



**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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## Kaiser Permanente Funds “Eat Well-Age Well” Initiative!

Kaiser Permanente's South Alameda County Community Benefits program has announced it is awarding \$12,000 to Lavender Seniors for an Eat Well Age Well initiative! The initiative is a 10 month program running from April through January 2011 that will increase awareness for health promoting foods. The initiative will provide an array of activities designed to increase awareness and skills for creating a dietary plan as recommended for the prevention of diabetes, cardiovascular disease, overweight and obesity. International and national studies both note that an unhealthy diet is a confirmed risk behavior for chronic disease and that improving diets in older adults will reduce chronic disease risks for death and disability. A 2003 World Health Organization report (“Diet Nutrition and the Prevention of Chronic Disease; report of a joint WHO/FAO expert consultation”) notes that improved lifestyles can reduce the risk of progression to diabetes by 58% over 4 years and that population studies have shown up to 80% of coronary heart disease, and up to 90% of cases of type 2 diabetes could potentially be avoided through changing lifestyle factors. A combination of food variety, physical activity and extensive social interaction is the most likely lifestyle profile to optimize health, as reflected in increased longevity and health aging.

Lavender Senior members who want to take advantage of Eat Well Age Well activities should attend the San Leandro potluck on the second Saturday of every month from Noon to 2PM at the San Leandro Community Church, 1395 Bancroft Ave. The potluck will now feature catered healthy food choices ordered by a registered dietician in addition to potluck items. The

dietician will also be onsite to provide personalized consultations and answer questions about eating better. Five educational presentations/cooking demonstrations and a half day training for improving eating habits will also be scheduled between now and January 2011. For detailed information about Eat Well Age Well activities see the newly featured column on page 4 of this newsletter where a schedule of events will be posted along with featured articles on eating well.

## New Legislation Package

Equality California has put together our most ambitious bill package ever, with 13 pieces of legislation designed to ensure equality for LGBT Californians. At a time when all we hear about is gridlock in Washington, D.C., EQCA is aggressively pushing an agenda to continue advancing equality in California. Here are a few highlights of our legislative package:

- **The Civil Marriage Religious Freedom Act (Leno)** will take away anti-gay groups' false claims that if marriage equality is legalized, religious institutions will be forced to marry same-sex couples and that those who refuse to perform these marriages will lose their tax exempt status. Strengthening religious freedoms and deepening the distinction between civil and religious marriage in state law is critical in our efforts to win marriage back in court and at the ballot box.
- **The Minor Mental Health Consent bill (Leno)** will allow youth who might be at risk of emotional or physical abuse to see a mental health professional without risking being kicked out of their home by unsupportive parents.

*(Continued on page 5)*

**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, Mitch Foudray, Secretary, Bobbie Jarvis, Treasurer.

### Members-at-Large

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

## Volunteer Corner

### Who am I?

Molly Glockler. I have my masters in social work from UC Berkeley with a specialization in gerontology. I'm married with a 3.5 year old little girl. Our family lives far from us and I feel it is important to interact with people of all ages. I am lucky to have been given the opportunity to visit a Lavender Senior on a weekly basis. She provides us with such joy with her stories of yesteryear. I also believe that community involvement can help our seniors age in place. It is amazing what a little bit of time can do for a person. Friendships are important and I value the one I have formed with my Lavender Senior. She is helping to give us perspective on life and for that I will be forever grateful.

## Advocacy Tip of the Month

Be engaged in conversations about LGBT issues. Be informed. Know what is and is not your legal rights as a GLBT person. Let people know the differences and how important those rights are for all people. Equality is the best word to describe what LGBT people want, nothing more than equal rights.

Other things you can do...

- Speak to elected officials regarding your concerns about LGBT issues.
- Be proactive-explain what it feels like to be an LGBT person in a straight world.

- Pat Skillen

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.

# April Birthdays

Apr. 1 <sup>st</sup> Frank M.	Apr. 12 <sup>th</sup> Ray R.	Apr. 19 <sup>th</sup> Dick H.
Apr. 3 <sup>rd</sup> Laura T.	Apr. 13 <sup>th</sup> Connie G.	Apr. 22 <sup>nd</sup> Mitch F.
Apr. 4 <sup>th</sup> Tomi S.	Tracy O. Hilda H.	Apr. 24 <sup>th</sup> John E.
Apr. 6 <sup>th</sup> Dan J.	Apr. 14 <sup>th</sup> Julia C. Ruth H.	Susan L. Sheila B. Virginia B.
Apr. 7 <sup>th</sup> Don G. Gordon O.	Apr. 15 <sup>th</sup> Dorothy C.	Apr. 26 <sup>th</sup> A. Yvette H. Claudia K.
Apr. 8 <sup>th</sup> John O.	Apr. 16 <sup>th</sup> Kate R.	Apr. 27 <sup>th</sup> Charlie P.
Apr. 10 <sup>th</sup> Jean W.	Apr. 18 <sup>th</sup> Maggie L.	Apr. 28 <sup>th</sup> Norman T.

