



**LAVENDER
SENIORS**
of the East Bay

Lavender Notes

A Project of the Tides Center

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Hate Crimes Prevention

Aging In Place Speakers

Matthew Shepard Hate Crimes Prevention Act (S.909)

This legislation was designed to expand a 1969 U.S. federal hate-crime law by extending its scope to include bodily crimes against persons perceived gender, sexual orientation, gender identity, or disability. This bill was also introduced in the 110th Congress by Senators Kennedy [D,MA] and Gordon Smith [R,OR] in 2007 which died in committee but approved by a voice vote as an amendment to the Department of Defense State Reauthorization bill (H.R. 1585). This amendment was dropped by antiwar Democrats, conservative groups, and former President George W. Bush. President Obama has indicated that he aims to see this version of the bill passed.

The companion legislation, H.R. 1913, passed the House Vote on April 28, 2009. This became the Mathew Shepard Hate Crimes Prevention Act which adopts the definition of a hate crime as set forth in the Violent Crime control and Law Enforcement Act of 1994. Those are crimes in which the defendant intentionally selects a victim or a victim's property because of race, color, religion, sexual orientation, national origin, disability, gender, or ethnicity. On July 23, the Senate passed the Department of Defense Authorization bill which adopted the Mathew Sheppard Act. Some lawmakers are now pushing for the death penalty to be added to the DOD bill which undermines the Mathew Sheppard Act as the death penalty has been shown to exacerbate race and class bias. LGBT advocacy groups such as the National Center for Lesbian rights have been asking their constituents to urge removal of the death penalty amendment from the hate crimes bill provision by calling there local congressional senator or representative.

Aging in Place to Feature Renowned Guest Speakers!

On Thursday October 8 from 10AM to 1PM Lavender Seniors will host its 3rd Annual Aging in Place Symposium at the Marina Community Center, 15301 Wicks Blvd. in San Leandro. This year's event sponsored by Kaiser Permanente will have a focus on health and wellness and feature expert, author, and marathoner Dr. Walter Bortz. Last year he ran his 38th marathon, finished his 5th book, "Next Medicine", and continues to run, write, and lecture all over the U.S. Dr. Bortz is recognized as one of America's foremost experts on aging.

We are also thrilled to announce that Kaiser's assistant chief of Neurology Dr. John Ribauldo will deliver a presentation on Cognitive Fitness, and Author Donna Christner-Lile author of *Aging in Place* will lecture on the methods for taking a pro-active approach to remaining independent in the housing of your choice.

Don't miss this opportunity to hear, meet, and ask questions from these dynamic experts. Senior service providers will also be on hand with information on services better enable Aging in Place. This is a free event and refreshments will be served. Please RSVP to Dan Ashbrook at (510) 667-9655 Ext. 3 or email dan@lavenderseniors.org.

DADT (Don't Ask, Don't Tell)

This has been a busy time for gay rights movements and most of the news has been bad.

The Supreme Court has refused to review the Federal Court decision upholding Don't Ask, Don't Tell. It's a move that was not unexpected, and may save gay service members from a bad high court precedent, but it lets the decision that DADT has a rational basis stand as the current law.

As Washington stalls on repealing "don't ask, don't tell," a recent Cornell University study confirms what many people had assumed: "DADT" isn't just bad for gay people; it's bad for the military as well.

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
D'Anne Bruetsch, Vice-Chair
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Marvin Burrows, Gabriel Delgado,
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Pat Skillen, Tomi Smith,
Members-at-large

Next Advisory Board Meeting

Sep 9th, 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>

September Birthdays

Sept. 3 rd Sandra M.	Sept. 16 th Carol W.	Sept. 21 st David H.
Sept. 9 th Rose W.	Sue Carol W.	Sept. 23 rd Mary A.
Sept. 11 th Donna M.	Sept. 17 th Fred B.	Sept. 25 th Jerry F.
Rosalind B.	Sept. 18 th David A.	Sept. 26 th Burton W.
Sept. 12 th Pat. K.	Sept. 19 th Eugene R.	Diane G.
Sept. 13 th Carol N.	Pam S.	Sept. 28 th Marilyn A.
Irene E.	Eugene M.	Sept. 29 th Marilyn G.
Sept. 14 th Maxine D.	Sept. 20 th Windsor Y.	

