

**LAVENDER  
SENIORS**  
*of the East Bay*

# Lavender Notes

*A Project of the Tides Center*

1395 Bancroft Avenue

San Leandro, CA 94577

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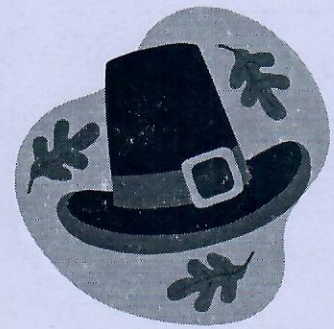
## Health Care Reform Act Helps Seniors Age in Place

As the health debate continues with nationwide town hall meetings and constant negotiations around what to include in a public health care package, there is a lot of misinformation floating around. A key provision for seniors not being talked about is the Community Living Assistance Services and Supports Act, or the CLASS Act. For LGBT seniors this Act may be of significance as LGBT seniors are much more likely to live alone and in need of services (including non-medical) to remain independent should they become functionally impaired. The following paragraphs are from [www.passtheclassact.org](http://www.passtheclassact.org):

The CLASS Act aims to provide services that allow seniors to remain independent in their homes and connected to their communities. The Community Living Assistance Services and Supports (CLASS) is designed to help adults with severe functional impairments obtain the services and supports they need to stay functional and independent, while providing them with choices about community participation, education and employment. This act Amends the Public Health Service Act to create a national, voluntary disability insurance program (CLASS program) under which: (1) all employees are automatically enrolled, but are allowed to waive enrollment; (2) payroll deductions pay monthly premiums; and (3) two-tiered benefits are provided, based on the level of disability, to purchase non-medical services and supports that the beneficiary needs to maintain independence. Background: Currently there are 10 million Americans in need of long term services and supports, and the number is expected to increase to near 15 million by 2020. Most private-sector disability or long-term care insurance plans are constrained in the insurance protection they can offer at an affordable price, and neither Supplemental Security Insurance (SSI) nor Old, Age, Survivors, and Disability Insurance (OASDI) programs have any benefit differentials related to the extent and character of the disability. Thus,

most Americans who have or develop severe functional impairments can only access coverage for the services critical to their independence (such as housing modifications, assistive technologies, transportation, and personal assistance services), through Medicaid. Their reliance on Medicaid for critical support services creates a strong incentive for them to "spend down" assets and remain poor and unemployed. With Medicaid paying 50% of the costs of long term services, increased expenditures on long term services are expected to add \$44 billion annually to the cost of Medicaid over the next decade.

*(Continued on page 4)*



### Lavender Seniors Fall Raffle!!!!

Don't forget our November Fall Raffle Drawing

When: November 14<sup>th</sup> Potluck

Time: 12:00PM-2:00PM

Where: 1395 Bancroft Ave., San Leandro

Program: Mother Tongue

Price: \$10.00

1<sup>st</sup> Prize: \$750 Travel Gift Certificate

2<sup>nd</sup> Prize: 2 nights at the Hotel Galleria, SF, from Joie De Vivre Hospitality

3<sup>rd</sup> Prize: A Case of Wine

**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 for 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

Mike Mora, Chairman  
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Marvin Burrows, Gabriel Delgado,  
Meg Bruynell, Frank Howell, Rob Mills  
Pat Skillen, Tomi Smith,  
Members-at-large

### Next Advisory Board Meeting

Nov 11th, 7PM. Call 510-667-9655 for more information.  
All are welcome; public comments take place at 7PM.

### Staff

Dan Ashbrook, Director  
Tomi Smith, Project Administrator

### 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. 13 <sup>th</sup> Grant P.	Nov. 26 <sup>th</sup> Leesa G..
Nov. 10 <sup>th</sup> Erick G. Peggy M.	Nov. 16 <sup>th</sup> Tamara S.	Nov. 27 <sup>th</sup> Sheila K.
Nov. 11 <sup>th</sup> Bill K. E. K. Robert Y.	Nov. 19 <sup>th</sup> Dan. A.	Nov. 22 <sup>nd</sup> Edd D.
	Nov. 25 <sup>th</sup> Wendy H, Melissa T.	

## MONTHLY POTLUCK

Saturday, Nov. 14<sup>th</sup> - 12 noon to 2pm

Program: Mother Tongue. Our Annual Raffle drawing too!

