

LAVENDER NOTES

Official Newsletter of Lavender Seniors of the East Bay

A Project of the Tides Center

1395 Bancroft Avenue
(510) 667-9655

San Leandro, CA 94577
info@lavenderseniors.org

www.lavenderseniors.org



Volume IX, Issue 10

October 2004

CELEBRATING OUR TENTH YEAR!

CALENDAR OF EVENTS

OCTOBER 9, NOON-2 P.M.: LAVENDER SENIORS MONTHLY POTLUCK. 1395 BANCROFT AVENUE, SAN LEANDRO. MAKING THE LAW WORK FOR YOU: A PRESENTATION BY LEGAL ASSISTANCE FOR SENIORS. POTLUCKS ARE SECOND SATURDAY OF EACH MONTH.

OCTOBER 21, 12:30-3:00 P.M.: LAVENDER LUNCH BUNCH. LAKESIDE PARK GARDEN CENTER, 666 BELLEVUE, IN OAKLAND. CATERED FOOD; FREE. CO-SPONSORED BY OAKLAND DEPARTMENT OF HUMAN SERVICES. OPEN TO ALL LGBT SENIORS.

THIS MONTH: HANDS-ON JAPANESE FLOWER ARRANGING DEMONSTRATION.

OCTOBER 10, 3-7 P.M.: OUT IN OAKLAND! A PUBLIC CELEBRATION TO ENVISION OPPORTUNITIES FOR AN LGBT NEIGHBORHOOD. PARKWAY DISTRICT NEXT TO LAKE MERRITT. JOIN US AT THE LAVENDER SENIORS BOOTH ON THE LAWN AROUND ATHOL PLAZA TENNIS COURTS, EAST 18TH ST. AND LAKESHORE AVE. LIVE MUSIC, INFORMATION BOOTHS, FOOD, CHILDREN'S ACTIVITIES, AND WALKING TOURS. MORE INFORMATION: WWW.BUSINESS2OAKLAND.COM/PARKWAYPRIDE

NOVEMBER 14, 1-4 P.M.: LAVENDER SENIORS' TENTH ANNIVERSARY GALA CELEBRATION. FOR PEOPLE OF ALL AGES. MONTCLAIR WOMEN'S CULTURAL ARTS CLUB, OAKLAND. FEATURING A LIVE CONCERT BY THE SWING BAND DEUCE AND A SPECIAL PERFORMANCE BY MEMBERS OF THE OAKLAND-EAST BAY MEN'S CHORUS. SLIDING SCALE DONATION REQUESTED; NO ONE TURNED AWAY FOR LACK OF FUNDS.

NOW THROUGH DECEMBER 31: "QUEER EYE: THE PHOTOGRAPHS OF CRAWFORD BARTON." INTERNATIONAL MUSEUM OF GLBT HISTORY, 657 MISSION ST., SUITE 300, SAN FRANCISCO, 415-777-5455, WWW.GLBTHISTORY.ORG

INSIDE THIS ISSUE

October Book Review: Book of Salt	4
News Briefs	5
Friendly Visitor Program Update	5
Mitchell Foudray Hired	6
Featured Resource of the Month	7

Mark Your Calendars! Tenth Anniversary Gala Celebration Set

With timeless sounds popular with people of all generations, the swing band DEUCE, featuring Jean Fineberg and Ellen Seeling, and members of the Oakland-East Bay Gay Men's Chorus will wow us at Lavender Seniors' Tenth Anniversary Gala Celebration. The event is for people of all ages.

Whether you listen to DEUCE while catching up with friends and making new ones, or give in to an irresistible urge to dance, you won't want to miss this. And the Chorus is sure to captivate with its pride-filled special performance.

The Tenth Anniversary Gala Celebration is set for Sunday, November 14, 1-4 p.m., at Montclair Women's Cultural Arts Club in Oakland. Mark your calendars now!

