

# Lavender Notes

*A Project of the Tides Center*

October 2011

## Our Mission

Improving the lives of  
LGBT seniors with  
outreach,  
education, and  
advocacy.

## Services

Friendly Visits  
Monthly Lunches  
Educational Events

## Upcoming Events

**Aging in Place  
Symposium &  
Resource Fair for  
Older Adults**

Thursday, October 6th  
10 a.m. to 1 p.m.

Marina Community Center,  
San Leandro

### Photo Voice Meeting

Monday, October 10th  
6:30 p.m. San Leandro  
Community Church

## Save the Date for Aging in Place!

Lavender Seniors 5<sup>th</sup> Annual Aging in Place, Symposium and Resource Fair for Older Adults is Thursday October 6, 10AM to 1PM at the Marina Community Center, 15301 Wicks Blvd San Leandro. This year's event will feature a star studded panel of long-term care policy and service experts from California Alliance for Retired Americans (CARA), Senior Service Coalition of Alameda County, Pathways to Positive Aging, Bay Area Community Services (BACS), and the Community Living Campaign of San Francisco. The panelists from these agencies are some of the most respected Bay Area authorities on services and policies that have an impact on older adults and are sure to be informative. Also speaking will be Donna Christner-Lile Author of Aging in Place, motivational speaker for older adults Houston Robertson, San Leandro Councilmember Jim Prola, and special guest CA State Senate Majority Leader Ellen Corbett. There will also be vendor tables, refreshments, entertainment by Stagebridge Senior Theatre Company, and much more. Don't miss this important event on solutions for living longer and remaining independent in your own home! To RSVP contact Dan Ashbrook at 510-667-9655 Ext 1 or email [dan@lavenderseniors.org](mailto:dan@lavenderseniors.org). Aging in Place is sponsored by

Kaiser Permanente.

## Photovoice Coalition Takes Off!

Lavender Seniors started its "Photovoice" coalition to address LGBT elder awareness and education in South Alameda county senior centers. The group has started phase one of the project which involves interviewing consumers at San Leandro, Castro Valley, Hayward, Fremont, and Newark senior center consumers about their attitudes towards creating more welcoming environments for LGBT seniors. During the second phase of the project Lavender Seniors will deliver a series of trainings and technical assistance meetings to



the staff and volunteers of these centers. Training and technical assistance meetings provide senior centers instruction on how to use the correct terminology when referring to the LGBT community, how to create appropriate marketing and outreach materials, how to address discrimination should an issue arise, and how to create policies that protect LGBT elder consumers and staff. Photovoice coalition members plan to share their personal stories at these trainings and with city officials. It is these personal stories that increase awareness of the need to create welcoming services for LGBTs. The coalition will work on the project throughout the first half of 2012 towards the final goal of having a South Alameda County senior center recognize June as LGBT pride month each year. The coalition is drafting the resolution and presenting it to California Alliance for Retired Americans (CARA) for their support at their upcoming annual convention in October. To get involved contact Dan Ashbrook at 510-667-9655 Ext. 1.

Volume 15, Issue 10

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

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**[www.LavenderSeniors.org](http://www.LavenderSeniors.org)**

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## Book Review

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### **Adam's Gift: A Memoir Of A Pastor's Calling to Defy The Church's Persecution of Lesbians and Gays**

By Jimmy Creech

Duke University Press

In recent years the mainline Protestant denominations have been struggling with the issue of accepting members of the LGBT community into their fold. There is the time consuming arguments over gay marriage and whether a gay pastor and his or her spouse can be accepted. The phony compromise was: you can be a couple but you must remain pure and nonsexual. Can you imagine demanding this of a straight couple?

Jimmy Creech, a Methodist pastor for many years, who is straight and happily married, first encountered the gay issue when he met a young man named Adam who feared rejection of his Methodist congregation if they knew of his orientation. From then on homophobia in the Methodist Church became his lifelong cause. Creech graduated from Duke University Divinity School and was ordained in 1970. He met Adam in

1984. That same year the General Conference of the church officially prohibited gay ministers. The United Methodist Gay Caucus was officially organized in 1975.

Jimmy Creech paid a heavy price for his pro-gay stance and was forced to undergo the ordeal of a church trial. He was finally forced out of the Methodist Church. No church would offer him a ministry.

In 1996 the Reconciling Congregation program was launched where lavender folks were warmly welcomed.

The Presbyterian Church has finally reversed its stance and now accepts gays, lesbians and transgenders into their community.

All of this pious queering reminds me of my own experience in the mid-1970s. I had decided to leave the protective umbrella of Metropolitan Community Church and start a United Methodist Gay Caucus in Alameda County. I, along with a few devoted allies began visiting various congregations wearing signs that proclaimed our noble cause. We were not well received. Finally I joined the local Hayward Church. As a result a special meeting was called and I was supposed to debate one of the Methodist Bishops. The Bishop did not appear and I was confronted with some 60 furious Methodists, with Bibles in hand, who proceeded to fry me in their pious frying pan. It was a warm afternoon. Finally I returned to the warm embrace of MCC in the Castro. I remain there to this day.

The United Methodist Church is heavily dominated by Midwestern and Southern churches, and also churches from third world countries. They became known as the "Good News" part of the church.