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



Donate to Lavender Seniors online! Now you can go to [www.lavenderseniors.org](http://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 LGBT 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 \$1,000  Lavender Friend \$500

(\* 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**

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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)

The Class Act establishes the Independence Fund within the Treasury; Requires the CLASS program to be treated for tax purposes in the same manner as a qualified long-term care insurance contract. It also Amends the Social Security Act to require each state to: (1) assess the extent to which personal care services providers are serving or able to serve as fiscal agents, employers, and providers of employment-related benefits for personal care attendant workers, who provide personal care services to individuals receiving benefits under this Act; (2) designate or create entities to serve such purposes; and (3) ensure that such entities will not negatively alter or impede existing programs, models, methods, or administration of service delivery that provide for consumer controlled or self-directed home and community services, impede the ability of individuals to direct and control their home and community services, or inhibit individuals from relying on family members for such services.

The Class Act requires the Secretary of Health and Human Services to establish a Personal Care Attendants Workforce Advisory Panel to examine and advise the Secretary and Congress on workforce issues related to personal care attendant workers. It also amends the Internal Revenue Code to allow: (1) a deduction for premiums paid for the CLASS program; (2) a credit CLASS program enrollees with low income; and (3) a credit for employers for the cost incurred to automatically enroll employees and withhold monthly premiums.



### Women's Book Club

The next book club meeting will be on November 7, 2009 at 2pm. We will meet at the North Berkeley Senior Center. For November the book is, *Cancer in Two Voices* by Sandra Butler and Barbara Rosenblum

The suggestion for obtaining this book is checking online with ALibris and if you need to request the Oakland Library to send for a copy be sure to ask them to do a **SYS-TEMWIDE** search for this one.

For December the reading will be *Darkness Descending* by Penny Mickelbury  
Looking forward to seeing you there...please come, even if you haven't finished the book of the month.

### Aging In Place a Huge Success

Over 102 seniors and 35 aging service providers gathered at the Marina Community Center in San Leandro on October 8th to listen to renowned authorities discuss the challenges of remaining independent, brain health, and planning to prolong the need for nursing homes. Dr. Walter Bortz, author, marathoner, and wellness expert from Stanford gave a brilliant speech. Part of his message, "move your legs, better aging requires exercise not a pill." Also on the bill were experts Donna Christner-Lile author of *Aging in Place*, Dr. John Ribuado, Chief Neurologist from Kaiser, Mayor Tony Santos, and Councilmember Jim Prola. A big thank you goes out to Kaiser Permanente for sponsoring the event and also to all aging service providers in attendance and the volunteers.

### November 14th Potluck Program

Don't miss Mother Tongue at the November 14th Fall Harvest potluck! Mother Tongue is a lesbian theater group under the direction of Jan Couvillon from New Leaf's Outreach to Elders. Their performance is sure to be inspiring.

### 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](http://www.lavenderseniors.org), click "volunteers," click "volunteer pack," print the application, fill it out, and mail to Lavender Seniors.

## Health Care Costs

### Out-of-Pocket Health Care Costs Could Increase More Than 35 Percent in Every State by 2019

Researchers from the Urban Institute used a Health Insurance Policy Simulation Model to estimate how coverage and cost trends would change between now and 2019 if the health system is not reformed. The report shows that under the worst-case scenario, within 10 years:

The number of people without insurance would increase by more than 30 percent in 29 states.

In every state, the number of uninsured would increase by at least 10 percent.

Businesses would see their premiums increase—more than doubling in 27 states.

Even in the best case scenario, employers in 46 states would see premiums increase by more than 60 percent.

Every state would see a smaller share of its population getting health care through their job.

Half of the states would see the number of people with ESI fall by more than 10 percent.

Every state would see spending for Medicaid/Children's Health Insurance Program (CHIP) rise by more than 75 percent.

The amount of uncompensated care in the health system would more than double in 45 states.

