



# Lavender Notes

September 2012

## OUR MISSION

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

## SERVICES:

Friendly Visits

Monthly Lunches

Educational Events

## UPCOMING EVENTS:

Oakland Pride  
Sunday September 2

San Leandro Potluck  
Saturday September 8

Photovoice Dinner Meeting  
Monday September 10

Oakland Lunch Bunch  
Friday September 21

Fremont Lunch Bunch  
Friday September 28

See Calendar Page 3.

Volume 16, Issue 9

LAVENDER  
SENIORS  
of the East Bay



## KAISER PERMANENTE®

### Funds Photovoice & Aging in Place!

Kaiser has awarded Lavender Seniors \$30K to continue to address LGBT elder health disparities in South Alameda County via "Photovoice" and \$1,700 to deliver "Aging in Place a Symposium for Seniors" on Friday October 5. Photovoice is a group of older adult advocates working to increase the number of LGBT senior welcoming health and human services in South Alameda County. Few service agencies understand the unique needs of LGBT seniors. To fill this gap, Photovoice volunteers provide education and training to key personnel and policy makers by telling their personal concerns about accessing services as an LGBT. They also help agencies improve LGBT senior outreach. Photovoice meetings are every Monday following the San Leandro Potluck at 6:30PM. Dinner is included and the location is San Leandro Community Church, 1395 Bancroft Ave.

See page 3 for more info.

### DEPT OF HHS AT AGING IN PLACE!

This year's Aging in Place, A Symposium for Older Adults sponsored by Kaiser will feature special guest presentations by the Department of Health and Human Services (HHS) Region 9 in San Francisco. HHS will cap off the event with information on the Affordable Care Act and how it will impact older adults. There will also be aging service professionals, city officials, and more! That's Friday October 5, 10AM to 1PM at the Marina Community Center, 15301 Wicks Blvd. San Leandro. Thank you Kaiser for funding these programs!

### SF Oakland Fremont Among Best Places to Age

The Milken Institute has created its new Best Cities for Successful Aging Index. Rankings take into account a wide number of variables that point to a community's health care resources, safety, affordability, comfort, ease of transportation, second-career opportunities, cultural offerings and community connectedness. The study's authors, Anusuya Chatterjee, Ross DeVol and Paul Irving, drilled deeply. In the area of health care they looked at the number of doctors, hospital beds, dialysis centers and more; the number of hospitals with Alzheimer's units and hospice centers; hospital expenses per inpatient day; the percentage of hospitals with medical school affiliations; and more than a dozen other factors. They did the same for wellness indicators; financial indicators; employment and education indicators as well; they did all this for large metro areas and small metro areas; and they did this for two age cohorts—65 to 79 and 80 and older. "This index is a first research of its kind in the United States using public-use data that determine the overall quality of life for seniors," Milken Institute scholar Anusuya Chatterjee said. "Ninety percent of seniors want to age in [the same] place, and this index looks directly at how cities are meeting these needs." Eleven on the list is San Francisco-Oakland-Fremont with beautiful weather, picturesque landscapes and an atmosphere make the metro by the Bay a desirable place to live. Top-notch health care, an innovative business atmosphere, public transit and active lifestyles add to its appeal. Number 1 is Provo-Oren Utah, 2nd is Madison, 3rd is Omaha, 4th Boston, and 5th NY metro area. Article By Gil Weinreich and Ron Pechtimaldjan, AdvisorOne. Advisorone.com. 8/9/2012

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www.lavenderseniors.org

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

**BOOK REVIEW****Lavender Notes**

**Happy Accidents, By Jane Lynch**, Hyperion Books-\$26.00

Ms. Lynch has had quite a career. She grew up in a standard middle class family in Dolton, Illinois in a traditional Irish Catholic family. She was a tom boy who didn't quite fit in. At age 32 she came out to her family and was totally embraced. She started out doing tv guest spots and commercials. Her big breakthrough was, of course, "Glee." Her motto, "Find what is is you do best and do your best with it." A nice easy, delightful show business read. -Frank Howell

**VISITOR VOLUNTEER TRAINING**

Saturday September 8 from 10AM to 11:30AM there will be a training meeting for the Friendly Visitor volunteers. The training will be provided by LGBT aging specialist Nancy Flaxman MSW. The location is the Coffee Room at the San Leandro Community Church, 1395 Bancroft Ave in San Leandro. For more information contact Scott Weinzirl at 510-318-6113 or email [Sweinzirl@bayareacs.org](mailto:Sweinzirl@bayareacs.org).

