

# Lavender Notes

*A Project of the Tides Center*



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## Hello I'm Leslie Bonett

I am Leslie Bonett, the new Outreach Specialist for Lavender Seniors of the East Bay. I started in June, and have enjoyed meeting so many of you at the regular and PRIDE events that were held. I'm thrilled to join this organization, and with YOU, our Staff and the Board, begin to take on the current and future projects to help move us into a new realm of Outreach and Services.

Joining Lavender Seniors represents the perfect intersection of my professional and personal interests. As a Speech-Language Pathologist for 30 years, I have worked primarily with seniors, the aged, and their

families and communities, with a focus on Home Health Care. In such an intimate milieu, I have learned about the Bay Area's ethnic cultures, languages, and generational concerns. I am fluent in Spanish, with a smattering of words in other languages. I'm an advocate for socialization, and reducing isolation, by providing the health care and human services to stay in the community.

I have a strong belief in social justice and politics, and have worked for local campaigns, including the progressive

*(Continued on page 4)*

## August 2007

## Schedule of Events

**August 1st- 1:00 PM - 3:00 PM - Coming Out Again Group** -1801 Hearst St., Berkeley. Co-sponsor: North Berkeley Senior Center

**August 8th - 7:00 PM - 8:30 PM - Lavender Seniors Board Meeting** - 1395 Bancroft Ave., San Leandro.

**August 11<sup>th</sup> 12:00PM - 2:00 PM Potluck** -1395 Bancroft Ave., San Leandro, Program: Diabetes Association - Dr. Thomas Sherwood. See Schedule on page 8.

**August 12th - 5:30 PM - 8:00 PM - Fellows of the East Bay** - Social and Potluck, 1515 Market St., Oakland. \$4 donation requested..

**August 9<sup>th</sup> and 23rd - 1:30 PM to 3:30 PM - Senior Men's Afternoon** - 2712 Telegraph Ave., Berkeley at the Pacific Center. Co-Sponsor: Pacific Center.

**August 17<sup>th</sup> - 12:30 PM - 2:30 PM - Lavender Lunch Bunch NEW LOCATION**, North Oakland Sr. Center, 5714 MLK.Jr. Way. (58<sup>th</sup>St.)

**August 24th - 12:00 PM - 2:00 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 ComingOut	2	3	4
5	6	7	8 Brd Mtg	9 Sr Mens	10	11 Pot Luck
12 Fellows	13	14	15	16	17 LunchBunch	18
19	20	21	22	23 Sr Mens	24 SoCounty	25
26	27	28	29	30	31	

**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

Dan Ashbrook, Secretary

Bobbie Jarvis, Treasurer

Fred Banuelos D'Anne Bruetsch ,

Meg Bruynell, Jeanine DeBacker, Mike Mora, Tomi Smith, Rose White

#### **Next Advisory Board Meeting**

Aug 8<sup>th</sup> - 7PM. Call 510-677-9655 for more information. All are welcome; public comments take place at 7PM.

#### **Staff**

Irene Casanova, 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>

# August Birthdays

August 1 Pat McCaffrey	August 10 Margaret Bruynell	August 24 Ron Wong
August 4 Natalie Zarchin	August 13 Cal Humphrie	August 26 Jo Ann Driscoll
August 5 Ben Simmons Tamar Koinla	August 15 Juanita Oribello	August 31 Cheryl Woodie
August 6 Cam Jancek	August 18 Charles Aiken	
August 8 James Day	August 22 Ruth Michaels	
August 9 Calvin Barajas Karen A. Anderson	August 23 M. Delgadillo	

# SICKO

Pete Stark, our former Congressional Representative in the Bay Area, and I recommend that you see Sicko, Michael Moore's new movie... I agree that Mr. Moore certainly oversimplifies and dramatizes the issues to make them more marketable; but he does a remarkable job in showing us the UNLEVEL playing field that our unbridled health care industry has created in this country. He also shows us how we are ALL paying for it, those of us who are insured and those who are not.

