

# Lavender Notes

*A Project of the Tides Center*

1395 Bancroft Avenue

Phone 510 667-9655

San Leandro, CA 94577

Fax: 510-667-9909

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

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



Inside this issue:	
September Birthdays	3
Problem Gamblin	3
Pat Bond Nominees	4
Outreach Corner	4
Aging In Place	5
Health Tips	5
Book Review	6

## House Medicare Advantage Vote

On Wednesday night, the U.S. House of Representatives passed H.R. 3162, "The Children's Health and Medicare Act of 2007," by a 225-204 vote. The legislation expands the State Children's Health Insurance Program (CHIP), a federal program for the children of the working poor, while helping older Americans. It would expand coverage for preventive health screening for seniors under Medicare and would provide \$19 billion over five years to prevent scheduled cuts to

physician reimbursements under Medicare. To pay for itself, the bill would raise the federal tobacco tax by 45 cents a pack, while making federal payments to managed-care plans under Medicare equal to reimbursements for the federally managed Medicare program. The reductions in overpayments to Medicare Advantage will increase the solvency of the Medicare Trust Fund by three years. The U.S. Senate passed a more modest version of the SCHIP bill by a vote of 68-

*(Continued on page 4)*

## September 2007

## Schedule of Events

- Sept. 5, 9 to 12 am, Aging In Place Seminar. Marina Comm. Ctr, 15301 Wicks Blvd, San Leandro. See page 5
- Sept. 6, 1:00 PM - 3:00 PM – Coming Out Again Group –1901 Hearst St., Berkeley. Co-sponsor: North Berkeley Senior Center
- Trip to GLBT Historical Society, San Francisco
- Sept. 5, 7:00 PM - 8:30 PM – Lavender Seniors Board Meeting – 1395 Bancroft Ave., San Leandro.
- Sept. 8, 12:00PM – 2:00 PM Potluck -1395 Bancroft Ave., San Leandro , Program: Donna Christner, Author of "Aging In Place"
- Sept. 9, 5:30 PM - 8:00 PM – Fellows of the East Bay – Social and Potluck, 1515 Market St., Oakland. \$4 donation requested..
- Sept. 13 and 27, 1:30 PM to 3:30 PM – Senior Men's Afternoon – 2712 Telegraph Ave., Berkeley at the Pacific Center. Co-Sponsor: Pacific Center.
- Sept. 21, 12:30 PM – 2:30 PM - Lavender Lunch Bunch NEW LOCATION, North Oakland Sr. Center, 5714 MLK.Jr. Way. (58<sup>th</sup>St.)
- Sept. 28, 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
2	3	4	5 AgingInPlace BrdMtg	6 ComingOut	7	8 Pot Luck
9 Fellows	10	11	12	13 Sr Mens	14	15
16	17	18	19	20 LunchBunch	21	22
23	24	25	26	27 Sr Mens	28 SoCounty	29
30						

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, Mike Mora,

Tomi Smith, Rose White

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

Sep 5<sup>th</sup> - 7PM. Call 510-677-9655 for more information. All are welcome; public comments take place at 7PM.

#### **Staff**

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>

# September Birthdays

September 3rd Sandy Morris	September 16th Carol Witten Sue Carol Witt	September 23rd Mary E. Atkins
September 9th Rose White	September 17th Fred Baneulos	September 25th Jerry Fishman
September 11th Donna Montgomery Rosalind Barnett	September 18th David Axel	September 26th Diane Gonzales
September 12th Pat Kemper	September 19th Eugene Rousseau Pam Spevack	September 28th Marilyn Austin
September 13th Carol North	September 21st David Hinogosa	September 29th Marilyn Gentile
	September 30th Diane Esposito	

# Problem Gambling Training

**Sponsored by ASA**

**When:** October 18, 2007

**Where:** North Berkeley Senior Center, 1901 Hearst Avenue, Berkeley

**Time:** 1:30 PM to 4:30 PM.

Please RSVP TO Judith Izzo at 510-981-7700

or Email [jbzzo@ci.berkeley.ca.us](mailto:jbzzo@ci.berkeley.ca.us)

Space is limited!!! Please RSVP by October 1, 2007.