# MONTHLY POTLUCK

Saturday, Apr. 10th - 12 noon to 2pm

Program: Movie—"Ask Not"

- A thru K    Bring a Salad
- L thru R    Bring a Desert/Fruit
- S thru Z    Bring a Main Dish

**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 \$2,500     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

Card #: \_\_\_\_\_ Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Referred by: \_\_\_\_\_ @

\_\_\_\_\_ I would like to make a monthly pledge of \_\_\_\_\_ Please send a monthly donation form and envelope. (Please fill out contact information above.)

- 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.

### What’s the Deal on Antioxidants?

Wendy Albovias, RD

What are antioxidants? How do they work? Do antioxidants really promote health and prevent aging? These are just a few of the countless questions I get on this hot topic. So, I’d like to share a simple look at antioxidants.

Just like water, oxygen is basic to life. Your body needs oxygen to produce energy. When your body’s cells burn oxygen, they form free radicals. Free radicals are unstable molecules that can damage cells (oxidation), tissues and DNA. Environmental factors like cigarette smoke and ultraviolet light also produce free radicals in your body.

Ever notice how a cut apple turns brown fairly quickly? That’s due to oxidation. When you squeeze orange juice on the apple, it doesn’t turn brown. That’s due to the Vitamin C (antioxidant). In your body, oxidation or cell damage, over time, may contribute to health problems such as cancer, heart disease, cataracts and diabetes. Antioxidants in your body help to counteract the action of free radicals. They can prevent or repair the damage to cells and may improve immune function and lower the risk of infection.

Antioxidants are best found in food and include a handful of nutrients: vitamin C, vitamin E, beta carotene (which forms vitamin A); some enzymes with trace minerals--selenium, copper, zinc, and manganese; and some phytochemicals (nutrients from plant-based foods).

Eating a variety of fruits and vegetables that span a rainbow of colors as well as whole grains can increase the antioxidant potential in your diet. Also, since more research needs to be done to find out how much is enough, how much is too much and which antioxidants offer specific benefits, avoid taking supplements with high doses.

Try to incorporate good sources of these nutrients into your meals every day.

- Vitamin E: vegetable oils, sunflower seeds, nuts (almonds/hazelnuts), peanut butter, olives, wheat germ
- Vitamin C: guava, papaya, strawberries, grape-

fruit, cantaloupe, oranges, broccoli, bell peppers

- Selenium: seafood, liver, chicken, beef, pork, brown rice, whole wheat bread

## Monthly Wellness Recipe

Here are 2 of my favorite antioxidant-rich smoothies for you to try. All you need is a blender and a cup. Each makes ~12 ounces. Enjoy!

### BLUEBERRY BONANZA

- ¾ cup Blueberries
- 1 ripe Banana
- ½ cup Apple Juice
- ½ cup Ice

### MANGO MADNESS

- ½ cup Mango
- ½ ripe Banana
- ½ cup Low Fat Yogurt
- ¼ cup Orange Juice
- ¼ cup Pineapple Juice

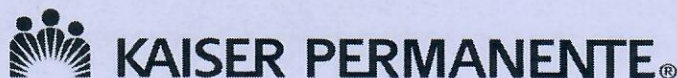
## “Eat Well-Age Well” Events

**Event 1: San Leandro Potluck, Saturday April 10, 12:00PM to 2:00PM**

“Featuring catered health promoting foods. Potluck is optional and still encouraged. Meet Wendy Albovias, RD. who will be available to answer questions and help members develop personalized diet plans for the prevention of diabetes, cardiovascular disease, and overweight. (This is an added feature to the potluck and an addition to the normally scheduled guest presentation.)

Don’t miss the “Eat Well - Age Well” lunches and educational events, April 2010 - January 2011, at the San Leandro Community Church,

This wellness page brought to you by:



*(Continued from page 1)*

**The LGBT Prisoner Safety Act (Ammiano)** will help protect LGBT prisoners from physical abuse.

These are just three of the 13 pieces of legislation already moving forward this year.

**We need your support now more than ever to help pass these bills and advance LGBT equality.** EQCA is on the front lines advancing equality for LGBT Californians in Sacramento by meeting with lawmakers, testifying before committees and planning lobby days. We're also in communities across the state building support on the ground.

**Learn about all of this year's bills and resolutions.**

And, if you haven't yet, **sign up for our online Action Center** to make sure your legislators know you support these bills as they move forward.

Incredible challenges are facing our state. But if we work together we can continue to move California forward while making sure no one gets left behind.