MONTHLY POTLUCK

Saturday, Sept. 12th - 12 noon to 2pm

Program: "Disaster Preparedness",
Claudia Kenworthy

- 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 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 \$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**
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- 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

NCLR—Elder Law

National Center for Lesbian Rights Produces Elder Law Manual Planning With Purpose – Legal Basics for LGBT Elders

LGBT elder's continue to be invisible in a growing population of seniors. As LGBTs age they can encounter barriers such as discriminatory policies, lack of legal protections, and institutional services or programs that do not recognize their families. This can result in a denial of rights, most commonly the survivor benefits available to heterosexual married couples. To address these legal issues and to motivate LGBT seniors to take a pro-active approach to protecting themselves, The National Center for Lesbian Rights has just released, Planning With Purpose – Legal Basics for LGBT Seniors. The manual is available at www.nclrights.org, under the links, issue cases, publications and downloads. Planning With Purpose provides important information pertaining to LGBT individuals or couples who are age 55 and older in the areas of relationships, finances, health care, care of minor or disabled children, long term care, elder abuse and neglect, estate planning and inheritance, and hiring attorneys. The guide also notes specific considerations for transgender persons. One important recommendation for all LGBT seniors noted in the manual is whether single or in a legally recognized relationship, it is important to speak with an attorney to help you understand and protect yourself from the legal aspects of aging as an LGBT. Lavender Seniors members are encourage to attend a Planning With Purpose Workshop facilitated by Joyce Pierson from NCLR on Saturday September 12 just prior to the potluck from 10AM to Noon. Seating is limited so please RSVP with Tomi Smith at 510-667-9655 Ext 1. All Friendly Visitor volunteers are encouraged to attend.

PLANNING WITH PURPOSE:

Legal Basics for LGBT Seniors

When: September 12, 2009

Time: 10am-12:00pm

Where: San Leandro Community Church

Coffee Room

1395 Bancroft Ave.

Joyce Pierson, Elder Law Consultant, will be introducing The National Center for Lesbian Rights' groundbreaking, newly released publication about life care planning legal protections. All California LGBT persons, age 55 and older, have the right to know how our state laws protect legal unions, health care directives, financial planning, MediCare/MediCal basics, locating non-discriminating providers, nursing home rights, finding LGBT knowledgeable attorneys and other available related LGBT elder law resources.

Phone Dan Ashbrook, 510-667-9655 Ext. 1, to RSVP

CA Budget Updates

California Budget Update on Senior Programs:

The governor signed a revised budget on July 28 for the 09-10 fiscal year. This budget still remains up in the air as legislative leaders question the legalities and legal actions to block cuts are in the works.

Adult Day Health Care – Program participation is capped at 3 days per week Some accommodations will be made for those at highest risk; In-Home Support Services (IHSS) – Domestic services will be cut based on functional indexes below 2 and below 4; The Public Authority which provides and administers senior support services will have funding cut by 60%; Supplemental Security Income (SSI/SSP) – a 3rd cut in 2009 of \$5 a month for individual recipients and a reduction to the minimum level for couples; Linkages- A program to provide care a management for frail adults has been eliminated. Linkages is run by the City of Oakland and they are working to find other funding sources; Senior Companion Program- All funding eliminated but the program will not completely close. The budget also eliminates funding for California's 36 Alzheimer's Day Care Resource Centers, Brown Bag food programs, and reduced state funding for Medi-Cal by \$323.2 million and a \$1 billion cut upon receipt of increased federal funds. The budget does adopt the Governor's proposal to "improve care coordination for vulnerable Medi-Cal populations," including seniors and people with disabilities. In-addition, the Governor used his line item veto to eliminate all state funding for community clinics, cut \$35.1 million to Rural Health Services, the Indian Health Program and Expanded Access to Primary Care program, and suspend a 2009 5% cost of living increase for skilled nursing facilities. Local Property Tax and redevelopment dollars totaling over \$3.9 billion will be shifted away from cities and counties which will also weaken our local government's ability to meet local needs.

Information from Wendy Peterson – Director Seniors Service Coalition of Alameda County

LGBT GRIEF SUPPORT GROUP

When: Thursday, July 16th – Sept. 10th

Where: Hospice of the East Bay

Fee: \$50.00 for the full eight weeks *

Facilitator: K. Sue Duncan, MFT

To register please call the Center for Grief and Loss at Hospice of the East Bay (925) 887-5681 Pre-registration

Blue Ribbon Quilt Exhibit

Gabriel Delgado will be exhibiting his "blue ribbon" quilt shown at the Pleasanton Fair in July, at the Potluck in San Leandro on Saturday, September 12th.

Come join us and see this beautiful work of art.

VOLUNTEER CORNER

My partner and I have been seeing our senior from the friendly visitor program for some months now. We have a great time hearing about her life, and have the wonderful pleasure of seeing her gorgeous artwork. And watch out – she sure can play a mean game of scrabble! We really appreciate our senior's vivid storytelling of days gone by, as well as excitement for days to come!

