

**LAVENDER
SENIORS**
of the East Bay

Lavender Notes

A Project of the Tides Center

1395 Bancroft Avenue

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Happy Holidays

Greetings! Lavender Seniors, its advisory board, and staff would like to say Happy Holidays and extend a big thank you to our community, donors, and especially to our outstanding volunteers for helping us successfully deliver our programs this year in the face of an enormous economic crisis! Your participation allowed us to make the case among foundation and government funding sources that Lavender Seniors is a critically needed service to the community as LGBT elders continue to be one of the most at-risk populations in the country and in the East Bay. This last year to date we served 35 people with 667 friendly visits, served over 620 lunches, educated legislators on Capitol Hill and in Sacramento, delivered 10,200 newsletters, educated 5 health and human service agencies, and participated in 23 outreach events including our most successful Aging in Place symposium yet. We could not have done this without the support of everyone in the Lavender Senior community!

In the coming weeks there will be a few holiday surprises. Lavender Seniors will be launching its new website with Facebook and Twitter links, events calendar, provider links, information for advocates and service providers, and much more. The Oakland East Bay Gay Men's chorus will feature their ensemble "Q" at the holiday potluck and raffle, Noon to 2PM on Saturday December 11 at the San Leandro Community Church and there will be a Solstice Celebration during the Oakland Lunch Bunch on Friday December 17, 12:30 to 2:30 at the North Oakland Senior Center.

In 2011 we are planning to launch a few new projects should fundraising efforts be successful. Projects include creating an LGBT elder care alliance with 2 large east bay health and human service agencies, training Ombudsman volunteers to advocate for LGBT elders in nursing homes, delivering LGBT eldercare training to health care providers for continuing education credit, a Faith in Aging Conference on Wednesday, August 17, partnering with the Pacific Center for clinical support, partnering with Bay

Area Community Services (BACS) to implement long-term care advocacy plans, and improving our existing lunch programs, volunteer training, and volunteer recognition efforts. We will work hard but also fun in 2011 as we continue to build a united community of LGBT older adults and provide leadership as LGBT aging advocates. May all Lavender Seniors have a warm, safe, and joyous holiday season!

Come tell YOUR story

...with StoryCorpsOut Loud on Fri. Jan. 14, 2011!

StoryCorps OutLoud records and preserves the voices of LGBTQI people across the nation. Sharing our stories honors our community histories and struggles, and StoryCorps preserves them in the American Folklife Center at the Library of Congress to ensure that the lives of LGBTQI elders are celebrated and remembered for generations to come.

StoryCorps will bring portable recording equipment with two highly-trained facilitators on Friday, January 14, 2011 from 11am -6pm (six 40-minute sessions with 2 people per session) in the Lavender Seniors Coffee Room. Participants will receive a broadcast quality CD as well. Stories will be locally archived at the James C. Hormel Gay and Lesbian Center at the SF Public Library.

To schedule a session contact:

Maya Scott-Chung, (510) 381-0876
quilt@marriageequality.org

Fremont Center Closed.

The Fremont Senior Center will be closed on December 24th for the Christmas Holiday.

The Luncheon will resume January 27, 2011.

See you then

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.

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.

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>

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*.

Advisory Board

Mike Mora, Chairman, D'Anne Bruetsch, Vice-Chair, Bobbie Jarvis, Treasurer.

Members-at-Large

Marvin Burrows, Meg Bruynell, Gabriel Delgado, Frank Howell, Rob Mills, Pat Skillen, Tomi Smith

Volunteer Corner

My name is Rodney Kessler and I was born June 3, 1957 in Peoria, Illinois. As I grew older, I began creating art. I came to the Bay Area after a twenty year extended stay in Washington State.

My partner of twenty-one years and I enjoy planning and working in our garden, cooking, collecting art and our pets.

I look forward to meeting new friends among Lavender Seniors and hope to make our corner of the world a little bit better.



Victorious LGBT candidates

... are a bright spot on election night.

