My Life is Poetry

FINAL READING

See page 9 for details.

Hosted by Poet Laureate Steven Reigns
Sunday, August 16
LETTER FROM KIERA

As the COVID-19 pandemic continues, all of us are trying to adjust to a world of social distancing. It’s normal for this to be a hard adjustment for many of us who are used to seeing family and friends and having social experiences. Here are a few suggestions to help you get through this:

• Create a daily plan for yourself. It’s easier to face a day when you have a schedule (phone calls, Zoom groups, online games with your friends, etc.).
• Do you have an idea for a new Zoom class we should offer, or would you like to facilitate a class? Email senioractivities@lalgbtcenter.org with your ideas.
• Take breaks from the media when needed.
• Try meditation. YouTube has lots of pre-recorded options. There are apps you can subscribe to, such as Calm or Headspace. Or you can participate in our Meditation & Mindfulness class every Monday from 1–2 p.m. via Zoom.
• Call friends and family to check in. It helps you and your loved ones.
• Get additional support when you need it:
  ➢ Speak with your doctor/insurance company to get a referral to a mental health provider whom you can see virtually;
  ➢ Hotline Resources: LA County Mental Health line at 800-854-7771; Sage LGBT Helpline at 877-360-5428;
  ➢ Contact us at 323-860-5830 or seniors@lalgbtcenter.org to sign up for our Hello Club program in which we pair you with a Center volunteer to build community connection.

We are here to help you get the resources and support you need! Please let us know how we can help.

Sincerely,

Kiera Pollock, M.S.W.
Director of Senior Services

Senior Services is supported in part by the City of West Hollywood.
Meals: Bagged lunches are provided Monday thru Friday, 12:30–1 p.m., for pick-up only, right outside the Senior Center. Following Safe at Home guidelines, we cannot allow group meals—not even outdoors. Participants need to stay at least 6 feet from each other at all times. Masks or face coverings are required for meal pick-up. We will refuse service to anyone not wearing a mask or face covering. Please contact us if you need a mask. We will be glad to assist you.

Case Management: Staff are working remotely and have shifted to telephone-based services so please reach out to your case manager, when needed. If you do not have a case manager, please call our helpline (phone number below).

Helpline/Grocery Delivery: RSVP line has expanded to a “help line” so if you have an immediate need, including food or masks, please call 323-860-5830 or toll-free 877-688-4833 during our business hours Monday thru Friday, 9 a.m.–5 p.m., and a staff member will get back to you.

Safety Tips for Staying Healthy

• Because Senior Services cares for YOU, you are highly encouraged to self-quarantine at home for your safety and well-being.
• Wash your hands often and after coughing, sneezing, or blowing your nose. Use a tissue or your arm when sneezing or coughing. Immediately throw used tissues in the trash.
• Avoid touching your face with unwashed hands.
• Wear a cloth mask anytime you go out in public. You can make your own mask or use a bandana.
• Maintain a 6-feet distance from other people.
• If you are sick or not feeling well, stay home.
• Disinfect frequently touched surfaces at home.
Join our activities from home via Zoom

Use one of the following methods to join a Zoom activity:

- Call 213-338-8477 from your phone. Enter Meeting ID followed by #. When asked for Participant ID press # (Participant ID not required) and then enter Password followed by #.

- Follow the link to connect from your computer or laptop.

- Download the Zoom app onto your smartphone and enter the Meeting ID and Password.

For assistance with troubleshooting, contact 323-860-7367 or email the Activities Team at senioractivities@lalgbtcenter.org.

For the most up-to-date information, schedules, and links to all Zoom activities, please visit us at facebook.com/50pluslgbt or check your email. If you are not receiving Senior Services emails, check your spam folder first. If assistance is still needed, please contact us at 323-860-5830 or 877-688-4833 (toll-free) or email us at seniors@lalgbtcenter.org.

Hello Club is a social call program connecting volunteers and seniors via telephone with the aim of increasing socialization and decreasing isolation among the aging LGBT community. If you would like to sign up to receive calls and connect with others, then please call 323-860-5830 or email seniors@lalgbtcenter.org.

