



Lavender Seniors of the East Bay

a Program of the Oakland LGBTQ Community Center

*Celebrating 30 years of outstanding service and positive change
August 2024 Issue, Volume 30 Issue 8*



Happy August!

Wow - Summer is almost over but Elder Services is in full swing as we move through Pride season. A special shout out to our friends over at the City of San Leandro, Mayor Juan Gonzales and City Councilmember Victor Aguilar for including us in their first inaugural Pride celebration. Save the date for Oakland's annual Pride Parade and Festival coming Sunday September 8th. For more info, please visit <https://www.oaklandpride.org/>.

Our special guests at August's Third Friday Lunch Bunch on **8/16** will be Andrea Mok from the City of Oakland and Chonita Chew from United Seniors of Oakland and Alameda County. We will also feature a presentation from Easy Does It Emergency Services, an awesome Berkeley based agency founded for and by people with disabilities.

Join us on **8/30** for the highly anticipated return of Social Seniors. Early RSVP is recommended as space is limited and this event is expected to reach capacity. Thank you to our partners at The Watermark who continue to help us combat isolation and provide a safe environment for our LGBTQ+ seniors to socialize.

RSVP for Third Friday Lunch Bunch [HERE](#)

RSVP for Social Seniors [HERE](#)

*Please note the deadline to RSVP for both events is **Tuesday 8/13**.*

In gratitude and love,
Jessie R. Spivey, *Director of Elder Services*

Please click [here](#) to donate and support our seniors.



Director of Elder Services - Jessie Spivey with San Leandro Mayor - Juan Gonzalez III, State Assemblymember - Liz Ortega, Dublin City councilmember - Jean Josey, Former LSEB President and San Leandro City councilmember - Victor Aguilar, Port of Oakland, Commissioner and President - Michael Colbruno and Sergio Ardilla from Supervisor Lena Tam's office, kicking off San Leandro's first inaugural Pride celebration on July 12th.

SPECIAL ANNOUNCEMENT

Saturday, August 3 – 12-4pm



presents

★ **OUT** ★
A RAINBOW AFFAIR

★ Drag & Fashion Show
Brunch
Fundraiser

Host & Designer
Meeka

Host & Performer
Vicky SparkleTitz



Dj
Christie James

Lake Chalet

1520 Lakeside Drive Oakland, CA 94612

www.lakeshorelgbtq.org



LAKE CHALET
SEAFOOD BAR & GRILL

TURN OUT



SOUL OF PRIDE

BRC Bayard Rustin Coalition
Fighting for equality & empowerment since 2005



Property Transfer Legal Clinic

Do you have questions about:

- ◆ The Assessment Process in Alameda County?
- ◆ Transferring property to family members?
- ◆ Common exclusions from reassessment?
- ◆ What happens to property after the death of a loved one?

**Talk to a volunteer attorney for a
FREE 30 minute consultation**

Clinics are held every 3rd Friday of the month

Upcoming dates:



July 19, 2024

August 16, 2024

September 20, 2024

To book your appointment, scan the QR code or visit:
<https://appointments.aclibrary.org/appointments/Property>

PACIFIC CENTER FOR
HUMAN GROWTH
BERKELEY



RESOURCE FAIR

SAVE THE DATE:
SATURDAY, AUGUST 17TH, 2024
TIME: 11:30AM-4:30PM
EVENING EVENT: 6PM-9PM

LOCATION: PACIFIC CENTER FOR HUMAN GROWTH,
2130 CENTER STREET, SUITE 200, BERKELEY CA 94704



SAVE THE DATE
SUNDAY, SEPT 8TH, 2024

BOSS FORMULA MULTIMEDIA



— **SUPPORT US** —
BECOME A
SPONSOR
VOLUNTEER
VENDOR

— **CONTACT US** —

sponsors@oaklandpride.org

vendors@oaklandpride.org

volunteer@oaklandpride.org

www.oaklandpride.org





Save the Date
 Thursday, September 26, 2024
 for the 21st Annual

Healthy Living Festival

At the Oakland Zoo
 9777 Golf Links Rd. Oakland, CA 94605
 9:00 AM - 2:00 PM

This **FREE** event is reserved for Alameda County
 older adults (60+) and their guests.

