



**LAVENDER
SENIORS**
of the East Bay

Lavender Notes

A Project of the Tides Center

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HAPPY THANKSGIVING



Bea Howard, 77, of Berkeley, Calif., said she had been ignored by restaurant workers while dining with a younger friend.

The Little Things That Rankle In 'Sweetie' and Dear,' A Hurt for the Elderly

By John Leland

Published October 6, 2008 New York Times
Excerpts

Elderspeak, a form of address that worms its way into conversations between generations, can send a message that older people are incompetent. It ranges from talking in a bullying tone, to addressing older people by their first names, to using condescending words or terms.

Professionals call it elderspeak because the sweetly belittling form of address has always rankled older people: the doctor who talks to their child rather than to them about their health; the store clerk who assumes that an older person does not know how to work a computer, or needs to be addressed slowly or in a loud voice. Then there are those who address any elderly person as "dear." "

People think they're being nice," said Elvira Nagle, 83, of

Dublin, Calif., "but when I hear it, it raises my hackles."

Now studies are finding that the insults can have health consequences, especially if people mutely accept the attitudes behind them, said Becca Levy, an associate professor of epidemiology and psychology at Yale University, who studies the health effects of such messages on elderly people.

"Those little insults can lead to more negative images of aging," Dr. Levy said. "And those who have more negative images of aging have worse functional health over time, including lower rates of survival."

In a long-term survey of 660 people over age 50 in a small

(Continued on page 5)

Raffle Winner at Fall Harvest

Don't miss the November 8th potluck and Fall Harvest meal from 12:00PM to 2:00PM. Lavender Seniors will announce the winner of the fall raffle. There will be a special homemade turkey, stuffing and gravy feast prepared by the talented Gabriel Delgado. The trimmings will be potluck, so feel free to bring a dish that will accompany this



fabulous meal. If you haven't purchased your raffle tickets, please do so by November 1st. This is your change to win a weekend for two in San Francisco with a \$750 spending allowance. Tickets are \$10 each and available at the Lavender Seniors office. To purchase tickets, mail a check to: Lavender Seniors/Tides Center, 1395 Bancroft Ave., San Leandro, CA 94557

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

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Next Advisory Board Meeting

Nov 5th - 7PM. Call 510-667-9655 for more information.
All are welcome; public comments take place at 7PM.

Staff

Dan Ashbrook, Director
Melissa Taylor, Outreach Coordinator
Tomi Smith, Project Administrator
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Newsletter

Tomi Smith, Editor
D'Anne Bruetsch, Layout

Webmaster

Bert Hendriksen

Lavender Seniors welcomes all LGBT persons, 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 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 Melissa, 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>

November Birthdays

Nov. 4th Michael C. John M.	Nov. 13th Grant P.	Nov. 25th Wendy H. Melissa T.
Nov. 10th Erick G. Peggy Moore	Nov. 16th Tamara S.	Nov. 26th Leesa G.
Nov. 11th Bill K. Robert Y.	Nov. 19th Dan A.	Nov. 27th Sheila K.
	Nov. 22nd Edd D..	

MONTHLY POTLUCK

Saturday, Nov. 8th - 12 noon to 2pm

Program: Stagebridge

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



Donate to Lavender Seniors online! Now you can go to www.lavenderseniors.org and click the **Donate Now link**. This is an easy way to make a difference in your community.

Become a "Friend of Lavender Seniors" Today!

Lavender Seniors of the East Bay need your help! LGBT seniors are among the most overlooked and underserved population. Your donation provides general operating support for programs that help LBGT seniors live better lives by addressing issues of stigmas based on age and sexual orientation, limited biological families and social support, health disparities, insensitive health and human services providers, and economic insecurity exacerbated by ineligibility for spousal or survivor's benefits.

