

December 2007

Volume 12, Issue 12

Lavender Seniors of the East Bay Official Newsletter



# Lavender Notes

*A Project of the Tides Center*

1395 Bancroft Avenue

San Leandro, CA 94577

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

Phone 510 667-9655

Fax: 510-667-9909

Email: [director@LavenderSeniors.org](mailto:director@LavenderSeniors.org)

---

## Holiday Greetings

---

A year and a half ago I attended my first Lavender Seniors potluck and I would have never thought that this was the first day of the rest of my life. This was the day that began a huge wave of rewarding and life changing experiences for me. Because I felt so welcomed by you at a potluck, I became a friendly visitor, a board member and now your Director. Simply put, the Lavender Senior members, Advisory Board and staff have become my second family because of a Saturday potluck.

My holiday wish is that each and every one of you will share in my enthusiasm for enjoying a meaningful meal together on December 8<sup>th</sup> at our largest Saturday potluck of the year. This year's holiday celebration features special guest singer/ songwriter Melanie DeMore, a main course by Cat's Paw Catering, an arts and crafts fair and toy drive for the Children's Hospital of Oakland. As we gather together, keep in mind how far you have come as an organization going into its fourteenth year.

I want to remind everyone that there will also be a second holiday event this year hosted by The Puppy Palace of Castro Valley. This is a fundraiser featuring Empress Galilea who will host "The Road Show", which is sure to be a fun filled evening of entertainment on Sunday December 16<sup>th</sup> (see ad in this newsletter for details). A big pre-party thank you goes out to the Puppy Palace for their hard work in organizing this event!

I am also excited to mention there are some fresh new ideas we will put into research and development phases for 2008 which include an Adopt a Gay grandparent project and an Aging in Place pilot program to develop possibilities for providing you with in home services, such as home modification assessment, physical therapy, nutrition consulting, and more. We will also be printing and distributing our first health and human resource guide produced by Advisory Board Member Mitchell Foudray. This will be your guide to LGBT senior resources from around the Bay Area. Thank You Mitchell! All this and more as we continue to build momentum with the Friendly Visitor Program, Cultural Competency Speaker Panels, Emblem and Scrolls projects, Aging in Place week events, lunch programs and greater outreach to our community.

Don't forget that your suggestions are always welcome as this is your organization. It is you Lavender Seniors that have created a strong cornerstone of the Bay Area's LGBTQ community. I could not think of a better reason to break bread with one another this holiday season. Your strength and thoughtfulness are the catalyst that allows all of us LGBTQ's to gracefully grow as a community. Happy Holidays and most important of all...let's have some fun!

Warmly,

Dan

**Lavender Seniors of the East Bay is funded by individuals as well as Alameda County Area Agency on Aging, Alameda County Leather Corps, California Council for the Humanities, The California Endowment, City of Oakland, City of Fremont, Contra Costa County Area Agency on Aging, East Bay Community Foundation, Gay Chemists Support Fund, Horizons Foundation, Royal Grand Ducal Council/Alameda County, San Francisco Foundation, Bay Area Physicians/ Human Rights, 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 seniors through direct service, community outreach, advocacy, and education.

### Advisory Board

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

Fred Banuelos D'Anne Bruetsch, Meg Bruynell,  
Marvin Burroughs, Mitch Foudray, Mike Mora,  
Tomi Smith

### Next Advisory Board Meeting

Dec 5<sup>th</sup> - 7PM. Call 510-667-9655 for more information.  
All are welcome; public comments take place at 7PM.

### Staff

Dan Ashbrook, Director  
Pat Cull, Care Coordinator  
Leslie Bonett, Outreach Specialist  
Tomi Smith, Office Administrator

### Newsletter

Tomi Smith, Editor  
D'Anne Bruetsch, Layout

### 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.

## ARE YOU CONFINED TO YOUR HOME OR YOUR ROOM?

If you are or you know someone who is, let us know. We have Friendly Visitor volunteers who want to meet you!! Call Pat, 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:** Help 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 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) provide LGBT support group settings to elders in the North County.

