



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

# Lavender Notes

*A Project of the Tides Center*

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## Mandatory Enrollment!

### Mandatory Enrollment in Managed Care for Medi-Cal Only Seniors and People with Disabilities

By Wendy Peterson,  
Senior Services Coalition of Alameda County

The following are recent developments in the launch of Mandatory Managed Care Enrollment for Medi-Cal Only Seniors and People with Disabilities (SPDs).

1. SPDs with May birthdays will be the first enrolled. These May "birthday babies" should receive enrollment packets with information on the Plans, how to select a Plan and how to enroll. By May 31, SPDs with May birthdays must select a Plan and enroll. (SPDs with June birthdays must enroll by June 30, and so on.)

2. Health Care Options (Medi-Cal's enrollment broker) will have enrollment specialists available at multiple sites in Alameda County to assist people with the selection and enrollment process. While SPDs may request an exemption to extend their fee-for-service status or to continue seeing an "out of network" health care provider, exercising this option takes some effort. Contact the Medi-Cal Managed Care Ombudsman (1-888-452-8609) for help with filing an exemption request.

3. Individuals in long-term care facilities are not included in the mandatory enrollment. However, DHCS has warned that some people may receive a mandatory enrollment packet by mistake. If this happens, Health Care Options should be contacted to correct the error.

Background: Beginning in 2011, SPDs in Alameda County who see their health care providers on a "fee-for-service" basis will be required to enroll in a managed care Plan.

All SPDs have the option of selecting Alameda Alliance for Health or Anthem Blue Cross. Depending on their eligibility, some may also have the option of enrolling in PACE or Kaiser's Medi-Cal Health Plan. If individuals don't enroll on their own, Department of Health Care Services (DHCS) will auto-enroll them in

Alliance or Blue Cross, based on their utilization history. While some will navigate the change smoothly, many will need help with the process. The Alameda County Senior Services Coalition is working with Community Resources for Independent Living and other partners to be sure that community-based service organizations know how to guide and assist their clients. Watch for updates and training opportunities to be announced.

### Some Legislative Aides Got Promotions, Raises, as Bosses Switched Houses

By Jim Sanders

Published: Thursday, Feb. 10, 2011 - 12:00 a.m.

When their boss wins, legislative aides can win, too.

37 staff members received salary hikes, most of them for promotions to jobs with new duties, after they switched houses with an incumbent legislator after last year's elections, records show.

Annual pay increases for those three dozen aides totaled \$315,216 at a time when the state is fighting a \$26.6 billion deficit, but Senate and Assembly officials say they remain on track to cut millions from their budgets this year.

Seven of the employees are chiefs of staff – earning from \$86,000 to \$126,500 annually – while 13 receive salaries below \$50,000.

The transfers from the Assembly to the Senate, or vice versa, are on top of nearly 230 legislative aides who did not change houses but also received salary increases recently, most of them tied to promotions. About 90 percent of the Legislature's workforce didn't see an increase.

Jon Coupal, president of the Howard Jarvis Taxpayers Association, said that granting pay hikes to aides who move from one legislative house to another spotlights the "disconnect between our political elite and ordinary people."

"I think it will come back to bite them," Coupal said of the possibility of backlash if the Legislature, as expected, asks voters

*(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 and 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 and 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. Robert Hamner, Secretary

Members-at-Large

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

## Volunteer Corner

### Volunteer Awards Sunday May 22!

On Sunday May 22 from 3 p.m. to 5 p.m., Lavender Seniors is hosting our annual Volunteer Awards and Dinner at the San Leandro Community Church, 1395 Bancroft Ave.

Complimentary dinner, awards ceremony, and special guest speakers and much more!

Volunteers will be notified this month by mail.

### Congratulations to Board Member Pat Skillen!

On Valentine's Day Mission Peak Unitarian Universalist Congregation (MPUUC) of Fremont recognized PFLAG Fremont/East Bay and its President Pat Skillen with its "Standing on the Side of Love" award. Unitarian Universalism's Standing on the Side of Love Campaign was inspired by the 2008 shooting at Tennessee Valley Unitarian Universalist Church, which was targeted because they are welcoming to LGBT people and have a liberal stance on many issues. Part of the campaign focuses on the Valentine's Day recognition of individuals and organizations that have been "standing on the side of love". At the worship service on Feb. 13, Pat Skillen and PFLAG were MPUUC's "Love Hero" award recipients. In her acceptance speech, Pat spoke eloquently, and from a personal perspective, of PFLAG's mission and the role everyone can play in preventing discrimination and supporting GLBT youth.