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 \$ _____

Annual Courtesy Giving Levels

Lavender Leader \$10,000 Lavender Supporter \$5,000 Lavender Friend \$1,000

(* 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

Volunteer Corner:

The heart of Lavender Seniors has always been its dedicated cadre of volunteers. I am thrilled to announce that Lavender Notes will now have a special area just for them. This corner is long overdue! There are so many wonderful stories about the amazing work by Lavender Seniors volunteers. These stories should be told and volunteer efforts recognized. The volunteer corner will feature stories, opportunities, list new volunteers, and provide information on upcoming trainings and events. I want to thank all of our volunteers because without them Lavender Seniors could not exist. Between July 2007 and June 2008, volunteers provided over 2,709 hours of service to Lavender Seniors. This service has made profound changes in our community. Health and human service providers understand our needs, isolated seniors are connecting with social networks, and laws are being created to protect LGBT seniors because of our "Lavender Leaders." I hope you will enjoy this new feature of Lavender Notes as much as I enjoy working with our volunteers. This experience has shown me that civic engagement is a key to living a good life in later years.

Dan Ashbrook
Director

New Lavender Leaders

Lavender Seniors welcomes Michael Henley (Friendly Visitor), Reverend Carol Hansen (Friendly Visitor and Cultural Competency Speaker), and Frances Maufas (Potluck Crew).

Upcoming Volunteer Events

Volunteer Appreciation Luncheon and Awards is being scheduled for January. Stay tuned for details to be announced soon.

Volunteer Story of the Month

Working on Legislative Bills-It is important to try to influence the course of events in our state capitol. This summer Dan Ashbrook and I testified on behalf of bill 1729 before two different committees in Sacramento. The bill was signed by the governor authorizing organizations like Lavender Seniors to provide Cultural Competency Training for medical personnel who work with LGBT senior citizens. It is vital that they be sensitive to the needs and feelings of people in our community. They need to be aware of our needs. The bill was introduced by assembly- woman Carol Migden. Cultural Competency Training involves a panel of gay, lesbian and transgender people (usually four in numbers) to meet with social workers, doctors, and others who interact with LGBT clients in senior citizen homes and community centers. We each tell our personal stories and Dan explains the functions of Lavender Seniors.

Another enlightening experience for me has been serving on the Alameda Commission on Aging which meets on a monthly basis in Oakland. The commission offers the opportunity to serve on three different committees: public rela-

tions, health and safety, and legislative affairs. I serve on two of the committees.

The public relations group is chiefly concerned with producing a quarterly news letter known as the Senior Update. This provides articles of interest to the older population about health, political and social developments.

The health and safety committee sponsors and produces each year a health fair at Centennial Hall in Hayward. The elderly are bussed in from all over Alameda County where they are treated to lunch, entertainment, and testing stations where qualified medical specialists can check for any medical conditions like diabetes or heart disease. Last year over 900 people attended.

The legislative committee keeps a steady eye on what goes on in Sacramento and meets with assembly people and state senators about bills affecting the grey haired set.
-Frank Howell

Lavender Leader Opportunities

Cultural Competency Speakers Bureau – Tell your story to health and human service providers to help them better serve the needs of LGBT seniors.

Friendly Visitors – Visit, make phone calls, and provide shopping assistance to reduce isolation and help LGBT seniors Age in Place.

Fundraising – Assist Lavender Seniors with raffle or event ticket sales.

LGBT Aging Coalition Members – Be a part of a network of seniors and community leaders whose mission is to increase access to health and human services. Various levels of participation are available on the coalition. Attend meetings, participate in government forums, and assist projects that improve the lives of LGBT seniors in the East Bay.

Meal Program and Event Assistance – Help set up for monthly potlucks and social events or facilitate monthly lunch bunch programs.

News Crew – Assist with the mailing of Lavender Notes.

Outreach – Host tabling for senior and LGBT community events.

If you are interested in any of the above opportunities, please call Tomi Smith at 510-667-9655 to request a Volunteer Application Package or go to www.lavenderseniors.org, click "volunteers," click "volunteer pack," print the application, fill it out, and mail to the Lavender Seniors.

Training is provided!



(Continued from page 1)

Ohio town, published in 2002, Dr. Levy and her fellow researchers found that those who had positive perceptions of aging lived an average of 7.5 years longer, a bigger increase than that associated with exercising or not smoking. The findings held up even when the researchers controlled for differences in the participants' health conditions.