Leave a message with your specific request for Hello Club.
MONDAYS

QI GONG
10–11 A.M.
Learn how to coordinate movement, posture, breathing, and meditation to cultivate your “life energy.”
MEETING ID: 978 8358 5175
PASSWORD: 821316

GROWING TOWARD RACIAL UNDERSTANDING & HEALING
11 A.M.–12 P.M.
Join us every 2nd & 4th Monday of the month for this inclusive group to share from your heart about racial misunderstandings and connections in today’s society. Bring your lunch and let’s heal together!
MEETING ID: 995 8392 2579
PASSWORD: 298029

IYENGAR YOGA
12–1 P.M.
Learn more about this form of yoga as exercise which emphasizes detail, precision, and alignment to improve yoga postures or asanas. Participants are encouraged to use blocks, blankets, and other props to perform asanas correctly.
MEETING ID: 927 8825 2234
PASSWORD: 837741

TUESDAYS

R&B LINE DANCING
11 A.M.–12 P.M.
Shake your groove thang with instructor, E Talley! R&B line dancing is a great way to learn some new moves and dance to songs that you love. All levels welcome!
MEETING ID: 911 7584 0496
PASSWORD: 946790

BEREAVEMENT
1:15–2:45 P.M.
If you are experiencing pain from the loss of a loved one, please call one of our case managers who can refer you to the group or to individual counseling. This group is temporarily closed to new members.
MEETING ID: 995 8430 3134
PASSWORD: 483490

TRANSC.A.R.E.
2–3 P.M.
A program series for transgender and gender non-conforming older adults to develop a support network and Community, to continue exercising Autonomy as an elder, to share stories of
Resiliency, and to acquire the necessary tools to increase Empowerment.

MEETING ID: 926 9753 0898
PASSWORD: 649364

WEDNESDAYS

MEN’S SOCIAL GROUP
10 A.M.–12 P.M.
Join us to meet new friends and share stories every week. Open to all self-identifying men.
MEETING ID: 932 7122 4639
PASSWORD: 249740

CHAIR YOGA
11 A.M.–12 P.M.
Challenge your body and brain with Lucero as you explore ancient Eastern techniques to improve your memory and health.
MEETING ID: 957 3456 5382
PASSWORD: 743323

VETERANS SUPPORT GROUP
1–2 P.M.
In collaboration with the Department of Veterans Affairs, this group offers support for LGBT military veterans in a safe and welcoming space.
MEETING ID: 923 8275 0226
PASSWORD: 320759

BEGINNING TAP DANCING
2–3 P.M.
Learn the fundamentals of tap dancing with Lauren! Tap is one of the greatest feel-good dances you can enjoy. It’s fun to learn and fun to practice. All skill levels welcome.
MEETING ID: 942 0964 5522
PASSWORD: 503640

SHARE, SHOW, & TELL - A SPACE TO SHARE THE MAGIC OF YOU!
3–4:30 P.M.
Senior Services & Trans* Lounge are joining forces to offer this new weekly intergenerational sharing and storytelling group. Share a poem, song, recipe, photo, or arts & crafts that you’ve created. We want to hear all about it! All are invited to share & participate.
MEETING ID: 923 8275 0226
PASSWORD: 320759

THURSDAYS

LBQ WOMEN’S CHAT
10–11 A.M.
Lesbian, bisexual, and queer female-identified participants take part in a group discussion and share experiences, ideas, opinions, and struggles of the everyday LBQ life in a safe and supportive space.
MEETING ID: 937 2521 9434
PASSWORD: 845758

MEN LIVING WITH HIV
1:30 –3 P.M.
Share your stories and experiences of living with HIV and meet some new friends!
MEETING ID: 972 4455 6136
PASSWORD: 471463

BRAIN POWER
1–2 P.M.
Discussing queer heroes and icons!
MEETING ID: 963 5216 7657
PASSWORD: 901250
Join a free reading of autobiographical poetry by LGBTQ seniors! Students have been meeting virtually to write poems during the pandemic. This annual reading, that gives a place and platform for the elder LGBTQ experience, is more vital now than ever. Please join us on Zoom to watch students read their powerful and moving poetry.

Event supported by a grant from The City of Los Angeles Department of Cultural Affairs and sponsored by the Los Angeles LGBT Center’s Senior Services. Workshop founded and taught by Steven Reigns.

Register in advance for this meeting: https://tinyurl.com/yaklq6gd

After registering, you will receive a confirmation email containing information about joining the meeting.
ALZHEIMER’S AND RELATED DEMENTIA CAREGIVER SUPPORT GROUP

THURSDAYS, AUG. 13 & 27
10:30 A.M.–12 P.M.
Join the Alzheimer's Association LGBT virtual support group for caregivers, family, and friends caring for an LGBT loved one. Develop a support system and learn about resources. To RSVP, please contact Yael Wyte at 310-912-9120 or ywyte@alz.org.