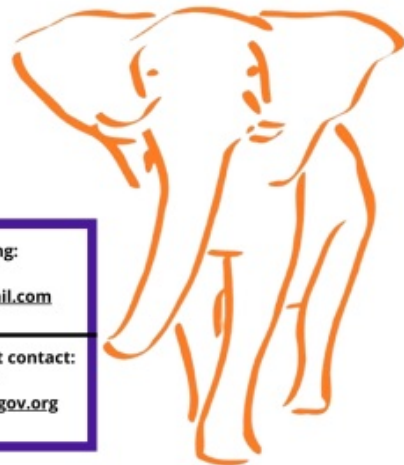
REGISTRATION IS REQUIRED FOR EVERYONE

Fun, Friends, Resources, Physical Activities,
 Nutritional Lunch, Great Music and More!

Join us as we take collective action to improve the
 quality of life for seniors throughout Alameda County!

**REGISTER AT
 EVENTBRITE**

bit.ly/3Kj6CGb



For Sponsorship & Exhibitor questions: (510) 729-0852 Mary.USOAC@gmail.com	For Travel Training: (510) 729-0851 Chonita.USOAC@gmail.com
For Bus Reservations at large sites contact: (510) 272-3691 Erin.Armstrong@acgov.org	For Registration support contact: (510) 670-5964 Jasmine.Howard2@acgov.org



CONSERVATION
 SOCIETY OF
 CALIFORNIA

OAKLAND ZOO



STORIES OF OUR LIVES

Syndy Sharp



Just Me

I may not be brilliant
Or have a degree
But I know who I am
And I like what I see

I may not be stunning
In most people's eyes
With a bountiful body
And thunderous thighs

I don't like the things
That most women like
Don't hang around men
Guess that makes me a dyke

I may not be perfect
With only one leg
But at least I don't sit
On the sidewalks and beg

My sight isn't perfect
But that's okay too
I still do the things
That I like to do

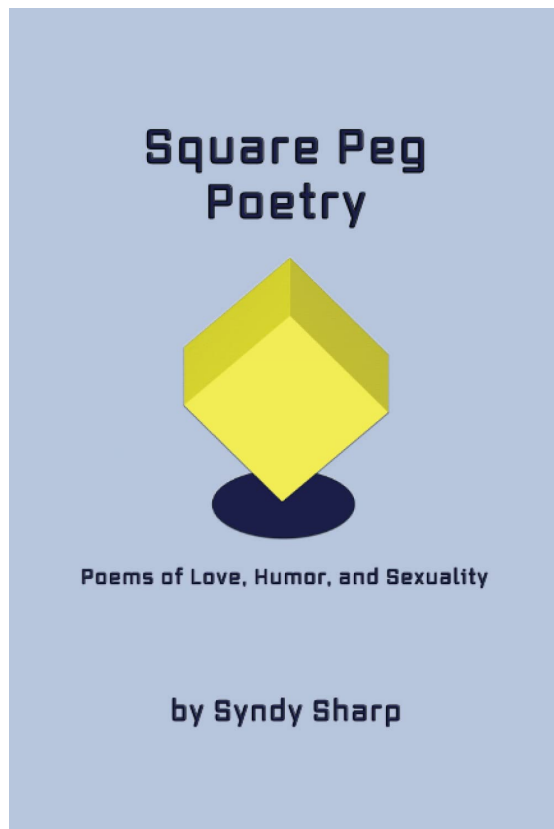
I don't have much money

A house or a car
But the things that I have
Are more precious by far

-Syndy Sharp

Although quiet and introverted, Syndy Sharp (she/her) is a self-proclaimed “Butch Dyke Lesbian” who prides herself in being “a strong woman that doesn’t take any shit...especially for being gay!” She is a Poet, Author, Kink and Disability advocate and Entrepreneur. Her book, “Square Peg Poetry – Poems of Love Humor and Sexuality”, is available on Amazon.

Being born in Memphis, Tennessee and growing up between Arkansas and Alabama during the sixties was not the ideal life for any gay person, but Syndy was determined to make it out of the bible belt. In addition to “being a tom boy who didn’t fit in anywhere”, Syndy was found to be legally blind at age four. Although her vision was restored to a “blurry haze” through a medical procedure, she struggled throughout her life and especially during her time in school. Finding some reprieve, Syndy was enrolled into the Alabama School for the Blind from fifth grade to ninth grade. It was during this time, she began excelling, joining the swim team and even starting a book club!



