

LAVENDER SENIORS

of the East Bay

Lavender Notes

A Project of the Tides Center

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Improving the LGBT Senior Community with Planned Giving – The Bequest

Part one in a multipart article

by Dan Ashbrook, Director

In 2006 Lavender Seniors was very fortunate to have received funds that enabled the expansion of its programs and services by a member named Michael Dahl who upon his death left a donation of his property via his will. His will was handwritten or what is known as a holographic will. A holographic will can sometimes meet the requirements for probate with minimal conditions and in some states there is no need for a witness but it is recommended to consult an attorney before attempting. In Michael's will he specified that after all payments of just debts, his property be bequeathed in the following manner, "Everything I own, all my personal property shall go to Lavender Seniors." The sale of this property provided Lavender Seniors with more than \$150,000 in general operation funds which enabled the hiring of a full time director. A gift like this through a provision in a will or trust called a "bequest" gives the beneficiary a percentage of the estate, certain assets, or specific dollar amounts. Bequests can also be made dependent on occurrence of a specific event such as the death of another beneficiary. There are a few benefits to leaving a bequest to a charity. They are not subject to estate taxes therefore reducing fees left for heirs. This means that Lavender Seniors could use 100% of a bequest tax free whereas if it were left to an individual a large percentage may go to federal estate taxes. A bequest also gives you control over a legacy that will benefit a community long after you are deceased. In addition, you keep your assets for the remainder of your lifetime. Without a bequest from Michael Dahl Lavender Seniors would not have been able to serve the community as it has been for the last 7 years. In the world of foundation grants and government service contracts, programs for LGBT seniors struggle to receive appropriate levels of funding. Because the LGBT senior cause is still in its

infancy and our potential for serving LGBT seniors is an extremely small percentage of the entire senior population, a great deal more outreach is required to engage an LGBT senior versus a heterosexual senior. This outreach includes training of service providers, participation in LGBT community events, and specialized social programs designed to build community for LGBT elders. These kinds of activities compete for funding with organizations that provide food and shelter, education programs for today's youth, and policy innovations for healthcare, the economy, and the environment. Bottom line, funding to sustain LGBT elder programming must increase from individual donors and their planned gifts. Planned gifts such as a bequest can keep an organization financially sound for years. A planned gift can also be made through a retirement account, charitable remainder and lead trusts, real estate, or a gift of life insurance. Each is unique and has its own benefits which I will address in later articles. For more information about how you can leave a legacy gift to Lavender Seniors contact Dan Ashbrook, Director at 510-667-9655 or email dan@lavenderseniors.org.

Save the Date for Aging in Place!

Lavender Seniors 5th 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. Sponsored by Kaisers Permanente this year's event will feature a panel of long-term care experts and activists, vendor tables, refreshments, entertainment by Stagebridge Senior Theater 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

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, Carmen Chiong, Gabriel Delgado,

Patrick Forte, Frank Howell, Mary McCall, Rob Mills, 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

Have Fun Make a Difference & Get Involved in Photovoice!

Would you like to make a difference in services for LGBT elders while having fun? Come to the "Photovoice" dinner meeting on Monday August 15 at 6:30PM at the San Leandro Community Church, 1395 Bancroft Ave. During the next year Photovoice volunteers will be writing letters to city officials and raising awareness of the need for South Alameda County senior centers to provide visibly welcoming spaces for LGBTs. Our goal is to get a senior center to pass a resolution to recognize LGBT pride month in June or Harvey Milk day in May and display LGBT exhibits such as rainbow flags, LGBT history displays, and our Lavender Scrolls project. Photovoice volunteers will also be photographing the positive social change they will be bringing to the community on behalf of LGBT elders. This is a groundbreaking project funded by Kaiser Permanente. For more information contact Dan Ashbrook at 510-667-9655 Ext. 1. No RSVP necessary to come to the meetings and free dinner will be provided

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.

August Birthdays

August 1 st Pat M.	August 9 th Karen A.	Arlene D. August 22 nd
August 4 th Natalie Z..	Calvin B. August 13 th	Ruth M. Augusts 23 rd
August 5 th Ben S.	Cal H. August 15 th	Marcelina D. August 24 th
Tamara K.	Robert H.	Ron W.
August 6 th Cam J.	Juanita O. August 18 th	August 26 th Jo Ann D.
August 8 th James D.	Charles A. August 20 th	August 31 st Cheryl W.

