



**LAVENDER
SENIORS**
of the East Bay

Lavender Notes

A Project of the Tides Center

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Oakland Conference on Spirituality & LGBT Aging

On August 17, 2011 from 11AM to 5:30PM at St. Paul's Episcopal, 114 Montecito Ave in Oakland the Coalition of Welcoming Congregations presents, "Faith & LGBTQI Aging: A Conference for Spiritual Justice." This is a free half-day conference that addresses creating connections and community within Bay Area synagogues, churches and sanghas. Hosted in a welcoming congregation to LGBTQI individuals come hear aging advocate Amber Hollibaugh and others address the issue of creating spiritual justice for LGBTQI seniors who have been marginalized by religion. Amber Hollibaugh is the Executive Director of Queers for Economic Justice and was a senior strategist at the National Gay and Lesbian Task Force. Previously, Amber also served as the Chief Officer of the Elder and LBTI Women's Services at the Howard Brown Health Center, and worked at Services and Advocacy for GLBT Elders (SAGE) as the Director of Education, Advocacy, and Community Building. Free registration for the conference can be done by calling 510-849-8208 or online at <http://cwcbay.org/2011/05/faithandaging/>. Free lunch will be provided to registered participants. The Coalition of Welcoming Congregations (CWC) putting on the conference brings together religious leaders, LGBT people of faith, and their allies from a wide range of religious traditions in the nine-county San Francisco Bay Area to form a progressive, effective and media-savvy voice on matters relating to sexuality and religion, homophobia, and the enfranchisement of LGBT people within society as a whole. Lavender Seniors, Rainbow Community Center of Contra Costa County, and Openhouse are also sponsors of this groundbreaking event.

The Lighthouse Community Center Celebrating its Eleventh Anniversary

When: Saturday, August 6, 2011

Where: Lighthouse Community Center
1217 A Street, Hayward, CA

We will also be honoring the memory of Bob Demers, founding member who passed away last year.

HHS Delivers Guidance To State Medicaid Agencies on states' freedom and flexibility to offer financial protections to same-sex couples!

Today, HHS' Centers for Medicare & Medicaid Services (CMS) provided guidance to state Medicaid agencies clarifying that they are able to offer same-sex couples many of the same financial and asset protections available to opposite-sex couples when a partner is entering a nursing home or care facility. In a letter sent today, CMS advised state agencies of their ability to ensure that same-sex partners can remain in shared homes without Medicaid liens being applied. The guidance also clarifies that states have the flexibility to protect same-sex partners under estate recovery and transfer of assets rules.

"Low-income same-sex couples are too often denied equal treatment and the protections offered to other families in their greatest times of need," said Health and Human Services Secretary Kathleen Sebelius. "This is now changing. Today's guidance represents another important step toward ensuring that the rights and dignity of every American are respected by their government."

Millions of families each year face difficult decisions associated with placing family members in nursing home care. Medicaid, which is the largest payer of nursing home services in the country, requires individuals in need of care to have exhausted most of their personal income and assets before qualifying for this long-term care benefit. There are protections, however, that ensure that the spouse of a Medicaid nursing home resident may remain in the couple's home. While states may place liens on the property of an individual needing care, if there is a spouse in the home, states must protect that spouse from having a lien attached to their home. For same-sex couples these protections do not always apply.

Today's announcement clarifies that states can extend these protections when the same-sex spouse or domestic partner of the Medicaid enrollee continues to reside in their home. The letter also outlines how states can apply other protections to same-sex spouses or domestic partners, for example, by allowing individuals needing institu-

(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, Bobbie Jarvis, Treasurer. Robert Hamner Secretary

Members-at-Large

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

VOLUNTEER CORNER

Lavender Seniors are looking for volunteers who are willing to participate in Oakland Pride Festivities on September 4, 2011.

We need volunteers for setup, breakdown, and two hour shifts at our information booth.

If you are interested, please contact tomi@lavenderseniors.org, or dan@lavenderseniors.org or call (510) 667-9655.