Lavender Juniors, our group of under-55 supporters, has committed that no senior

(Continued on page 3)

Lavender Seniors of the East Bay is funded by individual donors as well as Alameda County Area Agency on Aging, Alameda County Leather Corps, The California Endowment, City of Oakland, Evelyn & Walter Haas, Jr. Fund, The Horizons Foundation, The True North Foundation, Royal Grand Ducal Council of Alameda County, The San Francisco Foundation, East Bay Community Foundation & Sisters of Perpetual Indulgence. We gratefully acknowledge the support of all Friends of Lavender Seniors.



Lavender Notes

is the newsletter of
Lavender Seniors of the East Bay

MISSION STATEMENT

The mission of Lavender Seniors of the East Bay is to improve the quality of life of lesbian, gay, bisexual, and transgender seniors (age 55 and older) through community outreach, advocacy, and education.

ADVISORY BOARD

Frank Howell & Ina Mae Murri, Co-Chairs
Jeanine DeBacker, Secretary
Bobbie Jarvis, Treasurer
Meg Bruynell, Michael Mitchell, &
Natalie Zarchin, Members at-Large

NEXT ADVISORY BOARD MEETING

Oct. 5, 7 pm., call the office for more information. Interested persons are welcome; public comments take place at 7 pm.

STAFF

Jeff Vessels, MSSW, Director
Peggy Moore, Outreach Specialist
Mitchell Foudray, Care Coordinator
Nancy Fugett, Administrator

NEWSLETTER EDITOR

Charles A. Aiken

Lavender Seniors welcomes all persons age 55 and older, their partners, and guests. Cost of production & mail makes necessary a request of \$15 minimum annual donation to receive the newsletter. Visitors & others may receive the newsletter for three months without charge. No one is turned away for lack of funds. For gifts, make checks payable to *Tides Center / Lavender Seniors*. Signed articles represent the opinion of the authors & not necessarily those of Lavender Seniors. Inclusion of a name in this newsletter does not necessarily indicate a person's sexual orientation or gender identity. ▲

United Way Donors, Remember Lavender Seniors!

Do you donate to United Way of the Bay Area? You can support Lavender Seniors by designating your pledge or gift for us. No special code is necessary—just write in “Lavender Seniors”!

What We Do ...

Founded in 1994, Lavender Seniors of the East Bay provides the following:

- ▲ The LGBT Seniors of Color Project, to improve access to health and human services to LGBT seniors in the African-American, Latino, Native American, Asian, and Pacific Islander communities.
- ▲ Friendly Visitors Program, to match volunteers with isolated and/or frail LGBT seniors for social support, light household and shopping assistance, and telephone assurance.
- ▲ Speakers Panel Program, to educate service providers and urge them to change policies and practices to make services more accessible to LGBT seniors.
- ▲ Potlucks on the second Saturday of each month, to provide a safe and welcoming social environment and information from invited speakers.
- ▲ Lavender Lunch Bunch, a monthly social gathering with food and drinks provided, on the third Thursday of each month.
- ▲ Lavender Juniors, to organize support from LGBT non-seniors and guide inter-generational programming.
- ▲ Monthly discussion groups, co-sponsored and hosted by the Pacific Center (see back page for schedule).
- ▲ Monthly newsletter, *Lavender Notes*.
- ▲ A website at www.lavenderseniors.org.

To get involved as a participant or volunteer, contact us at (510) 667-9655 or info@lavenderseniors.org. ▲

(Continued from page 1)

will have to work at the event. Lavender Juniors is seeking others who are interested in helping make this commitment a reality.

Admission is a suggested \$25-\$100 per person donation to Lavender Seniors, and no one will be turned away for lack of funds. Individual and business sponsorships and advertising opportunities are also available. More information is available at www.lavenderseniors.org

Contact Jeff at the office for more information about Lavender Juniors, sponsorships, or with any other questions about this exciting event. ▲

Happy Birthday!

October 6	October 26
KENNETH F. HAMILTON	CLAIRE JEANNETTE
BOB LINDEBORG	October 27
RON WILLIAMS	EDWARD FRANCO
October 7	CAROL MEISNER
NATE HERRINGTON	October 28
October 11	SHOSHANA KOBRIN
JEANINE DEBACKER	October 31
October 13	BEV HICKOK
JULIE M. LAWYER	JAYE SCOTT

Become a "Friend of Lavender Seniors" Today!