Author - Robert Wood Johnson Foundation

## LGBT BILLS SIGNED BY THE GOVERNOR

Despite coming under heavy attacks from anti-LGBT groups, Governor Schwarzenegger signed into law three historic LGBT rights bills sponsored by EQCA:

- The Harvey Milk Day bill, authored by Senator Mark Leno, will honor the slain civil rights leader with the nation's first "day of special significance" for an openly LGBT person in the country;
- The Family Protection and Marriage Recognition Act, also authored by Senator Leno, underscores that same-sex couples married out of state are entitled to full recognition in California, and

The LGBT Domestic Violence Programs Expansion Bill, authored by Assembly member John A. Pérez, will expand funding for LGBT domestic violence programs in California.

Through partnerships with terrific legislators, smart and strategic lobbying, grassroots support including the largest LGBT lobby day in state history, over

100,000 emails and petitions signed, more than 10,000 phone calls from our phone banks, and visits to the members in their districts, we made history together.

Our victory today wouldn't have been possible without the financial contributions of our members who enable us to do our work every day.

-Equality California

### **Fremont Lunch Canceled for November**

Due to the Thanksgiving Holiday, the Fremont Lunch for November is canceled.

## One Hundred Years Ago

### **Statistics for the Year 1909**

The average life expectancy was 47 Years.

Only 14 % of the homes had a bathtub.

Only 8% of the homes had a telephone.

There were only 8,000 cars and only 144 paved roads.

The maximum speed limit in most cities was 10pmh.

The tallest structure in the world was the Eiffel Tower.

The average wage in 1909 was 22 cents per hour.

The average worker made between \$200 and \$400 a year.

A competent account could expect to earn \$2000 per year, a dentist \$2,500, a veterinarian between \$1,500 and \$4,000 and a mechanical engineer about \$5,000.

More than 95% of all births took place at home.

Sugar cost four cents a pound, eggs were fourteen cents a dozen, coffee was fifteen cents a pound and a loaf of bread was five cents.

The American flag had 45 states

The Pittsburgh Pirates won the World Series.

Earnest Shackleton's expedition found the magnetic South Pole.

The Queensboro Bridge opened, linking Manhattan and Queens New York.

The United States issued the first Lincoln Penny.

A house cost an average of \$4,500.00.

The first Junior High School was founded in Columbus, Ohio

Can you imagine what it will be like in another 100 years?  
**IT BOGGLES THE MIND!**

- Marvin Burrows

# Nov Book Review

## Make It Legal: A guide To Same-Sex Marriage, Domestic Partnerships & Civil Unions

By Frederick Hertz & Emily Doskow  
Nolo Press-Paperback-\$30.00

The battle for same sex marriage continues unabated. But this has only erupted in recent years. During the heady days of the 1960s and 1970s the thrust of lavender civil rights proclaimed sexual freedom for its own sake. But in the 1990s gay families raising children began to be heard. They protested that if we are to create genuine families we must create a firm foundation. Move to more settled areas and create a secure environment for the patter of little feet.

Fred Hertz, nationally known gay attorney and champion of different kinds of marital unions, cautions that we need a basic nuts and bolts knowledge of the legal and social issues we face. Hertz points out that marriage is fundamentally a business arrangement that confers on two partners tax, legal and financial advantages. In the

eyes of the more conservative community it gives proper legal standing.

Hertz provides detail analysis of such devilish matters as no fault divorce, pre-nuptial and post-nuptial agreements.

But there are special challenges as well. Gay marriage is recognized in only a small number of states and the federal government (because of the Defense of Marriage Act) provides no benefits such as social security and other standard benefits that straight couples can take for granted. A glaring example stands out. Heterosexual couples enjoy special advantages when it comes to gift and estate taxes. They pay no taxes. A gay couple can be heavily taxed.

Transgender partners face unique fences to jump over. A letter from a surgeon and a court order is required.

In Europe a change in the law covers the entire country. In the USA laws must be altered state by state. This could consume years of court decisions. Hertz advises couples to take their time and plan carefully. The biggest enemy of marital bliss (contrary to what fundamentalist Christians tell us) is divorce. Avoid if possible, especially if you are LGBT. A federal law uniting gay couples is the final solution and will probably be resolved by the courts. Legislatures can argue for years.

In the meantime volunteer to work with a No on Eight group and read "Making It Legal".

-Frank Howell

## Cindy's Recipe Box

### BAKED ACORN SQUASH



8 tbsp Butter  
8 tbsp Brown Sugar  
1 tbsp Nutmeg  
2 Acorn Squashes  
Pre-heat oven to 375

Cut squash in quarters; remove seeds. Place two tablespoons of butter in each cavity. Sprinkle with brown sugar and nutmeg. Place in a shallow baking dish; bake 45 minutes or until tender.

