



## ***Lavender Seniors of the East Bay***

***a Program of the Oakland LGBTQ Community Center***

*Celebrating 30 years of outstanding service and positive change*

*May 2024 Issue, Volume 30 Issue 5*



Happy May and Happy Older American's Month to you! Older Americans month was established in 1963 as a way to acknowledge and celebrate the contributions of older persons. At that time, there were about 17 million American's who had reached their 65th birthday but 1/3 of those people were living in poverty. After meeting with The National Council of Senior Citizens, President John F. Kennedy officially declared the month of May, Older Americans Month!

May is also federally recognized as Asian American, Native Hawaiian and Pacific Islander heritage month. This month was selected because the first Japanese immigrants on record, arrived in the U.S. on May 7th 1843. Also on May 19th 1869, the final spike of the Transcontinental Railroad, in which Chinese laborers played a crucial role, was embedded.

The Oakland LGBTQ Center is a partner and recipient of California's #stopthehate grant being led by Asian Health Services, which brings awareness to AAPI hate and promotes solidarity between the most marginalized populations.

A big thank you to Stefanie Bonigut and the Alzheimers Association for the awesome Healthy Living presentation at April's Third Friday Lunch Bunch. This month we are celebrating OAM with some pampering and special treats! As a reminder, the highlight of Lunch Bunch is always a guest speaker or presentation. If you are not interested in the programs and presentations we work so hard to put together, please consider attending Social Seniors or another one of our Social based programs.

We are kicking off Pride season with a fabulous Pride Edition of Social Seniors on May 31st. Please join us for at The Watermark for a fun filled day full of good food, good company and a Drag show to knock your socks off!

Our events are free to the community but our only ask is that each guest(s) RSVP's. This is not only a requirement for the facility that host us but ensures our space remains safe and protected. The RSVP links are sent out in Lavender Notes as well as a courtesy reminder before the deadline. All guest receive a confirmation email once

you submit an RSVP with the option to add the event to your personal calendar. *Please do not show up if you have not RSVP'd.*

We are excited to finally relaunch the Friendly Visitor Program as Rainbow Buddies this month! The application for Volunteers will go live May 31st. Thank you to all who have been patient while we have worked tirelessly behind the scenes over the past year to relaunch this program.

June is ramping up to be quite a busy month so stay tuned and look forward to a host of PRIDE filled activities including our Senior PRIDE lunch in partnership with The Pacific Center, The Emeryville Senior Center, Ashby Village and more amazing partners TBA!

Please click [here](#) if you would like to donate and support Lavender Seniors and our programming.

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

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## SPECIAL ANNOUNCEMENT

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### **Rainbow Buddies to officially launch this month!**

Rainbow Buddies brings a feeling of community to LGBTQ+ seniors where they live – in their own homes, retirement communities or assisted living facilities. As a Rainbow Buddies Volunteer, you may be the only person with whom the participant can openly share their life as an LGBTQ+ person.

The Rainbow Buddies Program matches volunteers with LGBTQ+ elders who are somewhat isolated and sometimes facing health challenges. This includes LGBTQ+ seniors who feel isolated living in hetero-focused retirement facility or with family who are not LGBTQ+ friendly. Senior LGBTQ+ adults often become isolated from family and friends as they age and face considerable challenges as compared to the general population.

The application for Volunteers will go live on our website ([www.lavenderseniors.org](http://www.lavenderseniors.org)) **May 31st**. All volunteers will be required to fill out an application and undergo a background check. Past volunteers will need to re-apply and go through the same process as new Volunteers.

Once we have coordinated and oriented our Volunteers, we will open the application process for Participants.



Former participants will be re-enrolled first.

Thank you for your patience as we work to bring another new offering to Lavender Seniors Programs.

If you have any questions please call 510-882-2286 or email: [info@lavenderseniors.org](mailto:info@lavenderseniors.org).



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## **NOTICE OF PUBLIC HEARING: 2024-2028 Alameda County Countywide Area Plan (CWAP) for Older Adults**

**The Area Agency on Aging (AAA)** will be holding a public hearing for the review and comment on the proposed 2024-2028 Alameda County Countywide Area Plan (CWAP) for Older Adults. Every four years, the AAA prepares a Countywide Area Plan for Older Adults (CWAP) that strategizes decisions, investments, and improvements throughout Alameda County for residents aged 55+. Older adult programs and services are provided by the AAA alongside our network of community partners, which include the **Advisory Commission on Aging**, community-based organizations, public agencies, and the private sector.

