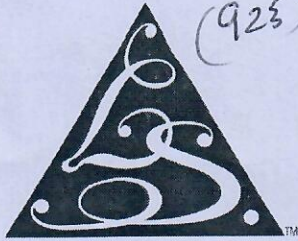


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**LAVENDER SENIORS**  
*of the East Bay*

# Lavender Notes

*A Project of the Tides Center*

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## **Dr. Bortz Back at Aging in Place Thursday October 7!**

On Thursday October 7 from 10AM to 1PM Lavender Seniors and the City of San Leandro Senior Services are hosting the 4<sup>th</sup> Annual Aging in Place Symposium at the Marina Community Center, 15301 Wicks Blvd in San Leandro. The event sponsored by Kaiser Permanente will feature inspirational and informative speakers on the topics of remaining independent and health and wellness. In addition there will be free health checks, vendors, refreshments, prize giveaways and a musical performance by Stagebridge Theater Company. This year's line up of speakers includes notable Associate Professor of Medicine at Stanford University, author, and marathoner Dr. Walter Bortz. Dr. Bortz is back for his second year at Aging in Place. If you missed him last year this is your chance to see him again. His stories, knowledge, and experience about how to be high functioning in later years is not to be missed! Also back this year is Donna Christner-Lile Author of the book, "Aging in Place." Donna is a well respected aging professional who knows how to navigate seniors through the mazes of options around long term care and methods employed to remain in the home as long as possible. New to the symposium this year is diabetes educator for Kaiser Permanente Diana Cosio. Diana is this year's health and wellness expert speaking about diabetes prevention. This event grows in popularity each year and has become a great forum for information and idea sharing around tips and tools to help seniors age better at home and in their communities. Aging in Place is a key resource for meeting Bay Area leaders in the field of aging services. San Leandro Mayor Tony Santos and Councilmember Jim Prola will also be there

to support this important event. For more information or to RSVP please contact Dan Ashbrook or Tomi Smith at (510) 667-9655

## **Proposition 8 Overturned; Thank You to All Who Fought!**

By now you have most likely heard the great news about Ninth Circuit Judge Vaughn Walker declaring Proposition 8, a California voter initiative banning same-sex marriage, violated the Constitution's due process and equal protections rights clauses. Lavender Seniors is thrilled with this outcome and the impact it will have locally and nationally especially for LGBT seniors! This puts the LGBT senior community one step closer to being able to access critical benefits of marriage they currently can not receive. Those include social security survivor benefits, MediCal protections for spouses of those who need to be admitted into nursing homes, federal income tax credits, tax qualified retirement plan benefits, veterans benefits, retiree health insurance benefits, and estate tax benefits. The long history of marriage inequality has been a reason that LGBT seniors are considered one of the most at-risk populations in the nation. Lavender Seniors would like to thank all of our members and community partners who have helped win this battle! We especially would like to recognize Frank Howell and Marvin Burrows for their visibility as LGBT senior activists in this fight! Both have been active with several Marriage Equality activities and recently spoke at the victory rally held on the Castro after the ruling. Thank you Frank and Marvin

## **Thank you to those who donated on behalf of Ina & Stella.**

A special heart felt thank you goes out to everyone who has donated to Lavender Seniors on behalf of Ina and Stella!

**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, Sisters of Perpetual Indulgence and the Nona Hungate Equality Fund. 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 Teri Lyall and I work at New Spirit Community Church, in Berkeley, as the office assistant. After I graduated from college I moved back to the bay area to be closer to my family. I volunteer as a Friendly Visitor because I feel like there is something missing in a culture that does not look to the elders for the wisdom of life. I have been volunteering for a few months now and love spending time with someone who has seen so much life and experience so many things. If you have a few hours a week in your life, you should try stepping outside your world and into someone else's, you might just learn something

### Climate of Uncertainty for Gay Rights

Gay-rights advocates have seen significant progress on LGBT issues, yet still are not celebrating. Why is that?