### Editorial: Stay Home and Send a Letter to Washington

The *Bay Area Reporter* editorial board writes that registering LGBT Americans to vote and urging them to communicate via mail with their representatives in Washington would be far more useful than organizing another march in Washington, D.C., especially in an economy where many cannot afford to travel. *Bay Area Reporter (San Francisco)* (2/17)

Signed articles represent the opinions 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> Mitchell F.
Apr. 5 <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> 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> Claudia K. A. Yvette H.
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.	

## MONTHLY POTLUCK

Saturday, Apr. 9th - 12 noon to 2 p.m.

Program: TBA

- A thru K Bring a Main Dish
- L thru R Bring a Dessert/Fruit
- S thru Z Bring a Side 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 needs your help! LGBT seniors are among the most overlooked and underserved populations. 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**
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E-mail Address: \_\_\_\_\_

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

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

\_\_\_\_\_ I would like to make a monthly pledge of \_\_\_\_\_ Please send a monthly donation form and envelope. (Please fill out con-

- 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

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## “Eat Well, Age Well”

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### Revive Your Resolutions

By Wendy Albovias, RD

Already forgot about your new year's resolution? Well...it's time to reinvigorate ourselves and re-implement our plans so that we get back on track to meet our nutrition goals. Whatever your nutrition resolution is, follow these helpful tips to stay on the road to achieving your goals.

Eat four to six times a day. Eat breakfast within an hour of waking up. Then eat a meal or snack every three to four hours after that. Your last meal should be around two hours before bedtime. Having a regular eating schedule ignites your metabolism and regulates your blood sugar and hormones that trigger hunger.

Balance, balance, balance. Make sure to incorporate the following items into each meal: a vegetable and/or fruit, a whole grain and a lean protein. Also, make sure to choose more plant-based fats like olive oil rather than unhealthy fats like butter.

Focus on flavor. No need to count calories, following these tips and eating clean, delicious food will help you achieve your goals. Add seasonings that entice your taste buds such as herbs, spices, vinegar, citrus, zest, and hot peppers.

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## Monthly Wellness Recipe

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Here are three quick and easy meals that will help you revive your taste buds and get back on track with your nutrition resolutions. Don't forget to add your snacks. Each recipe serves one. Recipes by Cynthia Sass, MPH, RD, author of *Cinch! Conquer Cravings, Drop Pounds and Lose Inches*.

### Breakfast: Pear Ginger Pecan Pancakes

1 small pear, sliced

1/3 cup whole grain pancake mix

8 oz. non-dairy milk (e.g. soy)

2 Tbsp. pecans

½ tsp. grated ginger

1 Tbsp. lemon juice mixed w/ 1 Tbsp water

Toss the pear slices with the lemon water and ginger and microwave for 4 minutes. Stir 2 Tbsp water into

the pancake mix. Cook pancakes on the stovetop until golden, then transfer to a plate. Top first with the pear-ginger mixture, then the pecans, and serve with a side of chilled non-dairy milk.

473 calories, 14g protein, 11g fiber, 15g fat

### Lunch: Greens and Blue Cheese Salad

1 cup mixed greens

1 medium vine-ripened tomato, in wedges

1 serving whole-grain crackers

10 large, black olives, sliced

1 Tbsp. red wine vinegar

1 tsp. Italian herb seasoning

In a salad bowl, toss mixed greens with vinegar and herbs. Then toss in tomatoes and top with olives and blue cheese. Serve with crackers.

286 calories, 12g protein, 7g fiber, 18g fat

### Dinner: Garlicky Barley Vegetable Chicken Soup

¼ cup each chopped onions, zucchini, carrots, cauliflower

1 cup canned Italian tomatoes

2 cups low sodium vegetable broth

½ cup cooked barley

3 oz. cooked boneless, skinless chicken breast, minced

1 Tbsp. minced garlic

1 tsp. Italian herb seasoning mix

In a saucepan, sauté garlic and onion in oil until onion is translucent. Add veggies and lightly sauté. Add broth and tomatoes. Simmer for ~5-8 minutes. Stir in barley, chicken, and herbs to heat through.