MONTHLY POTLUCK

Saturday, Aug. 13th - 12 noon to 2pm

Program: LGBT Advocacy -
Dan Ashbrook

- A thru K Bring a Side Dish
- L thru R Bring a Main Dish
- S thru Z Bring a Dessert/Fruit

Donate to Lavender Seniors online! Now you can go to www.lavenderseniors.org and click the **Donate Now** link. This is an easy way to make a difference in your community.



Become a "Friend of Lavender Seniors" Today!

Lavender Seniors of the East Bay need your help! LGBT seniors are among the most overlooked and underserved population. Your donation provides general operating support for programs that help LBGt seniors live better lives by addressing issues of stigmas based on age and sexual orientation, limited biological families and social support, health disparities, insensitive health and human services providers, and economic insecurity exacerbated by ineligibility for spousal or survivor's benefits.

Please take a moment and send your gift today. Your annual giving entitles you to a subscription to our monthly newsletter, Lavender Notes.

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

Annual Courtesy Giving Levels

- Lavender Leader \$2,500
- Lavender Supporter \$1,000
- Lavender Friend \$500

(* Please give this amount or more if possible.)

Enclosed is a check made payable to **Tides Center / Lavender Seniors**

Please charge my (circle one): AMEX Mastercard VISA

Card #: _____ Expires: ____/____/____ Signature: _____

Name: _____ Home Telephone: _____

Address: _____

City/State/ZIP: _____ E-mail Address: _____

Referred by: _____ @

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

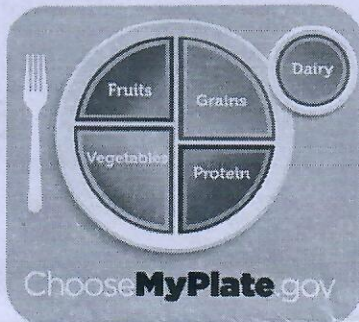
- Please contact me about including Lavender Seniors in my will.
- Please contact me about participating in Lavender Seniors' programs and or volunteering.
- Please do NOT list me in Lavender Seniors publications as a "Friend of Lavender Seniors."

Please mail to: Lavender Seniors of the East Bay, 1395 Bancroft Avenue, San Leandro, CA 94577
REMEMBER THAT YOUR DONATIONS TO LAVENDER SENIORS ARE TAX-DEDUCTIBLE

“Eat Well– Age Well”

Is *MyPlate* on your table?

Wendy Albovias, RD



Hot of the press! According to the official press release, on June 2, 2011, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government's new food icon, *MyPlate*, to serve as a reminder to help consumers make healthier food choices. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.ChooseMyPlate.gov. The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

The 2010 Dietary Guidelines for Americans form the basis of the federal government's nutrition education programs, federal nutrition assistance programs, and dietary advice provided by health and nutrition professionals. The Guidelines messages include:

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

Now you have yet another tool in your pocket to help you make healthier food choices.

Monthly Wellness Recipe

At our June potluck, our cooking demo featured a couple recipes. Here is one if the recipes we tried. Feta-Basil Sandwiches, another *Cooking Light* recipe. 1 sandwich has ~300 calories, ~9g fat, 14g protein, 45g carbohydrates, ~1g fiber.

Ingredients: (yields 4 sandwiches)

1 cup (4 ounces) crumbled feta cheese

¼ cup chopped fresh basil

¼ cup fat-free mayonnaise

¼ teaspoon freshly ground black pepper

8 (1/4-inch-thick) slices tomato

8 (1 1/2-ounce) slices firm white bread, toasted

*Tip: increase the fiber by switching to 100% wheat bread

Preparation:

Combine first 4 ingredients, tossing with a fork until well combined. Spread about 2 1/2 tablespoons cheese mixture onto each of 4 bread slices; top each sandwich with 2 tomato slices and 1 bread slice.

East Bay Pride Picnic August 20, 2011

Join many East Bay LGBT organizations for a Saturday afternoon filled with food, swimming, games, and fun at Cull Canyon Regional Park, Castro Valley. The picnic starts at 11AM. Free parking with small fee for entry into the swimming lagoon

Directions:

From 580 east exit Grove Way. Turn to the north (left) on Grove Way, turn left onto Cull Canyon Road and continue to the park entrance on the left hand side. From 580 west take Castro Valley exit and continue west (left) on Castro Valley Blvd. to Crow Canyon Rd. Turn right on Crow Canyon, then left on Cull Canyon Rd. and continue to the park entrance on left.