The midterm elections in the U.S. saw a number of LGBT allies defeated in what Human Rights Campaign President Joe Solmonese called a "serious blow," but Election Day also delivered a silver lining: a record number of successful openly LGBT candidates. "There is no sugar-coating the loss of so many of our straight allies in Congress. But we can be proud that our community continues to expand its voice at all levels of government in America," said Chuck Wolfe, president and CEO of the Gay & Lesbian Victory Fund. [The Advocate](#) (11/2010) , [The Huffington Post](#) (11/3/2010)

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.

December Birthdays

Dec. 1 st Lynne C.	Dec. 13 th Jim J. Barbara F.	Dec. 23 rd Bobbie J.
Dec. 3 rd Richard R.	Dec. 15 th Joyce P.	Dec. 24 th Brenda C. Gerson G.
Dec. 8 th Ernest A.	Dec. 18 th Melba H.	Dec. 26 th Dorothy T.
Dec. 9 th Carly R.	Dec. 19 th Mike M.	Dec. 29 th Josephine T.
Dec. 12 th Daniel N.		

MONTHLY POTLUCK

Saturday, Dec. 11th - 12 noon to 2pm

Program: Oakland East Bay Gay Men's Chorus

- A thru K Bring a Dessert/Fruit
- L thru R Bring a Main Dish
- 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 \$2,500

(* 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

“Eat Well– Age Well”

“Eat Well Age Well” is a 10 month series of articles and events sponsored by Kaiser Permanente.

Ways to Enjoy Healthful Foods

Wendy Albovias, RD

I've often recommended choosing foods with the most nutritional “bang.” Choose foods packed with vitamins, minerals, fiber and other nutrients, while lower in calories. Here are some ways to include more fruits, vegetables, whole grains and fat-free or low-fat dairy into your diet from the American Dietetic Association. Make sure to mind your portion sizes.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
7. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
8. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
9. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumbers and tomato as fillings.
10. Stock up: Fill your fridge with raw vegetables and fruits —“nature’s fast food”—cleaned, fresh and ready to eat.
11. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
12. Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

Monthly Wellness Recipe

Try this recipe for an easy, healthy snack.

Surprise! Popcorn is a whole grain.

Each serving provides 230 calories, 7g fat, 1 g saturated fat, 39 g carbohydrates, 6 g fiber, 6 g protein, and 274 mg sodium.

Popcorn Delight (makes 1 serving)

3 cups popped fat-free unsalted popcorn

1 tablespoon sliced almonds

2 tablespoons raisins or other dried fruit such as cranberries, apricots or dates

½ teaspoon ground cinnamon

1 teaspoon sugar

In a medium bowl, combine the ingredients and toss well.

Recipe provided courtesy of John Wiley & Sons, from *Expect the Best: Your Guide to Healthy Eating Before, During & After Pregnancy* by American Dietetic Association ©2009, John Wiley & Sons

Eat Well-Age Well Event

Saturday, December 11, 2010 - Eat Well-Age Well lunch and potluck, Noon to 2PM, San Leandro Community Church, 1395 Bancroft Ave., San Leandro, CA.

Fresh Salsa

6 tomatoes, preferably, Roma (or 3 large tomatoes)

1/2 medium onion, finely chopped

1 clove garlic, finely minced

2 Serrano or Jalapeno peppers, finely chopped

3 Tbsp, cilantro, chopped

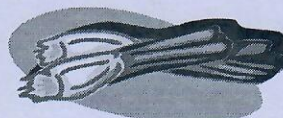
Juice of 1 lime

Salt and Pepper to taste

Mix all ingredients together and refrigerate up to 24 hours.

Serve with chips.

This recipe can be cut in half.



National LGBT Aging Resource Center

Earlier this year Lavender Notes reported the US Administration on Aging funded the first National Resource Center for LGBT Aging. SAGE (Services and Advocacy for gay and Lesbian Elders) in New York, the nation's largest and oldest LGBT elder advocacy organization and recipients of this federal grant launched the new website at www.lgbtagingcenter.org.