Makes 8 servings.

Merry Thanksgiving!!

## Bay Area Rainbow Team

at Keller Williams Realty

We are proud to support and salute the  
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**Volunteers Seeking Seniors:**

Volunteers are on standby for placement with seniors looking for social support in the San Ramon and the Castro Valley area.

**Seniors Seeking Volunteers:**

Senior needing a volunteer for visits in Alameda

Please contact Dan at 510-667-9655 ext 4 to connect with this volunteer or senior.

Senior Men's Group will be meeting only once this month, **November 12<sup>th</sup>**, due to the Thanksgiving holiday.

"Wisdom consists in knowing what to do with what you know."

- Unknown



**MERLE YOST, LMFT**  
MARRIAGE AND FAMILY THERAPIST

2917 McClure Street  
Oakland, CA 94609  
510-627-0090

PSYCHOTHERAPIST/AUTHOR  
LICENSE NO. MFC 32346

[merlc@myost.com](mailto:merlc@myost.com)  
[www.myost.com](http://www.myost.com)

**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](mailto:tsmith3565@comcast.net)

# November 2009

## Schedule of Events

**Nov. 2<sup>nd</sup> - 1:00 PM to 3:00PM—Coming Out Again Group** (1<sup>st</sup> Mon.) 1901 Hearst Ave. Berkeley, Dining Area, Co-Sponsored by Lavender Seniors and North Berkeley Senior Center

**Nov. 5<sup>th</sup> and 19<sup>th</sup> - 1:30PM to 3:30PM – Support /Discussion Group for Aging Queer Women**, (1<sup>st</sup> and 3<sup>rd</sup> Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley.

**Nov. 6<sup>th</sup> - 2:00PM – 4:00PM - Lavender Women’s Book Group** (1<sup>st</sup> Fri.) North Oakland Senior Center, 5714 MKJ Jr. Way, (58<sup>th</sup> St.) Oakland – **Reading: Cancer In 2 Voices by Sandra Butler and Barbara Rosenblum**

**Nov. 10<sup>th</sup> - (2<sup>nd</sup> Tues.) PFLAG Meeting, 7:30PM**, Holy Redeemer Lutheran, 35660 Cedar Blvd., Newark

**Nov. 11<sup>th</sup> - 7:00 PM to 8:30PM – Lavender Seniors Board Meeting** (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

**Nov. 12<sup>th</sup> Only - 1:30PM to 3:30PM - Seniors Men’s Group.** (2<sup>nd</sup> and 4<sup>th</sup> Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

**Nov. 14<sup>th</sup> – 12:00 PM to 2:00 PM –Lavender Potluck** (2<sup>nd</sup> Sat.)1395 Bancroft Ave, San Leandro; **Program: Mother Tongue and Annual Raffle**

**Nov. 20<sup>th</sup> - 12:30 to 2:30 PM - Lavender Lunch Bunch**, (4<sup>th</sup> Fri.) North Oakland Senior Center, 5714 MLK Jr. Way. (58<sup>th</sup> St.) Oakland. **Sponsored by City of Oakland Aging and Adult Services. Program: Elder Abuse**

**Nov. 21<sup>st</sup> - Fellows of the East Bay** (3<sup>rd</sup> Sat.) 1823 9<sup>th</sup> Street (at Hearst), Berkeley. **Social Hour 5:30, Dinner 6:30.**

**Nov. 27<sup>th</sup> South County Lunch Bunch and Talk About CANCELED due to Holiday**, (4<sup>th</sup> Fri.)40086 Paseo Padre Pkwy, Fremont.. Sponsor: City of Fremont, Human Services Dept. For more info. Contact Ina Mae Murri 510-490-5425.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Coming Out	3	4	5 Womens Group	6 Book Group	7
8	9	10 PFLAG Newark	11 Board Meeting	12 Senior Men	13	14 PotLuck Raffle
15	16	17	18	19 Womens Group	20 Lunch Bunch	21 Fellows
22	23	24	25	26 Holiday	27	28
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; ½ half page inserts are the same amount. Must be received by 10<sup>th</sup> of preceding month.