We are so happy that we are involved in the friendly visitor program. It's been an enriching opportunity to get to know someone with such a warm heart and open mind. Our senior has graciously opened her home and heart to us. For that we are very grateful, and look forward to more cherished time together.

_Maite

Don't Miss One of America's Foremost Experts on Aging-October 8th!

Renown health and wellness expert, author, and marathoner Dr. Walter Bortz II will speak at this years "Aging in Place, A Symposium for Seniors" on Thursday, October 8th at the Marina Community Center, 15301 Wicks Blvd., San Leandro. Mark your calendars now for this opportunity.

More details in next month's newsletter.

Tips on Improving Patient-Practitioner Communications From the American Geriatrics Society's Foundation for Health in Aging, New York, NY

Before Your appointment

- Make a List** of all medications you have taken and the reactions you have had that caused unpleasant or dangerous side effects. If you are sick, write down all your symptoms and any questions you may have about your health.
- Bring all medications**, vitamins, over the counter medications, and any other herbal medicines you have taken.
- Pack paper**. Bring paper or a notebook so that you can write down information given to you by your practitioner.
- Consider asking a buddy along**. A family member or a friend should accompany you so that they can offer information that you might forget and help you to remember what your practitioner says.
- Ask Questions**. If you don't understand what your practitioner tells you during your visit, ask questions for clarification of instructions..
- Repeat back** the instructions that you are given to be sure that you understand them.
- Ask for written instructions**. If the practitioners name is on the written instructions, you can refer to them at any time and know that they are the right instructions.

50+ Co-housing

Establishing a Healthy, Sustainable Lifestyle for an Aging Generation by Chuck Durrett

Last year Americans drove 5 billion miles caring for seniors in their homes (Meals on Wheels, Whistle Stop Nurses, and so on). In our small, semi-rural county in the Sierra foothills, Telecare made 60,000 trips in massive, lumbering, polluting vans-buses – usually carrying only one senior at a time – schlepping a couple thousand seniors total over hill and dale to doctor's appointments, to pick up medicine, or to see friends. In our co-housing community of 21 seniors, I have never seen a single Telecare bus in the driveway. In co-housing it happens organically by caring neighbors: "Can I catch a ride with you?"; "Are you headed to the drug store?", etc. And this alternative is much more fun and inexpensive for all involved, and much less damaging to the environment. Wolf Creek Lodge, a new senior co-housing community about to start construction, has 30 units to be built on 1 acre within walking distance of downtown Grass Valley, population 12,000. Top of mind, one future household will be moving from a 20 acre lot, 9 miles from town, another from 15 acres, also 9 miles out of town, and another from 13 acres, 7 miles from town. These are young seniors planning not only to live more sustainable, but more fulfilling as well.

Bill Thomas, M.D. and prominent author on issues affecting seniors, describes our currently predominant scenario of caring for seniors as the "\$3 trillion dollar dilemma." The cost of care for the 78 million new senior/baby boomers "coming of age" in the next 20 years will be \$3 trillion dollars more per year than it is now (and that is in a nation with a \$13 trillion dollar GDP – so that's a chunk of change). It goes without saying, that the current pattern is not sustainable from an environmental, cultural or financial point of view.

President Obama has announced that for us to arrest global warming; we will have to reduce carbon emissions by 2% per year until 2050. It seems doable, but last year, carbon emissions increased by 1.4% — we are headed in the wrong direction. Given this situation, we've got to do something. We need to think collectively about how to set seniors up for success and to help them achieve their full potential into their last 20-30 years. Co-housing is for seniors who want to be a part of the solution.

We can help seniors fulfill their desires for a more rewarding living arrangement that better supports their well being, physically, socially and emotionally. And the good news is that I haven't witnessed anyone having more fun since the college dorms, than seniors living in co-housing — and I've never seen anyone live more sustainable (my electric bill last year was minus \$83.84). Senior Co-housing: A Community Approach to Independent Living, second edition published by New Society Publishers — and the type of communities it describes and helps to create — allows seniors to live lightly on the planet and to enhance their quality of life at the same time.

My speaking schedule is here:

<http://www.cohousingco.com/senior-cohousing.cfm>

Sep Book Review

Fellow Travelers
By Thomas Mallon
Random House-Paperback-\$14.95

Young gays and lesbians of today need to be reminded that there was once a dark era in American history when being or acting pink was cause for immediate lost of job and respectable standing in the community. This, of course, was the McCarthy period of the button down 1950s.