The movie clearly demonstrated to me how our free market society, when manipulated by our public servants (congressmen and women) are paid off by the drug and medical industries.

Pick up a ticket and go to see it. You will enjoy it..

Barbara Faulkner

## 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.)

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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**

*(Continued from page 1)*

Oakland mayoral campaigns of Nancy Nadel and Wilson Riles, developing expertise in Publicity and Media, Fundraising, and Event Planning. I was also a Cable TV Producer/Director, where I started a program with PFLAG-Fremont.

I'm an out lesbian, and well-connected to the East Bay community. My close friends are over 55, and with diverse ethnic backgrounds, so I am very comfortable with you as peers and as wise elders. As a Lavender Junior, I will be creating ways to bridge our age groups, and introduce social and educational events of interest to all of us. I recently started a Community Sing-along in collaboration with Barbary Lane Senior Communities, and invite you to share my love of Broadway show tunes & music.

I welcome the opportunity to meet all of you at our monthly Potlucks and Lunch Bunches, and in the community. Please do give me your input and feedback in reaching out to our LGBT Community, so feel free to phone me at the office or [outreach@lavenderseniors.org](mailto:outreach@lavenderseniors.org).

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## EAST BAY POTLUCK PICNIC

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(Bring your favorite dish.)

When: Saturday, August 18<sup>th</sup>, 2007

Time: 11:00 AM until 5:00 P.M.

Where: Cull Canyon Regional Park

Castro Valley Ca., in the Cabana reserved section.

**The picnic will be in the beach area where there is a small entry fee, but the parking is free.**

Park Activities: The swim complex will be open during swim season with lifeguard service.

Beach Access Fees:

\$3.50 age 16-61

\$2.50 age 1-15

\$2.50 seniors 62+ or disabled

No charge under 1 yr.

### DIRECTIONS:

**From I-580 Eastbound** - in Castro Valley, take the Center Street exit, go north (left) on Center to Heyer, right on Heyer to Cull Canyon Road, left on Cull Canyon road to the park entrance on the left.

**From I-580 Westbound** - take the Castro Valley exit and continue west (left) on Castro Valley Blvd. to Crow Canyon Road. Turn right on Crow Canyon, then left on Cull Canyon Road and continue to the park entrance on the left.

Come out and have some fun!!!!

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## Update from Cappelletti

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According to the lovely gentleman I met at Club Diversity, one of Columbus' 20 or so LGBT bars (!), Clintonville is the top lesbian US zip code and Columbus is the second largest LGBT community in the US! I can't believe it could beat the bay area, though. But at least I am quite surrounded by family.

Just a quick hello to say I'll be meeting with the Stonewall Center (LGBTQ Community Center that's been here since 1981) to see what's up for LGBT seniors. I hear the new director worked with the Dept. of Aging and is developing an initiative for seniors at the center. I'll bet they'd love to have a showing of the Lavender Scrolls!

Otherwise, I'm finishing getting set up in my rental house in a pretty Clintonville neighborhood with lots of trees and rainbow flags flying from the porches. Cappelletti Designs is up and running, as well, and I'm looking for new clients for graphic designs and community arts.

Summer in Ohio is a lazy time -- feels like a vacation at the lake. I miss the Lavender Seniors!

[Christina@CappellettiDesigns.com](mailto:Christina@CappellettiDesigns.com)

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### Celebrating an Anniversary??

Lavender Seniors wants to honor your relationship by posting the anniversary of your marriage, civil union, partnership, etc in the Newsletter. Send an email to [tomi@lavenderseniors.org](mailto:tomi@lavenderseniors.org) with the names of you and your spouse/partner/significant other, the date, and years you've been together.

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## HAVE A GOOD LAUGH!

