

LavenderNotes

A Project of the Tides Center

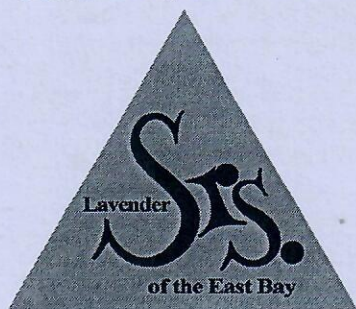
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Inside this issue:	
December birthdays	3
Milestones	4
Community News	4
Book Review	6
Emblem Awarded	7
Consumer News	7

CELEBRATE THE HOLIDAYS WITH LAVENDER SENIORS

Join us on Saturday, December 9th at 1395 Bancroft Ave., San Leandro for our Holiday Celebration Potluck. Yes, we are having another Holiday potluck with great entertainment this year to celebrate the season. Last year, we welcomed over 200 LGBT's and allies to our celebration. This year, we are bringing comedian Lisa Geduldig who has been hostessing the 3rd Annual George Bush Going Away Party: An

Evening of Political Comedy at the Herbst Theatre in San Francisco. In addition, there will be Otto Vocci of the Oakland East Bay Gay Men's Chorus and the popular Out on a Clef, women's quartet with Care Coordinator, Pat Cull.

If that isn't enough there will also be the 2nd Annual Arts and Crafts Fair with Silent Auction to help you get your

(Continued on page 4)

December 2006

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 BrdMtg	7	8 ComingOut	9 Celebration
10 Fellows	11	12	13	14 SrMens	15 SoCounty	16
17	18	19	20	21 LunchBunch	22	23
24	25	26	27	28 SrMens	29	30
31						

December 6th – 6 to 6:45 PM AND 7 to 8:30 PM – Lavender Seniors' Fundraising Committee AND Board Meeting – 1395 Bancroft Ave., San Leandro. Public is welcome.

December 8th – 10 AM to 12 PM – Coming Out Again Group – 1801 Hearst St., Berkeley. Co-sponsor: North Berkeley Senior Center.

December 9th – 10 AM to 3:30 PM – Holiday Celebration, Potluck, Arts & Crafts Fair, Silent Auction – 1395 Bancroft Ave., San Leandro. See schedule on p. 8 for food to bring.

December 10th – 5:30 to 8:00 PM – Fellows of the East Bay – Social and Potluck, 1515 Market St., Oakland.

December 14th and 28th – 1:30 to 3:30 PM – Senior Men's Afternoon – 2712 Telegraph Ave., Berkeley at Pacific Center. Co-Sponsor: Pacific Center.

December 15th – 12-2 PM – South County Lunch and Talkabout, 40086 Paseo Padre Pkwy, Fremont, Co-Sponsor: City of Fremont, Human Services Dept. \$6 to non-members Fremont Senior Center, \$4, members.

December 21st – 12:00 to 2:00 PM - Lavender Lunch Bunch, Garden Center, 666 Bellevue, Oakland. Program: Holiday Songs and Seasonal Potluck – Come enjoy songs of the season and, if you can, bring a favorite holiday dish to share. Side salads and beverages will be provided. Co-Sponsor: City of Oakland Aging and Adult Services Dept.

Lavender Seniors of the East Bay is funded by individual donors as well as Alameda County Area Agency on Aging, Alameda County Leather Corps, Berkeley Community Fund, California Council for the Humanities, The California Endowment, City of Oakland, City of Fremont, East Bay Community Foundation, Gay Chemists Support Fund and the Horizons Foundation, Royal Grand Ducal Council/Alameda County, San Francisco Foundation, and Sisters of Perpetual Indulgence. *We gratefully acknowledge the support of all Friends of Lavender Seniors.*

LavenderNotes

is the official 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 elders through direct service, community outreach, advocacy and education.

Advisory Board

Frank Howell & Ina Mae Murri, Co-Chairs
Bobbie Jarvis, Treasurer

Dan Ashbrook Fred Banuelos D'Anne Bruetsch,
Meg Bruynell, Jeanine DeBacker, Mike Mora, Rose
White

Members at Large

Next Advisory Board Meeting

Dec 6th - 7PM. Call 510-677-9655 for more information.
All are welcome; public comments take place at 7PM.

