

Lavender Notes

October 2012

OUR MISSION

Improving the lives of LGBT older adults with outreach, education, and Advocacy

SERVICES:

Friendly Visits

Monthly Lunches

Educational Events

UPCOMING EVENTS:

Aging in Place
10/5

San Leandro Potluck
Saturday 10/13

Photovoice Dinner Meeting
Monday 10/15

Oakland Lunch Bunch
Friday 10/19

Fremont Lunch Bunch
Friday 10/26

See Calendar Page 3.

Aging in Place October 5!

There is a lot of confusion about how the Affordable Care Act will impact seniors. Many seniors are asking, Will my doctor change? Will my health insurance change? What does this mean for people on Medi-Cal or those that receive benefits through Medicare and Medi-Cal? What do I need to do? This year's Aging in Place, A Symposium and Resource Fair for Older Adults will address those questions with presentations by the Department of Health and Human Services District 9 in San Francisco and the Senior Service Coalition of Alameda County. This is one of the few opportunities to be able to ask these important questions directly to the policy experts working on these issues everyday. Aging in Place will also feature a panel of volunteer advocates with experience working on long-term care issues, Donna Christner-Lile author of Aging in Place, city officials, resource tables, prize drawings, refreshments, a performance by Stagebridge Senior Theater Company and a special "Community Hero" award presentation by Lavender Seniors. The theme of this year's Aging in Place event is "Our Words Our Time" and it is important that seniors show up, speak up, and ask questions as to how the Affordable Care Act will have an impact on their healthcare benefits. Aging In Place, A Symposium and Resource Fair for Older Adults is sponsored by Kaiser Permanente and will be held on Friday October 5 from 10AM to 1PM at the Marina Community Center, 15301 Wicks Blvd. San Leandro. It is recommended to RSVP by calling Dan Ashbrook at Lavender Seniors at 510-667-9655 or emailing dan@lavenderseniors.org.

COULD CA BUDGET CUTS WORSEN?

By Wendy Peterson, Director Senior Service Coalition of Alameda County
The November Ballot Initiative, Proposition 30, is key to preserving what remains of long term services and supports after years of state cuts. Why? Isn't this tax increase for California's wealthy targeted at preserving public school funding, along with community colleges and universities? Yes, but the revenue infusion would attack the state's "structural deficit," freeing up an estimated \$5.6 billion General Fund dollars this year and more over the next seven years. Prop 30 would also put the recent "Realignment" into the state constitution, an important safeguard for counties that are taking on funding and responsibility for public safety and social services programs that once belonged to the state. For more information, read the California Budget Project's budget brief on Prop 30 at www.cpd.org.

LS Gets Trailblazer Award

On Sunday September 9 at the Ed Roberts Campus in Berkeley Lavender Seniors was presented with a "Trailblazer" award by the East Bay Stonewall Democratic Club during their "Out and Outstanding 30th Anniversary Party. This year's 30 honorees for the East Bay Stonewall Trailblazer Awards highlight the diversity of local individuals advocating for LGBT equality, showing that we are "out and outstanding" in fields far and wide. Honorees included an artist, a judge, a filmmaker, a police Chief, a Rabbi, a musician, a Reverend, a President, a City Manager, school administrator, a state senator, (Continued on Page 2)

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Lavender Seniors is a project of Bay Area Community Services (BACS)

Lavender Notes

BOOK REVIEW

My Desire For History: Essays in Gay, Community and Labor History, By Allan Berube, University of North Carolina Press

Allan Berube won the 1996 MacArthur Foundation Award and spent five years doing landmark research on gay history, much of it in the Bay Area. He is known chiefly for "Coming Out Under Fire: The History of Gay Men and Women in World War II. He died in 2007. His essays range from the Aids crisis, drag shows, to political conflicts on gay rights. Makes compelling reading. - Frank Howell

5 REASONS AGING IS AWESOME

1. More Awake Time - That's right, more time to enjoy life. Seniors need about 1.5 hours less sleep on average than their younger counterparts, according to one study.
2. Wearing rose-colored glasses-Being happy may come down to attitude, studies have shown. That's great news for older adults, whose brains seem to be wired to remember the good times. A brain-scanning study published in 2010 in the journal *Cortex* revealed that older adults' rose-colored glasses may be linked to the way the brain processes emotional contents.
3. Being grandparents -No diapers. No temper tantrums. No fevers and ear infections. Aging means you get to enjoy grandkids, as if they were your own, but without any of the frustrations.
4. Wisdom- Like a fine wine, older adults have been aged to perfection it seems. As you age, you may have a tougher time tuning out irrelevant information, but this lack of focus can actually boost memory, according to research published in 2010 in the journal *Psychological Science*. Seniors have the unique ability to "hyper-bind" the irrelevant information, essentially tying it to other information that is appearing at the same time. This type of memory could help older adults with decision-making.
5. Rewarding Sex Life- Sex drive seems to stay as long as you age. One 2007 study published in the *New England Journal of Medicine* surveyed adults ages 57 to 85, finding more than half of 75- to 85-year-olds reported a roll in the hay at least two to three times a month, and 23 percent reported having sex at least once a week. Oral sex appeared to be less "ageless." Nearly 60 percent of the participants under 65 years old said they had engaged in oral sex in the previous 12 months, compared with 31 percent for the over-75s. From www.livescience.com