In her forthcoming study, Dr. Levy found that older people exposed to negative images of aging, including words like "forgetful," "feeble" and "shaky," performed significantly worse on memory and balance tests; in previous experiments, they also showed higher levels of stress.

Despite such research, the worst offenders are often health care workers, said Kristine Williams, a nurse gerontologist and associate professor at the University of Kansas School of Nursing. Health care workers are often not trained to avoid elderspeak, said Vicki Rosebrook, the executive director of the Macklin Intergenerational Institute in Findlay, Ohio, a combined facility for elderly people and children that is part of a retirement community.

Dr. Rosebrook said that even in her facility, "we have 300 elders who are 'sweetie'd' here. Our kids talk to elders with more respect than some of our professional care providers."

In the meantime, people who are offended might do well to follow the advice of Warren Cassell of Portland, Ore., who said it irritated him when "teenage store clerks and about 95 percent of the rest of society" called him by his first name. "It's the faux familiarity," said Mr. Cassell, 78. But he mostly shrugs it off, he said. "I'm irked by it, but I can't think about it that much," he said. "There are too many more important things to think about."

Jury Duty Scam

This has been verified by the FBI (their link is also included below). Please pass this on to everyone in your email address book. It is spreading fast so be prepared should you get this call. Most of us take those summonses for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of fraud has surfaced. The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information and bingo; your identity was just stolen.

The fraud has been reported so far in 11 states, including Oklahoma, Illinois, and Colorado. This (swindle) is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they are with the court system. The FBI and the federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud.

Check it out here:

http://www.fbi.gov/page2/june06/jury_scams060206.htm

Senior Caregivers to receive LGBT training

By 365gay Newscenter Staff
9:30.2008 4:27pm EDT

Excerpts (San Francisco, CA)

A new law, SB1729, signed by California Gov. Arnold Schwarzenegger will help prevent bias in senior care facilities and nursing homes.

Basic rights, such as the choice to live in the same nursing home with a partner and the right to hospital visitation are routinely denied to same gender couples in older age, according to a 2000 study from the Policy Institute of the National Gay and Lesbian Task Force.

"No senior should be denied the care they need or forced to face indignities because of their sexual orientation or gender identity," said Sen. Carole Migden (D-San Francisco) who authored the legislation.

The law will go into effect on January 1, 2009



Senior Groups at Pacific Center

The Senior Men's Group at Pacific Center (co-sponsored by Lavender Seniors) has been in continuous operation since Bob Compton and I started it in March of 2001. We get together from 1:30 to 3:30 on the second and fourth Thursday of each month for coffee, cookies and savory munchies (and iced tea when it's hot). We act as a support group when needed; otherwise it's just general conversation. Our attendance usually ranges from 6 to 15. Some of us come just about every time; some come less often; some seem to come only when they need a friendly ear; some never come back. We are glad to have them all. We send out meeting reminders by email. If you would like to get on our email list, or if you have questions, email us at pcseniormen@sbcglobal.net, or just come.

We occasionally get inquiries about the Senior Women's Group at the Pacific Center. Well, there isn't one, (although there was one in the past). I am writing this article to encourage the formation of one. All it really takes is a pair of co-facilitators who will both come every time (pretty much), and who would enjoy being with each other for a couple of hours even if no-one else shows up (because that might happen, especially at the start). The Pacific Center has our room free on the first and third Thursday (last I heard), and we'd be glad to let you use our coffee maker. — R. Carr

Nov Book Review

The Transgender Child

A handbook for Families and Professionals
by Stephanie Brill and Rachel Pepper
Cleis Press

With laws changing and science and medicine learning new facts about human development every year, this is a very useful guide for people dealing with transgender children. It provides a focused look at the issues within and outside of the family. It addresses the needs of the family as well as transgendered child. It provides practical and well thought out insight to all of the people whose lives are impacted.

I was initially wondering what this guide book had to offer that was new. In the early chapters it seems all very practical and down to earth. All of the concepts are very common sense approach. But as I progressed to the later chapters it was clear that this was up to date with current laws, current issues about what is happening in families, the schools and society of today.

Social values and laws are changing rapidly as relates to transgendered as well as gay and lesbian children and teens. This morning I was at a local high school and their main interest was in debating Proposition 8 on the upcoming ballot. Quite a change within just the last 8 years.