## Happy 85th, Natalie!

Natalie Zarchin celebrated her 85th birthday in August, with a big bash at the Montclair Women's Cultural Arts Club.

(Continued from page 1)

31 on Thursday night, making a House-Senate conference bill likely for this fall. "Thank you all for your hard work in phone calls, letters to Congress and the media, and emails. It paid off. This is a great victory for the Alliance and seniors, because it puts us on the path to stop Medicare privatization and improve the Medicare program," said **Edward F. Coyle**, Executive Director of the Alliance. "However," he added, "**President Bush** has issued veto threats on the legislation. So there's still work in front of us."

**RECEPTION FOR PAT BOND NOMINEES**

Everyone is welcome to join us in recognizing the outstanding nominees for the 2007 Pat Bond Memorial Old Dyke Awards at a special reception sponsored by the GLBT Historical Society and the Pat Bond Committee. These fabulous women have given

tr  
L  
a  
  
a  
a  
c  
L  
6  
W  
T  
N  
  
La  
Sc  
te  
fr  
te  
66  
  
Ce  
L  
po  
ne  
to  
sp  
yc



Community FUND

**Lavender Seniors  
TAKES YOU TO  
THE BALL GAME**

**Wednesday, September 19th!**

*Oakland A's v. Seattle Mariners*

*12:35 PM - Oakland Coliseum*

We have 36 Field Level seats in Right Outfield down the 1st Baseline!

Join us with your PRIDE ON!

Wear your Lavender Seniors T-shirt & PRIDE apparel

If we raise \$75, LAVENDER SENIORS will be up on the Scoreboard!!

CALL NOW to reserve your FREE tickets

Please invite friends and loved ones of any age

THE LAVENDER SENIORS OF THE EAST BAY  
& THE CITY OF SAN LEANDRO'S SENIOR SERVICES  
PRESENT



## 'AGING IN PLACE' A SYMPOSIUM FOR SENIORS

WEDNESDAY, SEPTEMBER 5  
9AM TO NOON

MARIINA COMMUNITY CENTER  
15301 Wicks Blvd., San Leandro

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.

### 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

## OLOC Retreat

Old Lesbians Organization for Change, San Francisco Bay Area Chapter, is holding a week-end retreat September 15, 16, 2007 at Alamo, CA. Lesbians over 60 are invited. Call Joan Emerson at 415-388-5001 for more information.

## HEALTH TIPS CORNER

### Learn to Love Your Heart

#### Get Moving

Exercise is a good way to reduce the risk of heart disease. Start slow, then build up to 30-60 minutes of activity daily.

#### Fuel UP

Fill up on fruits, veggies and oats-boasting lots of soluble fiber. They give you lots of energy and are low in fat and cholesterol.

#### Breathe Deep

High stress can increase the risk of heart disease. Try 15-20 minutes of relaxation every day. Sit quietly, breathe deeply and easily.

#### TAKE A NAP

Harvard researchers found that people who napped at least three times a week had a 37 percent lower risk of dying from heart disease than those who stayed awake all day. So nap on!!!!

#### Make Mine Black

A study at the University of Berlin revealed that drinking tea without milk will help your blood vessels relax and expand.

#### Eating Bananas

Bananas are a natural remedy for many ills. When compared to an apple, they have four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. They are also rich in potassium. So maybe "A banana a day keeps the doctor away!"

## Lighthouse Community Center

The Lighthouse Community Center is having fund raising brunches at the Turf Club in Hayward, 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).

## Lillian Faderman, Ph.D.

Prize-Winning, Author of Historical Books on Lesbians, speaks at the Redwoods Auditorium, 40 Camino Alto, Mill Valley, CA. on Thursday, September 20, 2007 at 7:30 PM. Free event. Call Joan Emerson at 415-388-5001 for more information.

## September Book Review

### American Fascists: The Christian Right And The War on America

By Chris Hedges

Free Press, \$25.00

We hear so much these days about the threat of fascism abroad, but a major concern emerges right in our own back yard. Christian fundamentalists possess a quiet vision--total control of every aspect of American life. This idea is based on **dominionism**--the absolute rule based on the theology of John Calvin and his religion of the 1500s.

