

# Lavender Notes

February 2012

## OUR MISSION

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

## SERVICES:

Friendly Visits

Monthly Lunches

Educational Events

## UPCOMING EVENTS:

Potluck Saturday:  
Feb 11th,  
Friendly Visitor Volun-  
teers Meeting:  
Feb 11th,

Photovoice Meeting:  
Feb 13th,

Oakland Lunch Bunch:  
Feb 17th,  
Fremont Lunch:  
Feb 24th,

See Calendar Page for  
more information!

## ESTATE PLANNING

A Seminar with Attorney & LGBT Ad-  
vocate Deb Kinney. *Don't miss out!*

On Saturday March 3 Deb Kinney principle of DLK Law Group will deliver a presentation on legacy giving through estate planning. Learn about how to create estate plans that benefit both you and the LGBT senior community. The event is from Noon to 2P, San Leandro Community Church Fellowship Hall, 1395 Bancroft Ave. San Leandro. Lunch will be provided. Deb Kinney is a well regarded attorney specializing in estate planning for the LGBT community. She is on the board of the Horizons Foundation, has a B.A. from University of California at Berkeley, a J.D. from New College School of Law, is a member of the California State Bar Trusts and Estates Section, the Bar Association of San Francisco and the American Bar Association. Deb has an extensive background in real estate and has recently been involved with the passage of a property tax bill protecting Registered Domestic Partners. Deb has two daughters, age 12 and 23.

## PHOTOVOICE

Last fall Photovoice volunteers collected surveys of consumers at San Leandro, Hayward, Castro Valley, Newark, and Fremont senior centers to gain understanding of their attitudes and beliefs about participating in senior center programs with LGBTs and having an LGBT friendly senior center. The survey results show that out of 137 surveys 97% were welcoming and did not have an issue with LGBTs and only 3% had negative responses. A survey of 19 staff at these agencies also showed that the majority of responses were welcoming to LGBTs but lacked knowledge of LGBT community issues and standards of care. To address this results of the survey Lavender Seniors with the help of Photovoice volunteers will be delivering a series of LGBT elder awareness programs at each senior center throughout this Spring. In addition to trainings Photovoice volunteers are advocating for a center to pass a resolution to recognize June as LGBT Pride month. To get involved with Photovoice please attend the upcoming meeting Monday February 13, 6PM-7:30PM, San Leandro Community Church Coffee Room, 1395 Bancroft Ave, San Leandro. Dinner will be provided.

## LATEST LGBT ELDER RESOURCE FROM NCLR

Lavender Seniors, Transgender Law Center, Openhouse, Planning for Elders, were sponsors of a new publication entitled Navigating the System: A Know Your Rights Guide for LGBT Elders in California. This publication is designed to provide LGBT elders with the tools they need to identify benefits particularly for persons with disabilities, learn about anti-discrimination laws, find LGBT-friendly housing and service providers, understand how relationship recognition laws affect benefits, navigate challenges for transgender elders, and understand how to protect families and choices with life planning documents. This document can be found on the Lavender Seniors website at [www.lavenderseniors.org](http://www.lavenderseniors.org), click Information for Service Providers and Advocates and scroll down to the bottom of the page.

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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)

**BOOK REVIEW****Lavender Notes****CARA CORNER****A Queer History of The United States**

By Michael Bronski  
(Beacon Press-\$27.95)

Sexual repression has long been a part of our social landscape. Early settlers mistrusted American Indians because of their flexible take on human sexuality. Those who were different were integrated into the total scheme of life. The early colonists embraced slavery and anti-sodomy laws were the indirect result. The only liberal slant was represented by the Quakers in Pennsylvania. Americans insisted on a firm male authority.

The western expansion provided some flexibility, especially the gold rush in California where there was a massive shortage of female companionship. Drawings depict men dancing with each other during celebrations.

Women began to assert their rights during the Civil War when several cases of women dressed as male soldiers were uncovered. Women who openly lived together formed what were acknowledged as "Boston Marriages."

In our own time gay rights followed the civil rights trail blazed by Martin Luther King. The transition from rural to urban living also enhanced the freedom to live a free life unrestrained by convention.

But the new freedom was challenged by stuffy conformity of the 1950's during the hysteria over Communist influences. J. Edgar Hoover hid his own bachelor life style by accusing others of being a danger to society.

Dr. Irving Bieber and other traditional psychiatrists insisted that gay males were created by an overprotective mother and a weak father. But Dr. Albert Ellis, a psychologist and Dr. Evelyn Hooker challenged these views.

In 1969 the Gay Liberation Front was formed in New York and in 1973 the American Psychiatric Association declared that homosexuality was no longer to be classified as a disease.

But the expected backlash soon followed with the rise of Anita Bryant and then the emergence of the religious right led by the Rev. Jerry Falwell.

AIDS created a major setback to the lavender revolution but by the 1990s the corner was turning once again.

Bronski has been impressed by recent advances in sexual freedom. He has succeeded in giving us a useful historical perspective in how the LGBT movement has taken its place in the American saga of freedom for all people.

Bronski is a senior lecturer in Women's & Gender Studies at Dartmouth College.