**Monthly newsletter:** *Lavender Notes.*

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

To get involved as a participant or volunteer, contact us at 510-667-9655, press 1, or go to:  
<http://www.lavenderseniors.org>

## December Birthdays

Dec. 1st Lynne Cutler	Dec. 18th Melba Hansen
Dec. 3rd Richard Riffer	Dec. 19th Mike Mora
Dec. 9th Carly Rivers	Dec. 24th Brenda Crawford Gerson Goodkind
Dec. 12 <sup>th</sup> Daniel Neumayer	Dec. 26th Dorothy Taylor
Dec. 13 <sup>th</sup> Jim Junkin Barbara Faulkner	Dec. 29th Josephine Tinker
Dec. 15th Joyce Pierson	

## MONTHLY POTLUCK

Saturday, Dec 8<sup>th</sup> 12 noon to 4pm

**Program: Holiday Celebration, Arts & Crafts Fair, Awards**

A thru K	bring a Dessert/Fruit
L thru R	bring a Main Dish
S thru Z	bring a Salad



### 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: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_ @

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**

---

## Quotes of the Month

---

Each day comes bearing its own gifts.  
Untie the Ribbons

Do all the good you can  
By all the means you can  
In all the ways you can  
In all the places you can  
To all the people you can  
As long as ever you can  
- John Wesley

---

## LINKAGES

---

Our Mission: To ensure maximum independence and autonomy for our clients. Our care managers are committed to mobilizing any and all available community supports needed to maintain independent living and avoid premature hospitalization and nursing home placement.

### ELIGIBILITY:

- Ages 18-100 plus
- Frail elderly or adults with disabilities
- Need assistance to remain living in the community
- Have unmet needs (that do not exceed program's capacity)
- Alameda, Albany, Berkeley, Emeryville, Oakland and Piedmont Residents
- Be willing and able to participate in the case management process

### SERVICES:

- Care planning to address needs
- Care management to arrange needed services
- Comprehensive in-home assessments to determine needs

Information about community services and assistance in accessing those services

### WE LINK PEOPLE IN THEIR HOMES TO COMMUNITY SERVICES SUCH AS

- Counseling
- Transportation
- Money management
- Government/benefits program
- Support and respite programs for families
- Telephone reassurance
- Social/health day care
- Legal advocacy/assistance
- Home safety modification
- Medical referrals
- In-home chore/personal care

### FOR MORE INFORMATION CONTACT:

LINKAGES-DEPARTMENT OF HUMAN SERVICES  
150 FRANK H. OGAWA PLAZA, SUITE 4340  
OAKLAND, CA. 94612-2092  
510-238-3931  
MONDAY THROUGH FRIDAY  
8:30 a.m. – 5:00 p.m.

---

## You're Invited

---

... to San Leandro Community Church for any or all of our special holiday services because we believe "no matter who you are, or where you are in life's journey, you are welcome."

**Sunday, Dec. 16<sup>th</sup> – 6:00 p.m.**

Christmas Carol sing – sanctuary

**Wednesday, Dec. 19<sup>th</sup> – 7:00 p.m.**

Blue Christmas service – sanctuary a quiet service for those who have experienced loss in this past year

**Monday, Dec. 24<sup>th</sup> – 4:00 p.m.**

Christmas Eve service

You are also welcome to join us for any of our special Advent services on Sunday mornings at 10:00 a.m.

We hope to see you during this special holiday season! If you have any questions, please contact the church at 483-1811 or [slccpastor@gmail.com](mailto:slccpastor@gmail.com). Blessings to you and your families.