SAGE partnered with 10 other groups including the American Society on Aging and the National Institute of Senior Centers to deliver this intensive project with information and resources for LGBT elders, service providers and advocates. This is another milestone in the LGBT aging movement calling national attention for the need of government institutions, health care providers, and society to address the unique challenges of LGBT aging. Challenges such as lack of biological family support, legal protections, tax, and social security benefits offered through marriage, Medical benefit inequalities, isolation, depression, poverty, lack of health research, and lack of LGBT appropriate services.

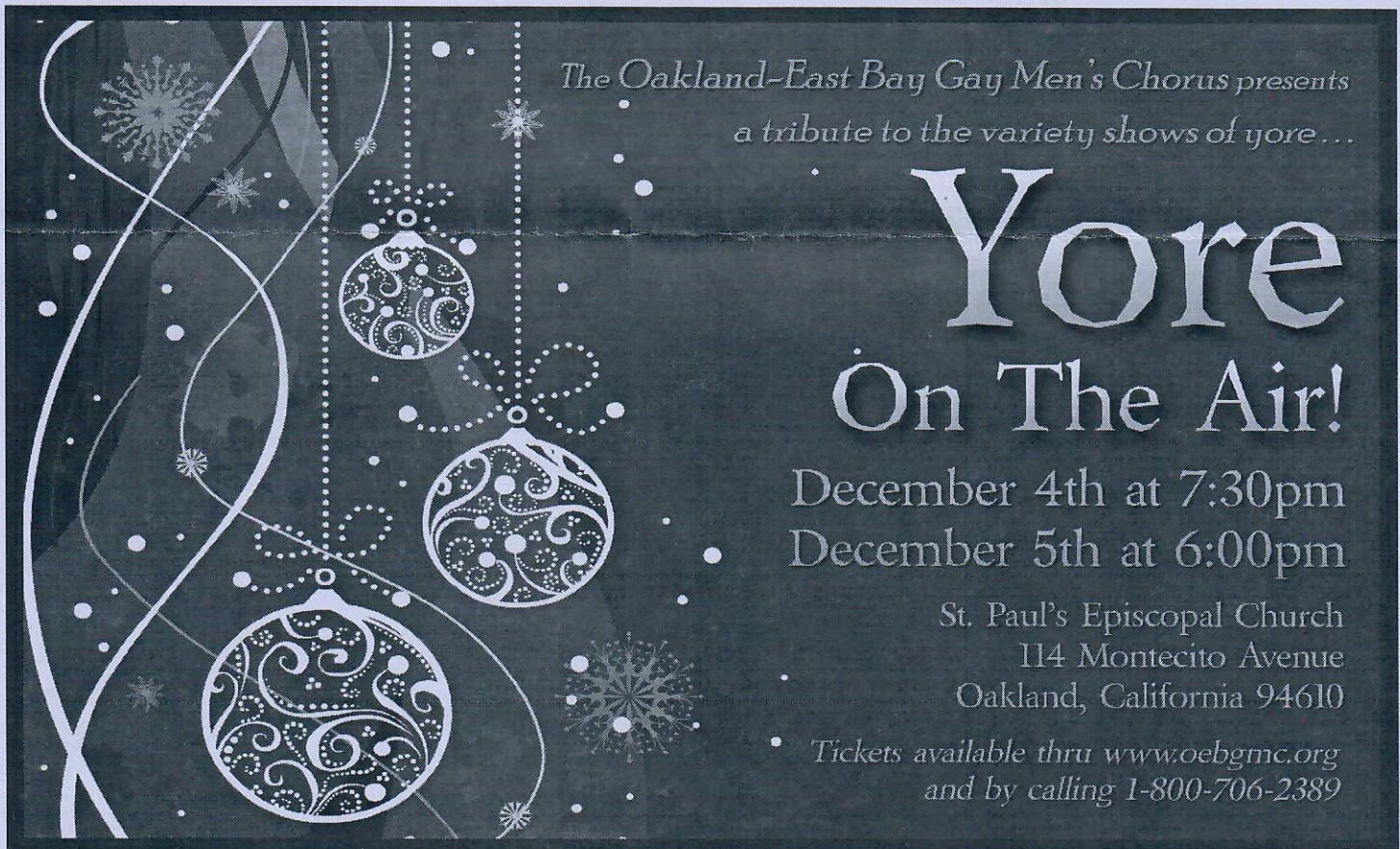
Win a \$750 Travel Voucher!