Your support is crucial to Lavender Seniors' continuing role as a vital resource to our community.

Become a "Friend of Lavender Seniors." Please take a moment and send your gift today. Your annual giving entitles you to a subscription to our monthly newsletter, *Lavender Notes*.

Here's my gift of: \$15 \$25* \$50 \$100 \$250 \$500 Other: \$_____

(* Please give this amount or more if possible.)

Enclosed is a check made payable to Tides Center/Lavender Seniors

Please charge my (circle one): AMEX Mastercard VISA

Card #: _____ Expires: ____/____ Signature: _____

Name: _____

Home Telephone: _____
(____)____-_____

Address: _____

Email Address: _____@_____

City/State/ZIP: _____

- Please contact me about including Lavender Seniors in my will.
- Please contact me about participating in Lavender Seniors' programs and/or volunteering.
- Please do **not** list me in Lavender Seniors publications as a "Friend of Lavender Seniors."

Please mail to Lavender Seniors of the East Bay, 1395 Bancroft Avenue, San Leandro, CA 94577

Thank you!

Lavender Seniors never lends, sells, or gives away its mailing list.



Book of Salt
by Monique Truong
Houghton-Mifflin
\$24.00-hardbound

Reviewed by Frank Howell

Of course we are all familiar with the bosom buddies known as Alice B. Toklas and Gertrude Stein. Numerous memoirs have been penned by Sam Stewart and others. But I don't recall seeing a fictional vision of this famous pair.

Monique Truong hails from Saigon and received a law degree from Yale and the Columbia University School of Law.

Truong casts her novel as a narrative by Binh, a young Vietnamese man who arrives in Paris seeking work as a cook at the end of the 1920s. He answers an ad in a newspaper which states that two American ladies wish to hire a live in cook.

Actually the first half of Binh's saga deals with the struggles he experiences in just reaching France from Vietnam with his brother.

Then we are treated to vivid descriptions of not only the atmosphere of this unique household, but also the smells in the kitchen and how the food is prepared. Ms. Toklas frequently supervises the cooking right down to details on how the birds should be killed. (The average gay cook would yell, "Get out of my kitchen, lady!")

Stein and Toklas frequently spent the hot summers in the south of France, taking their two pet dogs, Basket and Pepe with them. The farmers call Stein, "Caesar" and Toklas "Cleopatra."

Gertrude avoided the company of women, preferring men, especially American men. Small wonder that she so frequently invited Hemingway to her weekly salons.



FRANK HOWELL

Alice has personal attitudes toward cooking. The accounts of her ways include a details discussion of four types of gazpacho and how it should be prepared. She will tell you when the adding of salt is necessary.

She tells Binh that, "Gertrude Stein judges a cook by his desserts, and I judge a cook by everything else."

It is ironic that today Stein is known primarily for her rich, exotic lifestyle rather than her writings which appeal only to scholars. The one exception would be *The Autobiography of Alice B. Toklas*.


In 1934 the couple set sail for a tour of America and Binh is left alone to seek out another cooking position. But certainly his life has been enriched for years to come and the reader will be encouraged to read further about this enigmatic couple. ▲

riched for years to come and the reader will be encouraged to read further about this enigmatic couple. ▲

October Book Review

CALL FOR INTERVIEWS
WOMEN NEEDED - PLEASE SHARE YOUR STORY

Emerging:
Women Discuss How and When They Knew



This book will explore the complex landscape of how women come to understand that they love women, and that they are lesbian or bisexual. I have interviewed a diverse range of women for the book so far. However, I still need more women over 65, and more women of color. If you are one or both of these, I would love to hear from you. If you know someone else who is, feel free to pass along this message. Interviews are confidential, and can be in person (in the Bay Area) or by telephone.

WEBSITE:
http://c.barberini.home.att.net/womens_stories.html

DIRECT CONTACT:
Crista, 650.888.0353, crista@stanford.edu

NEWS BRIEFS

Welcome, Michael!

