

**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 Insurance Reform Bill

The House of Representatives, by a vote of 219-212, voted to pass a comprehensive and historic health reform package that would provide more security and stability for those who have coverage and new affordable choices for those that don't. It would prevent the worst abuses of the insurance industry, expand coverage to 32 million uninsured, and put in place the tools to control health care costs.

Advantages of the Health Reform Bill

If you are insured, nothing requires you to change your coverage; but it will make your coverage more secure and stable:

- It makes it more likely your employer continues to offer coverage, and set minimum standards for such coverage.

- It improves Medicare; it expands and streamlines Medicaid.

- It fixes the "individual market, giving individuals the bulk purchasing power of large purchasers, preventing "junk" insurance, and stopping denials for health status.

- It provides the foundation to bring down the overall costs of health care.

If you are uninsured or underinsured, you will need to get coverage, but there will be new help and new options to ensure coverage:

AVAILABLE: No denials or different rates for pre-existing conditions.

AFFORDABLE: Subsidies/affordability credits for low-mid-income families, so you don't have to pay more than a percentage of your income (based on a sliding scale up to 9.5%).

ADEQUATE: Minimum benefits standards and a cap on out-of-pocket costs, so no one goes into significant debt or bankruptcy.

ADMINISTRATIVELY SIMPLE: The Exchange provides choice and convenience, making it easy to sign up for and compare plans.

ALSO: Other efforts attempt to bring down the cost of coverage.

Daniel Gould, LCSW

Network Coordinator California LGBT Health and Human Service Network Equality California:: Equality California Institute.



Eat Well Age Well Workshop for LGBT Seniors!

Learn how to live longer through nutrition with this intensive workshop by registered dietician Wendy Albovias. The workshop will teach you how to customize a diet plan that increases energy and longevity while reducing the risk of diabetes, cardiovascular disease, overweight, and obesity. This is a Free Event with catered lunch.

Time & Location: Saturday September 18, 10AM to 1:30PM

San Leandro Community Church, 1395 Bancroft Ave. San Leandro, 94577

RSVP Recommended, Seating Is Limited.

Call Dan Ashbrook, (510) 667-9655 Ext. 3

Or email: dan@lavenderseniors.org

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>

Advisory Board

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

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"The truth is rarely pure and never simple"
- Oscar Wilde

Be Active Your Way and Let

Maggie Freeman Show You How!

We are pleased to announce that certified senior exercise specialist Maggie Freeman will be doing presentations on physical fitness at our Oakland and Fremont lunch programs in July. Maggie works with older adults in private homes and group facilities. She provides activities that target muscles which are key to balance and strength. Her programs are carefully designed to reduce the risk of injury and create lots of laughs.

Advocacy

On Saturday, May 15th, PFLAG/Fremont hosted a barbecue & swimming party for forty LGBT youth and eight members of the Lavender Seniors.

It was a wonderful day of sharing and fun. The most important part of the day was the telling of each person's story. The youth were interested in the older life experiences and I think the seniors enjoyed hearing what life is like for the LGBT youth.

There was a wonderful moment when a discussion about marriage came up. The youth did not seem to understand the importance of marriage and the benefits that a married couple enjoy, compared to LGBT couples who are not married. They certainly listened and learned.

PFLAG thanks everyone who came and participated. Maybe next time it will be you who shares your story.

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.

July Birthdays

July 1 st Patty O. Will O.	July 12 th Paul M. Patricia S.	July 19 th Paul M.
July 7 th Nina T.	July 13 th Bea H.	July 22 nd Toby M.
July 8 th Cindy S.	July 14 th Daniel B.	July 23 rd Luis P.
July 9 th Toni L. J.O.D.	July 15 th Bill K. Suzanne T.	July 24 th Marion A. Pat C.
July 10 th Julie N.	July 16 th Nancy F.	July 26 th Reed W.
July 11 th Verne N.	July 17 th Marie K. Kenneth A. Brenda W.	July 27 th Charlene S. Thomas D.
		July 30 th Nacho A.