There have been gains on issues large and small, from hospital visitation rights for same-sex couples to the passage of hate-crimes legislation and congressional votes that could open the door to repeal of the military's "don't ask, don't tell" ban on openly gay soldiers. Two of the country's top legal minds, Ted Olson and David Boies, have just finished closing arguments in a highly publicized trial seeking to overturn California's ban on gay marriage, and the State Department just made it possible for transgendered citizens to have passports reflecting their sexual identity without undergoing gender-reassignment surgery. This weekend, President Barack Obama acknowledged gay parents in his Father's Day address. On the face of it, gay-rights activists are making lots of progress.

But here's the catch—the bigger issues are consistently on the verge of happening, but never seem to be a done deal. There is a divide between Washington insiders who understand that government is painfully

*(Continued on page 5)*

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.

## September Birthdays

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

## MONTHLY POTLUCK

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

Program: "Eat Well-Age Well"  
Presentation

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



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.

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## “Eat Well– Age Well”

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

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### Summer Eating Wendy Albovias, RD

Yes folks, here in the Bay Area, summer is still upon us. Here are simple to follow tips for keeping healthy and fit without depriving yourself of great tasting foods.

Drink plenty of water to prevent dehydration. Take bottles of water with you, especially if you're going out to take advantage of the warmer, Bay Area summer weather.

Now is the perfect time to indulge in California's finest by eating the freshest vegetables. Instead of whipping up a batch of your famous potato salad for your next BBQ or Lavender Seniors potluck, put together a huge salad with a variety of colorful vegetables. If you're up to the task, create your own salad dressing. Surf the web or check out recipe books to get ideas for different variations of salads and dressings.

Never go to a cookout hungry. Ravenous appetites lead to overeating. Perhaps an apple and a few raw almonds or a cup of yogurt before you leave will curb your appetite and lead to more sensible eating.

½ cup (1/8-inch) julienne-cut yellow bell pepper  
 ½ cup (1/8-inch) julienne-cut seeded peeled cucumber  
 ½ cup shredded carrot  
 ½ cup chopped fresh cilantro  
 ¼ cup thinly sliced green onions  
 ¼ cup grated radishes  
 1 minced seeded jalapeño pepper

#### Dressing:

3 tablespoons fresh lime juice  
 1 tablespoon fish sauce  
 1 tablespoon water  
 1 ½ teaspoons sugar  
 ½ teaspoon chile paste with garlic

To prepare slaw, combine first 11 ingredients in a large bowl.

To prepare dressing, combine juice and remaining ingredients in a small bowl; stir with a whisk until sugar dissolves. Drizzle over slaw; toss well to coat. Serve immediately.

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*(Continued from page 2)*

slow to move, on any issue, and a newly activated core of gay activists who want immediate change. "Don't ask, don't tell" hasn't been repealed yet, the gay-marriage trial could take years to reach the Supreme Court, and the federal Defense of Marriage Act continues to block gay couples from countless legal benefits, including—in a bizarre twist—the right to a swift and affordable divorce.—

**USOAC 21st Annual Grandparents' Day Celebration**

**When:** Friday, September 17, 2010

**Where:** North Oakland Senior Center  
5714 M.L.K., Jr. Way, Oakland, CA 94609

**Time:** 11:30 to 2:00 PM

**Entertainment-Food-Beverages-Fun.** Teens and Adults \$7.00. Children, ages 5-12, \$1.00. Space is limited! Please make your reservations on or before Friday, September 10, 2010. Call the USOAC office at (510)-729-0852

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**Patient Rights**

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**HHS Release and Visitation Rule (CMS-3228-P): Proposed Visitation Rights for Patients**

On April 15, 2010, the President issued a Presidential memorandum to HHS calling for the initiation of rulemaking that would ensure that hospitals that participate in Medicare or Medicaid respect the rights of patients to designate visitors, regardless of whether the visitors are legally related to the patients. The President's directive clearly instructed HHS to propose that a participating hospital not deny visitation privileges on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, or disability. In advance of this proposed rule, Secretary Sebelius sent a letter late today to leaders of major hospital associations asking them to encourage their member hospitals to not wait for the formal rulemaking process to run its course before they review their current visitation policies.

At the direction of the President, Secretary Kathleen Sebelius and her team at the Centers for Medicare & Medicaid Services have been working on a proposed regulation that would ensure that patients' visitation rights are respected. The proposed rule is on display in the Federal Register.