## Special Holiday Party

### Don't Miss This Holiday Extravaganza!

Attention All Lavender Seniors, You Are Invited to A Christmas Party & Special Show Staring Empress Galilea

Hosted By: The Puppy Palace of Castro Valley & Empress Galilea

**Date:** December 16, 2007

**Time:** Doors Open at 4PM Show Starts at 5PM

**Location:** 6325 Boone Dr. Castro Valley, CA 94552  
For Directions or More Information Phone: (510) 886-4165

**Bart Directions:** Take BART to Castro Valley Station and a party host will pick you up.

This is going to be a fun filled fundraiser benefiting The Lavender Seniors of The East Bay. Come out and enjoy.

## Advisory Board Members

Lavender Seniors is looking for individuals who would be interested in becoming board members and who would have a passion for our mission –“To improve the quality of the life of older lesbian, gay, bisexual and transgender residents of Alameda and Contra Costa counties through outreach, advocacy and education.” If you are interested, please contact our office at 510-667-9655.

Did you know Lavender Seniors has an Email News list? It's a moderated, Announcements Only, newsgroup. On it we announce all Lavender Seniors Monthly and Special events, and we've also begun listing local events of special interest to LGBT Elders in the area. Please join the list by sending an email to

[LavenderSeniorsNews-subscribe@yahoogroups.org](mailto:LavenderSeniorsNews-subscribe@yahoogroups.org).

## LESLIE'S OUTREACH CORNER

**Join Our Speakers' Bureau!** Our Cultural Competency Panels Project is up and running. We have 18 LGBT Speakers for our Panels, which we present to Healthcare and Social Service Providers and peers in Alameda and Contra Costa Counties. Panels are scheduled this month and into 2008. Panels run about 1 1/2 hours, with 3 speakers sharing their LGBT stories, experiences, and discussion for improving services to our community. More speakers are welcome; there will be a training next year. If you'd like to consider joining our Speakers' Bureau, you can attend a Panel and see what it's like. Contact Leslie Bonett, 510-667-9655 or [outreach@lavenderseniors.org](mailto:outreach@lavenderseniors.org)

**The Lavender Scrolls Project** was on public view October 24-27 in the Oakland Marriott Lobby, at the National Conference of the Oral History Association, thanks to the Scrolls Project Manager Cathy Cade, who was also a panelist sharing her participation in the project, which was well-received by the Oral Historian Academics from all over the United States. Now we have a Guest Comments Book, including: "This is truly an important contribution to making it real". Thanks to Gabriel Delgado, one of our Oakland Scrollees, who came downtown so cheerfully on two separate days to help setup and take down the Scrolls.

### Holiday Potluck

December 8, 2007  
12:00pm to 4:00pm

It's that time of year to celebrate with friends and good cheer!

#### Featuring :

The Main Course by  
Cat's Paw Catering

#### Performance By:

Melanie DeMore  
Singer/Songwriter/Conductor

#### A Toy Drive for the Children's Hospital of Oakland

Toy donations must be in the original packaging and unwrapped.

Baby Items, Art Supplies, Balls, Dolls, Games, & Books or OK.

Children's Hospital does not accept food, candy, clothing, or latex balloons.

# December Book Review

## American Psychiatry And Homosexuality: An Oral History

Edited by Jack Drescher & Joseph Merlino  
Harrington Park Press Paperback

When historians survey the progress of sexual minorities in this country they cannot fail to highlight the year 1973 when the American Psychiatric Association voted to remove homosexuality from the **Diagnostic and Statistical Manual of Mental Disorders**, known in the medical trade as the DSM.

But many of us are unaware of the battle royal that ensued behind the scenes that could surely rival scenes from Shakespeare's Macbeth in intrigue. Drs. Drescher and Merlino have pulled together interviews from a number of psychiatrists who were closeted gays and also present at the creation of the Lavender Magna Carta. The only previous effort to chronicle this fascinating tale was by Ronald Bayer in his unique study **Homosexuality and American Psychiatry: The Politics of Diagnosis**, Basic Books, 1981.