588 calories, 35g protein, 11g fiber, 19g fat

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## LGBT Folks in History

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LGBT people have achieved great things since the dawn of civilization. One was **Radclyffe Hall** (1880-1943), an English author and poet. Her best-known work was the novel *The Well of Loneliness* (1928), which chronicled the struggles of a middle-class Englishwoman with her same-sex desires. For several decades Hall's book served as many readers' first exposure to lesbianism, which was important in a time when LGBT info could not be easily found. In recent years *The Pink Paper* ranked Hall 16th in its "top 500" list of lesbian and gay heroes.

(Continued from page 1)

in June to curtail an additional \$12 billion in program cuts by extending temporary taxes for five years.

34 of the 37 affected staffers are moving from the Assembly to the Senate, where districts have about twice as many people, requiring more outreach by legislative offices.

Officials in both the Assembly and Senate say the public can benefit when a lawmaker retains key aides when switching offices because the staff can hit the ground running, with improved effectiveness because of its knowledge and past collaboration.

Officials in both the Assembly and Senate said salary increases of up to 5 percent are permitted for employees who transfer from the opposite house and assume similar duties. Promotions to jobs with more responsibility can boost pay higher.

Jessica Levinson, political reform director for the Center for Governmental Studies in Los Angeles, said she sees value in rewarding and trying to retain experienced aides.

### Lavender Women's Book Group

For information on date, place and time, please call Ellen Gierson at (510) 593-8678 or email her at ellen-rocs@gmail.com

### San Leandro Senior Community Center Grand Opening Celebration

When: Saturday, April 2, 2011  
Time: 1:00p.m. – 4:00 p.m.  
Where: 13909 East 14<sup>th</sup> Street  
San Leandro, CA 94577

Welcome and Introductions: 1:30 p.m.

2:00 p.m. – 4:00 p.m. Green Building Display, Sneak Preview of Senior Programs and Services, Senior Swingers and DJ Gerri Foley, Blood Pressure Checks, Flower Arranging Demos, Line Dancing and More. Senior programs and services will officially begin at the Center on April 4, 2011.

For more information, call (510) 577-3462

### Storing Customers' ZIP Codes Violates the Law, Says State Supreme Court

By Denny Walsh  
dwalsh@sacbee.com

Published: Thursday, Feb. 10, 2011 - 11:15 a.m.  
Last Modified: Thursday, Feb. 10, 2011 - 1:22 p.m.

A ZIP code is part of a citizen's personal identification, so when a merchant asks a customer for it and then stores it, that violates California's consumer protection law, the state Supreme Court declared Thursday.

The 17-page opinion overturns an appellate court's 2008 ruling to the contrary.

The defendant, high-end household goods giant Williams-Sonoma Stores, Inc., "offers no reason that would justify departure" from the "statute's plain language, protective purpose and legislative history," a unanimous high court concluded.

### SAY NO TO YES ON 8 — OPPOSE SB5

The California Supreme Court decided to hear arguments on whether the Yes on 8 campaign has the right to appeal the District Court decision striking down Proposition 8. Oral arguments could be set for as early as September.

Equality California will file an amicus brief with the Court making it clear that only the Attorney General has the authority to appeal federal court decisions.

Our opponents know the law doesn't support their position. So anti-LGBT, right-wing California Senator Tom Harman has introduced a bill to change the law. SB 5, the Defense of Initiative Statutes bill, would compel the Attorney General to defend ballot measures that have been struck down by the courts, even if she determines that it is not in the State's best interest. This includes Proposition 8. Attorney General Harris has stated that she will not defend Prop. 8 in court because it is unconstitutional. SB 5 is designed to compel her to defend it.

But there's more. SB 5 would also authorize the groups that place measures on the ballot to defend their measures in court, a right that has been reserved for the state once a measure become a law. If this insidious bill passes, groups including Yes on 8 could step into the state's shoes and appeal decisions like the District Court's historic decision overturning Prop. 8.

Yes on 8 and their cohorts in the Legislature know that current law doesn't allow them to appeal. That is why they are trying to change the law. We are working hard to defeat this bill, but we need your help. Ask your legislators to oppose this bill.