Staff

Barbara Faulkner, Director
Pat Cull, Care Coordinator
Christina Cappelletti, Outreach Specialist
Tomi Smith, Office Administrator

Newsletter

Barbara Faulkner, Editor

Webmaster

Bert Hendriksen

Lavender Seniors welcomes all persons age 55 and older, their partners, allies, and guests. Cost of production and mail makes necessary a request of \$20 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 and do 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.

Who did you hang out with 10 years ago? And...Where are they now?

We have Friendly Visitors who want to visit with them and help them to stay connected to the LGBT community. Call us at 510-667-9655

What We Do...

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

LGBT Seniors of Color: Improves access to health and human services to LGBT seniors in the African-American, Latino, Native American, Asian, and Pacific Islander communities.

Friendly Visitors Program: Matches volunteers with isolated and /or frail LGBT seniors for social support, light household and shopping assistance, and telephone assurance.

Cultural Competency Training: Through LGBT Senior panelists, educates service providers to comply with state laws to change policies and practices to make service more accessible to LGBT seniors.

Monthly Informative Social Gatherings: Helps build informal social networks and individual's knowledge of issues affecting seniors at the Monthly Potluck in San Leandro, Lavender Lunch Bunch in Oakland, and our new South County Lunch and TalkAbout at the Fremont Senior Center.

Community Involvement: Engages in community building and partnering processes with local governments in order to insert LGBT elders' needs into their planning efforts.

Monthly Discussion Groups: Coming Out Again, Fellows of East Bay and Seniors Men's Afternoon co-sponsored and co-hosted by the North Berkeley Senior Center and Pacific Center (see back page for schedules) provides an LGBT support group setting to elders in the North County at the North Berkeley Senior Center.

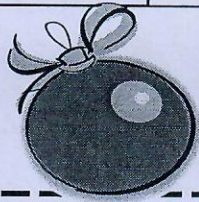
Monthly newsletter: *Lavender Notes.*

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

To get involved as a participant or volunteer, contact us at 510-667-9655 or go to: <http://www.lavenderseniors.org>

Please Remember your Lavender Friends who are Having Birthdays this Month.

December Birthdays	December 1 Lynne Cutler	December 9 Carly Rivers	December 19 Mike Mora
	December 2 DeWitt Hoard	December 11 Mel Scontrino	December 23 Bobbie Jarvis
	December 3 Richard Riffer	December 12 Daniel Neumayer	December 24 Brenda Crawford Gerson Goodkind
	December 4 Fred Schadick	December 13 Barbara Faulkner	December 25 John Rasche
	December 5 Tory Becker	December 15 Joyce Pierson	December 26 Dorothy Taylor
	December 8 Nance Rogers	December 18 Melba Hansen	December 29 Josephine Tinker



“ Would you like to receive your Lavender Notes by Email? If so, please send your email address to: info@lavenderseniors.org. It will help us to reduce our printing and postage costs.”



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: \$20 \$35* \$50 \$100 \$250 \$1000 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: _____ E-mail Address: _____

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Referred by: _____

- 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
REMEMBER THAT YOUR DONATIONS TO LAVENDER SENIORS ARE TAX-DEDUCTIBLE

(Continued from page 1)

holiday gifts. Food supplemented again by Richard James' Catspaw Catering.

10:00 AM: Arts and Crafts Fair Opens.

12:00 PM: POT LUCK begins.

2:00 PM: Entertainment Begins

3:00 PM: Silent Auction Winners announced

This fundraiser will help support LGBT elders through Lavender Seniors' programs. A \$25 admission donation is requested; but no one will be turned away for the lack of funds.

Milestones

Joyce Pierson is recovering from abdominal surgery at her daughter's home in Placerville. Cards may be sent to at: Joyce Pierson, c/o Carla Frazer, 2901 Grandview, Placerville, CA 95667.

Jess Mcvey is hospitalized as a result of a stroke. Cards may be sent to her at: California Pacific Medical Center, Davies Campus, Castro & Duboce, San Francisco, 94114. Thanks to Natalie Zarchin for this information.