Barbara Gitting certainly stirred the fires of controversy in 1972 when she organized a panel on the whole issue of gayness as sickness or alternative life style. Several brave souls disrupted professional meetings and one closeted doctor even appeared in disguise in order both to protest injustice and protect his career.

Within the next few years the other professional associations, such as the American Psychological Association, said amen and changed their positions. The psychoanalysts were the last to uncircle the wagons and repent. In 1992 even the World Health Organization declared gayness to be a normal state of affairs.

The heart of the drama centers around the inspiring courage of gay and lesbian psychiatrists to battle reactionary doctors like Irving Bieber and Charles Socarides who protested the decision and insisted that the entire membership of the association be polled. They were and the majority approved the change.

Dr. Judd Marmor, a straight practitioner of his medical craft, demonstrated much courage and foresight as president of the American Psychiatric Association as he provided leadership in educating the ignorant public by encouraging studies and publishing **Homosexual Behavior: A Modern Reappraisal** in 1980.

Gay psychiatrists frequently met in secret as they plotted their strategy to bring about reform.

Richard Isay, the first openly gay psychoanalyst wrote **Becoming Gay**. Martha Kirkpatrick studied lesbian mothers, and Richard Pillard analyzed gay behavior in twins. The list goes on and on.

What we need now is real action in Congress and our state legislatures. The medical profession led the way and now the rest of society must follow through

-Frank Howell



### SPYGLASS SENIOR VILLA A New Residential Care Home

RCFE License #075601331

2436 SPYGLASS DRIVE  
BRENTWOOD, CA 94513

Spyglass Senior Villa is a 6-bed Board and Care Home for the elderly, 60 and above, located in the beautiful Brentwood Deer Ridge Country Club Community. We provide the finest in daily living and personal care in an elegant, yet homelike environment.

- 2 year old well-maintained home
- Well-trained, experienced, dedicated caregivers
- 24/7 care including meals, laundry and activities
- Spacious private and shared rooms
- Transportation to/from appointments
- Close to hospitals, senior center and shopping

*For more information, please call:*

**YOLANDA YASSINI, Licensee/Administrator**  
Phone: 925 - 209 - 6541

E-mail: [info@spyglassseniorvilla.com](mailto:info@spyglassseniorvilla.com)

Please visit our website at:

[www.spyglassseniorvilla.com](http://www.spyglassseniorvilla.com)

### Susan Levinkind J.D.

Lesbian Tax Mom  
8008 Winthrop Street  
Oakland CA 94605  
Ph: 510-383-9858  
Fax: 510-383-9045

Email: [taxmomsusan@yahoo.com](mailto:taxmomsusan@yahoo.com)

### Steve Toby, M.A.

Licensed Marriage and Family Therapist

Counseling for trans-people from a trans-man

Office in El Cerrito, CA

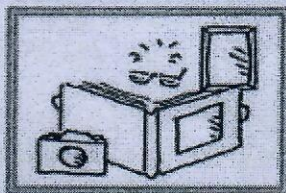
510-236-0443

email: [stevetoby@comcast.net](mailto:stevetoby@comcast.net)  
website: <http://jtoby.homestead.com>

### Cathy Cade Personal Histories & Photography

[cathy@cathycade.com](mailto:cathy@cathycade.com)

[www.CathyCade.com](http://www.CathyCade.com)



407 Orange St. #101  
Oakland, Ca. 94610  
510/251-2774

Are you about to turn or have you just turned...

# 65 years old?

## Could you use some help deciphering Medicare Parts A, B and D?

Your window may be closing on your opportunity to get a guaranteed issued medical plan. Did you know that some of the plans are FREE?

