

50+

MAR 2015



LOS ANGELES LGBT CENTER

**Free &
Low-Cost Events
for People Ages
50-100+**

SENIOR SERVICES

Senior Services strives to create a safe, welcoming and respectful community where lesbian, gay, bisexual and transgender people in their 50s, 60s, 70s, 80s, 90s and beyond can come together to learn, connect, build friendships, gain support and thrive!



**LOS
ANGELES
LGBT
CENTER**

The Village at Ed Gould Plaza
1125 N McCadden Pl
Los Angeles, CA 90038

RSVP/Message Line

323-860-5830

Toll Free

877-688-4833

seniors@lalgbtcenter.org

lalgbtcenter.org

facebook.com/50pluslgbt

UPDATE FROM THE WHITE HOUSE

Last month, I was an invited panelist at the White House Conference on Housing for LGBT Elders. This was the first time the White House, under any administration, formally supported the idea that we need safe, accepting senior living communities for LGBT elders. I was deeply honored and that honor extends to all of you! Thank you for being part of this amazing program!

Please remember to send in your survey if you have not already, an online version is available as well.

Also, if you are a veteran, our partner organization Public Counsel will be at The Village on March 16 meeting with veterans individually to help them access the benefits they earned in the Armed Services.

Have a wonderful March, I will be at The Village on Thursdays. Stop by and say hello.

Kathleen Sullivan

STAFF

Allison Santos

Activities Coordinator
323-860-7339
asantos@lalgbtcenter.org

Anthony Bright

Program & Admin. Manager
323-860-7359
abright@lalgbtcenter.org

Chanena Barrios

Activities Coordinator,
Triangle Square
323-860-7335
cbarrios@lalgbtcenter.org

Chi Hughes

Housing & Social Services
Manager
323-860-5867
chughes@lalgbtcenter.org

Felixia Barias

Case Manager
323-860-7368
fbarias@lalgbtcenter.org

Gayle Gates

Social Services Manager,
Triangle Square
323-860-5824
ggates@lalgbtcenter.org

Jesse (Jesus) Ortiz-Barreto

Comunidad Latina Specialist
323-860-5840
jortiz@lalgbtcenter.org

Joe Kuhlmann

Activities Coordinator
323-860-7367
jkuhlmann@lalgbtcenter.org

Julia Wallace

Case Manager
323-860-7395
jwallace@lalgbtcenter.org

Kathleen Sullivan

Director
323-860-7397 (The Village)
323-957-7200 ext. 21
(Triangle Square)
ksullivan@lalgbtcenter.org

Michael Wolfson

Assistant
323-860-7322
mwolfson@lalgbtcenter.org

Tanya Witt

Activities Coordinator,
Triangle Square
323-860-5828
twitt@lalgbtcenter.org

Tripp Mills

Deputy Director
323-860-5826
tmills@lalgbtcenter.org

Yuisa Gimeno

Comunidad Latina Specialist
323-860-7369
ygimeno@lalgbtcenter.org

NEWSLETTER RSVP INSTRUCTIONS

RSVP requests must be made on or after March 1st. Check the event for an RSVP deadline, when applicable. Events are free of cost, unless price is noted.

You will get a reminder call or e-mail prior to the event. In case of an event cancellation, only those participants who made an RSVP call or e-mail will be notified. If we do not reach you, we will leave a message, when possible.

Please only come to The Village to pay for ticketed events if you have received a confirmation call or e-mail for the event.

RSVP/Message Line: 323-860-5830
Or, Toll-Free: 877-688-4833
seniors@lalgbtcenter.org

SPECIAL NEEDS

If you have any special needs such as dietary restrictions, wheelchair or disabled seating requirements for theater events or other venues, we will always do our best to accommodate!

**Please let us know by calling
323-860-5830.**

SENIORS HELPING SENIORS

Established by seniors and intended for seniors, this special fund is available to you on a limited basis for select activities, classes & events. If you need financial assistance to attend a class, dinner or event, please call us at **323-860-5830**.