ART APPRECIATION

FRIDAYS, AUG 14 & 28, 3–4 P.M.
Explore and learn about select artwork with Getty docent David Savage! Join this virtual visit to the museum to learn about the artists and history of each piece. Imagine yourself in the art – what might you see, hear, smell and touch? This conversation will be fun and inclusive – all art lovers welcome!
MEETING ID: 984 9274 8385
PASSWORD: 081457

EMPLOYMENT TIPS FOR 50+

TUESDAY, AUG. 11, 10–11 A.M.
Come learn essential tips for navigating the job field! Topics will include: job search strategies, interview skills, and basic résumé writing.
MEETING ID: 998 9278 7126
PASSWORD: 411164

HOUSING SUPPORT & INFORMATION

THURSDAYS, AUG. 13 & 27, 3–4 P.M.
Come and meet our new housing staff to hear about housing-related information for the LGBT community and share your experience with us.
MEETING ID: 974 1392 8216
PASSWORD: 829967

LGBTECH Q&A WITH MOM’S COMPUTER

TUESDAY, AUG. 11, 3–4:30 P.M.
Managing your WiFi, smart phone or cable bills: Which services do you really need? Are you being overcharged? How can you get free WiFi? All tech questions answered.
TUESDAY, AUG. 25, 3–4:30 P.M.
Fix your tech for the Fall! Come to class and learn tips and tricks to keep your devices up-to-date with plenty of storage. What’s new in tech? All tech questions answered.
MEETING ID: 933 3087 5630
PASSWORD: 957184

MAKING GAY HISTORY

FRIDAYS, AUG. 7 & 21, 9:30–11 A.M.
Join us every 1st and 3rd Friday of the month to listen to episodes of the podcast Making Gay History and then engage in a thoughtful discussion and share our experiences. Making Gay History has been bringing the largely hidden history of the LGBTQ civil rights
movement to life through the voices of the people who lived it.
**MEETING ID: 981 3938 4655**
**PASSWORD: 039451**

**MOB SQUAD**
**TUESDAY, AUG. 6, 10:30 A.M.–12 P.M.**
Your voice matters – make it count!
Join Jessica from the Center’s Policy department to discuss important issues impacting seniors, such as health care, immigration, and discrimination.
**MEETING ID: 980 2410 3257**
**PASSWORD: 955685**

**MOCA 50+**
**SATURDAY, AUG. 15, 2–4 P.M.**
Men of Color 50 years old and beyond, in cultural solidarity, gather to support each other for gracious living in the face of economic challenges, racism, ageism, homophobia, and health issues. Facilitators: Clarence R. Williams, David Hunter, and Lamar Rucker.
**MEETING ID: 995 0794 3134**
**PASSWORD: 664907**

**GOOD SLEEP FOR EMOTIONAL WELL-BEING**
**THURSDAY, AUG. 20, 2:30–3:30 P.M.**
Getting a good night’s sleep is vital for our emotional well-being. Join the Center’s Mental Health Services to learn the importance of sleep, and get helpful tips on healthy sleep habits.
**MEETING ID: 965 6350 5612**
**PASSWORD: 806063**

**SABLE TALKS**
**THURSDAYS, AUG. 13 & 27 10–11 A.M.**
Sable Talks is an opportunity for participants to learn about notable figures often overlooked in history books.
**MEETING ID: 947 1526 0655**
**PASSWORD: 000068**
How do I sign up for a Pride Pantry delivery?

Delivery is limited to within 20 miles of Hollywood and twice per month.

Sign up for your delivery online at https://www.signupgenius.com/go/904084EA4A828A4FB6-senior

If you're not able to sign up online, contact us at seniorspantry@lalgbtcenter.org or call 323-860-5849 and leave a message. We will return your call to schedule your delivery.

Los Angeles LGBT Center's Senior Services

Items we commonly have in stock include:

- Face masks
- Toilet paper
- Canned and dry goods: soup, pasta, cereal, and beans
- Personal hygiene items: toothpaste, bar soap, shampoo/conditioner, and deodorant
- Cleaning items: laundry detergent and dish soap
- Fresh Produce- based on availability

→ We currently do not have sanitizer or paper towels.