Thomas Mallon's 'Fellow Travelers' find gay romance in this era. Mallon has skillfully recreated the feelings and attitudes of the characters. Timothy Laughlin, a devout Catholic and dashing Department employee, and Hawkins Fuller, a Capitol Hill rookie working for the actual Sen. Charles Potter (R. Mich.. 1952-1959) who fall in love. Fuller is called in for a grilling by an FBI agent to determine if he fits the stereotype of gayness. He is asked to walk across the room and to read a passage from Maughams, "Of Human Bondage," to see if he is a little too swishy in his walk and tone of voice. Apparently Fuller passes the test and he is released from the interrogation. A triumph of basic butchness!

There is also a curious scene where Tim confesses to a Catholic priest that he is attracted to men. No resolution there. Laughlin and Fuller finally realize their affair cannot work. Tim joins the army and Hawkins chooses marriage and the cloak of respectability.

Mallon sketches out the character of Senator Joseph McCarthy himself as he struggles with demon rum and tries to make a success of his marriage.

Mallon has written seven novels, including "Dewey Defeats Truman". "Fellow Travelers" will linger for a long time as our minds wander over the political past of the 20th century.

Mallon's portrait of an American past is memorable and not easy to forget.

-Frank Howell

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.

"The great thing about getting older is that you don't lose all the other ages you've been." - Madeleine L'Engle

Abuse On Rise

Elder Abuse on the Rise.

Because of the recession and budget cuts to social services, older Americans have been hit hard. They are becoming desperate, maybe too desperate for their survival and this causes them to be vulnerable to predators.

For example, an 86 year old woman opens her mail to find a solicitation for a reverse mortgage on her home. She calls the number listed and is connected to a salesman who assures her he can help her use the equity in her home to get the money she needs. The salesman helps her get a \$140,000 loan. He then persuades her to allow him to invest the money for her. That's the last time she hears from him and she has lost all of her equity money. The salesman is finally caught and brought to trial, sentenced and must repay the money. How long will that take? What will she live on until then?

Nation wide elder abuse is on the rise and because these crimes are underreported, no statistics comes close to telling the whole story.

Protecting against elder abuse is complicated for many reasons, not the least of which is that the accused is often someone the victim knows and loves. No amount of resources may be enough.

When victims have been beaten up by their circumstances, they're willing to accept help in whatever form. **BEWARE**

- T.Smith

The Lavender Seniors Lesbian Book Group meets on the first Friday of the month at the North Oakland Senior Center.

September's book to be discussed is "Pink Harvest" by Toni Mirosevich.

October's book is "Leaving India" by Minal Hajratwala. You can go to your local library and if they don't have them ask them to find another library to order it from. They can get a book for you from quite a distance away. Other possibilities are your local woman-owned or independent bookstore and on line at Powell's Books. They sometimes have used copies. See you there. - Cathy Cade

To get on the Lavender Seniors Book Group email list and get announcements, contact Marcy at macy3616@yahoo.com.



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For more Information
 email tsmith3565@comcast.net

September 2009

Schedule of Events

Sept. 4th – 2:00PM to 4:00PM – Lavender Women’s Book Group (1st Fri.) North Oakland Senior Center, 5714 MKJ Jr. Way, (58th St.) Oakland – **Reading: “Pink Harvest”, by Toni Mirosevich**

Sept. 7th - 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.

Sept. 8th - (2nd Tues.) PFLAG Meeting, 7:30PM, Holy Redeemer Lutheran church, 35660 Cedar Blvd., Newark

Sept. 9th - 7:00 PM to 8:30PM – Lavender Seniors Board Meeting (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

Sept. 10th and 24th - 1:30PM to 3:30PM - Seniors Men’s Group. (2nd and 4th Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

Sept. 12th – 12:00 PM to 2:00 PM –Lavender Potluck (2nd Sat.) 1395 Bancroft Ave, San Leandro; **Program: “Disaster Preparedness”, Claudia Kenworthy**

Sept. 18th - 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: “Inspired by Gardening”, Tips and Discussions by Pamela Barnes**

Sept. 19th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. **Social Hour 5:30, Dinner 6:30.**

Sept. 25th – 12:00PM to 2:00PM – South County Lunch Bunch and Talk About, (4th Fri.) 40086 Paseo Padre Pkwy, Fremont. **Program: “Scams Against Seniors”, Fremont Bank. 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 Book Group	5
6	7 Coming Out	8 Newark PFLAG	9 Board Mtg	10 Senior Mens	11	12 Potluck
13	14	15	16	17	18 Lunch Bunch	19 Fellows
20	21	22	23	24 Senior Mens	25 South County	26
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 10th of preceding month.