapeutic space in which LGBTQIA+ (includes questioning) older adults, age 55+, feel welcome to express their thoughts and feelings in an environment that is non-judgmental, inclusive and supportive. The group process works to reduce isolation, stigma and discrimination related to LGBTQIA+ identities, mental health issues and all the issues that affect each group members life. This group meets weekly for multi-week sessions. No Drop-ins. Pre-Registration is required to participate. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Social Seniors

April 26th 12:00pm - 2:30pm (Last Fridays)

In-person at The Watermark Emeryville

A monthly social group for LGBTQ+ Seniors/Elders. A themed luncheon that usually includes music and/or performances. Lunch is provided for registered guests. FREE but RSVP is required to attend. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Bay Area Old Lesbians Organizing for Change (OLOC)

Online and In-Person

For further information or to be included in the Bay Area OLOC email list, contact Pat Cull at patcull70@gmail.com or 415-637-5002.

Black Women Connect

Every 3rd Sunday

In-person at The Oakland LGBTQ Community Center

This groups designed for Black Lesbian and Queer Women to connect, network, build community, have engaging conversations and authentically express themselves in a safe, inter-generational space. For inquiries or to RSVP, please email Dawn Edwards at ms.edwards73@gmail.com.

NEW - Senior Gay Men's Affinity Group

Coming soon...

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for Senior Gay Men ages 55+. Group start date and facilitator TBA. For more info or to be added to the mailing list, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW - Senior Lesbian Women's Affinity Group

Coming soon...

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for Senior Lesbian Women ages 55+. Group start date and facilitator TBA. For more info or to be added to the mailing list, please call 510-882-2286 or email: info@lavenderseniors.org.

NEW - Trans Masc Affinity Support Group

Every second Wednesday 7:00pm - 8:30pm

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for community members who identify as Trans Masculine only. For more info, please call 510-882-2286.

NEW - Older & Out

Mondays in-person at The Oakland LGBTQ Community Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out

Fridays in-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out via Zoom

Tuesdays online

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out Social

1st Thursdays 1:00pm - 3:00pm

In-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth with support from North Berkeley Senior Center. For more info, please call Keith, 510-685-7691 or email: kcarroll@lmi.net.

Older & Out Social via Zoom

Second Wednesdays 4:00pm - 5:00pm

In-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org.

Rainbow Seniors

2nd & 4th Tuesdays 12:30pm - 2:00pm

In-person at The San Leandro Senior Center

Rainbow Seniors LGBTQ Peer Support Group is a safe & confidential space for LGBTQ seniors (50+) to share thoughts, feelings, resources, information & to support one another. It is a peer support group, facilitated by trained peers. For more info and to join email: rainbowseniors@pacificcenter.org.

Tri-Valley Rainbows

3rd Thursdays 5:30pm-7:30pm via Zoom

Tri-Valley Rainbows is a safe & confidential peer support group for LGBTQIA+ older adults age 50+ to share thoughts, feelings, resources, information & to support one another. It is a drop-in peer group, facilitated by trained peers. For more info + link to join email: trivalleyrainbows@pacificcenter.org.



LAKESHORE
LGBTQ CULTURAL DISTRICT

Save the date
MAY 8TH, 2024
DRAG Around the Rink
Time & Location
6:00PM TO 9:00PM
10 10TH STREET, OAKLAND, CALIFORNIA

EVENT DETAILS
BUY TICKETS

TURN OUT

Oakland LGBTQ Community Center, Henry J. Kaiser Center for the Arts, Oakland Pride



Oakland Pride Month Celebration

OAKLAND RAINBOW FAIR

In Oakland's new LGBTQ cultural district Save the date
SUNDAY, JUNE 9TH 2024
11AM-6:00PM

LIVE ENTERTAINMENT, VENDOR AND FOOD BOOTHS, CHILDREN'S PLAY AREA AND MORE!