- Equality California

### LGBT Organizations in Need of Funds

It is a sad fact that only 4 percent of gay, lesbian, and transgender people make donations to the organizations that work on our behalf. A major part of the funding for our community comes from foundations or corporate grants. Of course we are all aware that times are tough and people are either out of work or in danger of losing their homes. In the meantime right-wing groups are taking in millions of dollars a year. There is a lot of competition out there – from many worthy causes – for that non-profit dollar. But remember, charity begins at home. - F. Howell

### More Companies Paying for Surgery to Change Sex

Large U.S. corporations such as Wells Fargo, American Express and AT&T are among those that have added health insurance coverage for transgender employees who choose to undergo sex reassignment surgery prescribed by their doctors, and more companies are expected to add the benefit soon. "Wells Fargo elected to offer this benefit to be competitive as an employer and also to support our comprehensive corporate commitment to diversity," a company spokesman said. MSNBC (2/21)

## Apr Book Review

### Counted Out: Same-Sex Relations and Americans' Definitions of Family

By Brian Powell and Catherine Bolzendahl  
Russell Sage Foundation

We live in an age when the most basic conception of family is undergoing a social revolution. Social scientists have devised "Constructing the Family Surveys (2003 and 2006)" in which 712 and then 815 families were surveyed for their attitudes about what constitutes a family. They were asked about same-sex couples, cohabiting couples, gay marriage and gay couples who adopted children.

The surveys revealed that Americans were increasingly accepting of lavender families. Public opinion has a significant effect on government policy.

The researchers found three basic groups of households: inclusives, moderates, and exclusionists.

The inclusive group felt a primary emphasis on feelings and emotions about each person in the family. Exclusionists clung to the rigid traditional definitions of family living. The moderates were in the middle.

Most of those surveyed felt roommates didn't really constitute a real household.

Women were more accepting of differences than men; seniors were less accepting of LGBT people. No surprises here. College education meant more acceptances of differences.

Rural families were less accepting, Americans in the West and North exhibited liberal attitudes as opposed to Southerners. Again, no startling findings. Increased contact with minorities really made a difference.

Of course conservatives were lashing out. In 2005, Louis Sheldon published *The Agenda: The Homosexual Plan to Change America*. He blamed parenting practices and the decline in social morality.

Gay activists are beginning to look to the science of genetics as a clue to what makes us tick.

Albert Mohler, noted Southern Baptist, declares that even if science proves that homosexuality is caused by genetics, it is still a sin. Parents should pray that science will someday offer a cure. Mr. Powell and his fellow sociologists conclude that, "We remain confident that the resistance to same-sex partnerships will dissipate in the not-too-distant future."

- Frank Howell

### California Alliance for Retired Americans

Lavender Seniors is an affiliated chapter of California Alliance for Retired Americans (CARA), a statewide nonprofit organization that unites retired workers and community groups to win social and economic justice, full civil rights, and a better, more secure future for ourselves, our families, and future generations.

#### 96 Cities Protest Cuts to Social Security Administration

House Republicans voted on February 19 to cut \$1.7 billion from the Social Security Administration (SSA) budget in 2011, and that could result in workers being furloughed for up to one month over the next seven months. As a result, Social Security office doors may be temporarily closed, phones will not be answered, and claims processing will grind to a halt. On a Wednesday confer-

ence call with reporters and Social Security policy experts, U.S. Rep. Xavier Becerra (D-CA) and other national leaders demanded a halt to the deep cuts to SSA. During the call, Richard Fiesta, Director of the Department of Government and Political Affairs at the Alliance, said, "These cuts are nothing but cuts for cutting's sake. Social Security does not contribute a penny to our deficit – both benefits and the cost of running SSA offices are funded by worker and employer contributions." The same day, retirees and SSA employees in 96 cities held informational pickets outside Social Security offices to draw attention to the devastating effects the cuts would have on services.

#### Factcheck.org Gets a Social Security Fact Wrong

A recent article published by Factcheck.org incorrectly reported that Social Security will face a \$45 billion deficit this year. Additionally, the article reported that the program is "in the red." However, this is simply not true. According to the Congressional Budget Office, the program will bring in \$45 billion less in payroll taxes than it did last year. However, the Social Security trust fund, which currently contains \$2.6 trillion, will earn \$118 billion in interest this year.