2024-2028  
COUNTYWIDE  
AREA PLAN  
FOR OLDER  
ADULTS

For the comfort of others, please refrain from using scented products.



Refreshments \* Door prizes

## PUBLIC HEARING

REVIEW AND COMMENT ON THE WRITTEN PLAN FOR ALAMEDA COUNTY'S 2024-2028 PROGRAMS AND SERVICES FOR ADULTS 55+

Monday, May 6, 2024 AT 2:00PM

ADVANCE REGISTRATION (OPTIONAL)  
<https://ac-cwap-hearing-24-28.eventbrite.com>

In person:  
San Leandro Library  
Karp Room  
300 Estudillo Ave.  
San Leandro, CA 94577

Online:  
<https://us06web.zoom.us/j/87375165892>

Translations or other accommodations: contact us by 4/22/24 at 510.268.2927 or [cwap@acgov.org](mailto:cwap@acgov.org). Area Plan & more info posted by 4/25/24 at <https://bit.ly/AC-AAA>.



It is important for consumers, service providers, and all interested residents who are concerned for the betterment of the 55+ older adult population to attend for the opportunity to review and comment on the proposed plan.

WHEN: **Monday, May 6, 2024, from 2pm to 4pm**

HOW TO ATTEND: ***In-person:* San Leandro Library, Karp Room  
300 Estudillo Avenue, San Leandro, CA 94577**

Online: **<https://us06web.zoom.us/j/87375165892>**

## Lakeshore LGBTQ Cultural District to host first fundraiser!

Get ready to skate, dance, and mingle with community at DRAG AROUND THE RINK! Come out and support the new Oakland LGBTQ Cultural District! Show off your best moves to music by DJ Christie James. Concession stand provided, family-friendly, ALL AGES EVENT.

We invite you to purchase tickets for their upcoming skate party and fundraiser in support of Oakland's new Lakeshore LGBTQ Cultural District. Bring your own skates or rent some for \$7.

DRAG the Around Rink

Date: **May 8th, 2024**

Time: **6:00PM - 9:00PM**

Location: **Henry J. Kaiser Center for the Arts** (10 10th Street, Oakland, California)

For more info please scan QR code or visit: <https://linktr.ee/lakeshorelgbtq>

**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

Oakland  
HENRY J. KAISER  
CENTER FOR THE ARTS  
TURN OUT  
OaklandPride

# Senior Injury Prevention Forum



## 22nd ANNUAL SENIOR INJURY PREVENTION EDUCATIONAL FORUM

|  |   |
|--|---|
| <h3>SAFE MOBILITY STARTS AT HOME</h3> <p><b>MAY 16, 2024</b><br/>8:30AM – 2:30PM</p> <p>HILTON GARDEN INN<br/>1800 POWELL ST.<br/>EMERYVILLE, CA 94608</p> | <h3>AGENDA</h3> <ul style="list-style-type: none"><li>• PANEL: "HOME MODIFICATIONS: GRAB BARS AND SO MUCH MORE"</li><li>• SPEAKER: "SPACE MATTERS: UNDERSTANDING HOARDING"</li><li>• SPEAKER: "SOUND IN MOTION: EMPOWERING ACTIVE AGING THROUGH HEARING HEALTH"</li><li>• EXHIBITORS, NETWORKING, LUNCH</li></ul> |
|--|---|

Register: <https://SIPPFORUM2024.eventbrite.com> Deadline: May 6  
Questions? Contact: [Carol.Powers@acgov.org](mailto:Carol.Powers@acgov.org)

Registration is still open for 22<sup>nd</sup> Annual Senior Injury Prevention Educational Forum being held on **May 16, 8:30am-2:30pm**, at the Hilton Garden Inn in Emeryville. This year's theme is "Safe Mobility Begins at Home". The agenda and a *frequently asked questions* section found on Eventbrite, will give you many more details about the day. Registration deadline is May 6.