As a guide book, this has a very specific target. However, I think the concepts apply to all families encountering difficult issues. It stresses how to appreciate the views of others without allowing abusive situations to develop.

When I reached the end, I was very impressed how this book had stressed respect and love within the family. How it had provided up to date material on many of the legal changes in society. And on many of the changes in medical options available for transgendered children. This really is a handbook relevant to today.

—D'Anne Bruetsch

FEMALES REBELS AND MAVERICKS AT THE LUNCH BUNCH!

On November 21st at the North Oakland Senior Center Lunch Bunch from 12:30 to 2:30, Lesbian historian Max Dashu presents her slideshow on audacious women who break the rules: adventurers, lesbians, and witches, heretics, freethinkers, radicals, and visionaries. A global spectrum of defiant females unlike anything you've seen before, from the Suppressed Histories Archives.

Max Dashu founded the Suppressed Histories Archives in 1970 to research global women's history, and has created some 15,000 slides and 100 legendary slide-shows. For more information on her slides visit

African American Lesbians 40+

Monthly meetings for social activities,
potluck, card & board games, theatre
outings and sports events.

For more Information
email tsmith3565@comcast.net



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Oakland CA 94605
Ph: 510-383-9858
Fax: 510-383-9045

Email: taxmomsusan@yahoo.com

**Don't forget to buy
your raffle tickets!!!!**

Thank you to the San Leandro Community Church
for creating awareness about issues that LGBT seniors
face.

At Sunday Mass on November 23rd at 10AM, Dan
Ashbrook Director of Lavender Seniors will be speaking
about what's new at Lavender Seniors and the rationale
behind our programs.

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?

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.

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

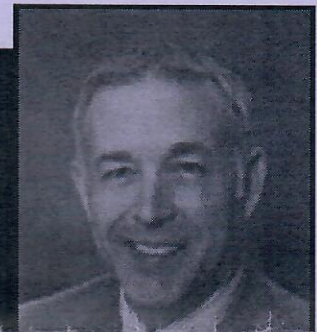
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ROB MILLS & The Red Star Team

proudly support and salute the

Lavender Seniors of the East Bay

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Each Office is Independently Owned & Operated / An Independent Member Broker



KELLER WILLIAMS
REALTY

November 2008

Schedule of Events

Nov. 3rd - 1:00 PM to 3:00PM- Coming Out Again Group – (1st Mon.)1901 Hearst Ave. Berkeley, Dining Area, Co-Sponsored by Lavender Seniors and North Berkeley Senior Center. Theme: Harvest Memories. Please bring snacks to share...

Nov. 5th - 7:00 PM – 8:30PM – Lavender Seniors Board Meeting –(Wed. before Potluck) 1395 Bancroft Ave., San Leandro.

Nov. 8th – 12:00 PM to 2:00 PM –Lavender Seniors Potluck (2nd Sat.)1395 Bancroft Ave, San Leandro- Program: **Stagebridge**

Nov. 8th – Fellows of the East Bay (2nd Sat.) 1823 9th Street (at Hearst), Berkeley. **Turkey will be provided. Please bring side dishes and desserts** Social Hour 5:30, Dinner 6:30.

Nov. 13th - Seniors Men's Group. (2nd Thurs.) 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

Nov. 21st - 12:30 to 2:30 PM - Lavender Lunch Bunch, (3rd Fri.) North Oakland Senior Center, 5714 MLK Jr. Way. (58th St.) Oakland. **Sponsored by City of Oakland Aging and Adult Services. Program:** Max Dashu – Females, Rebels and Mavericks

Nov. 28th – 12:00PM – 2:00PM – South County Lunch Bunch and Talk About, 40086 Paseo Padre Pkwy, Fremont. (4th Fri.) Program: Stagebridge **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 Coming Out	4 ELECTION DAY	5 Board Mtg	6	7	8 POTLUCK
9	10	11	12	13 Sr Mens	14	15
16	17	18	19	20	21 Lunch Bunch	22
23	24	25	26	27 TURKEY DAY	28 SoCal	29
30						

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