MONTHLY POTLUCK

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

Program: Smart Nutrition for Disease Prevention - Wendy Albovias

- 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 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 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**

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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.

Diabetes: Busting the Myths

Wendy Albovias, RD

Nearly 24 million Americans have diabetes and almost 2 million new cases of diabetes are diagnosed in people aged 20 years and older each year, according to the Center for Disease Control, 2007. A survey done by the American Diabetes Association, 2009, showed that several diabetes myths and misconceptions are common and diabetes remains a misunderstood disease. Here are a few of those myths...busted.

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

Myth: Eating too much sugar causes diabetes.

Fact: No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Fact: Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, beating until blended. Add strawberries and chips; beat at low speed just until blended.

peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate-containing foods is about right. Whole grain starchy foods are also a good source of fiber, which helps keep your gut healthy.

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more “off limits” to people with diabetes than they are to people without diabetes

Monthly Wellness Recipe

I'm often asked about dessert recipes for diabetics. Here's an amazing cookie recipe from *Cooking Light*. Each cookie has 98 calories, 3 grams of fat and 16 grams of carbohydrates. Yields 2 dozen cookies

Ingredients:

¾ cup all-purpose flour
1 cup regular oats
½ tsp baking soda
¼ tsp salt
¾ cup packed brown sugar
¼ cup butter, softened
1 tsp vanilla extract
1 large egg
¾ cup coarsely chopped dried strawberries
1/3 cup premium white chocolate chips

Cooking spray

Preparation:

Preheat oven to 350°.

Combine flour, oats, baking soda, and salt; stir with a whisk. Place sugar and butter in the bowl of a stand mixer; beat at medium speed until well blended. Add vanilla and egg; beat well. Gradually add flour mixture, beating until blended. Add strawberries and chips; beat at low speed just until blended.

Drop dough by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 12 minutes or until lightly browned. Remove from oven; cool on pan 1 minute. Remove cookies from pan; cool completely on wire racks

Eating Wellness Events

Eat Well Age Well Events:

Smart Nutrition for Disease Prevention,

Wendy Albovias, Registered Dietician

Saturday July 10, Noon to 2PM, San Leandro Community Church, 1395 Bancroft Ave. San Leandro, Includes free catered lunch. Potluck is also welcome.

Smart Nutrition Cooking Demonstration

Friday August 27, Noon to 2PM, Fremont Senior Center, 40086 Paseo Padre Pkwy Fremont, Includes free chef prepared lunch. Sign in at the reception window as a Lavender Senior member to receive a free lunch ticket.

Disease Prevention through Nutrition Training,

Saturday September 18, 10AM to 2PM, San Leandro Community Church 1395 Bancroft Ave. San Leandro

Register now for this free half day intensive on creating diet plans for the prevention of chronic disease such as diabetes, cardiovascular disease, obesity and overweight.

RSVP by calling Dan Ashbrook at (510) 667-9655 Ext. 3 or email dan@lavenderseniors.org. Free Lunch is included!



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Beneficiary Information about the \$250 Part D Rebate

The Centers for Medicare & Medicaid Services (CMS) posted at www.medicare.gov (under "What's New")

"Closing the Prescription Drug

Coverage Gap" brochure that describes details about the tax-free, one-time check for \$250 for people who enter the Part D donut hole and are not eligible for Medicare Extra Help. The first checks were mailed June 10 and checks will be mailed monthly after people have entered the coverage gap.

To help fight fraud and protect beneficiaries from potential scams, Medicare is reminding seniors there are no forms to fill out to receive this benefit. Medicare will automatically send a check. The envelope will have the US Department of Health and Human Services

symbol on it and will say "Medicare Part D." Beneficiaries don't need to provide any personal information such as Medicare, Social Security, or bank account numbers to get the rebate check. They are reminded not to give any personal information to anyone who calls about the \$250 rebate check.