Syndy's book, "Square Peg Poetry - Poems of Love, Humor and Sexuality" available Amazon

Syndy came out to her parents early at age sixteen. Although her relationship with her parents remained complicated (particularly Mom), they were always “very supportive” of her being gay. She found comfort in her youth during her time in Memphis through her friend and good Judy, a boy named Stanley. Stanley would later take Syndy to her first gay bar and the two “dreamed of moving to San Francisco together and living their best gay lives”.

Unfortunately, in June of 1984, Syndy’s life was changed forever when she was hit by a vehicle while riding on a motorcycle. After a 10-month hospitalization, she was left with no choice but to amputate her leg.

Syndy struggled to reorientate herself back into society but eventually became more comfortable with her disability and began using a wheelchair.

As she got older, she became increasingly curious about a little city by the bay in California called San Francisco. Her interest began as a child when she started seeing the Rice-a-Roni commercials on tv featuring the world-famous SF trolley cars. After finding out about the Folsom Street Fair from a lady friend she met online, Syndy made it her personal mission to pack her bags and move out west.

After arriving in the Bay area in 1998, Syndy started building a community of friends by attending the NAAFA conference (National Association to Advance Fat

Acceptance). She also quickly embraced the Leather and Kink community through groups like the well-known "Exiles of San Francisco." She settled in the east bay and found stable housing through the Center for Independent Living in Berkeley, which helped cement her stay in the Bay area.

Although most of Syndy's friends have moved from the Bay area, she finds joy in being able to attend events like Social Seniors. "It's hard to meet people and being isolated sucks. Especially for a disabled butch like me. That is why I attend, and I am thankful for the events the Oakland LGBTQ Center puts on for seniors like me." You can find Syndy cooking her famous Enchiladas at home or baking goodies for her residential facility coffee happy hour where she volunteers. We are also hoping to have Syndy perform some of her poetry at a future Third Friday Lunch Bunch.

Come out and meet Syndy and other seniors like her at the next Third Friday Lunch Bunch or Social Seniors!

-Jamie McGrath & Jennifer Pardini, Volunteer writers for Lavender Notes

If you or someone that you know are interested in being featured in Stories of Our Lives, please email: info@lavenderseniors.org

August Activities



Third Friday
Lunch Bunch

**RSVP
REQUIRED**

Every **Third Friday @ 12:30pm**
North Oakland Senior Center
5714 MLK Way



For more info please call **510-882-2286** or email: info@lavenderseniors.org

Aug 16

Lavender Seniors Third Friday Lunch Bunch

Our special guests at August's Third Friday Lunch Bunch, will be Andrea Mok from the City of Oakland and Chonita Chew from United Seniors of Oakland and Alameda County. We will also feature a presentation from Easy Does It Emergency Services, an awesome Berkeley based agency founded for and by people with disabilities.

Register

Free

Elder Services
A Program of The Oakland LGBTQ Community Center

LAVENDER SENIORS
of the East Bay

Oakland
LGBTQ COMMUNITY CENTER

THE WATERMARK
BY THE BAY

SOCIAL SENIORS

EVERY LAST FRIDAY 12:00PM

RSVP REQUIRED

A MONTHLY SOCIAL FOR LGBTQ+ SENIORS
THE WATERMARK, 1440 40TH STREET, EMERYVILLE, CA 94608
FOR MORE INFO PLEASE CALL 510-882-2286 OR EMAIL: INFO@LAVENDERSENIORS.ORG

Aug 30

Social Seniors August 2024

Join us for our monthly social for LGBTQ+ seniors hosted at The Watermark in Emeryville.

Register

Free



Lavender Seniors Third Friday Lunch Bunch

Friday August 16th @ 12:30pm

In-person at The North Oakland Senior Center

A monthly luncheon for LGBTQ+ Seniors/Elders. A guest speaker or informative presentation is followed by a lunch provided for registered guests. FREE but RSVP is required to attend. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Social Seniors

Friday August 30th @ 12:00pm

In-person at The Watermark Emeryville

A monthly social group for LGBTQ+ Seniors/Elders. A themed luncheon that usually includes music and/or performances. Lunch is provided for registered guests. FREE but RSVP is required to attend. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Older & Out

Mondays in-person at The Oakland LGBTQ Community Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Bay Area Old Lesbians Organizing for Change (OLOC)

Online and In-Person

For further information or to be included in the Bay Area OLOC email list, contact Pat Cull at patcull70@gmail.com or 415-637-5002.