**SUBSTANCE USE IN LGBT OLDER ADULTS**

*August 2012, Laurens G. Van Sluytman, PhD, MA, LCSW*  
Over four million seniors will need substance abuse treatment services by 2020. Lesbian, gay, bisexual, and transgender (LGBT) community members will undoubtedly represent a portion of this number. Research shows that substance use risk factors and use of substances are higher for LGBT individuals than their heterosexual counterparts. Among the risk factors for this population are the use of substances to cope with uncomfortable feelings related to stigma associated with homosexuality, heterosexism and general societal pressure to conform. Research also indicates that discrimination associated with sexual orientation, race and gender, when combined, contributes to increasing the odds of substance use and misuse among LGBT community members. In as much as these risk factors exist, so too do the social aspects of substance use and misuse among members of the LGBT community. While our knowledge concerning substance abuse among LGBT community members increases, information concerning LGBT elders is emerging from researchers such as Dr. Noell Rowan of University of Louisville who has presented findings from her research on resiliency and quality of life among older adult lesbians and alcoholism. Additionally, in 2011, The Aging and Health Report: Disparities and Resilience among

Lesbian, Gay, Bisexual, and Transgender Older Adults indicates that 10 percent of older LGBT community members were excessive drinker (5 or more drinks for men on a single occasion and 4 or more for women) and 12% used drugs that were not prescribed. Also, chronic pain is frequent in late life and is a common reason for nonprescription use of prescription pain medications. Further, given the cumulative effect of aging, race, gender and sexual orientation on substance use, as stated above, special attention should be given to elders within the LGBT community. Findings from the Primary Care Research in Substance Abuse and Mental Health for Elderly Study (PRISM-E) recommended screening for mental health problems and at-risk drinking for patients in primary care. The study finding also recommended implementing brief interventions by primary care providers. Though funded in part by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Veteran's Administration (VA), and Health Resources and Services Administration (HRSA), this study did not examine the plethora of other substances: prescribed, over the counter and illegal, that elders may use. Nor does the study explore substance use/misuse among LGBT community members. The dearth of information raises many important questions for LGBT serving organizations, its membership and community stakeholders. For example how does substance use impact elder functioning and overall well-being? What are outcomes of substance use/misuse for medication compliance? How do limited resources, isolation or impairment impact access to treatment, exposure to violence and high risk behavior? Without answers, we are limited in our capacity to implement practice methods grounded in evidence that attends to gender, race and class for the LGBT community. Despite these challenges stakeholders must advocate for attention and service for with and for LGBT elders. We must advocate for the intervention and research that is grounded in exploring multiple issues impacting elder LGBTs who use or misuse illicit substances and prescribed medication. We must also provide training and resources to support and improve existing treatment modalities that recognize existing socio-economic differences and incorporate LGBT elder voices. Finally we must develop specific knowledge and skills for working with the LGBT elders and work with others who share this concern.

**Potluck Instructions Are now listed on  
[www.Lavenderseniors.org](http://www.Lavenderseniors.org).**

**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

## September 2012



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

**Sep 2, 11AM to 6PM, Oakland Pride, Downtown Oakland** For more information go to [www.oaklandpride.org](http://www.oaklandpride.org)

**Sep 5, 7PM-8PM, Advisory Board Meeting, 7P-8P, BACS, 1814 Franklin St. # 400, Oakland, A portion of this meeting is open to public.**

**Sep 6 & 20, 1:30PM to 3:30PM 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**

**Sep 8, 10:00AM-11:30AM, Friendly Visitor Volunteer Training, San Leandro Community Church, 1395 Bancroft Ave.**

**Sep 8, Noon-2PM, Lavender Seniors Potluck, (2<sup>nd</sup> Sat.) 1395 Bancroft Ave, San Leandro Program: Elder Wisdom Circle - Please refer to [www.lavenderseniors.org](http://www.lavenderseniors.org) for potluck instructions.**

**Sep 10, 6:30PM-7:30PM, Photovoice volunteer dinner meeting, San Leandro Community Church, 1395 Bancroft Ave.**

**Sep 13 & 27, 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**

**Sep 21, 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: Crisis Support Services**

**Sep 28, 12:00-2:00PM South County Lunch & Talk About at Fremont Senior Center, 40086 Paseo Padre Pkwy Fremont Program: Preventing and Managing Heart Disease with Vitas Innovative Hospice Care**

### Become a "Friend of Lavender Seniors" Today!

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

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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**

**Monica Z. Nowakowski-Carlson, L.C.S.W.**

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FRI: OCT. 5, 10 AM - 6 PM

SAT: OCT 6, 10 AM - 5 PM

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