People with Medicare should call 1-800-MEDICARE (1-800-633-4227) to report any suspected fraud or scams or with any questions.

Long Term Care Insurance Program for Federal Employees in Same Sex Partnerships

Effective immediately, federal employee individuals in same-sex domestic partnerships may apply as eligible qualified relatives for Federal Long Term Care Insurance.

In order to apply, eligible individuals must first provide documentation, the Declaration of Domestic Partnership, to their

Servicing Personnel Office (SPO). The Declaration along with the updated Full Underwriting Application and all other details on this

exciting new opportunity can be accessed from the Federal Long Term Care Insurance Program's website

<http://www.ltcfeds.com>. Based on the

outcome of the underwritten long term care application, coverage may begin as early as July 1, 2010. Should you have questions about your personal situation, please call Long Term Care Partners at 1-800-582-3337. For interested applicants, please submit the Declaration of Domestic Partnership to your SPO at

<http://ssahost.ba.ssa.gov/ope/CEB/benefitliaisons.html>

Dick Colton

Many of you may remember Dick Colton of Oakland, who for a long time frequently attended the monthly potluck in San Leandro. During this past year Dick's health declined rapidly, and he passed away on June 10 at a residential care facility in Albany.

LGBT leaders, community members demand vote on ENDA

Right now people can be fired in 29 states for being lesbian, gay or bisexual and in 38 states for being transgender. There's no excuse for this kind of backwards discrimination in this day and age.

Help us ensure that this discrimination becomes a thing of the past. Help us pass ENDA once and for all! Please make a short phone call now to your legislators to keep the pressure on. They need to hear loud and clear from people who support equality. Even if you've called before, and even if you think your representative is supportive of ENDA, it's critical that they hear from you again today. Just follow these three steps:

- 1) Call the Capitol Switchboard at 202.224.3121 and ask to speak to your representative. (If you're not sure who your representative is, simply give the operator your zip code and they will connect you.)
- 2) Follow this script:

My name is _____ and I live at (say your street address) in (say your city and state). I am calling to ask that you please pass the Employment Non-Discrimination Act now! Lesbian, gay, bisexual and transgender people can't wait any longer for protection from job discrimination. So, please — no more delays. Pass ENDA right away. Thank you for your time.

- 3) Go back to step 1 and call at least one of your senators — we need to make our voice for equality as loud as possible.

Thank you for taking action with the Task Force today!

Volunteer Corner

Lavender Seniors welcomes Ann McCabe as a Friendly Visit volunteer. "I enjoy the enthusiasm that the person I visit feels when she knows I am on my way. We have a wonderful time not only talking about the past but talking about what is going on now. Time flies during my visits because we have so quickly developed a wonderful friendship."



IHSS on the Chopping Block?!

California Governor Schwarzenegger proposed cutting IHSS by 50% in his May revision of the State Budget. Advocates are preparing for a battle to save IHSS before the budget is finalized. The Public Authority has been advocating for the importance of IHSS services in Sacramento. [Click here to view the article.](#)

Want to get involved? Call your local legislators and connect with organizations like:

www.disabilityactioncoalition.org,

www.seniorservicescoalition.org, or

www.seiu-ultcw.org.

July Book Review

Lesbian and Gay Parents and Their Children:

Research On The Family Life Cycle By Abbie Goldberg

American Psychological Association

For years gay parenting was not a common wish for gays and lesbians starting out in the world. Sexual freedom was the watchword. But after the AIDS crisis, the social map did a major turnaround.

The prospect of gay marriage brings a yearning for the pater of little feet. Abbie Goldberg, who sports a PH.D in Psychology, has decided to chart the course of this new development. She views the new awakening not with alarm but states that these new gay folk "do not represent disintegration of family but, rather, constitute new and valid family forms."

Over one million couples have established a nest together according to the latest government census. Lesbian couples have the highest degree of intimacy; more than even straight couples. Gay males have the highest rate of personal autonomy.

Gay men in civil unions are more likely to become parents than men who are not in civil unions.