In advance of this proposed rule, Secretary Sebelius sent a letter to leaders of major hospital associations asking them to encourage their member hospitals to not wait for the formal rulemaking process to run its course before they review their current visitation policies to ensure they comport with the patient-centered visitation rights that the President has suggested.

**The U.S. Court of Appeals** for the Ninth Circuit announced Monday, August 16th, that they are keeping the stay in place of Judge Walker's historic decision striking down Proposition 8.

This means that, regrettably, same-sex couples will have wait longer to get married and are still being denied their fundamental right to do so.

This is not the end – far from it. The appeals process still needs to play out, and the court is expediting the process. The case is expected to be heard in December.

-Geoff Kors  
Executive Director  
Equality California PAC

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**The Signs of Heat Stroke**

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- Fainting, possibly the first sign,
- Body temperature over 104° F,
- A change in behavior — confusion, being grouchy, acting strangely, or staggering,
- Dry flushed skin and a strong rapid pulse or a slow weak pulse,
- Not sweating, despite the heat, acting delirious, or being in a coma.

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**Hyperthermia -Too Hot for Your Health  
Part I**

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With the hot season upon us, we are reminded of the dangers of excessive body heat,

**Things you can do to lower your risk of heat-related illness:**

Drink plenty of liquids — water or fruit and vegetable juices. Every day you should drink at least eight glasses to keep your body working properly. Heat tends to make you lose fluids so it is very important to drink at least that much, if not more, when it is hot. Avoid drinks containing caffeine or alcohol. They make you lose more fluids. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

If you live in a home or apartment without fans or air conditioning, be sure to follow these steps to lower your chance of heat problems:

- Open windows at night,

*(Continued on page 6)*

**Youth, Media and Queer Visibility in Rural America**

By Mary L. Gray  
New York University Press

We hear so much these days about the LGBT community in urban areas but little about our brethren in the hinterlands. We assume that any gays left have moved to the pink spots in the mosaic of America. But Mary Gary, Assistant Professor of Communication and Culture at Indiana University (Bloomington), assures us that lavender youth still manage to wing it in rural USA.

Kentucky was the main site of her population sample. One legislator from Berea, Kentucky, righteously declared, "No gays in my district!"

The author drove over 40,000 miles in the Midwest in search of queer youth with a story to tell. Thirty-four youths were interviewed, mostly white males.

Country lobbying for gay rights is difficult due to a lack of resources and any central rallying pint. Family is the key to local identity in country America. Outsiders horning in won't do. You must be a familiar local.

The gay teens attempted a rally and were only partially successful. The public library was used. A nearby P-Flag group gave moral support. Forty three people attended.

Grey notes that rural gays use "a tragedy of circulation rather than congregation." The danger of being different in a small area has been overblown. Lavenders survive by being visible but not outrageous.

Senior lavenders will no doubt recall their own struggles and joys of small town living. I vividly recall wanting desperately to leave my small town and flea to the Bay Area.

Most of the gay liberation action in Kentucky has faded away due to a lack of long term support. So we must ask ourselves, "What can gay organizations do to reach out to rural America?"

-Frank Howell

**Noted in Passing**-Christopher, son of famed writer Anne Rice has been knocking out a series of popular gay mysteries.

"The Moonlit Earth" is one of his mysteries where all sorts of international intrigue abound as Megan Reynolds struggles to protect her gay brother, Cameron, from murderous villains in the Middle East. The first half of this intriguing tale holds our interest, but toward the end the reader will tire of all the messy complications of diverse folks spying on each other.

-Frank Howell

(Continued from page 5)

- Create cross-ventilation by opening windows on two sides of the building,
- Cover windows when they are in direct sunlight,
- Keep curtains, shades or blinds drawn during the hottest part of the day,

Try to spend at least 2 hours a day (if possible during the hottest part of the day) someplace air-conditioned — for example, the shopping mall, the movies, the library, a senior center, or a friend's house.

Scott E. Crackel, MS, MHA  
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## Health Tips

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### Injury Prevention Tip, Is there a proper way to fall?