CARA CORNER

On the Campaign Trail, Medicare Continues to be Central Topic -By The Alliance for Retired Americans
With the Democratic and Republican conventions over, Medicare continues to garner attention. Launching a two-day campaign swing in Florida, former President Bill Clinton pushed back in Miami on Tuesday September 11 against what he described as Republican scare tactics over health care programs for older Americans — then provided his own frightening predictions about what would happen to seniors if Mitt Romney became president. According to the *Los Angeles Times*, Clinton said that the Republican nominee was misleading voters by arguing that President Obama's health care overhaul "robbed Medicare of \$716 billion," noting that the money would mainly be cut from future payments to hospitals and insurance companies, not beneficiaries. He also said that "countless thousands" of seniors had voted against Democrats in 2010 because "they were given misinformation" about their Medicare votes. "The first time they did that it was their fault. If we let it happen again it is our fault, and we should not let them do it," Clinton said. Clinton said that if Romney were elected and followed through on his pledge to repeal the health care law, Medicare and seniors would pay \$600 a year more for prescription drugs — part of the Affordable Care Act moved money from insurance companies and hospitals and into coverage for medicine — and the Medicare trust fund would "go broke" in 2016, eight years earlier than with the health law (More at <http://lat.ms/QE73tJ>).

Trailblazer Award Continued

a parade grand Marshall, a Cantor, and more! Special thanks goes out to Lavender Seniors' Advisory Board member Barbara Jue, Karen Anderson of California Congress for Seniors, and long-time LGBT community activist Marion Abdulla for being onsite to accept this award with Lavender Seniors' Director of Development Dan Ashbrook. Thank you also to the East Bay Stonewall Democratic Club!

**Potluck Instructions Are now listed on www.Lavenderseniors.org.
Click "Event Listings" and information is under "Potluck."**

Lavender Seniors of the East Bay is funded by individuals as well as the Alameda County Area Agency on Aging, Alameda County Leather Corps, Kaiser Permanente, City of Oakland, City of Fremont, Gay Chemists Support Fund, Horizons Foundation, Royal Grand Ducal Council of Alameda County, San Francisco Foundation, Bay Area Physicians for Human Rights (BAPHR) and the True North Foundation.

We gratefully acknowledge the support of all Friends of Lavender Seniors.

Lavender Notes

October 2012



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 Aging in Place	6
7	8	9	10 BOARD MEETING	11	12	13 Potluck
14	15 Photovoice Dinner Meeting	16	17	18	19 <u>Oakland Lunch Bunch</u>	20
21	22	23	24	25	26 <u>Fremont-Lunch Bunch</u>	27
28	29	30	31			

October 4 & 18, 1:30PM to 3:30PM, Support Discussion Group for Aging Queer Women, (1st and 3rd Thurs.) -The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

October 5, 10AM—1PM, Aging in Place, A Symposium & Resource Fair for Older Adults, Marina Community Center, 15301 Wicks Blvd. San Leandro, RSVP recommended by calling Dan Ashbrook at 510-667-9655 or emailing dan@lavenderseniors.org.

October 10, 7PM-8PM, Lavender Seniors Advisory Board Meeting at BACS, 1814 Franklin St. #400 Oakland. A portion of this meeting is open to public.

October 11 & 25, 1:30PM Senior Men's Group, (2nd and 4th Thurs.), 2712 Telegraph Ave. Berkeley at the Pacific Center Co-Sponsor: Pacific Center 510-548-8283

October 13, Noon-2PM, Lavender Seniors Potluck, (2nd Sat.) 1395 Bancroft Ave, San Leandro Program: To Be Announced
Please refer to www.lavenderseniors.org for potluck instructions.

October 15, 6:30-7:30 PM Photovoice Dinner Meeting, San Leandro Community Church 1395 Bancroft Ave, San Leandro

October 19, 12:30-2:30PM, Oakland Lunch Bunch Sponsored by City of Oakland Aging & Adult Services, N. Oakland Sr. Center, 5714 Martin Luther King Jr. Way, Program: Ashby Village

October 26, 12:00—2:00PM South County Lunch at Fremont Senior Center, 40086 Paseo Padre Pkwy Program To Be Announced
Program: To be announced

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THURS: OCT. 4, 10 AM - 6 PM

FRI: OCT. 5, 10 AM - 6 PM

SAT: OCT 6, 10 AM - 5 PM

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