To register, go to: <https://SIPPFORUM2024.eventbrite.com>

Questions? Contact Carol Powers @ 510-667-3055 or [Carol.Powers@acgov.org](mailto:Carol.Powers@acgov.org)

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## STORIES OF OUR LIVES



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### Leading with Love: Melanie DeMore

Whether she's mentoring Arab and Israeli singers in the Jerusalem Youth Chorus or seeking permission for a musical healing event in George Floyd Square in Minneapolis, Melanie aims for one thing – to bring people together.

"I use my music as a weapon of mass

connection,” she says. “I want to bring together as many people who wouldn’t ordinarily be in the same room as possible, help them develop a common language and build community.”



Melanie DeMore, Grand Marshall, SF Pride 2022

Since 1989, Oakland has been Melanie’s home base. She’s taught and conducted music with groups in many places around the world: numerous U.S. cities, Cuba, New Zealand, Israel/Palestine, Canada – the list is endless. Her desire to bridge differences has evolved throughout her musical career. “I’ve been very, very blessed,” she says, “right from the beginning.”



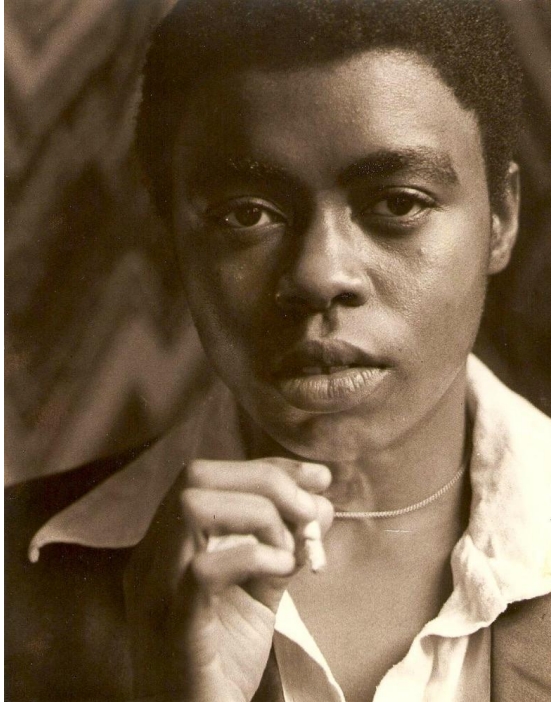
Melanie as a baby

Melanie’s parents met singing, and they founded the first Black theater group in Alaska in the 1960s. They were openhearted. Melanie is the oldest of their five children. Though the kids were baptized Catholic – her mother was Black-Filipino – the parents said they were free to find the way that worked for them once they were teens. “We’ve got everything,” Melanie says. “My sister Ann is a Congregational minister; my brother Frank was a Mormon missionary. We’ve got agnostics, Methodists, Baptists, Jews, I was a nun for five years.” Everyone belongs, and family accepts these differences in belief without rancor.

“My parents encouraged me a lot. They didn’t have a lot of money to spare, but at Christmas they’d give me an instrument and tell me to figure it out.” That’s how she learned guitar, flute and other instruments.

Her parents’ loving acceptance continued. “In high school I wanted to cut my hair really short, which wasn’t done for a girl. My dad took me to a military barber – whom he happened to outrank – and said, ‘Cut my girl’s hair.’ In 1969, I was 15 or 16, didn’t have any idea that I was falling in love with my best friend. My mom asked me, ‘Honey, have you thought about your and Grant’s relationship?’ I said, ‘No, what do you mean?’ Once I did, I thought, ‘Holy crap – this is wrong!’ A few weeks went by,

and Mom asked, 'What's going on? Why haven't I seen Grant?' Her response to my judgment was, 'Loving anybody is never wrong. It doesn't matter who you love. The sin comes in not loving when you have the opportunity to do so.'" Her mother had asked so that Melanie would be more self-aware, make choices consciously.



Melanie in her 20s, working as an actor

Her mom died when Melanie was 19 – a tragic blow for the family. "My dad was a mess. I stayed around to help. He had four teenagers at home, and for four months all he did was cry. He didn't make a sound, but tears just fell out of his eyes.

"In 1973, I knew I needed to tell him why I was moving out – I'd fallen in love with this woman and wanted to live with her. I thought it would be horrible. He was career military, Baptist from the deep South. He said, 'We figured you were gay a long time ago.' Then he got really quiet and said, 'People in this world don't accept people for who they are. But you were born Black and a woman – you can handle it.'

