



Lavender Notes

November 2012

OUR MISSION

Improving the lives of LGBT older adults with community building, education, and advocacy.

HAPPY 18TH ANNIVERSARY TO LAVENDER SENIORS!

SERVICES:

Friendly Visits

Monthly Lunches

Educational Events

UPCOMING EVENTS:

San Leandro Potluck
Saturday 11/10

Photovoice Dinner Meeting
Monday 11/12

Oakland Lunch Bunch
Friday 11/16

No Fremont Lunch Bunch
Due to Holiday

See Calendar Page 3.

SASO at Nov Potluck

The Student Association for Sexual Orientation (SASO) is a group of students who attend Palo Alto University. The majority of members are psychologists in training and many receive specialized training at the Sexual and Gender Identities Clinic (SGIC), which is part of Palo Alto Universities' Gronowski Center. SASO aims to increase awareness and education regarding LGBTQ issues school-wide and within the community as well as provide specialized treatment to LGBTQ individuals seeking psychological care. On November 10th several SASO members will provide training on Mindfulness at the San Leandro potluck. Mindfulness techniques have been shown to help with stress, pain, challenging emotions, sleep and relaxation. SASO will help you get started with simple techniques you'll be able to use right away. It requires no special skills or abilities! Special Tip for the day: A common misconception is that mindfulness techniques (such as meditation) are difficult to learn and require a great deal of time before one can "do it correctly." In fact, simple mindfulness techniques can be learned quickly and there is no "correct" way to be mindful. Don't miss this potluck! - By Jennifer Zahm of SASO

an outstanding volunteer working to improve services and public policy for LGBT and all seniors in Alameda County. A list of volunteers was submitted to the Lavender Seniors' Advisory Board and a final vote was cast and the choice was overwhelming. Patrick Jerome Forte won the award for his work as a Lavender Senior volunteer for several projects including the Advisory Board, a Photovoice volunteer working to increase the number of LGBT welcoming senior services in Alameda County, a regular speaker at county healthcare trainings and policy forums, and for his recent selection as member of the Alameda County Commission on Aging. Patrick is also involved with Bay Area Community Services (BACS)' Agents for Change which is a coalition of seniors working on Affordable Care Act consumer protections as well as local issues including stopping budget cuts to Oakland senior centers. Enough can't be said about the drive, determination, and dedication of Patrick when it comes to working on issues that affect the lives of all seniors. Thank you Patrick Jerome Forte!

Attention Medi-Cal & Medicare/Medi-Cal Recipients

If you have Medi-Cal, or are dually enrolled in Medicare and Medi-Cal, there may be changes to how you receive your health care starting in 2013. You will still receive health care, long-term support and services, case management, in-home services, adult day health care, and skilled nursing. If you have Medi-Cal and you have not already, you must enroll in a managed care plan from either Alameda Alliance for Health or Anthem Blue Cross of California. If you are dually eligible — Continued on page 2

Community Hero Patrick Jerome Forte

Congratulations to Lavender Seniors Advisory Board Member Patrick Jerome Forte for winning the Community Hero Award sponsored by Kaiser Permanente at the Aging in Place Symposium on Friday October 5. The theme of this year's event was "Our Words Our Time" which focused on volunteerism and civic engagement. The award was created to recognize

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LAVENDER SENIORS
of the East Bay

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

Lavender Notes

BOOK REVIEW

Victory: The Triumphant Gay Revolution: How A Despised Minority Pushed Back -By Linda Hirshman Harper Collins

Hirshman has provided us with a sweeping, all consuming saga of the gay revolution from the turn of the century to the present. She features many first person accounts ranging from cruising in the parks in the 1920s, gay soldiers in World War Two, Stonewall, the founding of recent gay organizations, like the Human Rights Campaign, the Aids crisis and Lawrence v. Texas. It is full and energy, humor and warmth.-Frank Howell