By Frank Howell

February 23<sup>rd</sup> - Northern California Training in Richmond! Every year CARA hosts a FREE training for our leaders and activists to provide tools for our 2012 issue campaigns. This year's trainings will offer a special program called "SENIORS TALKING TAXES." Kim Klein, well known for her funny and fantastic grassroots fundraising trainings, will lead this session, to get us ready to fight for fair revenue solutions that will be on the ballot and before the legislature in 2012. Mark the date on your calendars now – you don't want to miss this great event. For details regarding locations and transportation call 510-663-4086.

**VOLUNTEER CORNER**

Meet board member **Robert Hamner**. Robert has served as secretary to the Advisory Board since January 2011, and is helping to redesign the Lavender Senior databases. Robert became involved with Lavender Seniors as a result of the 2011 cultural competency training at his agency Center for Elders Independence (CEI), where he is the Executive Assistant to the Chief Medical Officer.

**MONTHLY WELLNESS RECIPE**

The "Blue Zones" are places in the world where people have been identified as living the longest such as in Sardinia Italy where kale and octopus have been found as staples to diets of people in that region. I drink this kale smoothie everyday and can feel its healing and hydrating properties. I highly recommend this for people who do not get enough greens. You would never know this smoothie is made with kale because the taste is so fruity and refreshing. It also contains coconut water; 495mg of potassium in 8 ounces.

Mix in blender thoroughly: 1 to 3 large kale leaves of any variety (preferably organic), 3 to 5 strawberries, (frozen preferably), 3 to 5 chunks of pineapple, 1 banana, 1 tablespoon plain nonfat Greek yogurt, 2 to 3 ice cubes if berries are not frozen. Pour in coconut water to desired thickness, roughly 8-12 ounces . . . and enjoy!

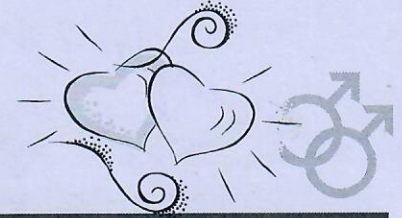
By Dan Ashbrook

**Potluck Instructions** - Are now listed on [www.Lavenderseniors.org](http://www.Lavenderseniors.org) website. Click *Event Listings* and information is under **potluck**.

**Lavender Seniors of the East Bay is funded by individuals as well as Alameda County Area Agency on Aging, Alameda County Leather Corps, Kaiser Permanente, City of Oakland, City of Fremont, East Bay Foundation on Aging, Gay Chemists Support Fund, Horizons Foundation, Royal Grand Ducal Council of Alameda County, San Francisco Foundation, Bay Area Physicians for Human Rights (BAPHR), and Sisters of Perpetual Indulgence. We gratefully acknowledge the support of all Friends of Lavender Seniors.**



# Lavender Notes



## February 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 ♀	3	4
5	6	7	8 BOARD MEETING	9 ♂	10	11 Potluck Friendly Visitors
12	13 <b>Photovoice</b>	14 <i>Happy St. Valentines' Day!</i>	15	16 ♀	17 Lunch Bunch	18 <i>Fellows of the East Bay</i>
19	20	21	22	23 ♂	24 Fremont-Lunch	25
26	27	28				

**Feb. 2nd & 16th – 1:30 PM to 3:30 PM: 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**

**Feb. 8th - 7:00-8:30 PM: Lavender Senior Board Meeting (Wed. before Potluck) 1395 Bancroft Ave. San Leandro**

**Feb. 9th & 23rd - 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**

**Feb. 11th – 12:00 PM - 2:00 PM: Lavender Seniors Potluck (2<sup>nd</sup> Sat.) 1395 Bancroft Ave, San Leandro Program: TBA**

**Feb. 11th - 10:00 AM - 11:30 AM: Friendly Visitor Volunteers Meeting 1395 Bancroft Ave. San Leandro**

If you would like to learn more about volunteering to be a friendly visitor this meeting is for you.

**Feb. 13th – 6:30 PM: Photovoice Meeting, Coffee room at 1395 Bancroft Ave, San Leandro**

**Feb. 17th - 12:30-2:30 PM: Lunch Bunch Sponsored by City of Oakland Aging & Adult Services. Program (Health & Fitness with Natalie Heurta)**

**Feb. 18th - Fellows of the East Bay (3<sup>rd</sup> Sat.) 1823 9<sup>th</sup> Street (at Hearst), Berkeley. Social Hour 5:00, Dinner 6:00.**

**Feb. 24th – 12:00–2:00PM South County Lunch & Talk About at Fremont Senior Center. Program TBA**

### 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](http://www.lavenderseniors.org). or send a check made payable to Tides Center / Lavender Seniors or please charge my (circle one): AMEX   Mastercard   VISA   Signature: \_\_\_\_\_

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Name: \_\_\_\_\_ Address \_\_\_\_\_

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

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, 1395 Bancroft Avenue, San Leandro, CA 94577**

**Monica Z. Nowakowski-Carlson, L.C.S.W.**  
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**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 other ads. Lavender Seniors reserves the right to accept or reject any ad. \* Cost for a 1/2 page insert or one-page insert to Lavender Notes for one month may be purchased for: Non-Profits, \$250; For-Profits, \$500. Must be received by 10<sup>th</sup> of preceding month.