A Lavender Senior member concerned about falling asked, "Is there a proper way to fall if I do fall?" Colleen Campbell, Falls Prevention Specialist for Alameda County replies, "That's a tough one because there are so many factors that could affect the answer. The individual's pre-existing conditions, their physical ability, the location of the "fall" (flat surface vs. slope vs. standing on something). Generally, I would say, try not to stiffen up-stay relaxed. Try to protect your head. If possible try to fall towards the wall (if there's one next to you) to break the fall. Obviously there's very little time to ponder on what to do when you're falling but if you think about it, people who are trained to fall like parachute jumpers, judo practitioners, etc., they all learn how to "roll with it" so I guess I would say that's the best answer."

### Oakland Lunch Bunch Welcomes Davina Kotulski on September 24!

Davina is a psychologist and life coach who will be delivering a presentation on positive psychology this month at the North Oakland Senior Center 12:30 to 2:30, 5714 Martin Luther King Jr. Way in Oakland.

Please note this month's lunch bunch is on the 4th Friday instead of the 3rd. Normal schedule will resume in October.

**Oakland Pride September 5!**

**Diversity in Action!** Oakland Pride celebrates the cultures and diversity of the LGBTQ community in Oakland and the East Bay.

**Where:** Uptown Oakland  
19th & Franklin  
(Exit 19th St. BART Station)



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# Schedule of Events

# September 2010

**Sept. 1<sup>st</sup> - 12:30 PM to 1:30 PM—Coming Out Again Group-** (1<sup>st</sup> Wed. 1901 Hearst Ave. Berkeley, The Game Room – 1<sup>st</sup> Floor, Co-Sponsored by Lavender Seniors and North Berkeley Senior Center

**Sept. 2<sup>nd</sup> and 16<sup>th</sup> 1:30 - 3:30 PM – 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

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

**Sept. 9<sup>th</sup> and 23<sup>rd</sup> - 1:30 PM to 3:30 PM - 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

**Sept. 10<sup>th</sup> - 2:00 PM – 4:00 PM - Lavender Women's Book Group** (2<sup>nd</sup> Fri.) - Reading: Leslie Feinberg's book, "Stone Butch Blues". Private Home Call for Address – (510)-593-8678

**Sept. 11<sup>th</sup> – 12:00 PM to 2:00 PM –Lavender Seniors Potluck** (2<sup>nd</sup> Sat.)1395 Bancroft Ave., San Leandro; Program: "Eat well-Age Well" Presentation

**Sept. 14<sup>th</sup> – (2<sup>nd</sup> Tues.) PFLAG Meeting, 7:30 PM,** Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

**Sept. 18<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.**

**Sept. 24<sup>th</sup> - (3<sup>rd</sup> Fri.) 2:30 to 2:30 PM – Lavender Seniors Lunch Bunch,** (4<sup>th</sup> Fri.) North Oakland Senior Center, 5714 MLK Jr. Way. (58<sup>th</sup> St.) Oakland. **Sponsored by City of Oakland Aging and Adult Services: Program Davina Kotulski**

**Sept. 24<sup>th</sup> - 12:00 – 2:00 PM - South County Lunch Bunch and Talk About** (4<sup>th</sup> Fri.) 40086 Pa seo Padre Pkwy, Fremont, **Program: Tri-Center Health Center-Sexuality & Aging** for LGBT Residents. Sponsor: City of Fremont, Human Services Dept. For more information call Dan Ashbrook – 510-667-9655

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Coming Out	2 Womens Group	3	4
5	6	7	8 Board Mtg	9 Senior Men	10 Womens Books	11 Potluck
12	13	14 PFLAG Newark	15	16 Womens Group	17	18
19	20	21	22	23 Senior Men	24 Lunch Pgm's	25
26	27	28	29	30		

## ADVERTISING RATES\* FOR LAVENDER NOTES

Ad Size	1 month	3 months	6 months	1 year
<b>Classified Ad</b>	\$2 per line (per month) on a 3-column page			
<b>Business Card</b>	\$30	\$75	\$140	\$250
<b>Quarter Page</b>	\$50	\$125	\$225	\$400
<b>Half Page</b>	\$90	\$220	\$400	\$750
<b>Full Page</b>	\$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; 1/2 half page inserts are the same amount. Must be received by 10<sup>th</sup> of preceding month.