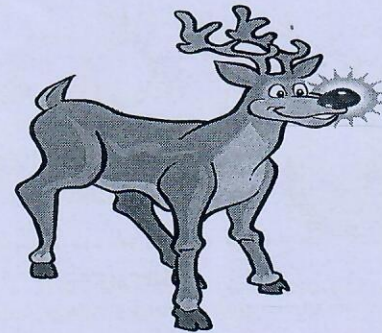
Paul Moulton recently passed away. Paul was the partner of David Facio AKA TOOTSIE. Both were active members of the Royal Grand Ducal Council in Alameda County. David's email address is: wbnwbear@comcast.net. Thanks to Marvin Burrows for giving us this information.

Sgt. Elliot Blackstone recently passed away. He had served as a police officer in San Francisco for 26 years, from the 1950s-70s. He helped to found what is now known as community-based policing. In 1962 he became the first liaison with the SFPD to what was then called the "homophile community." Blackstone played a crucial role in changing police procedures regarding bathroom entrapment and other issues concerning the gay community. In the aftermath of the 1966 Compton's Cafeteria Riots in the Tenderloin in which drag queens, transgender people, and gay hustlers banded together for the first time in history to fight back against police incursions, Blackstone was assigned to mediate grievances lodged by the transgender and gay community. This year he received commendations from the California State Senate and Assembly, the San Francisco Police Commission, and San Francisco Human Rights Commission. The SF Pride Foundation named him Lifetime Achievement Grand Marshal for the most recent Gay Pride Parade.

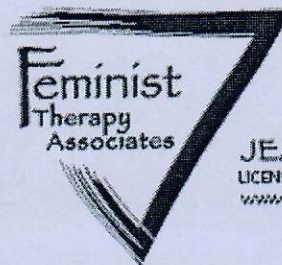
Community News

WOFF (Women Over Fifty and Friends) Potluck, First Saturday of the month, December 2nd at Charlene Shore's home, 25950 Clover Rd., Hayward. This one is a White Elephant Exchange.

On Your Own Terms: Delegating Health Care Decisions, Tuesday, December 5, 2006 from 9:30 – 11:30 AM, Kaiser Permanent is presents a NO FEE workshop that non-members may attend, must contact 752-6150 to register.



Are You Confined to Your Room?... and you would like a Friendly Visitor to check in on you or chat with you on a regular basis? Just give Lavender Seniors a call at 510-667-9655, and we'll hook you up!



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Care Management Services
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BACS Senior Home Services helps elders in Alameda County remain in their homes by providing in-home assessments and assistance to arrange services that improve current living conditions and prevent future injury. Services include:

- H** ~ Home modifications (grab bars, shower heads, etc.)
- R** ~ Referrals to reliable homcare workers
- V** ~ Volunteers to advocate and protect against financial abuse

BACS is sensitive to the needs of the LGBT Community.

**For information, please contact:
 510/271-8826 ~ www.BayAreaCS.org**

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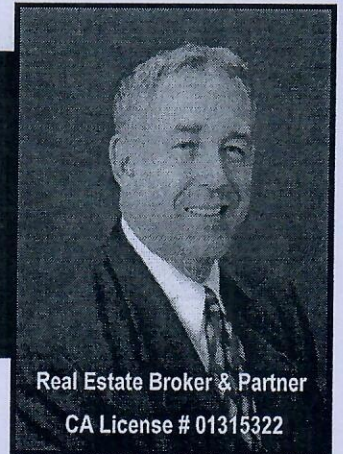
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December Book Review

Grief By Andrew Holleran, Hyperion and **My Father's Keeper: The Story of A Gay Son and His Aging Parents**

By Jonathan Silin

Beacon Press-\$23.95

As the aging process begins to evolve, we learn that the so called "golden years" can turn to an ugly tarnish. I recall the struggles my brother and his wife experienced with my parents. My sister and I were 200 miles away, so our assistance was limited. In her late seventies, Mom was struck with a crippling stroke. Dad complained he couldn't comprehend her slurred speech. He was rapidly losing his sight and fading into deafness. They both stubbornly attempted to maintain their independence but finally skilled assistance was brought in 24/7. Mom awoke one morning and went for a stroll without assistance. She fell and broke a bone. We surviving children were worried that if they survived too long the

cost of nursing would eat up the entire estate. But death, well timed, can be merciful.

The people in these two recent volumes face equally generic challenges.