**DIANE SICKMEN**  
Insurance Services

**CSA**

Certified Senior Advisor (CSA)

A member of Lavender Seniors since 2004

Confidential Advice You Can Trust  
25 Years Experience  
CA Insurance License #0601814

### I can help!

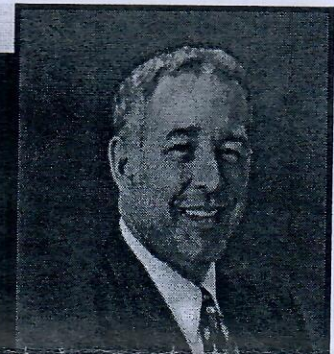
I can match you with a medical plan that suits your lifestyle and budget. I also offer life insurance, dental insurance and financial services.

**FREE consultation ~ Offices in Oakland and San Rafael**  
**510.334.3550 / 415.453.4300**

## ROB MILLS & The Red Star Team

*proudly support and salute the*  
**Lavender Seniors of the East Bay**

*Serving Sellers, Buyers, Exchangers and Investors throughout the Greater East Bay and The City, we specialize in TRUST and PROBATE transactions and have assisted our own families during challenging times. The RED STAR TEAM strives to attain for you and your family, the best market price through our regional marketing power and high-tech tools. We will guide you through your Real Estate transactions with skill, dignity, integrity, and most importantly, understanding.*



Real Estate Broker & Partner  
CA License # 01315322



**Contact The RED STAR TEAM for SERVICE BEYOND the EXPECTED!**

[www.HomesOfTheBayArea.NET](http://www.HomesOfTheBayArea.NET)

Toll-free 1.877.733.0111



**SENIORS**  
Real Estate



Regional Office: 3021 Citrus Circle #100 Walnut Creek, CA  
Each Office is Independently Owned & Operated / An Independent Member Broker



**KELLER WILLIAMS**  
REALTY

# December 2007

## Schedule of Events

December 5<sup>th</sup> – 1:00 PM - 3:00 PM –  
Coming Out Again Group –1801 Hearst St.,  
Berkeley. Co-sponsor: North Berkeley Senior  
Center.

December 5<sup>th</sup> - 7:00 PM - 8:30 PM –  
Lavender Seniors Board Meeting – 1395  
Bancroft Ave., San Leandro.

December 6<sup>th</sup> and 20<sup>th</sup> - 1:30 PM to 3:30 PM  
– Senior Men’s Afternoon – 2712 Telegraph  
Ave. Berkeley at the Pacific Center Co-  
Sponsor: Pacific Center 510-548-8283.

Dec. 8<sup>th</sup> – 12:00 PM to 2:00 PM – Holiday  
Potluck, Arts’ & Craft Fair, Entertainment  
1395 Bancroft Ave, San Leandro:

December 9<sup>th</sup> – 5:30 – 6:30 – Fellows of the  
East Bay – 1288 9<sup>th</sup> Street, Berkeley. \$4  
Donation at the door.

December 16<sup>th</sup> – 12:30 PM – 2:30 PM -  
Xmas Extravaganza—6325 Boone Dr.  
Castro Valley, CA 94552 (see article for info)

Dec. 21<sup>st</sup> - 12:30 to 2:30 PM - Lavender  
Lunch Bunch, North Oakland Senior Center,  
5714 MLK Jr. Way. (58<sup>th</sup> St.) Oakland.  
Program: Holiday Sing-along

December 28<sup>th</sup> – 12:30 PM - 2:30 PM –  
South County Lunch and TalkAbout,  
40086 Paseo Padre Pkwy, Fremont, FREE  
LUNCH for LGBT residents. Sponsor: City of  
Fremont, Human Services Dept. For more  
info. Contact Ina Mae Murri 510-490-5425.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 BoardMtg ComingOut	6 Sr Mens	7	8 Holiday PotLuck
9 Fellows	10	11	12	13	14	15
16 Special Event	17	18	19	20 Sr Mens	21 Lunch Bunch	22
23	24	25 Christmas	26	27	28 South- County	29
30	31					

### 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 the fee of: Non-Profits, \$250; For-Profits, \$500; ½ half page inserts are the same amount. Must be received by 10<sup>th</sup> of preceding month.