San Leandro Potluck Speaker

July 9, 2011

Many seniors have questions about the safety of nursing homes. CANHR is a long term care justice and advocacy organization. There are over 7,700 residential care facilities in California. CANHR, which is located in San Francisco, can provide information on all of these homes. There are questions about financial abuse and the role of Medicare in paying for such care.

At the monthly potluck in San Leandro Robert Martien, who represents CANHR will address all your questions about Long Term Care. The potluck will take place on Saturday July 9th at 12:00. The speaker will appear at 1:00.

-Frank Howell

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

MONTHLY POTLUCK

Saturday, Jul. 9th - 12 noon to 2pm

Program: Healthcare Reform - CANR

- 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 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.)

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_____ 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

Going Veg?

Wendy Albovias, RD

Have you seen the slurry of vegetarian cookbooks? Ever noticed that it is now common practice to shop at farmers' markets - eating more locally grown fruits and vegetables? More and more people are interested in plant-based diets, mainly due to the health problems associated with eating a meat-based diet.

The Dietary Guidelines Advisory Committee defines a plant-based diet as one “that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts and seeds. So, people eat more unprocessed foods that come directly from plants shifting away from the typical Western diet that is high in meat, fat, saturated fat, and sodium and low in fiber.

The 2010 Dietary Guidelines for Americans highlight plant-based diets and state “on average, vegetarians consume a lower proportion of calories from fat, fewer overall calories, and more fiber, potassium and vitamin C than do non-vegetarians. Vegetarians also generally have a lower body mass index.” Thus, plant-based diets are effective at managing hyperlipidemia, weight management, and type 2 diabetes.

Here are a couple tips for encouraging a dietary shift: (adapted from Sharon Palmer, RD, *Fruitful Endeavor*, *Today's Dietitian*, May 2011)

1. Start slow. No need to make drastic changes. If you eat animal protein every day, maybe start by eating vegetarian one or two times a week.
2. Change your mindset. It takes a real shift in thinking to start planning your meals around grains, fruits, and vegetables, instead of meat. Remember, meat does not have to be the center of the plate at each meal.
3. Invest in a good vegetarian cookbook. A good, simple cookbook can give you valuable ideas for cooking at home.
4. Get inspiration from restaurants. Order vegetarian dishes at restaurants and try to recreate them at home. Also, delicious vegetarian dishes may be found in every ethnic cuisine.
5. Think positive. Instead of thinking of “all the things you can't have, think of all the things you can have.

Monthly Wellness Recipe

Here's a *Cooking Light* recipe for Shaved Summer Squash Salad with Prosciutto Crisps. Make it vegetarian by omitting the Prosciutto. ¾ cup serving has 68 calories, 4.9 g fat, 3.5 g protein, 3.6 g carb, 1 g fiber.

Ingredients: yields 4 servings

- 1 medium zucchini
- 2 medium yellow squash
- 1/4 teaspoon salt
- 2 tablespoons thinly sliced fresh mint
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon grated lemon rind
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 3 thin slices prosciutto (1 ounce), chopped 1/4 cup (1 ounce) crumbled ricotta salata or feta cheese

Preparation

1. Shave the zucchini and squash into thin strips using a vegetable peeler. Discard seeds. Place zucchini and squash in a medium bowl, and toss with salt.
2. Combine mint and next 4 ingredients (through pepper) in a small bowl; stir with a whisk. Pour over zucchini and squash; toss.
3. Heat a small nonstick skillet over medium heat. Add prosciutto; sauté for 2 minutes or until crisp.
4. Place 3/4 cup salad on each of 4 plates. Top each serving with 1 tablespoon cheese; sprinkle evenly with prosciutto.