All requests are completely confidential. The fund's availability depends on the generosity of seniors like you. Please contact us if you would like to make a donation to the Seniors Helping Seniors Fund!

BIRTHDAYS!

Ron	Mark	Ken
Kenneth	Ben	Roberto R.
Charles	Kubi	Ennio
Hank	Pascal	Abby
Pieter	Anita	Ron
Howard	Vikki	Michael
Murray	Bette	Michael
Gary	Ellen	Dottie
Penelope	Robert	Felipe
Hilda	Rose	Kathleen
David	Marcia	Frank
David	Barbara	Juan
Tony	Richard	Simone
Karen	Dora	Albert
Amy	Judy	Rand
Joel	Beverly	Mark
Alex	Patrick	Michael
Stephen	William	Damien
Anthony	Carol	David
Lamar	Michael	Juan
Lyle	Lyle	Victoria
Pat	Chris	Patrick
Jesse	Henry	Robert
Herbert	Wendy	Karen
Alice	Carolyn	Larry
Ray	Bill	Kimball
Bill	Steven	Warren
Jack	Barry	Stephen
Sunle	Jan	Rosa
Tricia	Tom	Sabell
Sheila	Patrick	Randy
Craig	Carol	Peter
Marsha	Chuck	Erik
Nilda	Mario	Alexandra
Richard	Larry	Mark
Pete	Ted	Richard O
Ed	Carl	Linda
Patrick	Ryan	Maria
Deanie	Mary	Barnett
Humberto	Joseph	Elisabeth
Russ	Perry	Gregory
Nancy	Thomas	Daniel
Benjamin	Elaine	
Norine	Pam	
Steve Allen	Marian	
Bert	Kimberly	
Dr. Suzanne	Michaela Ivri	

IN MEMORIAM

Roberta Robles
Michael Korhonen

EVERYONE



Meditation

Mon, Wed & Fri 12:30 p.m.

Beginners welcome. Start with a moment of silence to help quiet the mind and a 20-25 min guided meditation. If it is difficult to meditate for entire time, sit quietly in peace.

Drop in!



Mah Jongg

Mondays 1:30 p.m.

Drop in!



Stretch & Balance

Wednesdays 11 a.m.

Drop in!



Mindfulness Practice

Wednesdays 2:30 p.m.

Drop in! Reduce stress, manage thoughts and learn how to breath using mindfulness practices. **Tell a Friend!**

Larry's Computer Club

Wednesdays 1:30 p.m.

Drop in!

Craft-Making with Jesse

Fridays 10 a.m.

Event 0300

Brought to you in partnership with Comunidad Latina, come join us in making creative crafts with family and friends.

RSVP Required:

323-860-5830

Stress Get Behind Me

Fridays Starting Mar 6 10 a.m.

Drop in! This class is open to all participants who are interested in learning successful and healthy stress management techniques.

Tell a friend!

Art Lab

Fridays 1 p.m.

Drop in!

Start a new project or bring your current work to share with the class. We provide the supplies. **Tell a friend!**

Lunch for Everyone

Tues, Mar 3 12:30 p.m.

Event 0307

RSVP by Noon on 03/02

Tues, Mar 17 12:30 p.m.

Event 0309

RSVP by Noon on 03/13

Join us for lunch at The Village. \$2 Suggested donation.

RSVP Required:

323-860-5830



Movie for Everyone

Diva On the Verge

Tues, Mar 3 1:30 p.m.

100 Minutes

Event 0312

Legendary soprano Julia Migenes shines in this one-woman show that describes life backstage.

RSVP Required:

323-860-5830



Photo Project with Daniela Berzuini

Pre-Photoshoot Interview

Thurs, Mar 5 11 a.m.- 4 p.m.

Drop in!

Photoshoot

Tues, Mar 10 11 a.m.- 4 p.m.

Thurs, Mar 12 11 a.m.- 4 p.m.