Andrew Holleran, author of the trailblazing **Dancer From The Dance** and **Nights in Aruba**, brings it all home in the person of an unnamed gay senior who recently loses his mother. He decided to move to Washington, D. C. for a brief period of time until he recovers from the loss. He now resides with an older gay landlord who lives in the apartment upstairs. The novel is brief, but powerful, some 150 pages. As Holleran expresses it, "aging homosexual seeks to reinvent life."

It is too late to harbor regrets. The past cannot be re-invented. Our grey-headed hero reaches out for new friendships but the younger gay men ignore him like a phantom floating down Castro Street.

Holleran employs the odd device of reflecting the dilemmas of the older man by having him read the letters of Mary Todd Lincoln, Abe Lincoln's widow, which dramatically frames the lonely times.

Holleran details the little things in life, and we view life as it really is, minus illusions. We want to shout out to our man, "Life is too short, get on with it."

Jonathan in **My Father's Keeper** faces a steeper climb up the mountain of adversity. Jonathan and his lover of twenty-five years, Bob, must cope with his aging parents, especially Jonathan's father. Their brain matter is deteriorating. The mother was once a mental health specialist. We witness the battle of wills as a drastic reversal of roles unfolds, child caring for parents. The father loses his voice and must learn to use a electrolarynx, an electronic voice box. He is further upset when his son publishes an article in the **Gay Community News** about his problems of parent care. "Why did you have to use my name?" he exclaims.

In the midst of all this trauma, Jonathans lover dies of a heart attack. They were together thirty years. Jonathan reveals his gay status to the family lawyer. The mother attempts to force intimate details from her son's therapist, a violation of confidentiality. The father is forced to resort to a credit card to pay the resulting medical bills.

When the bureaucrats search for documentation, they completely ignore Bob, the lover of Jonathan. Cremation is not allowed unless Bob's sister signs the proper papers.

Jonathan Silin vividly delineates the trials and tribulations of a family in transition. He is a member of the graduate faculty at Bank Street College of Education in New York. He has coauthored **Children Talk About AIDS**.

In the end, we finally realize that aging is a deeply human problem that ignores cheap labels like gay and straight. – Frank Howell

Birthday Changes

The Lavender Seniors Advisory Board has changed its policy of recognizing birthdays of subscribers via mailed birthday cards. Lavender Seniors will continue to recognize subscribers' birthdays in the newsletter but will no longer send out birthday cards beginning in January. The Board made this decision after considering the growth of Lavender Seniors to, now, over 600 people and the growing costs of mailing the cards is making it more difficult.

Birthdays of members will be recognized verbally at our three monthly meetings – Potluck, Lunch Bunch and Fremont TalkAbout.



North Berkeley Sr. Center Wins First Emblem

On Oct. 19th, Lavender Seniors presented our first LGBT Elder-Friendly award to the North Berkeley Senior Center. Berkeley City Councilman Kriss Worthington, an openly gay man, spoke about the importance for LGBT seniors to have a place where they are welcomed. Natalie Zarchin, Lavender Board Member Emeritus, presented the award to North Berkeley Senior Center Co-Director, Norma Ramos, who graciously accepted the award for the Center. The picture below shows Norma with the Emblem, Kriss Worthington, Lavender Seniors Director Barbara Faulkner and Outreach Coordinator Christina Cappelletti.



Consumer News

The Social Security Administration (SSA) issued a warning on Tuesday about a new e-mail scam that has surfaced recently. The Agency has received several reports of an e-mail message being circulated with the subject "Cost-of-Living for 2007 update" and purporting to be from SSA. The message provides information about the 3.3 percent benefit increase for 2007 and contains the following: "NOTE: We now need you to update your personal information. If this is not completed by November 11, 2006, we will be forced to suspend your account indefinitely." The reader is then directed to a website designed to look like Social Security's Internet website. Once directed to the phony website, the individual is asked to register for a password and to confirm his/her identity by providing personal information such as the individual's Social Security number, bank account information and credit card information. SSA Inspector General Patrick O'Carroll recommends that people never provide their Social Security number or other personal information over the Internet or

by telephone unless they are extremely confident of the source to whom they are providing that information. To report receipt of this e-mail message or other suspicious activity to Social Security's Office of Inspector General (OIG), please call the OIG Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101). A Public Fraud Reporting form is also available online at OIG's website www.socialsecurity.gov/oig <<http://www.socialsecurity.gov/oig/hotline/index.htm>>. Submitted by Alameda County Aging Admin.