Lavender Seniors' annual raffle tickets are available now. Ten dollars buys a chance to win a \$750 vacation gift certificate and other wonderful prizes. You can purchase tickets at lunch programs and events, by phoning the office at (510) 667-9655 and leaving a message for Dan or Tomi, or emailing dan@lavenderseniors.org. Raffle will be held on Saturday December 11 during the holiday potluck from 12:00 to 2PM at the San Leandro Community Church. Winners need not be present to win. Proceeds go to the Ina and Stella Memorial Fund which supports the general operations of Lavender Seniors.

OEBGMC Concert to Benefit Lavender Seniors

Everyone can recall the TV holiday variety shows of the 60's, 70's and 80's. Bob Hope, Perry Como and Dean Martin, alongside many of others, all gave their best renditions of T'was the Night Before Christmas on national television. This era brought about the rediscovery of old holiday tunes and gave birth to many new favorites. Join us as we pay tribute to the holiday variety shows of yore and bring some of your all time favorites. Oakland East Bay Gay Men's Chorus presents Yore on the Air December 4th at 7:30PM and December 5 at 6PM at St. Paul's Episcopal Church, 114 Montecito Ave, Oakland, 94610. Tickets available thru www.oebgmc.org and by calling 1-800-706-2389.

Proceeds Benefit Lavender Seniors



*The Oakland-East Bay Gay Men's Chorus presents
a tribute to the variety shows of yore...*

Yore On The Air!

December 4th at 7:30pm
December 5th at 6:00pm

St. Paul's Episcopal Church
114 Montecito Avenue
Oakland, California 94610

*Tickets available thru www.oebgmc.org
and by calling 1-800-706-2389*

Travels in a Gay Nation: Portraits of LGBT Americans

By Philip Gambone
University of Wisconsin Press
Paperback-\$26.95

Many of us possess a natural curiosity about different varieties of people who inhabit our lavender universe. Philip Gambone has given himself the task of traveling around the country chatting with a number of gays, lesbians, both famous and obscure. Gambone teaches English at Boston University Academy and at Harvard Extension School. He is also the creator of "Something Inside: Conversations with Gay Fiction Writers."

Some 44 people were interviewed, ranging in age from 19-84. Some live outside America, some are well to do, others are poor: some are white others are people of color.

For example, Gambone sought out Dorothy Allison, who gave us a searing portrait of growing up poor, in "Bastard out of Carolina." As she expresses it, "a lot of queers have that ability to judge who you can trust and who you can ask help from."

This collection of conversations range widely, from Kate Clinton, lesbian comic, to Arthur Dong noted gay film maker, to Lillian Faderman, Barney Frank, Frank Kameny, pioneer activist and Gene Robinson, gay archbishop, who emerges triumphantly from his Episcopal closet.

But then we have Carl Siciliano, who founded the Ali Forney Center for homeless youth in New York City. Gay youth desperately need help. Then there is Andrew Lam, a Vietnamese news writer, who brings a unique Asian perspective to human sexuality. And let us not overlook P. J. Raval, transgender documentary film maker.

Other unsung heroes include Russell Van Kraayenburg, who heads a gay fraternity at a southern university. I hope the curious reader will dive head first into this revealing and compelling canvass of gay humanity that continues to push against the mindless restrictions of homophobia and hate.

-Frank Howell

Vulnerable to Scams

Financial crimes against elderly on the rise...