LGBT Elder Advocacy at Potluck

Dan Ashbrook will be giving a presentation at the Saturday August 13 potluck on Lavender Seniors role in LGBT advocacy. Information on how LGBT elders are being represented in local, state, and national advocacy efforts will be featured.

CARA CORNER

11 million or so seniors are living in the nation's homeowner associations. These are the corporations that act like government and have the powers of government - but not the legal restraints that keep government from running amok. One way associations run amok is by foreclosing on homeowners to force payment of homeowner dues - typically without any due process or a chance even to dispute the debt. Most California counties wait at least five years before seizing a home for unpaid property taxes. Not so with associations: they can foreclose in about 120 days. Just posted on the CARA website www.californiaalliance.org is an Associated Press story about Florida seniors - who owned their homes free and clear - but got foreclosed on by the association. One senior had a stroke after getting the HOA's special assessment in the mail. He is now in a nursing home.

At its 2010 convention, CARA passed a resolution calling for the protection of seniors facing foreclosure by their homeowner association. The resolution demands that seniors have lawyers at their side while the association and its debt collector are holding the home hostage and threatening foreclosure.

Seniors need special protection from foreclosure, because their homes are typically the chief financial asset they own. It's not like seniors can go back into the workforce and earn enough to buy another home once it's lost through foreclosure. CARA Legislative Committee member Marjorie Murray is quoted in the AP story. She runs the Center for California Homeowner Association Law

and sees way too many cases of foreclosure like the ones described in the story. You can contact CARA at 510-663-4086.

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 & specialists, and care coordination including transportation for health care visits.

To learn more contact them at toll-free 1-877-371-2222 Monday - Friday, 8AM-5PM

Spirituality & LGBT Aging Conference

August 17, 2011

On August 17 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 Advocacy for GLBT Elders (SAGE) as the Director of Education, Advocacy, and Community Building.

To register for this free conference call 510-849-8934 or go to www.cwcbay.org/faithandaging

Free lunch will be provided to registered participants.

Disaster Preparedness

With sadness and shock we follow the aftermath of the earthquake and tsunami in Japan. The impact of this disaster pushes us to consider our own disaster preparedness, especially crucial for people with disabilities and those who have family members with disabilities. One source of information on preparedness is June Isaacson Kailes, Disability Policy Consultant. June addresses two major areas:

Be Ready To Go: Disability-Specific Supplies for Emergency Kits. This includes suggestions on a creating a variety of emergency kits beyond our traditional Home Kit. June recommends putting together:

A carry-on-you kit containing essential items you need to keep with you at all times.

A grab-and-go kit that you can easily get to and carry if you need to evacuate in a hurry.

A bedside kit in case you are trapped by your bed.

- A car kit if you are trapped in or near your car or need to evacuate in an emergency.

Be Ready to Go: Evacuation Transportation Planning Tips. Typically, we expect that our emergency service personnel (firefighters, policemen) will be there to help. The reality is that most of the time friends, coworkers, and neighbors are the first responders. The #1 tip in this article is to create a Support Team that understands your health and equipment needs.

Aug Book Review

Never Say Die: The Myth and Marketing of the New Old Age

By Susan Jacoby

Pantheon Books-\$27.95

We live in an age that proclaims that youth is everything. Wrinkle creams and facial surgery is at an all time high. Then we hear about the "new middle age." This apparently covers the 60s and 70s. If we just take care of ourselves we can fool Father Time and stretch our aging bodies into the 80s and 90s.

Now Susan Jacoby, author of "The Age of American Unreason" throws down a stirring challenge. Old age came present problems that cannot be wished away. New questions must be asked. The major quandary concerns what happens after we cross the timeline of 85 and up. The 80s are the dangerous decade.

Consider this: Alzheimer's Disease attacks 50% of seniors who live beyond 85. By 2030 20% of our population will be seniors. Plans

must be made. Can the aged be kept in their own home or must they be confined to a specialized care facility? Despite the preaching of Dr. Oz things do not always turn out well. Some in the younger generation seem to feel that oldsters don't need much attention. Another treacherous myth is that we old gizzers are endowed with a special brand of wisdom. But as the saying goes, "There is no fool like an old fool."

In the future there can be increasing debates over how much should be spent on health insurance for people who only have a few years left to live. How do we allocate scarce resources? Is it desirable to support a population that lives beyond 100 years of age?

Jacoby tells us that more emphasis should to be placed on preventive medicine. The youth myth can only be stretched so far. Jacoby provides a prophetic voice that must be heeded.