But there are significant barriers to gay and lesbian parenthood: lack of community resources, homophobic state laws, expensive methods of reproduction, social prejudice by health professionals and states that refuse to grant second parent adoptions.

Educational institutions can also withdraw the welcome mat. This can center on exclusion from school events and hostility from heterosexual parents.

Goldberg cites specific benefits from gay parenting such as more tolerance and diversity, less gender stereotyping, and the finding that gay men enjoy ignoring traditional gender roles and explore new ways of interacting.

Research indicates that people who possess both feminine and masculine traits are psychologically more positive and healthy.

Children of lavender parents are no more likely to become homosexual than are kids from straight families. Forty per cent of children from gay families report bullying. These kids have widely varying reactions to their gay parents. Some will attempt to conceal their family identity by restricting peer access to their homes.

Sperm donors are frequently unknown. 70% of the children expressed no sorrow about not knowing who their father was. 27% of the kids wanted more information.

Certainly there are issues yet to be resolved that a long span of decades will reveal. But in the meantime blended families will continue to thrive and society will continue to be multicultural to the benefit of all

-Frank Howell

Oakland LGBTQI Census

The East Bay LGBTQI community is growing, and Oakland is planning for better supporting the economic, social and cultural vibrancy of this community. This includes the development of an Oakland LGBTQI Center. Please take the time to fill out the "LGBTQI Census" and BE COUNTED if you live in Oakland. The Oakland - "LGBTQI Census" is up on the City of Oakland's website www.oaklandnet.com. Scroll down on the homepage to locate its link.

Hopes fading for "Don't Ask, Don't Tell" law repeal in 2010


The "Don't Ask, Don't Tell" law is unlikely to be repealed this year, writes Kerry Eleveld after talking to sources on Capitol Hill. A letter from Defense Secretary Robert Gates urged lawmakers not to vote on the issue before December. "When people are asked to vote against the recommendations of the defense secretary, that makes it a very

New Days and Time for Coming Out Again

Coming Out Again is now the **First Wednesday of every month** at the same location, North Berkeley Senior Center. No longer is it the 1st Monday of every month.

New Time: 12:30 to 1:30PM. New Room: The Game Room on the 1st Floor

Please come and join us for a drop in hour of fun, friendship, and support, followed by the monthly birthday celebration at North Berkeley Senior Center with music and refreshments.




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Have you updated your Will yet?

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July 2010

Schedule of Events

July 1st and 15th - 1:30PM to 3:30PM – Support Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

July 2nd - 2:00PM – 4:00PM - Lavender Women's Book Group (1st Fri.) North Oakland Senior Center, 5714 MKJ Jr. Way, (58th St.) Oakland – Reading: "Learning to be Old" by Margaret Cruickshank

July 7th - 12:30 PM to 1:30–Coming Out Again Group- (1st Wed. 1901 Hearst Ave. Berkeley, The Game Room – 1st Floor, Co-Sponsored by Lavender Seniors and North Berkeley Senior Center

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

July 8th and 22nd - 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

July 10th – 12:00 PM to 2:00 PM – Lavender Seniors Potluck (2nd Sat.)1395 Bancroft Ave, San Leandro; Program: Smart Nutrition for Disease Prevention - Wendy Albovias

July 13th - (2nd Tues.) PFLAG Meeting, 7:30PM, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

July 16th - 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: Exercise for Older Adults – Maggie Freeman

July 17th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. Social Hour 5:30, Dinner 6:30.

July 23rd - 12:00–2:00PM - South County Lunch Bunch and Talk About (4th Fri.) 40086 Paseo Padre Pkwy, Fremont, Program: Exercise for Older Adults – Maggie Freeman. 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 Book Group	3
4	5	6	7 CmgOut BrdMtg	8 Senior Men	9	10 Potluck
11	12	13 Newark PFLAG	14	15 Womens Support	16 Lunch Bunch	17 Fellows
18	19	20	21	22 Senior Men	23 South County	24
25	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.