Black Women Connect

Every 3rd Sunday @ 11:00am

In-person at The Oakland LGBTQ Community Center

This groups designed for Black Lesbian and Queer Women to connect, network, build community, have engaging conversations and authentically express themselves in a safe, inter-generational space. For inquiries or to RSVP, please email Dawn Edwards at ms.edwards73@gmail.com.

The Heart to Art Program

Next Cohort starts Fall 2024

Bi-weekly on Tuesdays 4:30pm - 6:30pm

In-person at The Oakland LGBTQ Community Center

A new art program for LGBTQ+ Seniors facilitated by local Artist Derrick Bell. No drop-ins, pre-registration is required. For more info or to be added to mailing list for next cohort, please call 510-882-2286 or email: info@lavenderseniors.org.

LGBTQIA+ Elders Therapy Group

Wednesdays 1:00pm - 2:00pm

In-person at The Oakland LGBTQ Community Center

This group provides a therapeutic space in which LGBTQIA+ (includes questioning) older adults, age 55+, feel welcome to express their thoughts and feelings in an environment that is non-judgmental, inclusive and supportive. The group process works to reduce isolation, stigma and discrimination related to LGBTQIA+ identities, mental health issues and all the issues that affect each group members life. This group meets weekly for multi-week sessions. No Drop-ins. Pre-Registration is required to participate. For more info, please call 510-882-2286 or email: info@lavenderseniors.org.

Trans Masc Affinity Support Group

Every second Wednesday 7:00pm - 8:30pm

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for community members who identify as Trans Masculine only. For more info, please call 510-882-2286.

POSTPONED - Senior Gay Men's Affinity Group

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for Senior Gay Men ages 55+. Group start date and facilitator TBA. For more info or to be added to the mailing list, please call 510-882-2286 or email: info@lavenderseniors.org.

POSTPONED - Senior Lesbian Women's Affinity Group

In-person at The Oakland LGBTQ Community Center

A monthly Affinity group for Senior Lesbian Women ages 55+. Group start date and facilitator TBA. For more info or to be added to the mailing list, please call 510-882-2286 or email: info@lavenderseniors.org.

Older & Out

Fridays in-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out via Zoom

Tuesdays *online*

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org. No drop-ins. Intake is required for attendance.

Older & Out Social

1st Thursdays 1:00pm - 3:00pm

In-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth with support from North

Berkeley Senior Center. For more info, please call Keith, 510-685-7691 or email: kcarroll@lmi.net.

Older & Out Social via Zoom

Second Wednesdays 4:00pm - 5:00pm

In-person at The North Berkeley Senior Center

SPONSORED BY: Pacific Center for Human Growth. For more info, please call 510-548-8283 or email: olderandoutgroups@pacificcenter.org.

Rainbow Seniors

2nd & 4th Tuesdays 12:30pm - 2:00pm

In-person at The San Leandro Senior Center

Rainbow Seniors LGBTQ Peer Support Group is a safe & confidential space for LGBTQ seniors (50+) to share thoughts, feelings, resources, information & to support one another. It is a peer support group, facilitated by trained peers. For more info and to join email: rainbowseniors@pacificcenter.org.

Tri-Valley Rainbows

3rd Thursdays 5:30pm-7:30pm via Zoom

Tri-Valley Rainbows is a safe & confidential peer support group for LGBTQIA+ older adults age 50+ to share thoughts, feelings, resources, information & to support one another. It is a drop-in peer group, facilitated by trained peers. For more info + link to join email: trivalleyrainbows@pacificcenter.org.



Senior Day

Every Wednesday customers ages 65+ get 15%
off their purchase. In store only

@oaklandveranda

Veranda
308 12th Street, Oakland CA 94607
<https://www.verandaoakland.com/>

Resource Hub



[Sign up for Direct Services](#)

The Oakland LGBTQ Community Center's Elder Service Program is now offering Direct Services and Case Management. The Center's Elder Services promotes a positive and healthy quality of life for senior and elder LGBTQ+ individuals 55+ by ensuring they continue to be supported, respected, and connected as they advance in age. We collaborate with existing agencies working with LGBTQ+ seniors to connect people to needed resources and work to identify gaps in services so that we can find ways to fill those gaps. We also host support groups and activities designed to help keep LGBTQ+ seniors and elders engaged with other elders and younger members of our community.