-Frank Howell

Noted in Passing-Bill Dakota, a veteran Hollywood observer, offers juicy film land gossip that spans much of the 1950s and 1960s. He offers what he knows about such hot items as the death of Natalie Wood, the murder of Sal Mineo, and the endless drinking of Elvis Presley. Fun Reading.

-Frank Howell

LONG-TERM CARE EXPLORED AT SENIOR POTLUCK

What happens to LGBT seniors when they are no longer able to care for themselves at home? Are nursing homes the answer? Can we afford them?

Robert Martien, who represents CANHR a San Francisco based organization, spoke at the latest Saturday potluck at the Lavender Seniors headquarters in San Leandro. CANHR is a non-profit group that fights for long-term care and social justice.

Martien points out that senior care facilities are often cited by state inspectors but the fines are frequently not collected.

The high cost of staying in such care facilities can cost as much as \$6800 per month. Medicare covers only the first one hundred days. After that the patients are on their own unless they qualify for Medicaid or carry long term care insurance.

California inspections are only performed once every five years. CANHR is often forced to sue the medical care homes.

Martien believes AB-205, the California Domestic Partners Rights legislation, can have a significant impact.

The federal Fair Employment Housing Act can also assist in protecting the civil rights of lavender clients. LGBT citizens are now included under the Federal Home Care Act.

The challenges to basic human rights range from a refusal to admit patients, failure to accept advanced directives for the patients wishes, and attempts to edict seniors.

Transgender patients are frequently insulted by failure to use proper pronouns regarding the sex of the person. A really outstanding facility will not reject potential clients, or violate their right to privacy. They will allow same sex partners to share a room with their partners.

There are no visitor restrictions.

CANHR can make available an Advance Care Directive Kit (cost \$4.00). They can also offer advice on having a Durable Power of Attorney.

CANHR advocates Cultural Competency Training for professional staffs. Such training is provided by Lavender Seniors. CANHR can also provide a list of approved homes.

Those seniors interested in further information can reach Mr. Martien by calling 800-474-1116 or visit www.canhr.org. They are located at 650 Harrison Street-2nd Floor-San Francisco, CA-94-07

-Frank Howell



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Cleaning for a Reason If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides **FREE** housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment.

Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

<http://www.cleaningforareason.org/>

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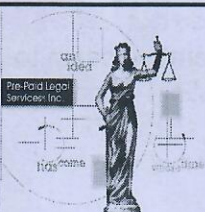
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ctsmith1959@comcast.net



August 2011

Schedule of Events

August 4th & 18th -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

August 9th – 7:30 PM - (2nd Tues.) PFLAG Meeting, Holy Redeemer Lutheran 35660 Cedar Blvd., Newark

August 10th - 7:00 PM to 8:30 PM – Lavender Seniors Board Meeting (Wed. before Potluck) 1395 Bancroft Ave, San Leandro

August 11th & 25th - 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

August 13th - 12:00 - 2:00 PM - Lavender Seniors Potluck, (2nd Sat.)1395 Bancroft Ave., San Leandro; Program: LGBT Advocacy—Dan Ashbrook

August 19th - 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: TBA

August 20th - Fellows of the East Bay (3rd Sat.) 1823 9th Street (at Hearst), Berkeley. Social Hour 5:00, Dinner 6:30.

August 26th – 12:00 – 2:00 - South County Lunch Bunch and Talk (4th 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 Womens Group	5	6
7	8	9 Newark PFLAG	10 Board Mtg	11 Senior Men	12	13 Potluck
14	15	16	17	18 Womens Group	19 Lunch Bunch	20 Fellows
21	22	23	24	25 Senior Men	26 South County	27
28	29	30	31			

ADVERTISING RATES* FOR LAVENDER NOTES

Ad Size	1 month	3 months	6 months	1 year
Classified Ad	\$2 per line (per month) on a 3-column page			
Business Card	\$30	\$75	\$140	\$250
Quarter Page	\$50	\$125	\$225	\$400
Half Page	\$90	\$220	\$400	\$750
Full Page	\$200	\$450	\$800	\$1400

* Individuals and non-profit organizations who have made an annual contribution of \$25 or more are entitled to discounts of 40% on classified ads and 20% on ads of other sizes. Lavender Seniors reserves the right to accept or reject any ad submitted.

* A one-page insert to Lavender Notes for one month may be purchased for the fee of: Non-Profits, \$250; For-Profits, \$500; ½ half page inserts are the same amount. Must be received by 10th of preceding month.