The Lavender Seniors Board and staff welcome Michael Mitchell, who joined the Board in late August. Michael is a manager in the Oakland Department of Human Services' ASSETS Senior Employment Program. Watch next month's Lavender Notes for more about Michael. Lavender Seniors is interested in talking with others of all ages who might be interested in joining the Board—if you're interested, please call Jeff at the office.

Lavender Seniors Makes Presentation to Oakland Commission on Aging

Thanks to everyone who participated in Lavender Seniors' survey about what life is like for LGBT people in the East Bay. As part of our LGBT Seniors of Color Project, more than 200 people of all ages, backgrounds, and

cultures completed an online or paper survey. Based on the information, Lavender Seniors compiled a 50-page report and made a presentation on September 1 to the Oakland Mayor's Commission on Aging. Watch future editions of Lavender Notes for more information about the results of the survey.

The San Francisco Foundation Visits Lavender Seniors

Obiel Leyva, a representative of The San Francisco Foundation, paid a visit to Lavender Seniors on August 19. Five of our Board members and two of our staff people talked with him about our work over the past ten years and what we are planning in the future. His visit was related to our recent grant proposal to the Foundation. Final word of a possible grant award is expected in November. Thank you,

Obi, for visiting us and informing us about all of The San Francisco Foundation's important work. We are honored by your visit and your consideration of our proposal.

Lavender Juniors Update

Lavender Juniors, our group of under-55 LGBT people who support our community's seniors, gets together about every six weeks to share good conversation and food and to plan activities. The current focus of Lavender Juniors is to help plan the Lavender Seniors Tenth Anniversary Celebration on November 14. Lavender Juniors has committed that no senior will have to set up, clean up, or otherwise work at the event. The group is also interested in organizing an intergenerational event in the spring. To become a part of Lavender Juniors, contact Jeff at the office. ▲

**FRIENDLY VISITOR PROGRAM UPDATE
BY MITCHELL FOUDRAY, CARE COORDINATOR**

The warm welcome I am receiving from everyone tells me it's going to be fun working as Care Coordinator of the Friendly Visitor Program. I've been a volunteer with the program since 2000, so many of the people at Lavender Seniors are already familiar and friends.

Recently, I've had the pleasure of meeting a few people new to the program. A woman who lives near El

Cerrito is hoping to find a volunteer who will visit every couple of weeks. She loves the Oakland A's, board games and cards. This intelligent woman likes good conversation and tends to lean to the liberal side of politics. I had a great time meeting her and am looking forward to seeing her again myself.

A youthful, creative gentleman in Fremont would love someone who wants to drop by and chat and go out to lunch once in awhile. He

has done some amazing things with his home, à la "Winchester Mystery House" that I found fascinating. This is a man with spirit!

If you think you might be interested in being a Friendly Visitor for one of these neat people, please call the Lavender Seniors office and press <2> to leave a message on my voice mail. I'm looking forward to seeing everyone at the 10th Anniversary Celebration in November.

Best, Mitchell

Mitchell Foudray Hired as Care Coordinator

Lavender Senior has hired Mitchell Foudray as Care Coordinator. His first day in the office was August 20.

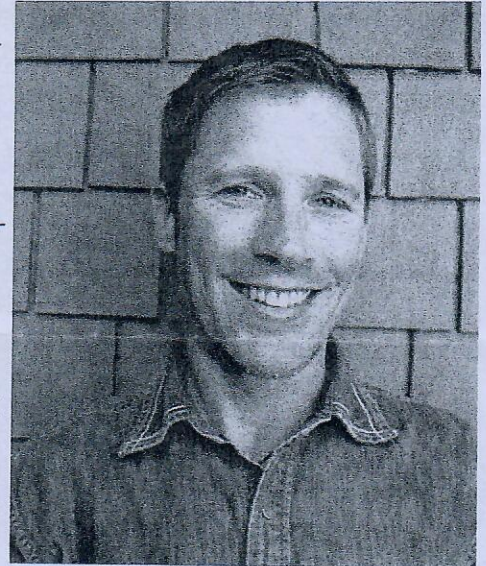
"We're thrilled to have Mitchell join the Lavender Seniors staff team," said Jeff Vesels, Director. "He has been a faithful volunteer for years and brings lots of experience as a geriatric caregiver."