Therefore, overall, Social Security will not be running a deficit in 2011. The program will pay 100 percent of expected benefits this year and every year until 2037, without contributing to the national debt. "We hope that seniors will remain skeptical of people who try to convince them that Social Security is not financially solvent," said Ruben Burks, Secretary-Treasurer of the Alliance. "The program is financially solvent and will remain that way well into the future."

### LGBT Art Show

The LGBT Art Show at the Sun Gallery in Hayward CA will be September 7, 2011 through October 1, 2011.

We are calling for art submissions for this exhibit. Artwork can be any media including, but not limited to, painting, sculpture, glasswork, ceramics, drawing, photography and assemblage. Artwork will be juried for entry digitally or by photo at no cost to the artist. There will be an official notification sent out when we are ready to take submissions.

No entries are being accepted at this time as this is only an advance notice for your consideration. You or someone you know at any location will be able to submit art.

A fee of \$65 will include a discounted membership, invitations, and a hanging fee for up to six pieces not to exceed 24 square feet in wall space.

The current-member fee for all of the above is \$40.

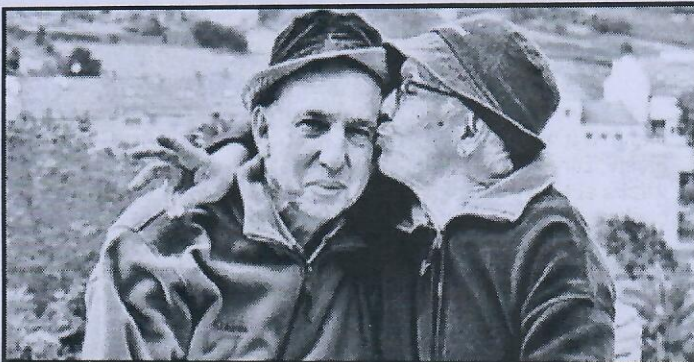
This is a great way for the LGBT community to display their talents at a location that is central to the San Francisco Bay Area.

If you are not an artist but know someone who is... "Pass the word."

#### Alameda County Health Plan for Seniors!

Alameda Alliance for Health is a health plan for Alameda County residents. Their Medi-Cal and Medicare programs serve seniors and people with disabilities. Alameda Alliance for Health members have access to local customer service in several languages, no premiums or co-pays when income limits are met, no large network of doctors and specialists, and care coordination including transportation for health care visits.

To learn more contact them toll-free at 1-877-371-2222 Monday - Friday, 8 a.m. - 5 p.m.



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# April 2011

## Schedule of Events

**Apr. 6<sup>th</sup> - 7:00 p.m. to 8:30 p.m. – Lavender Seniors Board Meeting** (Wed. before Potluck) 1395

**Apr. 7<sup>th</sup> & 21<sup>st</sup> - 1:30 p.m. to 3:30 p.m. – 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 Bancroft Ave, San Leandro

**Apr 9<sup>th</sup> -12:00 p.m. to 2:00 p.m. – Lavender Seniors Potluck**, (2<sup>nd</sup> Sat.)1395 Bancroft Ave., San Leandro; **Program: TBA**

**Apr. 12<sup>th</sup> - 7:30 p.m. (2<sup>nd</sup> Tues.) – PFLAG Meeting**, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

**Apr. 14<sup>th</sup> and 28<sup>th</sup> - 1:30 p.m. to 3:30 p.m. – 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. 15<sup>th</sup> - 12:30 p.m. to 2:30 p.m. – 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**

**Apr. 16<sup>th</sup> - Fellows of the East Bay** (3<sup>rd</sup> Sat.) 1823 9<sup>th</sup> Street (at Hearst), Berkeley. **Social Hour 5:00 p.m., Dinner 6:30 p.m.**

**Apr. 22<sup>nd</sup> - 12:00 p.m. to 2:00 p.m. – South County Lunch Bunch and Talk** (4<sup>th</sup> Fri.) **Program: TBA**- 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
3	4	5	6 Board Meeting	7 Queer Women	8	9 Potluck
10	11	12 PFLAG	13	14 Senior Men	15 Lunch Bunch	16 Fellows
17	18	19	20	21 Queer Women	22 South County	23
24	25	26	27	28 Senior Men	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 page inserts are the same amount. Must be received by 10<sup>th</sup> of preceding month.