Alphabet Poem

A is for apple, and B is for Boat,
That used to be right, but now it won't float.
Age before beauty is what we once said,
But let's be a bit more realistic instead.

Now, A's for arthritis; B's the bad back,
C is for chest pains, perhaps cardiac.
D is for dental decay and decline;
E is for eyesight, can't read that top line.

F is for fissures and fluid retention,
G is for gas, which I'd rather not mention.
H is high blood pressure--I'd rather it low;
I for incisions with scars you can show.

J is for joints, out of socket, won't mend.
K is for knees that crack when they bend.
L for libido, what happened to sex?
M is for memory, I forget! What comes next?

N is neuralgia, in nerves way down low;
O is for osteo, the bones that don't grow!
P for prescriptions, I have quite a few,
Just give me a pill and I'll be good as new.

Q is for queasy, is it fatal or flu?
R for reflux, one meal turns to two.
S for sleepless nights, counting my fears.
T for tinnitus; there's bells in my ears.

U is for urinary; big troubles with flow;
V is for vertigo, that's "dizzy" you know.
W is for worry, NOW what's going round?
X is for X-ray, and what might be found.

Y is another year I'm left here behind,
Z is for zest that I still have--in my mind.

I've survived all the symptoms, my body's deployed,
And I've kept twenty-six doctors fully employed!!
May your troubles be less, your blessings more and
nothing but Happiness come through your door.

From BJ 11-8-06



Lavender Seniors of the East Bay Official Newsletter

<p>Senior Men's Afternoon 2ND and 4TH Thursdays of each month, 1:30—3:30PM</p> <p>Dec 14th and 28th</p> <p>at Pacific Center, 2712 Telegraph Avenue Berkeley</p> <p>Co-sponsored by Lavender Seniors and The Pacific Center</p>	<p>Coming Out Again 2nd Friday of each month</p> <p>10 AM to 12 PM</p> <p>Dec 8th</p> <p>at North Berkeley Senior Center, 1901 Hearst St., Berkeley.</p> <p>Co-sponsored by North Berkeley Senior Center. Reed Wilgoren and Bayla Bowers , co-facilitators</p>	<p>Fellows of East Bay</p> <p>Meeting/Potlucks are held every second Sunday of the Month</p> <p>at 1515 Market St. in Oakland</p> <p>Next Date is Dec 10th</p> <p>Social Hour: 5:30 to 6:30 – Dinner: 6:30 to 8 PM</p> <p>\$4 Donation at the Door</p> <p>Bring Food for Yourself and to Share with Others</p>
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Friendly Phone Callers

If you would like a "friendly Phone Caller" to check in on you or chat with on a regular basis, just give Lavender Seniors a call at 510-667-9655 and we'll hook you up!

Lavender Seniors Chat:

Would you like to get into a Lavender Seniors online discussion group? Lavender Seniors' news-group is where you can chat and discuss things of interest with people having similar interests. Sign up today at:

<http://groups.yahoo.com/groups/lavenderseniors>

MONTHLY POTLUCK

Saturday, December 9th 12 noon to 3 PM

Holiday Celebration entertainment with Comedian Lisa Geduldig, Otto Vocci (from the OEB Gay Men's Chorus, Out on a Clef, Arts and Crafts Fair, and Silent Auction.

A thru F bring a Main Dish

G thru R bring a Salad

S thru Z bring a Dessert/Fruit



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

ADVERTISING RATES* FOR LAVENDER NOTES

Ad Size	1 month	3 months	6 months	1 year
Classified Ad	\$2 per line (per month) on a 3-column page			
Business Card	\$30	\$75	\$140	\$250
Quarter Page	\$50	\$125	\$225	\$400
Half Page	\$90	\$220	\$400	\$750
Full Page	\$200	\$450	\$800	\$1400

* Individuals and non-profit organizations who have made an annual contribution of \$25 or more are entitled to discounts of 40% on classified ads and 20% on ads of other sizes. Lavender Seniors reserves the right to accept or reject any ad submitted.

* A one-page insert to Lavender Notes for one month may be purchased for: Non-Profits, \$250; For-Profits, \$500; ½ half page inserts are the same amount. Must be received by 10th of preceding month.