

# Lavender Notes

August 2013

## OUR MISSION

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

## SERVICES:

*Friendly Visits*

*Monthly Lunches*

Educational Events

## UPCOMING EVENTS:

**San Leandro Potluck**

2nd Saturday—Aug. 10

**Oakland Lunch Bunch**

3rd Friday— Aug. 16

**Fremont Lunch Bunch**

4th Friday—Aug. 23

See Calendar on page 3 for more details.

ATTENTION →  
ATTENTION READERS

Volume 17, Issue 8

LAVENDER  
SENIORS  
*of the East Bay*

## New Program Coordinator

Hello Everyone!

I would like to introduce myself as your Program Coordinator. Some of you know me, I have been a Friendly Visitor for approximately five years, have served on the Advisory Board for about two years, and once I even performed at the Christmas Pot Luck. Have you guessed??

My name is Carol Hanson, also known as "Rev. C" and now that I have said Yes to being your PC person, I am no longer serving on the Board and will focus my energy and attention on doing my best work for you.

I ask that you help me by contacting me when you have either suggestions or questions regarding the Friendly Visitor Program, as it will be my primary responsibility. I will also be responsible for a good deal of Out Reach, attending events through-out Alameda County.

I know I will need much help, from you dedicated Volunteers and Board Members, in accomplishing all that is required for Lavender Seniors to continue to serve the LGBT Senior Community.

Thank You, Dan, for trusting me with the functioning of Lavender Seniors at this time. **Love, Rev. C**

Our Advisory board voted to discontinue printing the newsletter. Lavender Notes will no longer be sent out as a printed copy. For Sept., please make sure we have your email address! If you need assistance in getting set-up with an E-mail account, please contact Carol at Lavender Seniors. 510-667-9655

1814 Franklin St., 4th floor, Oakland, CA 94612

P: (510) 667-9655, F: (510) 569-4589 [info@lavenderseniors.org](mailto:info@lavenderseniors.org)

[www.lavenderseniors.org](http://www.lavenderseniors.org)

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

## Two Year "Photovoice" Project Completed!

The "Photovoice" Project, funded by a grant from Kaiser Permanente, has come to a successful close. Thanks to all the volunteers who dedicated their time and hearts to this project.



**Marvin Burrows, JJ Ferra, Patrick Forte, Robert Hammer, Carol Hanson, Pam Holter, Frank Howell, Barbara Jue, Maureen Madsen, Cindy Smith, Tomi Smith, Stacy Snowman, Mike Trutner, Susan Denault, & Beckie Underwood**

### A brief mention of accomplishments:

- ◆ Proclamations awarded from San Leandro, Fremont, Hayward, and Castro Valley, establishing June as Pride Month at their Senior Centers.
- ◆ Completed Cultural Competency Training of 106 individuals from Hayward Health & Wellness, City of Fremont, Life Elder Care, & Home Aide Home Care,
- ◆ LGBT Elder Services Needs Assessment Study

## Lavender Notes

### FRANK HOWELL'S BOOK REVIEW

It is only in recent years that the LGBT movement has been successful in winning at the ballot box. Republicans have usually been powerfully organized and well financed. Liberals have often been timid and weak when it comes to reaching out to allies. When Proposition 8 narrowly won in California gay critics observed that the campaign depended on straight allies to do the talking. Gays should have spoke out on their own behalf. Conservatives used the ballot box and emotion-laden media ads to frighten and confuse the public. In 1980 two disasters arrived that were made for each other: "Reaganism" and the AIDS epidemic. This gave raise to the Jerry Falwell's Moral Majority. But the real genius was Richard Viguerie and his direct mail operation. Millions of dollars were funneled into the public arena. Blacks felt left out of the movement. Civil rights were for white gays only. Lucky for use Corretta King spoke out for LGBT rights. Amy Stone is an Assistant Professor of Sociology at the Trinity University at San Antonio. She has given readers an informative and incisive look at how our community has fought the Republicans and are now on a winning streak.-Frank

#### Myth #1 about Long Term Care:

"I'll never need long-term care." By: David Scharff

Sometimes people find it difficult to imagine themselves needing long-term care services.

Living a long life may increase your risk of needing long-term care services in a home and community-based setting or the possibility of a nursing facility stay sometime during your lifetime. Isn't it better to insure against what that risk may do to your family and your financial plans?

#### Topic at the Aug. 10th Potluck in San Leandro

**What is medical cannabis?** The scientific name for marijuana is cannabis. Cannabis patients view marijuana as an inappropriate term, since it refers to the use of cannabis as an intoxicant. We choose to use the word cannabis, in order to discuss its medical use.

#### Did you know...

- Cannabis (marijuana) has been used as a medicine for over 3,000 years?
- You can benefit from cannabis without smoking it?
- It can relieve pain, insomnia, anxiety, skin conditions, and much more? \*And it's legal in California! Learn much more about medical cannabis for seniors on the 10th.

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.

### Hayward Senior Center:

Gay Men's Chorus, celebrating the Proclamation that established Pride Month at the Senior Center.



### CARA CORNER

**Human Chain Effort: A Smashing Success in More than 50 U.S. Cities!**

On July 2nd, the Alliance's Human Chains events, designed to stop the chained CPI cut to Social Security benefits, took place in more than 50 cities and included more than 2,800 participants. Alliance members raised awareness of the chained CPI to many people who had never heard of it and led an effort to send over 108,000 emails to members of Congress. Activists' voices were heard not only in the halls of Congress, but in towns and cities across the country. The idea for the Human Chain originated with the California Alliance, and the effort paid off, leading to more than 110 press hits nationally.

"Thank you to those who braved the rain and heat, lending your time and energy to this important effort." said Barbara J. Easterling, President of the Alliance. "This month is critical in bringing more members of Congress onboard opposing these cuts. Some elected officials continue to call for unnecessary cuts through a chained consumer price index or chained CPI. This would mean if you're 65 years old today, you would lose more than \$650 a year when you reach 75 and more than \$1,000 a year when you reach 85. — Put simply, some cuts never heal!

Lavender Notes

August 2013



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 BOARD MEETING	8	9	10 <b>Potluck</b>
11	12	13	14	15	16 <u>Oakland Lunch Bunch</u>	17
18	179	20	21	22	23 <u>Fremont-Lunch</u>	24
25	26	27	28	29	30	31

**August 1 & 15, 1:30PM to 3:30PM, Support Discussion Group for Aging Lesbian Women, (1<sup>st</sup> and 3<sup>rd</sup> Thurs.)** The Pacific Center, 2712 Telegraph Ave. (at Derby) Berkeley

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

**August 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

**August 10, Noon-2PM, Lavender Seniors Potluck, (2<sup>nd</sup> Sat.)** Unity Church, 1420 Santa Maria St. San Leandro  
**Program: Medical Marijuana for Seniors:** Harborside Health Center

**August 16, 12:00-2:00PM, Oakland Lunch Bunch Sponsored by City of Oakland Aging & Adult Services,** N. Oakland Sr. Center, 5714 Martin Luther King Jr. Way, **Program:**

**August 23, Noon-2PM South County Lunch at Fremont Senior Center,** 40086 Paseo Padre Parkway, Fremont

**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: Lavender Seniors/BACS or please charge my (circle one):  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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