"One thing I'd been doing that Dad didn't know about was singing at Mary Ellen's, the oldest gay bar in San Antonio. They paid \$10/night, and that's how I got through college. That night after I came out to him, Dad and his best friend both came to hear me sing."



Melanie with Pete Seeger

Over the past 40+ years, Melanie has worked as an actor, folk singer, performer, mentor, composer and conductor for many types of singing groups. In 1979-80 she acted in the West Coast premiere of Eve Merriam's feminist musical "The Club."

At one point, the cast took the play to Austin, Texas – "that's where I connected with the women's music scene," she recalls. By the mid-1980s, Melanie was enjoying being "the only Black folk singer in Taos, New Mexico." It was there that she met a New York-based singer songwriter who became the love of her life. "We've been together 24 years, and we've been bi-coastal all those years. She's an incredible songwriter and singer – she tours a lot in Europe."

Melanie has been part of Oakland's cultural scene since for three decades. The video, *Saint Swagger*, is a delightful romp through downtown Oakland with Melanie and other butches showcasing their dapper confidence. Oaklanders may remember seeing Melanie direct Voices Lesbian A Cappella for Justice, teaching kids music at St Paul's Episcopal School or directing the Oakland Youth Chorus. She coached singers going through gender transition who needed help with changes in their voice.



Melanie in the 1980s; photo by Irene Young

When Linda Tillery told her about wanting to create the Cultural Heritage Choir, Melanie became a founding member, touring with them for 18 years, during which they were nominated for a Grammy. Melanie sang bass and carried the rhythm with Gullah stick-pounding, which has become a cornerstone art in Melanie's continuing community building work through shared artistic experiences.



Linda Tillery & The Cultural Heritage Choir – from top left Emma Jean Foster-Fiege, Linda Tillery, Melanie DeMore, Elouise Burrell, and Rhonda Benin

“We are in a world that is using everything in its power to stop us from connecting with each other,” Melanie says, “That’s the top of the agenda.” She has been a mentor-conductor for the Palestinian-Israeli Jerusalem Youth Chorus. “They sing some of my music. They sing in Arabic, Hebrew and English. Adults have been trying to break up this group for years, and the youth are just not having it.” The music connects them, despite differences, in singing for peace.

“My activism is all through music. I’ve started some resistance choirs – my idea of a resistance choir is to resist the temptation to other-ize people. All about connecting people together. It’s not adversarial, that to me just doesn’t work. I like to get as many people in the same room together that would not normally be in the same room with each other.”

An excellent example of this is her work with kids and cops. “The Humboldt County NAACP and their Boys & Girls Club called me a few years ago after yet another police shooting of another black person,” Melanie recalls. In Dallas, there’d also been a sniper killing police officers. “I told them, Ok, get me a bunch of pounding sticks. Pounding sticks are a Gullah tradition from the South Sea Islands off the South Carolina coast.

“One of the things about working with different communities that don’t ordinarily do anything in the same proximity is to have everyone be on an equal playing field. With stick pounding I



can pretty much guarantee they have never done it. This workshop was about thirty youth of color between 13 and 17 years old, and another group of police cadets, chiefs and cops in full uniform. We're at a community college where the police academy was in the gym, and you could hear guns going off at the shooting range. There were almost ninety people there. When the kids walk in, it's just a sea of blue.



Melanie performing with stick pounding; photo by Kyndell Harkness

"I'm teaching them the stick pounding, which is complicated – your hands do something different from your feet. We've done some singing and some pounding, and the kids are interacting with the adults, helping them, because kids catch on faster. So they're interacting now on an equal playing field.



Melanie and VocalESSENCE Witness of Minneapolis, March 2024 concert

"I sat them down; you can still hear the guns outside. I say, 'You know, when I think about another cop killing another innocent black man it just breaks my heart.' You could hear a pin drop. 'And when I think about a man going around killing cops just because they're cops, that breaks my heart.' This was around the time in Dallas... 'When I think about a man going into a nightclub and killing people just because they're different, that breaks my heart. What we end up being in is this constant cycle of grief and loss. Because that cop who kills that man – that cop is somebody's baby who just killed someone else's baby. It's a constant cycle of grief. What if, before we pulled that trigger or had nasty words come out – if for that second, we thought, wait a minute. This person is somebody's baby. What if that's how we walked in the world?' Then I just stopped.