For information, please call or visit our website
510-882-2286 or visit www.oaklandlgbtqcenter.org

Location
Splashpad Park @ Grand & Lakeside

Oakland LGBTQ Community Center, Oakland Pride

Resource Hub



Jessie R. Spivey (he/him)
Director of Elder Services



Julian Leus (they/them)
Elder Services Coordinator

Sign up for Elder Services

The Oakland LGBTQ Community Center's Elder Service Program is now offering Direct Services and Case Management. The Center's Elder Services promotes a positive and healthy quality of life for senior and elder LGBTQ+ individuals 55+ by ensuring they continue to be supported, respected, and connected as they advance in age. We collaborate with existing agencies working with LGBTQ+ seniors to connect people to needed resources and work to identify gaps in services so that we can find ways to fill those gaps. We also host support groups and activities designed to help keep LGBTQ+ seniors and elders engaged with other elders and younger members of our community.

The Center's Elder Services Program participants also have access to other Center services to include:

- Transportation Assistance*
- Food Pantry
- Emergency Rental Assistance*
- Mental Health Subsidies*
- HIV/STI testing and treatment
- PEP/PrEP enrollment
- Benefits Enrollment
- Linkage to Primary Care
- Care Management & Service Coordination Assistance

*rental/transportation assistance and other subsidies are limited and provided to qualified enrolled program participants as they become available.

To get enrolled and connected to our Elder Services Coordinator for direct services and case management, call 510-882-2286 or email: info@lavenderseniors.org.



The Center's Food Pantry Is Open
Monday thru Friday, 1pm-4pm
Please call 510-882-2286 for more information.

Let's Get Excited About...

**SEXUAL
HEALTH**

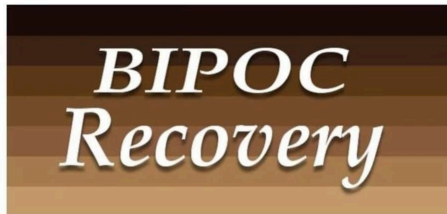


The **Glenn Burke Clinic** offers our community high-quality, full-service, STI & HIV prevention and treatment services, to help you to stay sexually healthy all year long.



Schedule an appointment by using the QR Code or call 510-781-2639

The Glenn Burke Wellness Clinic is a project of the Oakland LGBTQ Community Center



A recovery meeting for LGBTQIA+ Black, Indigenous, and People of Color.

Mondays 7pm - 8:15pm
Starting May 15th at the
Oakland LGBTQ Community Center

This is a discussion meeting with different topics read each week.

For information contact
The Oakland LGBTQ Community Center
Call 1(510) 882-2286 or visit their website at
www.oaklandlgbtqcenter.org



Narcotics Anonymous

Every Tuesday @ 7pm





Open to all



- Do you have a question that a volunteer attorney may be able to answer?
- Receive referrals to legal services organizations, understand your legal rights.
- Spanish, Mandarin and Cantonese interpreters may be available.

For more information visit legalaccess.org or call (510) 302-2222

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How it works

The First Saturday of Every Month

1. Call our intake line between 10 am - 12 pm at (510) 485-9933 so we can get the information needed for an attorney consultation
2. An attorney will call you later that same Saturday for your consultation

NOSC MONTHLY LEGAL ASSISTANCE FOR SENIORS/HICAP PRESENTATIONS

EVERY 3RD MONDAY AT 1PM IN THE CLASSROOM AT THE NORTH OAKLAND SENIOR CENTER. NOSC MEMBERSHIP NOT REQUIRED, PLEASE REGISTER THROUGH MAC OR BY CALLING NOSC AT 510 597 5085.