Drop in! Participate in Daniela's photo project and receive a free print from your photoshoot. In order to participate in a photoshoot, you **must attend** the Pre-Photoshoot Interview. **Tell a friend!**

Housing Supportive Network

Thurs, Mar 5 & 19 11 a.m.

Drop in! This peer-led network of LGBT seniors' (and allies) primary purpose is finding, securing and advocating for safe, affordable housing which meet the needs of the LGBT senior community.

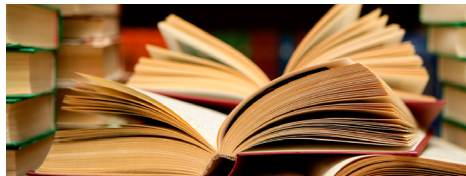
Tell a friend!

Trombone Time Machine

Fri, Mar 6 2:30 p.m.

Drop in! Join the USC Gluck Fellows for one of their popular instrumental concerts.

Tell a friend!



Reading Opens Minds

Mon, Mar 9 & 23 11 a.m.

Event 0302

RSVP Required:

323-860-5830

International Women's Day Discussion

Mon, Mar 9 1:30 p.m.

Drop in! Join guest host Jewel, owner of the Catch one Night Club, for this very special Woman to Woman Chat Group. **Tell a friend!**

Storytelling

Tues, Mar 10 & 24 2 p.m.

Event 0313

Explore the world of storytelling with Ms. Willa. Everyone has a story to tell. Tell the story of who you are, your experiences and loved ones. Ms. Willa will teach you how!

RSVP Required:

323-860-5830

Finding Your True Self with Lois

Wed, Mar 11 1 p.m.

Drop in! Explore and find your true self with Lois and learn life practices to better understand and take care of yourself. Open to everyone. **Tell a friend!**



Go Metro Getty Center

World War I: War of Images, Images of War

Thurs, Mar 12 10 a.m.

Event 0316

Meet at The Village. Bring your Tap Card! Open to everyone.

Explore Getty Center.

RSVP Required:

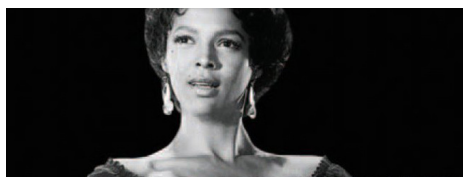
323-860-5830

Talk Amongst Yourself 65+

Thurs, Mar 12 2 p.m.

Drop in! Join LGBT women & men for treats, beverages and great chat. 65+ only.

Tell a friend!



Opera Screening

Carmen Jones

Fri, Mar 13 1:30 p.m.

120 Minutes

Event 0315

This classic story of betrayal and jealousy are con-temporized with the music of George Bizet and lyrics of Oscar Hammerstein. Dorothy Dandridge stars as Carmen in this 1954 color version of the classic opera, "Carmen."

RSVP Required:

323-860-5830

Veterans

Mon, Mar 16

9:45 a.m.-4 p.m.

ARE YOU A VETERAN OF THE ARMED FORCES AND HAVE NEVER APPLIED

FOR THE BENEFITS YOU EARNED? Please make an appointment to meet with Rick Little from Public Counsel on March 16th at The Village. Eight private appointments are available for to meet with Rick and learn more about what benefits you are eligible for and how to get them. Senior Services is partnering with Rick for the next three years to link folks to their benefits. Please call Senior Services for an appointment.

Appointment Required:

323-860-5830

Comedy Improv Class

Mon, Mar 16 12:30-2 p.m.

Triangle Square

1602 Ivar Ave

Los Angeles, CA 90028

Free!

Join the Center's Dave Fleischer for an intro into comedy improv. **Please Note:** This class meets at Triangle Square.

RSVP Required Before 3/13:

323-860-5828

Sexy & Safe Seniors

Mon, Mar 16 2 p.m.

Drop in! The desire for sexual intimacy changes as our body changes, but the desire doesn't go away! Staff from the LGBT Center's Sexual Health Program will lead a seminar for older adults on enjoying safer sex in 2015. Come out and get the latest information and learn some new tricks.