Assembly Passes Anti-LGBT Bullying Bill for Colleges and Universities

Sacramento –The California State Assembly passed the Equality and Equal Access in Higher Education bill (AB 620) in a 51-24 vote. Introduced by Assembly-member Marty Block (D-San Diego) and sponsored by Equality California, the bill would help reduce bullying and harassment against lesbian, gay, bisexual, and transgender (LGBT) students and staff at public colleges and universities throughout California. The legislation would require public colleges and universities to include a policy on harassment and intimidation as part of its student code of conduct and require implementation of a number of the 2009 California Postsecondary Education Commission recommendations, including requiring that there be staff designated to address the unique needs of LGBT students, staff, and faculty.

- Gay Politics Report

(Continued from page 1)

tional care to transfer ownership of their homes without financial penalties. States have the choice of extending these protections.

"Medicaid gives states remarkable flexibility to set these kinds of policies," said Cindy Mann, deputy administrator of the Centers for Medicare & Medicaid Services (CMS) who directs the Medicaid division within the agency. "We want to assure states that they are within the law when they make the choice to extend equal financial rights and protections to all of their citizens receiving Medicaid services, regardless of sexual orientation."

View CMS's letter to State Medicaid Agencies at <http://www.cms.gov/SMDL/SMD/list.asp>

Department Of Education Sponsors First-Ever Lesbian, Gay, Bisexual, Transgender Youth Summit

Posted by: [Judy Molland](#)

On Monday, June 6, the U.S. Department of Education will kick off the Department of Education's first-ever Lesbian, Gay Bisexual and Transgender (LGBT) youth summit, a two-day event called "Creating and Maintaining Safe and Supportive Environments for LGBT Youth."

The summit, held in Washington, D.C., is designed to facilitate discussion about ways to ensure that LGBT students receive fair and equal access to education. Information will be provided to those who attend the summit, including students, teachers and administrators, to provide solutions to the unique problems that LGBT youth confront.

LGBT A Uniquely Vulnerable Population

LGBT youths are a uniquely vulnerable population in America's schools. Because they suffer at a higher rate than many of their peer groups from physical violence, bullying, anxiety and depression, LGBT youths are more prone to exhibit high-risk behaviors such as substance abuse, sexual risk-taking and running away from home.

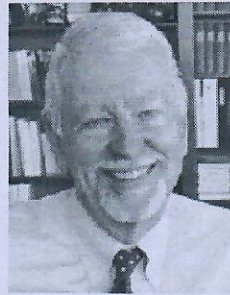
Whatever comes out of both of these conferences, they are excellent first steps in a good direction. Stay tuned for

Tax equity bill could benefit gay couples

Rep. Jim McDermott, D-Wash., has introduced a bill in Congress that would erase the tax penalty for couples who take advantage of employer-provided health benefits for their same-sex partners. McDermott said the measure, which has both Democratic and Republican sponsors, could be considered as part of a larger tax bill. Washington Blade (6/9

Gay jurist in Proposition 8 case had no legal obligation to remove himself, judge rules

June 14, 2011 | 1:11 pm



A federal judge on Tuesday refused to invalidate last year's ruling against Proposition 8, deciding the gay jurist who overturned the same-sex marriage ban had no obligation to step aside because of a possible conflict of interest.

The decision by Chief Judge James Ware of the U.S. District Court in San Francisco left the ruling

by retired Judge Vaughn R. Walker in place. Walker's decision remains on hold pending a separate appeal to the U.S. 9th Circuit Court of Appeals.

Walker, 67, an openly gay judge, told reporters after he retired in February that he and his partner, a physician, have been together for 10 years. ProtectMarriage, the proponent of Proposition 8, said Walker should have disclosed that prior to trial, and it asked Ware to throw out his ruling.

Proponents of Proposition 8 argued that Walker's conflict was not his sexual orientation, but the fact that he was in a serious same-sex relationship that could conceivably lead to marriage.

Walker, a Republican appointee, has never said publicly whether he wished to marry his partner. But he told reporters that he never considered his sexual orientation grounds for declining to preside over the Proposition 8 challenge.