The Center's Elder Services Program participants also have access to other Center services to include:

- Transportation Assistance*
- Food Pantry
- Emergency Rental Assistance*
- Mental Health Subsidies*
- HIV/STI testing and treatment
- PEP/PrEP enrollment

- Benefits Enrollment
- Linkage to Primary Care
- Care Management & Service Coordination Assistance

*rental/transportation assistance and other subsidies are limited and provided to qualified enrolled program participants as they become available.

To get enrolled and connected to our Program for direct services and case management, please click the button above. For more info, please call call 510-882-2286.



**The Center's Food Pantry Is Open
Monday thru Friday, 1pm-4pm**
Please call 510-882-2286 for more information.

Let's Get Excited About...

SEXUAL HEALTH

The **Glenn Burke Clinic** offers our community high-quality, full-service, STI & HIV prevention and treatment services, to help you to stay sexually healthy all year long.

GLENN BURKE WELLNESS CLINIC

Schedule an appointment by using the QR Code or call 510-781-2639

The Glenn Burke Wellness Clinic is a project of the Oakland LGBTQ Community Center



A recovery meeting for LGBTQIA+ Black, Indigenous, and People of Color.

Mondays 7pm - 8:15pm
Starting May 15th at the Oakland LGBTQ Community Center

This is a discussion meeting with different topics read each week.

For information contact
The Oakland LGBTQ Community Center
Call 1(510) 882-2286 or visit their website at



Narcotics Anonymous®

Every Tuesday @ 7pm



City of Oakland Senior Centers

Four senior centers are located throughout the City of Oakland and managed by the City's Human Services Department - Aging & Adult Services Division. Senior centers provide social, recreational, nutritional and educational activities to older adults in our community.

<https://www.oaklandca.gov/resources/senior-centers>

Downtown Oakland (DOSC)

200 Grand Ave | Oakland, CA 94610
(510) 238-3284 | DOSC@oaklandca.gov

East Oakland (EOSC)

9255 Edes Street | Oakland, CA 94603
(510) 615-5731 | EOSC@oaklandca.gov

North Oakland (NOSC)

5714 Martin Luther King, Jr. Way | Oakland, CA 94609
(510) 597-5085 | NOSC@oaklandca.gov

West Oakland (WOSC)

1724 Adeline St | Oakland, CA 94607
(510) 238-7016 | WOSC@oaklandca.gov

Pacific Center for Human Growth

Founded in 1973, Pacific Center for Human Growth is the oldest LGBTQIA+ center in the Bay Area, the third oldest in the nation, and operates the only sliding scale mental health clinic for LGBTQIA+ and QTBIPOC people and their families in Alameda County.

<https://www.pacificcenter.org/>

2130 Center St Suite 200 | Berkeley, CA 94704
(510) 548-8283 | info@pacificcenter.org

Rainbow Community Center

The Rainbow Community Center of Contra Costa County started in 1995 and continues to envision a society that embraces acceptance, safety and equality for all, regardless of sexual orientation or gender identity.

<https://www.rainbowcc.org/>

2380 Salvio Street, Suite 301 | Concord, CA 94520
(925) 692-0090 | rcc@rainbowcc.org

Community Phone Calls

This award-winning program offers activities, education, support groups, and friendly conversation over the phone or online.

View the Current catalog of community phone calls [here](#). Check the website for more information. To participate in these or other Well Connected telephone activities, or to learn more about their programs, call 877-797-7299 or email coviaconnections@covia.org.

Friendly Voices Phone Buddies for Seniors

Our mission is to create a vital human connection for isolated seniors through weekly phone conversations with trained, compassionate volunteers.

Sign up [here](#) or call (650) 395-8017
<https://friendlyvoices.org/>



Lavender Seniors of the East Bay, a Program of the Oakland LGBTQ Community Center



Mailing Address:
490 Lake Park Ave. #10530,
Oakland, CA 94610-8019

*Donations:
Please make all checks payable to "The Oakland LGBTQ Center" and include
"Lavender Seniors" in the memo section*

510-882-2286

info@lavenderseniors.org

<http://www.lavenderseniors.org>

<http://www.oaklandlgbtqcenter.org>

Contact

Donate

Lavender Seniors | The Oakland LGBTQ Community Center 3207 Lakeshore Avenue |
Oakland, CA 94610-8019 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!