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Laughter releases endorphins, those "feel good" hormones suspected of boosting immunity, and that might make you more resistant to disease, says Michael Irwin, M.D. of UCLA's David Geffen School of Medicine and a former adviser for the Federally funded National Center for Complementary and Alternative Medicine. "At the very least, laughter reduces stress hormones, which we know have a bad effect on immunity." If you're the strong silent type, a good belly laugh now and then may be especially important. Along with its stress-busting properties, hearty laughter provides an aerobic workout

**Partners for Community Access** are looking for someone to assist their clients with tasks like grocery shipping, banking, reading their mail and taking them to medical appointments. Please call (510) 547-2426, Rosalee Schubert, ext 3 or Ramona Baskerville, ext 16.

THE LAVENDER SENIORS OF THE EAST BAY  
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WEDNESDAY, SEPTEMBER 5  
9AM TO NOON  
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Come to this FREE event and listen to a panel of experts discuss issues regarding *Aging in Place*. This is your chance to ask questions about topics such as:

- Home Modification
- Reverse Mortgages
- Transportation
- Financial Planning
- Fitness
- Health Care
- Food Delivery
- Long Term Care Insurance
- Communication Systems
- And much more!

Light Refreshments Served

Please call (510) 577-3462 to reserve space.

## SISTAHS STEPPIN' IN PRIDE!

When: August 25, 2007

This will be the 6<sup>th</sup> Annual Sistahs Steppin'in Pride! East Bay March & Festival.

Come out and enjoy. For more information visit [www.SistahsSteppin.org](http://www.SistahsSteppin.org).

## Lighthouse Community Center

The Lighthouse Community Center is having fund raising brunches at the Turf Club in Hayward, August 12<sup>th</sup>, September 9<sup>th</sup> and October 14<sup>th</sup>. For more information, please call Patricia Kevena Fili, Lighthouse Executive Director at 510-881-8167 or email her at [patriciakevenafili@lighthousecommunitycenter.org](mailto:patriciakevenafili@lighthousecommunitycenter.org).

### What is the purpose of the Aging in Place Symposium?

The purpose of this forum is to provide ideas for seniors for designing a plan to live more independent lives. We will also create awareness for National Aging in Place Week which will be October 1-7 this year. National Aging in Place Week was first inaugurated in 2003 by the National Aging in Place Council, (NAIPC), with the intent to encourage seniors to take a more proactive approach in designing a program to prolong the need for long term care facilities. The NAIPC has a goal to expand a national summit for non-profits, private businesses, and professional groups that provide healthcare and other supportive services to seniors. In an extra effort to generate awareness for National Aging in Place Week, The Lavender Seniors are also asking local Bay Area mayors to recognize and officially proclaim Aging in Place Week

### From our new Outreach Coordinator

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).

## Thoughts for the Month

Confucius say: make sure words touch wisdom tooth on way out of mouth.

People who spout platitudes have attitudes that allow no latitudes.

## Community News

### To Lavender Seniors –

My beloved partner of 20 years, Helen Elizabeth Ruth, passed away June 5, 2007 after complications subsequent to heart surgery. She was an exceptional person who worked as a conservator and trustee for others, upholding their rights and wishes with all of her generous integrity. Some may remember her beautiful blue eyes and upbeat spirit at several lunch bunches, potlucks and at the Tenth Anniversary gala.

Thank you, Lavender Seniors, for creating a welcoming community and giving us many happy memories. – Lynn Edisen

### CONGRATULATIONS TO-

D'Anne Bruetsch and Claudia Kentworthy on their wedding on June 30, 2007. Although we all could not attend, we want to wish them years and years of happiness and long life together.

# August Book Review

## Man In The Middle

By John Amaechi; ESPN Books-\$24.95

Some of us in the gay community can identify with John Amaechi. We knew who we were in those challenging days of edgy adolescence--the nerds who were chosen last in P. E. class. Oddly enough, John, who went on to develop into a world class basketball player, was one of us for a time. He loathed any form of exercise and spent much time in the library with his nose in a book. But Mother Nature was on his side. He was quite tall even at age ten when he towered over his teachers. He was raised in working class England. John was the product of an inter-racial marriage. The father was from Nigeria, abusive and frequently absent.