Melanie, 2015; Photo by Sandy Morris

“Then I started pounding. And everybody was with me – if I sped up, they did, if I stopped on a dime, they all stopped. Because we were all in the same place. That’s the whole purpose of doing this.”

Melanie has expanded the workshop into a three-dimensional experience where participants – community members, elders, kids, and police officers – make pounding sticks together, talk together while making them, learn to make the music together.

“My premise is that once you have an agreed upon common language, you can share your story with another person. Then when you have those days when you can’t feel yourself or you feel disconnected, if someone else knows your story, they can remind you, help you get rooted again. “So, I developed that whole thing in the actual making of the sticks so that they’re doing it in community, sharing stories with each other, and at the end there is this art – they’ve made something together – they’re eating together, talking with each other. Each stick is beautiful. You’re not doing it alone. The whole idea is, we can’t survive without each other.”

This was so clear during the COVID-19 pandemic, when people became too isolated from one another. “Singing was a lifeline for people,” Melanie says. “Isolation makes us do really weird shit. If people aren’t seen, that’s when it gets really, really bad.” Although every residency and performance she’d planned was cancelled, that didn’t stop her. “I’d say that there were weeks during that time when I’d have 20 to 25 zooms per week, teaching as far away as South Africa, various universities, community sings, high schools. Zoom exposed me to so many new people. I’d rather do face to face than phone – it’s a much deeper connection. More people have been joining choruses and community singing groups since then. There’s a lot of singing still being done online. People really need community.”

Thank you, Melanie, for being such a light and creator of community everywhere you go!

*Jamie McGrath & Jennifer Pardini, 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](mailto:info@lavenderseniors.org)*

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## May Activities

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LAVENDER  
SENIORS  
of the East Bay

T H I R D

**FRIDAY**

**LUNCH BUNCH**

OAKLAND

*Third Friday*  
**Lunch  
Bunch**

**RSVP  
REQUIRED**

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



For more info please call **510-882-2286** or email: [info@lavenderseniors.org](mailto:info@lavenderseniors.org)

May 17

## **Lavender Seniors Third Friday Lunch Bunch May 2024**

Please join us for an "Older Americans Month" celebration!

**Register**

Free



May 31

## Social Seniors May 2024 PRIDE Edition

Join us for a PRIDE themed Social Seniors with our friends at The Watermark!

[Register](#)

Free

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# COMMUNITY CALENDAR

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## 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](mailto:info@lavenderseniors.org).*

## Lavender Seniors Third Friday Lunch Bunch

May 17th 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](mailto: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](mailto:info@lavenderseniors.org).*

## Social Seniors PRIDE Edition!

May 31st 12:00pm - 2:00pm (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](mailto: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](mailto:patcull70@gmail.com) or 415-637-5002.*

## Black Women Connect

Every 3rd Sunday @ 11:00am

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](mailto: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](mailto:info@lavenderseniors.org).*

NEW - Senior Lesbian Women's Affinity Group

*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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:trivalleyrainbows@pacificcenter.org).*

## QUEER STORIES @ THE NEW PARKWAY THEATER



**ELEMENTS**

**A SHORT ANTHOLOGY** WRITTEN & DIRECTED BY **MATTHEW RIUTTA**

IN PARTNERSHIP WITH:

**cinemama** **Oakland**  
LGBTQ COMMUNITY CENTER

SPECIAL LIVE MUSIC GUESTS:  
WILL HAMMOND JR. & GOLDEN TIGER

FREE FILM SCREENING TO BENEFIT  
OAKLAND'S LAKESHORE LGBTQ CULTURAL DISTRICT  
SUNDAY, MAY 5 12:30PM  
474 24<sup>th</sup> ST. OAKLAND

**NEW PARKWAY**  
THEATER  
474 24<sup>th</sup> ST. OAKLAND

Accessibility icons: wheelchair, hearing, and OC logo.

The Oakland LGBTQ Center is super thrilled to host a community screening of a four-short anthology **ELEMENTS** at the **New Parkway** in Oakland on **May 5 at 12:30pm**. This **FREE**, yet ticketed screening is in partnership with Cinemama and the Oakland LGBTQ Community Center. There will be a pre-screening live funk music jam by local music maestro, Will Hammond Jr. and Golden Tiger, and a post-film conversation with the actors and fellow filmmakers. A post-program mixer will be held nearby.