JANUARY 22ND DATE MOVED DUE TO HOLIDAY MEDICARE ALERT: HOW TO HELP PREVENT MEDICARE FRAUD & ABUSE	FEBRUARY 26TH DATE MOVED DUE TO HOLIDAY FREE PREVENTATIVE BENEFITS: WHAT MEDICARE COVERS IN FULL	MARCH 18TH CONSUMER FRAUD: SCAMS TARGETING SENIORS AND TIPS FOR PROTECTION AND PREVENTION
APRIL 15TH MEDICAL ELIGIBILITY & HOME AND COMMUNITY BASED SERVICES	MAY 20TH CREATE A SECURE FUTURE: ADVANCE HEALTH CARE DIRECTIVES	JUNE 17TH KEEPING ELDERS SAFE: AN OVERVIEW OF ELDER ABUSE AND LEGAL REMEDIES
JULY 15TH FINANCIAL ASSISTANCE: HOW TO GET HELP WITH HEALTH CARE COSTS	AUGUST 19TH HOW TO AGE IN PLACE: HIRING AND WORKING WITH A CAREGIVER	SEPTEMBER 16TH THE ABC'S OF LTC: AN OVERVIEW OF LONG TERM CARE INSURANCE
OCTOBER 21ST MEDICARE AND THE ANNUAL ENROLLMENT PERIOD (OCT. 15 - DEC. 7): CHANGES FOR 2025	NOVEMBER 18TH PROTECTING YOUR HOME EQUITY: PACE LOANS, REVERSE MORTGAGES, AND OTHER COMMON RISKS	DECEMBER 16TH KNOWLEDGE IS KEY: KNOW YOUR MEDICARE RIGHTS



City of Oakland Senior Centers

Four senior centers are located throughout the City of Oakland and managed by the City's Human Services Department - Aging & Adult Services Division. Senior centers provide social, recreational, nutritional and educational activities to older adults in our community.

<https://www.oaklandca.gov/resources/senior-centers>

Downtown Oakland (DOSC)

200 Grand Ave | Oakland, CA 94610
(510) 238-3284 | DOSC@oaklandca.gov

East Oakland (EOSC)

9255 Edes Street | Oakland, CA 94603
(510) 615-5731 | EOSC@oaklandca.gov

North Oakland (NOSC)

5714 Martin Luther King, Jr. Way | Oakland, CA 94609
(510) 597-5085 | NOSC@oaklandca.gov

West Oakland (WOSC)

1724 Adeline St | Oakland, CA 94607
(510) 238-7016 | WOSC@oaklandca.gov

Pacific Center for Human Growth

Founded in 1973, Pacific Center for Human Growth is the oldest LGBTQIA+ center in the Bay Area, the third oldest in the nation, and operates the only sliding scale mental health clinic for LGBTQIA+ and QTBIPOC people and their families in Alameda County.

<https://www.pacificcenter.org/>

2130 Center St Suite 200 | Berkeley, CA 94704

Rainbow Community Center

The Rainbow Community Center of Contra Costa County started in 1995 and continues to envision a society that embraces acceptance, safety and equality for all, regardless of sexual orientation or gender identity.

<https://www.rainbowcc.org/>

2380 Salvio Street, Suite 301 | Concord, CA 94520

(925) 692-0090 | rcc@rainbowcc.org

Community Phone Calls

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

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.

Friendly Voices Phone Buddies for Seniors

Our mission is to create a vital human connection for isolated seniors through weekly phone conversations with trained, compassionate volunteers.

Sign up [here](#) or call (650) 395-8017

<https://friendlyvoices.org/>

Support.

This is what it takes to talk to your doctor about Alzheimer's.

Honestly, the idea of talking about a chronic disease like Alzheimer's scares me. I don't want to do it. Then I find out almost two-thirds of those diagnosed are women. Women just like me. So, I'm taking steps to reduce my risk like monitoring Type 2 diabetes, sleeping better and eating healthier. I realize now that **I can take on Alzheimer's.**



**Talk to your healthcare provider about
Alzheimer's symptoms and early screening.**

TakeOnALZ.com



Lavender Seniors of the East Bay, a Program of the Oakland LGBTQ Community Center

Mailing Address:
490 Lake Park Ave. #10530,
Oakland, CA 94610-8019

Donations:

*Please make all checks payable to "The Oakland LGBTQ Center" and include
"Lavender Seniors" in the memo section*

510-882-2286
info@lavenderseniors.org

<http://www.lavenderseniors.org>
<http://www.oaklandlgbtqcenter.org>

Contact

Donate

Lavender Seniors | % Oakland LGBTQ Community Center, 490 Lake Park Ave. #10530,
Oakland, CA 94610-8019

[Unsubscribe jessie@oaklandlgbtqcenter.org](mailto:jessie@oaklandlgbtqcenter.org)

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