He shot up to a height of six feet, eight inches. He received all A's and B's in school. John's life altered dramatically, when at age 17 he tried out for basketball. Unfortunately Britain is not a nation that is good breeding ground for basketball players. So John and his mother came to America, ending up in Chicago and then

moved to Ohio.

Amaechi points out, in his relaxed, informal style of prose, that "...life begins after basketball." Fame is fleeting; **education** must be the life goal.

College athletics is often a four year joke. Emphasis is placed on team practice and study time is merely tolerated as a necessary evil. After graduation many black super stars ended up working as janitors. They are no longer needed.

John did not always fit in with his team mates. "I read books, drank tea, and wrote poetry."

John was especially fond of Vanderbilt University in Tennessee. But the coaches harassed him for being too nice. They tried to toughen him up.

The ultimate goal for many successful folks is to give back to the community. This is where our hero found his most satisfying ambition--mentoring to disadvantaged youth. He centered his big brother program on six needy kids. John finally entered the NBA and played all over the USA and Europe. In Manchester, England, he built the Amaechi Basketball Center and backed it with \$500,000 of his own money. He is now retired from the glittering world of professional basketball and doesn't seem to miss the sport. He now lives in Orlando, Florida with two black boys who have moved in with him.

Life has been warm and good for John Amaechi. At 36 he is content but without a life partner. He is working toward a Masters Degree in Counseling. There is a high price to pay for fame and glory but John has managed to beat the system.

-Frank Howell

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*Don't waste another minute agonizing over the necessary tasks unique to seniors.*

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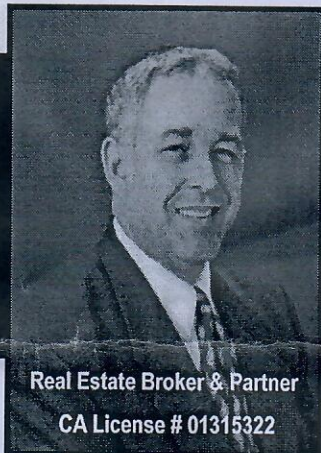
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# Lavender Seniors of the East Bay Official Newsletter

<p><b>Senior Men's Afternoon</b></p> <p>2<sup>ND</sup> and 4<sup>TH</sup> Thursdays of each month, 1:30–3:30PM</p> <p>Aug 9<sup>th</sup> and 23<sup>rd</sup></p> <p>at Pacific Center, 2712 Telegraph Avenue Berkeley</p> <p>For more info, call 510 548-8283. Co-sponsored by Lavender Seniors and the Pacific Center.</p>	<p><b>Coming Out Again</b></p> <p>1st Wednesdays of each month 1 PM to 3PM</p> <p>Aug 1<sup>st</sup></p> <p>at North Berkeley Senior Center, 1901 Hearst St., Berkeley.</p> <p>Bayla Bower, Coordinator</p>	<p><b>Fellows of East Bay</b></p> <p>Meeting/Potlucks are held every second Sunday of the Month at 1515 Market St. in Oakland</p> <p>Next Date is Aug 12<sup>th</sup></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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## LUNCH BUNCH NEW LOCATION

The North Oakland Senior Center will be hosting our Lunch Bunch on the **THIRD FRIDAYS** of each month, 12:30 to 2:30 in the lunch room of their senior center at 5714 Martin Luther King Jr. Way (on the corner of 58th St.) There is plenty of parking in back of the building. Please pass the word to your Lunch Bunch friends. The next lunch will be on Friday, Aug 17th, 2007.

San Leandro's Mayor Tony Santos has officially proclaimed Aging in Place Week **OCTOBER 1-7**. He is presenting Dan Ashbrook with the proclamation at the September 4th council Meeting. Congratulations Dan!!

## MONTHLY POTLUCK

**Saturday, Aug 11<sup>th</sup> 12 noon to 2pm**

Program: Dr. Thomas Sherwood – Diabetes Assoc.

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



## ADVERTISING RATES\* FOR LAVENDER NOTES

Ad Size	1 month	3 months	6 months	1 year
<b>Classified Ad</b>	\$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.