### **Fierce Sistahs!**

**The Activism, Art & Community of Bay Area Lesbians of Color 1975-Present:**

**(An Exhibit of Photographs & Memorabilia)**

**When:** March 20 - May 20, 2010

**Where:** James Hormel Gay & Lesbian Center  
100 Larkin St., 3rd Floor, SF  
- Cathy Cade

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## **What is Elder Law**

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**Written by George Dickerman,  
Elder Law Attorney**

Elder Law involves the legal issues that result as a consequence of the aging process. This is a rather narrow field and can be a little confusing to some senior citizens.

Many seniors have legal problems that are similar to people in their thirties and forties; for example, wrongful termination (employment), bankruptcy, or real estate disputes. Sometimes a potential client calls an elder law attorney to obtain, for example, family law advice regarding a possible divorce. That lawyer explains that family law and divorce issues do not fall under the category of elder law. **Elder law pertains to persons who, generally, are 65 years of age or older.** Nearly always, the client responds by saying: "But I'm over 65 years old".

Elder law generally involves the following types of legal matters:

- Elder financial abuse. Taking advantage of another person's weaker state of mind and wrongfully obtaining their money and property through undue influence, coercion and manipulation. A civil lawsuit is usually filed to recover the property fraudulently taken.
- Elder physical neglect. Most often, this concerns nursing homes that fail to properly care for their elderly patients. It can also be caused by in-home caregivers or anyone who has the primary responsibility of caring for an elder.
- Estate Planning. This involves the creation of trusts, wills and powers of attorney for financial matters and healthcare decision making. Although these tools should also be utilized by younger people, they are most often created for elder adults at a time when they seek to get their financial affairs in order.
- Probate. The probate process enables a decedent's estate to be distributed to loved ones after death. With the proper use of trusts and wills, the probate process may not be necessary. However, if no prior estate planning was accomplished, then it may be necessary to utilize the probate court in order to complete the distribution of assets.
- Conservatorships. When proper estate planning documents have not been put into place (for example, powers of attorney), then it may be necessary to establish a conservatorship over the elder's person and/or estate. Court intervention is sought to grant someone the authority to make necessary healthcare and financial decisions for the incapacitated elder.
- Medi-Cal Planning. This area refers to the laws and regulations in California that determine the guidelines to qualify an elder to receive government benefits to pay the high cost of long term care in a skilled nursing facility. Riverside County, for example, has local Medi-Cal offices where the application process is begun and an ultimate determination of eligibility is made. Medi-Cal is a complicated area of law with the goal of having the state pay the monthly nursing home bills and, at the same time, allowing the elder and their spouse to keep as much of their assets as possible so they can pass them on to their loved ones.

## April Book Review

### **Barney Frank: The Story of America's Only Left-Handed, Gay, Jewish Congressman**

By Stuart E. Weisberg

University of Massachusetts Press

Most voters have a conventional picture of a congressman as dignified, outgoing, and fully self possessed. But Barney Frank is none of this. His clothes are rumpled, his hair is not groomed, and he once wore tennis shoes to a meeting. But, somehow this bizarre combination works. He has built a reputation as a skilled, effective representative of his people back in Massachusetts.

Jack Valenti, former lobbyist for the Motion Picture Association of America once remarked of him, "You don't want to get into a debate with Barney, because you've lost before you begin." His wit is sharp and his mind whirls at a fast pace.

Born in 1940 in Bayonne, New Jersey, of middle class, New Deal Jewish parents, Barney was deeply affected by the murder of black teenager Emmett Till in the 1950s. But Barney was no stereotyped nerd. He served as the sports editor of the high school newspaper, and wrote a humor column.

In college he argued with everyone on the debating team and made the National Honor Society. He dated girls and hide in the closet until the ripe old age of 47. He graduated from Harvard Law School, where he later taught government.

When our Jewish hero was politically on the make he lived in a wrap around fish bowl and in the election game 24 hours a day. While serving in the Massachusetts legislature he introduced the first gay rights bill, which was later defeated. The U. S. News and World Report chose Barney as the "Most promising and effective freshman congressman."

Barney was in the forefront of introducing gay rights bills. He attempted to amend the immigration bill that banned gays from entering the United States. As Barney would say, "I'd rather be rude than bored." Barney came out to the Boston Globe in 1987. He was the first to voluntarily exit the closet.

When the Clinton effort to keep gays in the military was fatally compromised, Barney faulted the gay community for ineffective strategy. The congressman from Massachusetts demonstrated a solid knowledge of House rules and was considered by Metro Weekly as "the gay Washington monument."

Barney also opposed Mayor Gavin Newsome and his campaign to promote gay marriage. He labeled it a "spectacle" with no political gain. Right wing talk show host Chuck Morse attacked Barney: "Frank is a self described homosexual and exhibits the type of aggressive

male behavior that is perhaps enhanced by a life without the civilizing influence of a woman."