Since the 1970's R. J. Rushdoony has developed the Institutes of Biblical Law which proposed the death penalty for homosexuality, adultery, astrology, incest, and juvenile delinquency.

Right wing promoters of today are embarrassed by the extremes of Rushdoony and then tend to sugar coat their current approaches to social problems. It is all done in the name of love. We are now enveloped in a new age of cynical attitudes. As Gore Vidal once remarked, "Whenever I hear the word

'love' I reach for my gun."

The evangelicals of today number about 70 million or 25 per cent of the American population. There are about 200,000 churches in this camp and one third believe they will be raptured into heaven.

But Chris Hedges, who holds a degree from Harvard Divinity School and was part of a **New York Times** team of reporters who investigated global terrorism, points to negative statistics streaming out of the so called Red States where we find higher rates of murder, illegitimacy, and teen births. In Blue states like Massachusetts we find lower rates of social pathology.

Thought the use of mass events such as "love bombing" or instant affection, a wide public is reached. The cult of masculinity is used by ministers like the late Jerry Falwell is part of the campaign ("Christ was a man with muscles"). Sexual ambiguity is deplored. Gays are hateful.

Billy Graham is now old hat. He is seen as weak and too gentle. Today, say the new breed of salvation seekers we must engage in power politics. Hedges warn us of the danger of these powerful new religionists and reminds us of how passive and accepting the Germans were of Hitler.

Next month we will explore another branch of the same tree when we turn our attention to James Dobson and his Focus on the Family organization

-Frank Howell

Congratulations to Josephine Tinker and Carlette Keeles who will be celebrating their 10<sup>th</sup> anniversary on October 10, 2007.

**A Wonder Woman Plumbing.**  
Residential service: repairs,  
installations and remodeling.  
License #: 499123  
Call Myra 510.908.5554

### 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)

### Edward Jones®

**Dominic McKenna**  
Financial Advisor

887 Island Drive Suite E  
Alameda, CA 94502  
Bus. 510-749-9290  
[www.edwardjones.com](http://www.edwardjones.com)  
California Insurance License 0C24309



MAKING SENSE OF INVESTING

### FOUNTAIN GROVE LODGE

■ AN LGBT ELDERS COMMUNITY

WES WINTER  
SENIOR MARKETING DIRECTOR

4210 THOMAS LAKE HARRIS DRIVE • SANTA ROSA, CA 95403  
T 707 576 1101 • [WES.WINTER@FOUNTAINGROVELODGE.COM](mailto:WES.WINTER@FOUNTAINGROVELODGE.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>

# PROTECT *your* DREAMS for the FUTURE

Too often concerns and fears for our well-being get in the way of our enjoyment of life.  
*Don't waste another minute agonizing over the necessary tasks unique to seniors.*

## HELP IS HERE!

- Medicare Supplements
- Long Term Care Insurance
- Develop and Restructure Safe Financial Strategies
- Part D
- Guidance in Financial Decisions
- Life Insurance
- Dental Insurance



**DIANE SICKMEN - Certified Senior Advisor**  
**CALL FOR FREE CONSULTATION**  
**415.453.4300**



CA Insurance License # 0601814

*Confidentiality - Integrity - Professionalism - Caring - Advice You Can Trust - 25 Years Experience*

## 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

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>Sept. 13<sup>th</sup> and 27<sup>th</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><b>NEW DATE</b></p> <p>Thurs, Sept. 6th</p> <p>1 PM to 3PM</p> <p>Trip to GLBT Historical Society From North Berkeley Senior Center, 1901 Hearst St., Berkeley</p> <p>For More Information Contact Bayla Bower, Coordinator</p>	<p><b>Fellows of East Bay</b></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 Sept. 9<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>
--	---	---

**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, Sept. 8<sup>th</sup> 12 noon to 2pm**

Program: Donna Christner, Author of the book "Aging in Place".

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



**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; 1/2 half page inserts are the same amount. Must be received by 10<sup>th</sup> of preceding month.