80% of adults 50+ are sexually active **True or False**

Gay/Lesbian/Bi elderly are the

(continued on page 9)

MEN

Men's Drop-In Support Group

Wednesdays 10 a.m.

Drop in! Come meet new friends. Share your stories & experiences with men each week! **Tell a friend!**

Men's Hike Griffith Park

Thursdays 9:30 a.m.

Drop in! Meet at the corner of Fern Dell & Black Oak Drive, 200 ft. north of Los Feliz Blvd. Parking is available along Fern Dell Dr or take public transit. Bring water, a snack & comfortable shoes. This group is co-ed every third Thursday. **Bring a friend!**

Men's Dinner

French Market

7985 Santa Monica Blvd

WeHo, CA 90046

Tue, Mar 24 6 p.m.

Event 0311

Dinner out with the guys!
Cash recommended!

RSVP Required:

323-860-5830

WOMEN



Two participants of the February 13th Diversity of Love event enjoy the open mic performers.

Woman to Woman Chat Group with Julia

Mondays 1:30 p.m.

Drop in! Drop in for tea, coffee, snacks and lively conversation. Controversial topics! Guest speakers! Join guest host Jewel, owner of the Catch one Night Club, on Mon, Mar 9 for a very special Woman to Woman Chat Group—International Women's Day Discussion. **Tell a friend!**

L50+ Spirituality Salon with Lois

Sat, Mar 21 11 a.m.

Drop in! After the discussion, Lois will screen *Yogis of Tibet*. **Tell a friend!**

L50+ Dinner

Home Restaurant

2500 Riverside Dr

Los Angeles, CA 90039

Sun, Mar 15 6 p.m.

Event 0310

We're going home! Please join us for a wonderful evening out with the gals! Look for Alice.

RSVP Required:

323-860-5830

L50+ Chat Group

At this time, the L50+ Sunday chat and movie activity is on hiatus until we find a facilitator. If interested in applying, please contact **Allison 323-860-7339** or send an e-mail to **asantos@lalgbtcenter.org**.

EVERYONE CONTINUED

fastest growing segment of new sexually transmitted disease infections **True or False Tell a friend!**



Movie for Everyone

Birdman

Tues, Mar 17 1:30 p.m.

119 Minutes

Event 0314

Michael Keaton delivers a winking performance in this dark comedy about a cinematic superhero trying to forge a comeback on Broadway.

RSVP Required:

323-860-5830

The Marriage of Figaro

Dorothy Chandler Pavilion

Park & Ride from The Village

Wed, Mar 18 11:30 a.m.

Free

Event 0306

The LA Opera is pleased to invite you to attend the dress rehearsal of Wolfgang Amadeus Mozart's, "The Marriage of Figaro." In 18th century Spain, Figaro and Susanna, Count Almaviva's servants, wed. Tickets are FREE. Transportation is provided (accommodates wheel chairs). We will leave The Village at 11:30 a.m. Please wear your Sunday best. T-shirts, jeans and tennis shoes are not permitted.

RSVP Required:

323-860-5830

Bingo!

Fri, Mar 20 2 p.m.

Event 0305

RSVP Required:

323-860-5830

LAWN Presents AfterEllen Live: Stand-up and Shorts

Renberg Theatre

Fri, Mar 20 8 p.m.

Free

Event 0318

Join the Los Angeles Women's Network for a special evening hosted by AfterEllen's Editor in Chief, Trish Bendix, and the hilarious women of the LPHABET! Doors open at 7:30 p.m. Open to everyone ages 50-100+.

RSVP Required:

323-860-5830



Rusty's Gay Swing & Sway

Sat, Mar 21 1 p.m.

Event 0327

Waltz, Fox Trot, Swing and Cha-Cha, PLUS Texas Two Step! Beginners welcome! No rubber soles please. Partner not necessary.

RSVP Required:

323-860-5830

Tech Lab

Sun, Mar 22 11 a.m.-1 p.m.