PARITCIPATE IN LGBT AGING STUDY

Testing the Theory of Stigma Competence with Gay, Lesbian and Bisexual Adults over 60 Are you 60 or older and identify as LGBT (or meet your primary intimacy needs with same sex relationships)? If so, then you are invited to participate in a study of sexual minority identity in individuals who are 60 and older. The main purpose of the project is to study sexual minority individuals' strengths in order to help researchers and clinicians better understand and assist them. The study consists of online questions. Participation is voluntary and no identifying information will be collected. In recognition of your participation, a donation will be made to LGBT organizations upon completion of the study. To participate, please go to:

www.surveymonkey.com/s/rossagingstudy

By Amanda Ross, M.A., Department of Psychology,

Continued from page 1, (receiving both Medicare and Medi-Cal) you will be enrolled in 1 of 3 plans as part of The Coordinated Care Initiative. This initiative is a plan that combines your Medicare and Medi-Cal coverage to coordinate all your health care and long-term support and services. You will choose from 3 plans in Alameda County: Alameda Alliance for Health, Anthem Blue Cross of CA, or a Program of All-Inclusive Care for the Elderly (PACE). If you are Dual Eligible and fail to enroll you will automatically be enrolled in one of these plans. For more information regarding your status and The Coordinated Care Initiative/Duals Demonstration Project, go to www.calduals.org. Also pay close attention to any mail that arrives from your health care providers, Medicare, or Medi-Cal.

CARA CORNER

Debate Highlights the Differences between Romney and Obama

The first of three presidential debates took place On October 3, with President Barack Obama and Republican nominee Mitt Romney both striving to gain favor with the middle class and seniors. "Mitt Romney continued to hide the details about how he'd repeal Obamacare and still keep all of its benefits for seniors, such as more affordable prescription drugs and free preventive care," said Edward F. Coyle, Executive Director of the Alliance for Retired Americans. Coyle also said that Romney had relentlessly mischaracterized recent improvements to Medicare, "advancing his plan to gut traditional Medicare with a voucher-based scheme that gives more power and profits to the big insurance companies." "Even on a night when Obama wasn't at his best, the President offered a more fair and honest path forward for seniors," he continued. "Mitt Romney knows his explanations just don't add up logically or mathematically and would hurt for the middle-class. He would take Medicare away from Grandma, and Big Bird away from her grandkids," Coyle added - a reference to proposed cuts by Romney to public broadcasting in addition to Medicare.

AGING WITHOUT CHILDREN: PLANNING FOR THE

FUTURE Sponsored by JFCS/East Bay and Ashby Village November 13, 2012 from 5:30 pm - 7:00 pm. JFCS/East Bay, 2484 Shattuck Ave, Suite 210, Berkeley

This workshop is for older adults without children who want information about planning for their future.

WHY: Estimates suggest that one in five people ages 65 years and older do not have children. Who inherits assets if an older adult has no children and no plan? What is the role of a fiduciary for older adults without children? Who should older adults without children choose as their health care agent? Noted attorney Sara Diamond will answer these and others. RSVP by November 8th. Contact: rtufel@jfcs-eastbay.org or (510) 558-7800, ext. 352. All welcome but space is limited.

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	6	7 BOARD MEETING	8	9	10 Potluck
11	12 Photovoice Dinner Meeting	13 Aging w/ out Children	14	15	16 <u>Oakland Lunch Bunch</u>	17
18	19	20	21	22	23 <u>No Fremont-Lunch</u>	24
25	26	27	28	29	30	

November 1 & 15, 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

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

November 8 & 22, 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

November 10, Noon-2PM, Lavender Seniors Potluck, (2nd Sat.) 1395 Bancroft Ave, San Leandro **Program: SASO Presents Mindfulness Techniques** — Please refer to www.lavenderseniors.org for potluck instructions.

November 12, 6:30-7:30 PM Photovoice Dinner Meeting, San Leandro Community Church 1395 Bancroft Ave,

November 13, 5:30-7PM Aging Without Children: Planning for the Future, 2484 Shattuck St. Suite 210 Berkeley

For more information call 510-558-7800 ext. 352, Please RSVP by November 8

November 16, 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: To Be Announced**

November 23, South County Lunch at Fremont Senior Center cancelled due to holiday.

Become a "Friend of Lavender Seniors" Today!

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

Donate online at www.lavenderseniors.org. or send a check made payable to: Lavender Seniors/BACS or please charge my (circle one): AMEX Mastercard VISA Signature: _____

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

Please mail to: Lavender Seniors of the East Bay, 1814 Franklin St. 4th Floor, Oakland, CA 94612

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&
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