Feel free to **RSVP** at Eventbrite here: [TICKETS](#)

NOTE that we will have one (1) ASL interpreter during the event, and the screening will have open captions. The venue is ADA accessible. If you are attending and would like us to know of any accessibility needs, please email our partners at Cinemama: [info@cinemamafilm.com](mailto:info@cinemamafilm.com) or call **510-338-3228**.

This is also a fundraiser for Oakland's Lakeshore LGBTQ Cultural District to raise money for rainbow crosswalks, banners, and neighborhood ambassadors. Your giving is optional and non-obligatory.

Please come out and enjoy an afternoon of film, music, and community.

## Rainbow Fair coming to Oakland...SAVE THE DATE!



**GRAMMY AWARD WINNER  
R&B-DISCO LEGEND  
THELMA HOUSTON  
PERFORMING LIVE**



**Celebrating Our New  
LGBTQ  
Cultural District**

*Save the date*

**SUNDAY, JUNE 9<sup>TH</sup> 20  
11AM - 6PM 24**

**FREE Pride Month Celebration**  
LIVE ENTERTAINMENT + DRAG PERFORMANCES,  
DANCING, FOOD & COMMUNITY VENDORS,  
KIDS PLAY AREA, ELDERS AREA & DEEJAYS  
SPINNING 70s, 80s, 90s HITS & MORE!

*Location*  
**Splash Pad Park**  
@ Grand & Lake Park Ave



**BECOME A SPONSOR | VENDOR**



BOSS FORMULA MULTIMEDIA

**CONTACT 510-882-2286**  
[joe.hawkins@oaklandlgbtqcenter.org](mailto:joe.hawkins@oaklandlgbtqcenter.org)  
**TO BECOME A VENDOR  
VISIT OUR WEBSITE FOR  
MORE INFORMATION**

**Presented by**



**Oakland**  
LGBTQ COMMUNITY CENTER

[www.oaklandlgbtqcenter.org](http://www.oaklandlgbtqcenter.org)



# 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 and ask for Julian or email: [info@lavenderseniors.org](mailto: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



**Narcotics Anonymous**

Every Tuesday @ 7pm



**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

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## 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  
(510) 548-8283 | [info@pacificcenter.org](mailto:info@pacificcenter.org)

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## 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](mailto:rcc@rainbowcc.org)

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## 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](mailto:coviaconnections@covia.org).

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## 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/>

# Breaking the Silence on Alzheimer's: Conversation Starters



Honest and empathetic conversations with friends, loved ones or a healthcare provider can be critical to improving outcomes and combating fear and stigma associated with Alzheimer's disease. Fear and stigmas can prevent early diagnoses by deterring people from seeking information, assistance, or obtaining a diagnosis.

**Use one of our conversation starters to reach out to a friend or loved one who may need support as they experience signs of Alzheimer's disease:**

- I recently read an article related to Alzheimer's Disease. Would you be interested in learning more about it together?
- I've noticed some changes in your memory and behavior lately. Have you noticed any changes?
- I've noticed you struggling to remember some of your daily tasks and I want to support you however I can. Have you noticed any changes or challenges?
- What kinds of hobbies and activities have you enjoyed over the years? Do you still enjoy them? If not, I'd love to find a new hobby that perhaps we can try together.
- I care about you and have noticed some changes. How would you describe your mood lately?
- I noticed you forgot my name when I greeted you this morning. I just wanted to check in with you - I'm always here if you want to talk about it.
- When was the last time you had a check-up with your doctor? Have they ever discussed ways to improve your brain health and well-being?
- I'm always here for you, but how frequently do you see your friends? Do they ever talk about what they do to take care of or improve their brain health?

If you or someone you know is experiencing signs of Alzheimer's contact your doctor or health specialist. Please visit [TakeOnALZ.com](https://www.TakeOnAlz.com) to learn more about the disease, signs and actions you can take to protect yourself and your loved ones.



**This is what it takes to #TakeOnAlz.**

**As our population ages, Alzheimer's disease becomes more prevalent. Take control by reducing risks, recognizing early signs, and prioritizing screening. Early detection gives you more time for informed decisions.**

**Together, let's raise awareness and support for Alzheimer's.**

**Learn more about signs and screening at [TakeOnAlz.com](https://www.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](mailto: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 US

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