Event 0319

Need support using your phones, tablets and computers? Have some questions about using the internet, streaming media online,

emails? Want to explore new ideas in technology? Drop by and get some answers and solutions from a team of tech savvy individuals. **Please**

Note: This is not a drop in for any technical issues and/or broken devices.

RSVP Required:

323-860-5830

Lunch for Those Living with HIV at The Village

Wed, Mar 25 12:30 p.m.

Event 0308

We'll provide lunch (\$2 donation requested). Share your stories of living, surviving & thriving.

RSVP Required:

323-860-5830



Song and Dance Series with Joe Levy

The Blue Angel (1929)

Thurs, Mar 26 11 a.m.

Event 0320

The legend of Marlene Dietrich began with this film, also starring Emil Jannings. Erich Von Sternberg directed it in German and English. This is the English version—not dubbed.

RSVP Required:

323-860-5830

HEALTH

DROP-IN CASE MANAGEMENT

Drop-In Every Wed. & Thurs. 10 a.m.-Noon, 1-3 p.m.

Senior Services has expanded drop-in case management hours. Come meet with a trained case manager and learn about valuable programs and services that may be available to you: housing, employment, medical, mental health, legal, social support and more! First come, first served basis, at The Village only!

CASE MANAGERS CONTACT INFORMATION

Felixia Barias: 323-860-7368

Jesse Ortiz-Barreto: 323-860-5840

Julia Wallace: 323-860-7395

Yuisa Gimeno 323-860-7369

LGBT BEREAVEMENT

Group A Grieving 1 Year Or More

Tues, Mar 3 & 17 1 p.m. Event 0303

Group B Grieving Less Than 1 Year

Tues, Mar 10 & 24 1 p.m. Event 0304

If you are experiencing pain from the loss of a loved one, please call to join the group. If you would like to attend our bereavement group, please call one of our case managers who can refer you to the appropriate group or to individual counseling. A referral from one of our case managers is required for participation in the bereavement group.

RSVP Required: 818-847-3686

HIV TESTING

You can get tested on a walk-in basis, for free, at the Center's McDonald/Wright Building (1625 N Schrader Blvd) on weekdays from 11 a.m.-7 p.m. or at The Spot (745 N San Vicente Blvd.) Mon-Fri from 11 a.m.-7 p.m.

PROSTATE CANCER SUPPORT GROUP

Every 1st & 3rd Tuesday, 7-9 p.m.

RSVP Required.

GMSHF@yahoo.com

323-860-7340

MEN'S SEXUAL DYSFUNCTION SUPPORT GROUP

Every 2nd & 4th Tuesday, 7-9 p.m.

Every 2nd & 4th Saturday, 10 a.m.-Noon

RSVP required.

GMSHF@yahoo.com

323-860-7340

HIV+

HIV+ Men's Support Group

Thursdays 1 p.m.

Drop in!

Come meet new friends. Share your stories and experiences with men living with HIV.

Tell a friend!

Lunch for Those Living with HIV

Wed, Mar 25 12:30 p.m.

Event 0308

See page 5 for description.

RSVP Required:

323-860-5830



Maurice performs at the Diversity of Love event on Fri, Feb 13.



Movie for Those Living with HIV

Birdman

Wed, Mar 25 1 p.m.

120 Minutes

Drop in!

See Page 9 for description.

Tell a friend!

ACTIVITIES IN WEHO



Men's Dinner

French Market

7985 Santa Monica Blvd

WeHo, CA 90046

Tue, Mar 24 6 p.m.

Event 0311

Dinner out with the guys! Cash recommended!

RSVP Required:

323-860-5830

VALLEY

Game Day

Thurs, Mar 5 12:30 p.m.

Drop in! Play and win!

Tell a friend!



Diva On the Verge

Thurs, Mar 12 12:30 p.m.

100 Minutes

Drop in! Legendary soprano Julia Migenes shines in this one-woman show that describes an opera star's life backstage. **Tell a friend!**

Potluck

Thurs, Mar 19 12:30 p.m.