"It is not reasonable to presume that a judge is incapable of making an impartial decision about the constitutionality of a law, solely because, as a citizen, the judge could be affected by the proceedings," Ware wrote in his ruling.

Tuesday's ruling followed a three-hour hearing Monday in San Francisco in which backers of Proposition 8 argued that Walker had a personal stake in the outcome of the marriage debate while opponents of the ban countered that the challenge was a veiled attack on Walker's sexual orientation.

East Bay Pride Picnic

When: Saturday, August 20, 2011

Time: 11: am

Where: Cull Canyon Regional Park, Castro Valley

Free parking with a small fee for entry into the Swimming Lagoon. Cabana is reserved for the Queer Community

Beach Access Fees: \$3.50 age 16-61

\$2.50 age 1-15. Seniors 62+ or disabled

July Book Review

Gay Bar: The Fabulous, True Story of A Daring Woman And Her boys in the 1950s

By Will Fellows and Helen P. Branson
University of Wisconsin Press, \$26.95

Gay pioneers are where we find them. Helen Branson, who opened a gay bar in 1952 in Los Angeles, is certainly on the list.

Will Fellows has created a new edition of her original autobiography published in 1957. For a woman to operate a meeting place for sexual deviants in the McCarthy era was a risky move in itself. But Helen was unique, she stood for no nonsense. She was quite fussy about who entered her establishment. Customers were carefully screened. She did not tolerate any obviously swishy behavior. The bar was open seven days a week, seven hours per day. Helen did all the work.

She maintained a good relationship with the police. The men could bring mothers or landladies. Curiously, no lesbians were allowed. Helen passionately believed that gays didn't stand up and fight for their rights. Dr. Kinsey interviewed her and was impressed.

In 1951 the California Supreme Court ruled that the lavender community had a constitutional right to gather in public places.

Fellows has assembled a sort of scissors and paste combination of his own views, Mattachine Society letters written at the time and excerpts from Helens' original book. "Gay Bar," offers a stimulating and original glimpse at a repressive but significant era in our history. ---

-Frank Howell

We all remember the glittering saga of Greg Louganis, ace diving champion who hit his head on the diving board and survived. His provocative life story appeared in 1995, "Breaking The Surface," (Sourcebooks, Inc., paperback, \$20.00.

All his struggles are here, his dyslexia, his coming out, and struggles with drinking and drugs. The book was reprinted in 2006 and is certainly worth a second look

.-Frank Howell

Corporations Ease the Financial Pain of Partner Benefits

Some companies are rushing to implement a new benefit for their gay and lesbian employees -- paying the extra tax burden resulting from taking advantage of domestic partner benefits such as health insurance. Google, Apple and Facebook have implemented the new policy, unleashing a sort of competition some say could result in gay talent feeling more welcome in companies that implement the benefit.

The New York Times (5-10)

CARA CORNER

On October 18-19, 2011 CARA is hosting their 8th Annual Convention at the Hotel Maya in Long Beach. For more information or to register go to www.californiaalliance.org and click the annual convention button or call CARA at (510) 663-4086. The California Alliance for Retired Americans (CARA) is 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. Join them on Facebook. CARA is the official state affiliate of the Alliance for Retired Americans, www.retiredamericans.org.

Mental Health Needs of Older Americans

As the baby boomers age here in the U.S., they are going to swell the ranks of seniors. And senior care—especially mental health care—is one of the most ignored in America. We act as though seniors don't matter much, and few health care and mental health care professionals go into specializations, such as geriatric psychology, that can help senior citizens.

Perhaps that will change, with more attention and focus provided on this group of people. Because as we age, we often face many of the same difficulties as we did earlier in life. Except these difficulties are often amplified, because of the loss of social support—our friends—and isolation—most often from our own family.

The New York Times profiles Marc E. Agronin, M.D., a geriatric psychiatrist to showcase the mental health challenges of our aging population. Seniors face the usual array of declining health issues. Things don't work as well as they did when we were younger. We don't have as much stamina, we lose our hair or our looks (or both!), and physical activity can sometimes be more exhausting than when we were younger. Of course, diseases associated with aging—such as Alzheimer's and Parkinson's—become more commonplace as well.