As Care Coordinator, Mitchell will oversee the Friendly Visitors Program. In the program, LGBT seniors who feel isolated and in need of someone to spend time with in person or on the phone, or who might need a little extra help at home, are matched with helpful volunteers. The program, now in its fourth year, is funded by the Alameda County Area Agency on Aging with federal dollars.

In addition to being a caregiver and case manager, Mitchell recently completed his masters degree in Gerontology at San Fran-

cisco State University. In his culminating project, he compiled and published *Our Guide: A Directory of Resources for the GLBT Community of Elders in the San Francisco Bay Area*.

To speak to Mitchell about having a visitor or volunteering, call the office today: 667-9655. ▲



Mitchell Foudray

 **UPTOWN**
BODY & FENDER

Giovanna Tanzillo

TEL: (510) 251-8009

FAX: (510) 251-0605

401 TWENTY-SIXTH STREET

OAKLAND, CALIFORNIA 94609

UPTOWN@UPTOWNBODY.COM



Eriksen Chiropractic

Gentle, Effective Care

- Headaches
- Arthritis
- Back & Neck Pain
- Injury Rehabilitation
- Arm & Leg Pain
- Disc Problems

Dr. Trevor Eriksen, B. A., D.C.

*Affordable, Friendly
Family Practice*

Phone: 510-582-8222
1634 B St., Hayward

Elizabeth Callaway Trust Services
your local fiduciary

Trustee * Executor

Conservator of the Estate

Bill Paying & Organizing Help

I can do it all or provide crucial help

510-530-1720 elizcall@earthlink.net

FEATURED RESOURCE OF THE MONTH: ALZHEIMER'S SERVICES OF THE EAST BAY (ASEB)

What is ASEB, and What Does It Do?

ASEB offers 2 Adult Day Health Care (**ADHC**) programs, currently at centers in Berkeley and Hayward. Both centers are also certified by the California Department of Aging as Alzheimer's Day Care and Resource Centers. **ASEB** offers the community high-quality day programs for working families and caregivers who want additional support during the day. This is a gratifying support option for families who very much want to keep loved ones at home and actively enjoying a full life.

What services does ASEB offer?

Adult Day Health Care (ADHC): ASEB's ADHC program is dementia-specific and offers participants therapeutic adult-focused activities on Monday through Friday from 8:00 AM to 6:00 PM to best meet the needs of caregivers.

A multi-disciplinary health care team is the primary ingredient of the quality care provided each participant.

For Caregivers: ASEB's Family Support Program assists families to coordinate care and supportive services. **ASEB's Family Support Program Director** can assist in the creation of family care plans that can

include arranging/coordinating and monitoring of in-home care services.

Support Groups: Are held at **ASEB** for caregivers, couples, and those families just receiving a diagnosis of Alzheimer's/dementia.

Education and Training: ASEB provides caregiver education, workshops, staff in-service trainings, conference presentations and continuing education units (CEU's). **ASEB** believes by creating a learning environment around the care issues of Alzheimer's/dementia we can change some of the stigma associated with the care of those diagnosed with Alzheimer's/dementia.

The ultimate goal of **ASEB** programming is to promote early intervention and prevent inappropriate institutionalization. To obtain this goal, ASEB provides caregivers with respite from their care giving tasks and offers support and education to augment their caregiving skills. Nearly 65% of ASEB's current day care participants are low income, 70% are minorities, 74% are female, and 90% are over the age of 65 years.

How can I learn more?

For more information, call: Berkeley (510) 644-8292 or Hayward (510) 888-1411. ▲

Psychotherapy/Counseling for Lavender Seniors.

Dr. Carolyn Stroebe

Licensed Psychologist #PSY11564 Medicare provider

Offices in Berkeley & Walnut Creek.
510-843-9207



Saint Cuthbert's Episcopal Church

7900 Mountain Blvd.
Oakland, California 94605

A warm, diverse, inclusive, joyous, loving alternative family where you are welcome!