Drop in! Bring a dish to share.

We'll cover the main dish.

Tell a friend!

Writing Exercises

Thurs, Mar 26 12:30 p.m.

Drop in! We'll give you a prompt. After the 5-10 minute exercise, share with the class. We'll end with an open 20 minute exercise. **Tell a friend!**

This group meets at the MCC Church located at 5730 Cahuenga Blvd, North Hollywood, 91601 (unless otherwise noted in the newsletter).

Questions?

Call 323-860-5830.

AFFINITY HOUSING: A Model for Affordable LGBT Senior Housing

Kathleen M. Sullivan, PhD

On February 10, I will join housing advocates and professionals from around the country as part of the National LGBT Elder House Summit at the White House. The summit will focus on the significant affordable housing challenges facing lesbian, gay, bisexual, and transgender seniors.

Currently there are an estimated 2 million LGBT seniors in the United States; by 2030, that number will more than double. For those of us working to meet the needs of this growing and vulnerable population, the future is now. We must address the glaring need for housing that is inclusive, accepting and affordable for older LGBT adults.

As Director of Senior Services at the Los Angeles LGBT Center, I witness the housing challenges and hardships faced by our seniors every day. LGBT seniors are more likely to live alone and experience isolation and loneliness. They also face higher rates of poverty: 52 percent of the Center's older clients live on less than \$2,000 per month. Perhaps most insidiously, many LGBT seniors feel compelled to go back into the closet once they move into a retirement community, assisted living facility, or nursing home. Fears of being abused, ostracized, or re-traumatized are very real for this community. One can only imagine, after a lifetime of discrimination and marginalization, just how painful this can be.

Five years ago, I began to study the benefits of a model for affordable housing that could meet the unique chal-

lenges faced by LGBT seniors. Affinity housing provides this growing population with an affordable housing option and gives our seniors something they need just as much: a community.

Located in Los Angeles, the Center's Triangle Square was the first affordable housing development in the country for LGBT seniors. More than 60 percent of Triangle Square residents live on less than \$800 per month and struggle to meet their basic needs, such as housing, food, and medication expenses.

More than just an affordable option, Triangle Square provides an accepting environment where LGBT seniors can live fully integrated lives. For instance, the opportunity to openly talk about one's partner, and connect with people who either have a similar history or understand your history is uniquely beneficial to LGBT seniors. As one resident put it, "This is the first residence I've had as an adult where I have been comfortable with my environment, because heretofore, it has always been, you know, the homophobes. So, you just ignore them and walk with pride. I have been more comfortable here than any other environment."

Residents can also access a comprehensive set of specialized services and activities, including health and wellness activities, enrichment classes, cultural excursions and other social outings, and educational seminars and workshops. Additionally they can take part in support groups focused on specialized issues and specific populations related to seniors, including grief and loss, LGBT

caregivers, people with HIV, and the transgender community. Our Senior Services staff helps clients navigate Social Security, Medicare, Veteran's Administration benefits, and more. And clients can access other Center services, including medical care, legal services, and mental health counseling.

Today Triangle Square is a bustling example of how good planning and wraparound intergenerational services and programming can be successful--and more is on the way. Last year the Center announced plans for a landmark mixed-use development that will cover more than a full city block in the center of Hollywood. The project's residential component will include more than 100 units of affordable apartments for seniors and will become the new home of our Senior Services Department, which is the largest direct service program for LGBT seniors in the nation.

Even before breaking ground on this new project, we know that it will not fully address the need that exists: Our department has seen a 450 percent increase in clients over the past five years and there are more than 400 individuals on the Triangle Square wait list. Still, it is our hope that this new development will highlight the need for affordable LGBT senior housing and demonstrate how affinity housing communities can help our seniors not just survive, but thrive. In this way we believe it can serve as a beacon of respect and dignity -- not just for LGBT people, but for all older Americans.

**Originally posted on
huffingtonpost.com.**