Jimmy Creech has appeared at Glide Church and the San Francisco Metropolitan Community Church. He is now retired and has given us his passionately conceived memories of a mighty and unresolved struggle. -Frank

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## CARA CORNER

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**California Alliance for Retired Americans** holds its 8th Annual Convention, October 18-19 at Hotel Maya, Long Beach, CA. The program features special guests including Attorney General Kamala Harris, speakers, workshops on social security, healthcare, long term care and other topics plus lots of fun activities. To register online, go to [www.CaliforniaAlliance.org](http://www.CaliforniaAlliance.org) or call 510-663-4086 or toll free at 877-223-6107. Registration cost is \$125.

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## Monthly Wellness Recipe

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Try this simple, quick and fresh pasta dish from *Cooking Light*: Penne with Asparagus, Spinach, and Bacon. Use whole grain pasta to bump up the fiber and toss in any veggies you have on hand. Serving size ~1 ½ cups pasta mixture and 1 tablespoon cheese and has ~363 calories, 10g fat, 50g carb, and 5g fiber.

### **Ingredients**                      **Yields: 4 servings**

8 ounces uncooked penne pasta

2 bacon slices

½ cup chopped sweet onion

2 ½ cups (1-inch) slices asparagus (~1 lb)

1 ½ cups fat-free, low-sodium chicken broth

4 cups bagged baby spinach leaves

½ cup (2 ounces) shredded Parmesan cheese

¼ teaspoon black pepper

### **Preparation:**

Cook pasta. Cook bacon until crisp. Remove bacon from pan; crumble. Add onion to drippings in pan; sauté 1 minute. Add asparagus and broth to pan; bring to a boil. Reduce heat, and simmer 5 minutes or until asparagus is crisp-tender. Add pasta, spinach, 1/4 cup cheese, and pepper to pan; toss well. Sprinkle with remaining ¼ cup cheese and bacon.

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## VOLUNTEER CORNER

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Hello. My name is Lori Wood and I have been working as a volunteer with Lavender Seniors for the past three years. I help Dan with office tasks and the Aging in Place Senior Fair. I have known Dan almost 15 years and I truly enjoy working with him. He is one of the most positive people I know. I have done volunteer work for many Bay Area nonprofits (both large and small). Lavender Seniors is one of my favorite places to volunteer because I admire the work that Lavender Seniors does in the community. I am grateful that nonprofits like Lavender Seniors exist to serve our elders who are often lonely and in need of support. Thank you Lavender Seniors for all you do and for allowing me to be involved in your wonderful work!

"Being defeated is often a temporary condition. Giving up is what makes it permanent."

- Marilyn von Savant

**Lavender Seniors of the East Bay is funded by individuals as well as Alameda County Area Agency on Aging, Alameda County Leather Corps, Kaiser Permanente, City of Oakland, City of Fremont, East Bay Foundation on Aging, Gay Chemists Support Fund, Horizons Foundation, Royal Grand Ducal Council/Alameda County, San Francisco Foundation, Bay Area Physicians for Human Rights (BAPHR), and Sisters of Perpetual Indulgence. We gratefully acknowledge the support of all Friends of Lavender Seniors.**

## October 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Board Mtg.	6 Women's Group	7	8 Potluck
9	10 Photovoice	11	12	13 Senior Men's Group	14	15
16	17	18	19	20 Women's Group	21 Lunch Bunch	22 Fellows
23	24	25	26	27 Senior Men's Group	28 South County Lunch	29
30	31					

**Oct. 5th - 7:00 PM-8:30PM - Lavender Seniors Board Meeting** (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

**Oct. 6th - 20th 1:30PM-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

**Oct. 8th - 12:00 PM-2:00 PM -Lavender Seniors Potluck** (2<sup>nd</sup> Sat.) 1395 Bancroft Ave, San Leandro **Program: TBA**

**Oct. 10th - (2<sup>nd</sup> Mon.) Photovoice, 6:30PM**, San Leandro Community Church, 1395 Bancroft Ave., San Leandro

**Oct. 13th and 27th - 1:30PM-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

**Oct. 21st - 12:30-2:30 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: TBA**

**Oct. 22nd - 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.**

**Oct. 28th - South County Lunch Bunch and Talk About** (4<sup>th</sup> Fri.) 40086 Paseo Padre Pkwy, Fremont, **Program: Tri-City Health Center FREE LUNCH** for LGBT Residents. Sponsor: City of Fremont, Human Services Dept. Contact: Ina Mae Murri 510-490-5425.

### Become a "Friend of Lavender Seniors" Today!

Here's my gift of:  \$20    \$35    \$50    \$100    \$250    \$1000    Other \$ \_\_\_\_\_

Donate online at [www.lavenderseniors.org](http://www.lavenderseniors.org). or send a check made payable to Tides Center / Lavender Seniors or please charge my (circle one): AMEX   Mastercard   VISA   Signature: \_\_\_\_\_

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


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

City/State/ZIP: \_\_\_\_\_

I would like to make a monthly pledge of \$ \_\_\_\_\_ Please send me a monthly donation form and envelope.

**Please mail to: Lavender Seniors of the East Bay, 1395 Bancroft Avenue, San Leandro, CA 94577**

**Monica Z. Nowakowski-Carlson, L.C.S.W.**  
*Psychotherapy & E.A.P.* Ca Lic #13419




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**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 other ads. Lavender Seniors reserves the right to accept or reject any ad. \* Cost for a 1/2 page insert or one-page insert to Lavender Notes for one month may be purchased for: Non-Profits, \$250; For-Profits, \$500. Must be received by 10<sup>th</sup> of preceding month.