Sunday Worship 8 & 10 a.m.
Sundays @ St. Cuddy's, 7 p.m.
Potluck & Bible Study, Wednesdays, 7 p.m.

COMMUNITY LISTINGS

<p>Seniors Men's Afternoon</p> <p>2nd and 4th Thursdays of each month, 1:30—3:30 pm.</p> <p>October 4TH & 28TH</p> <p>at Pacific Center, 2712 Telegraph Ave., Berkeley.</p> <p>Co-sponsored by Lavender Seniors and Pacific Center</p>	<p>CATHY CADE</p> <p>PERSONAL HISTORIES, PHOTO ORGANIZING & PHOTOGRAPHY</p> <p>Record Your Life Story Organize Your Photographs Have Fun with Me Making New Photos</p> <p>NATURAL LIGHT PHOTOGRAPHY IN THE COMFORT OF YOUR HOME</p> <p>510-532-3545 www.CATHYCADE.COM</p>	<p>Fellows of East Bay</p> <p>2nd Sunday of each month, 5:30—8:30 pm.</p> <p>October 10TH</p> <p>Social Club for mature men and their admirers. Monthly potluck dinner and social held at Oak Center Towers, 1515 Market St., Oakland. Bring food and drink to share and a \$4 donation.</p>
--	---	---

LAVENDER LUNCH BUNCH

October 21, 12:30 PM to 3:00 PM
Lakeside Garden Center, Oakland
Ikenobo Ikebana, The Origin of Ikebana.
Japanese Flower Arranging or
"Ikebana" was first noticed in 1542
when hand painted screens and scrolls
showed Buddhist monks arranging
flowers in complex Japanese vases.
We are fortunate to have one of our
Lavender Seniors, Fred Banuelos, to be
certified as the only non-Asian teacher
or Sensei of this ancient Japanese Art
in Northern California. Fred has a
teaching certificate at the third level
and has been awarded the title of
"Junkakyo" by Sensei Ikenobo, the
forty-fifth headmaster of the Ikenobo
School. There are hundreds of schools
of Ikebana but they have all come from
the original school, Ikenobo.
Fred will offer explanation and hands
on demonstration of Ikenobo Ikebana
at our next lunch bunch on . Come join
us for this unusual program! ▲

MONTHLY POTLUCK

Saturday, October 9TH

MEAL AT NOON ◡ PROGRAM AT 1 P.M.

If your name begins with the letter

A through G	bring a Main Dish
H through L	bring a Salad
M through Z	bring Dessert/Fruit

San Leandro BART station Shuttle available. Call one
day ahead to arrange: 510-667-9655

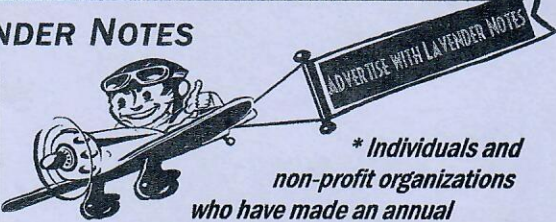
THIS MONTH'S POTLUCK FEATURES...

MAKING THE LAW WORK FOR YOU

A representative of Legal Assistance for Seniors will be
on hand to discuss the organization's services and give
an overview of important legal matters affecting seniors.
Protect yourself -- you won't want to miss this important
information. ▲

Advertising Rates* for LAVENDER NOTES

Ad Size	1 month	3 months	6 months	12 months
Classified ad	\$2 per line (per month) on a 3-column page			
Business card	\$25	\$65	\$125	\$235
Quarter page	\$40	\$100	\$185	\$350
Half page	\$75	\$185	\$350	\$650
Full page	\$135	\$350	\$650	\$1,200



* Individuals and
non-profit organizations
who have made an annual
contribution of \$25 or more are entitled to
discounts of 50% on classified ads and 20% on
ads of other sizes. Lavender Seniors reserves the
right to accept or reject any ad submitted.