Stuart Weisberg, a graduate of the University of Pennsylvania Law School, served for nine years as staff director and chief counsel for the House Government Operations Subcommittee on Employment and Housing and steered the investigation of the HUD scandal. He has succeeded in giving us a no holds barred picture of Barney Frank, a genuine congressional pioneer and the best friend the lavender community has ever had in the halls of Washington.


-Frank Howell

### **THE INABILITY TO MARRY INFLECTS ECONOMIC HARMS ON SAME-SEX COUPLES IN MANY WAYS**

Opinions By M.V. Lee Badgett, Ph.D., a professor of economics at the University of Massachusetts, Amherst and the Research Director of the Williams' Institute at UCLA. at Prop 8 Trials. January 19, 2010.

Professor Badgett's Opinions Fall into 4 Categories

- Prop 8 has inflicted economic harm on same-sex couples residing in California and their children
  - Permitting same-sex couples to marry will not adversely affect heterosexual couples or marriage
  - Same-sex couples are similar to different sex couples in most economic and demographic characteristics
  - Prop 8 imposed substantial economic losses on California and its counties and municipalities
- Marriage confers numerous economic benefits many of which are not provided by DPS
- Greater specialization of labor
  - Reduced transactions costs
  - Additional health and insurance benefits
  - Greater economies of scale-marriage pull two people together, when they move in together they can live together more cheaply as a couple, than as two individuals
  - Stronger statement of commitment-the value of the statement of commitment underlies all of these economic benefits. Secondly it is a statement that is recognized and reinforced by people outside the marriage.
  - Greater validation and societal acceptance of relationship
  - More positive workplace outcomes from reduced discrimination-psych research, gay and lesbian people in workplace facing discrimination have different work experiences and economic gains from the workplace.



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510 301-0045

**Volunteer Awards Presentation**

**When: Sunday, April 25, 2010**  
**Where: San Leandro Community Church**  
**1395 Bancroft Ave., San Leandro**  
**Time: 4:00PM to 6:00PM**

Lavender Seniors will honor more than 65 volunteers for their outstanding contribution to the LGBT older adult community. Award letters have already been sent and volunteers should contact Dan Ashbrook or Tomi Smith at 510-667-9655 to RSVP.

**Bay Area Rainbow Team**  
at Keller Williams Realty

*We are proud to support and salute the*  
**Lavender Seniors of the East Bay**



**TAYLOR SUBLETT** **ROB MILLS**  
Real Estate Brokers / Rainbow Team Partners

510.301.9569 415.990.7565 925.323.8985  
Info@BayAreaRainbowTeam.com




**PFLAG** (Parents, Family and Friends of gays, lesbians, transgenders), would like to invite the members of Lavender Seniors to come to a picnic and panel discussion with the GLBT youth of the Tri-city area about gay issues. This is an opportunity for youth to learn about the history of gay rights and for the seniors to get a true picture of life for gay youth today. We are looking for panel members, but if you want to just come and socialize that would be great too. It will be held on May 15th at 38595 Becket Terrace, Fremont from 11:30-3:30 (at a private clubhouse - look for signs outside of building). If you would like to join us, please call our helpline at 510-226-6816 so we will be sure to have enough food. Thanks and see you there. Pat Skillen

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# April 2010

## Schedule of Events

**April 1<sup>st</sup> and 15<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**

**April 2<sup>nd</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: "Sinister Wisdom #78,79" Continued,**

**Apr. 5<sup>th</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**

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

**April 8<sup>th</sup> and 22<sup>nd</sup> - 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**

**Apr. 10<sup>th</sup> – 12:00 PM to 2:00 PM –Lavender Seniors Potluck (2<sup>nd</sup> Sat.)1395 Bancroft Ave, San Leandro; Program: Movie "Ask Not"**

**Apr. 13<sup>th</sup> - (2<sup>nd</sup> Tues.) PFLAG Meeting, 7:30PM, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark**

**Apr. 16<sup>th</sup> - 12:30 to 2:30 PM – Lavender Seniors Lunch Bunch, (3<sup>rd</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: "It's a Long Month; Living on a Fixed Income."**

**April 17<sup>th</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.**

**Apr. 23<sup>rd</sup> - South County Lunch Bunch and Talk About (4<sup>th</sup> Fri.) 40086 Paseo Padre Pkwy, Fremont, Program: "It's a Long Month; Living on a Fixed Income."**

**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 Womens Support	2 Womens Book	3
4 EASTER	5 Coming Out	6	7 Board Mtg	8 Senior Men	9	10 Potluck
11	12	13 PFLAG Newark	14	15 Womens Support	16 Lunch Bunch	17
18	19	20	21	22 Senior Men	23 South County	24
25	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 10<sup>th</sup> of preceding month.