The man who called himself Clark Mahoney claimed to be an **FBI** agent. The first time he called the woman, he explained that she and her husband, who are in their 80s, had been scammed. To safeguard their savings and avoid identity theft, it was "recommended" that they empty their bank accounts.

He always used that word; "recommended" — and assured the woman that she had a choice in the matter. He

had intercepted a sweepstakes check for \$125,000 that was in her name and was formerly in the hands of criminals, he said.

From March to August, the agent called the woman from the northwest suburbs again and again, speaking with a smooth authoritative voice and gracious manners. He couldn't promise her anything, he said, but there was a chance that she could receive the money, as long as the criminals didn't steal her identity first.

"He told my mom that because of the nature of their case under investigation, what he shared with her should remain confidential," said M. Fleischmann, the couple's daughter, who first learned about Mahoney in late September.

Before ending each conversation, Mahoney would provide the next steps needed to protect the couple's retirement earnings. She trusted him and followed his instructions, wiring him money, Fleischmann said.

Her mother, who asked not to be identified, is deeply ashamed that she fell for the impostor's charm. She lost \$250,000, authorities say. The revelation that Mahoney is not an FBI agent was just the beginning of an elaborate scheme that is still unraveling. The FBI, which receives "hundreds of cases like this each week," referred it to the Royal Canadian Mounted Police after determining that the fraud originated there, FBI spokesman Ross Rice said.

"It is horrendous," Fleischmann said. "I keep telling (my mother) that her mantra should be, 'I did nothing wrong. I have been victimized.'"

While this case deals with an extraordinarily large amount of money, authorities have seen a deluge of such crimes as baby boomers age into retirement. Thousands of older people fall for financial scams every day.

- Chicago Tribune

In The Closet


A secret source of shame, potentially ruinous if exposed, which a person or family makes efforts to conceal.

The phrase 'a skeleton in the closet' was coined in England in the 19th century. Since then the word closet has become used primarily in England to mean 'water closet', i.e. lavatory - a possible hiding place for a skeleton I suppose, but not one with much potential. The English now usually use 'a skeleton in the cupboard', with 'skeleton in the closet' more common in the USA.

'A skeleton in the closet' undoubtedly originated as an allusion to an apparently irreproachable person or family having a guilty secret waiting to be uncovered,

The American expressions 'come out of the closet' or simply 'come out' began to be used in the 1960s and are, of course, direct follow-ons from 'a skeleton in the closet'. As far as I'm aware, no one in the UK has declared themselves as gay by coming out of a cupboard.


-M. Burrows



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December 2010

Schedule of Events

Dec. 2nd & 16th -1:30 - 3:30 PM – Support Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

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

Dec. 9th - 1:30 PM to 3:30 PM - Seniors Men's Group. (2nd Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

Dec. 10th - 2:00 PM - 4:00 PM Lavender Women's Book Group (2nd Fri.), – Reading: My Dangerous Desires: A Queer Girl Dreaming - Amber Hollibaugh

Dec. 11th – 12:00 - 2:00 - Lavender Seniors Potluck, (2nd Sat.)1395 Bancroft Ave., San Leandro; Program: Oakland East Bay Gay Men's Chorus **RAFFLE DRAWING******

Dec. 14th – 7:30 PM - (2nd Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

Dec. 17th - (3rd Fri.) - 12:30 to 2:30 PM – Lavender Seniors 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: Solstice Presentation—Dan Ashrook

Dec. 18th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. Social Hour 5:00, Dinner 6:30.

South County Lunch Bunch and Talk Cancelled. Center Closed for Christmas. 40086 Paseo Padre Pkwy, Fremont. Sponsor: City of Fremont, Human Services Dept. For more information call Dan Ashbrook – 510-667-9655

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Womens Group	3	4
5	6	7	8 Brd Mtg	9 Mens Group	10 Womens Books	11 Potluck RAFFLE
12	13	14 Newark PFLAG	15	16 Womens Group	17 Lunch Bunch	18 Fellows
19	20	21	22	23 Mens Group	24	25 Xmas
26	27	28	29	30	31	

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.