All of this takes a toll on our mental health, too. Knowing our health is declining can be a disappointment hard to cope with. Losing loved ones as we age brings on a seemingly never-ending parade of grief. And the isolation of being placed in an assisted living facility or nursing home can make some people feel like there's little left to live for. Typically, the suicide rate amongst older adults is the highest among all age groups. While there is some variability from year to year (for instance, over the past two years, middle-aged adults' suicide rate has surpassed that of older adults), this is a pretty stable statistic. "The highest rates of suicide in the United States occur among older white men." (McKeown et al., 2006)

But in the media (and social media), often all people talk about are the suicide rates of teenagers and young adults. For some reason, people seem to rarely talk about the mental health issues of older adults. So I was especially pleased to read this article that helps highlight the mental health needs of our aging population:

-Psychiatric Services NewsBrief

CENTER FOR ACCESSIBLE TECHNOLOGY HELPS MAKE COMMUNICATION EASY, AFFORDABLE

Despite all the ways that people use electronics to communicate in the 21st century, the inability to communicate verbally can still be a major barrier. Some people cannot speak because of a physical impairment; others have aphasia, cognitive disabilities, or other conditions that affect their ability to use language.

Augmentative and alternative communication (AAC) devices have been around a long time to help people communicate effectively. Traditionally, these have cost thousands of dollars and required sophisticated knowledge to set up and use. However, with the ready availability of iPads, and ease with which free or inexpensive applications can be developed and loaded onto them, AAC is now potentially available to a much wider audience.

The Center for Accessible Technology (CforAT) now has a lending library of iPads for use by Bay Area residents who have speech disabilities. This new project, funded by the California Communications Access Foundation, enables us to provide three-week loans of iPads loaded with various AAC programs. Staff members will sit down with each loan recipient to discuss their concerns and demonstrate programs likely to be particularly responsive to their needs. Clinicians are also welcome to contact CforAT about borrowing an iPad to try out with one or more clients.

In addition, CforAT will be doing trainings on the use of the iPad as a communications device. In-person trainings will be held in the Bay Area and LA County. On-line trainings will also be provided; the first of these are scheduled for April 27 ("iPads and Communication Apps: An Interactive Exploration") and June 1 ("Making a Good Choice").

For more information, please contact the Center for Accessible Technology at info@cforat.org or 510-841-3224.


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 Psychotherapy & E.A.P. Ca Lic #13419



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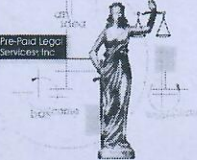
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"You can't have everything. Where would you put it?"

- Steven Wright

July 2011

Schedule of Events

July 6th - 7:00 PM to 8:30 PM – Lavender Seniors Board Meeting (Wed. before Potluck)
1395 Bancroft Ave, San Leandro

July 7th & 21st -1:30 - 3:30 PM – Support Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

July 9th - 12:00 - 2:00 PM - Lavender Seniors Potluck, (2nd Sat.)1395 Bancroft Ave., San Leandro; **Program: Healthcare Reform - CANR**

July 12th – 7:30 PM - (2nd Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

July 14th & 28th 1:30 PM to 3:30 PM - Seniors Men’s Group. (2nd and 4th Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

July 15th - 12:30- 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: Aging As Renaissance-Houston Robertson**

July 16th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. **Social Hour 5:00, Dinner 6:30.**

July 22nd – 12:00 – 2:00 - South County Lunch Bunch and Talk (4th Fri.) **Program: Aging As Renaissance-Houston Robertson-** 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 Happy 4th	5	6 Board Mtg	7 Womens Group	8	9 Potluck
10	11	12 Newark PFLAG	13	14 Senior Men	15 Lunch Bunch	16
17	18	19	20	21 Womens Group	22 South County	23
24	25	26	27	28 Senior Men	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.