Senior Services Newsletter

August 24th 2020 |  

NEW & Exciting!

The Future of Senior Services

Hello everyone! Happy Monday to all of you.

I want to thank those that attended our session to discuss our program's future as well as those who provided feedback offline. Without your feedback and without understanding your needs and wants, this program can not be responsive to its community.

You can find the presentation HERE.

Below are some of the highlights of the discussion and some ideas on how to move forward.

1. The Center has now dedicated the Senior Services position to be a full time managerial position. Many of you
LGBTQ Caregiver Support Group

Wednesday September 2nd
12:00-1:00 pm

Join Dr. David Hart while he leads a support group for caregivers that is tailored to the LGBTQ community. Come in to the pace to discuss the many stressors caregivers face in a space of peers. You can be a formal or informal caregiver, giving more structured support or simply helping out someone in need.

Click [HERE](https://myemail.constantcontact.com/Senior-Services-Newsletter-July-13th-2020.html?soid=1102543197854&aid=1dGDRAu7Eb8) to Register.

have been fighting a long while to secure a full time position dedicated to the program. Your efforts have finally paid off. Thank you to our Interim Executive Director Andrew Dorado and our Board for showing their enduring commitment to LGBTQ Older Adults.

2. A few areas of potential focus and growth are increasing our capacity to provide case management services to vulnerable and low income older adults, to continue to provide resources to battle food insecurity, and to expand efforts in identifying isolated older adults through community outreach efforts.

3. A challenge we discussed is how to move forward and stay socially engaged during social distancing. The balance between ensuring safety for the community and for staff is a consideration, but so is the need to come up with creative ways to stay engaged to be able to stay resilient and healthy. Many stated that they need more time to think about the questions I posed in the discussion.

4. Another challenge that was discussed was staffing and program capacity. The result of this will be a scaling back of programming in September until alternatives are found.

MOVING FORWARD:

1. I would like to know who would like to be further involved in the program by providing feedback on a monthly basis through participation in an online meeting. This meeting will go over any changes to the program, a summary of activities, and a brainstorming session on ideas for programming. I am first looking at assessing interest in this kind of participation and will then discuss goals and objectives with those that want to participate. If
Its Q Films Time!

Yes! Its that time of year again. And while we are following stay at home orders, we might as well use this time to get connected to LGBTQ culture through these wonderful films.

See the lineup and buy tickets [HERE](#).

As usual, our program will get free movie passes! Stay tuned for more information and email me at miskander@centerlb.org if you want tickets :)

2. For those that would like to discuss the future of the program on the phone, please contact me so that we can set up a time and date to chat.

3. Our next Discussion Session will be September 17th from 10-11:30 am and you can sign up for the session [HERE](#). The questions I have posed to everyone are in my presentation, on the last slide. I hope you all think it over and join me September 30th to discuss this topic further.

Moving forward means doing this [TOGETHER](#).

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Men's Rap Goes Online!!!

We are very excited that Men's Rap will now be online. I am sure many of you missed the group and are excited that it is back.

For others, it would be a great opportunity to start staying socially engaged with other LGBTQ+ men.

Men's Rap is an informal discussion group where ideas are exchanged on a variety of issues pertinent to gay men and the LGBT community at large. Men’s Rap exists as a space for men to share and discuss personal experiences and provide an alternative place for gay men to meet and make friends. Men’s rap is open to gay, bisexual, and transgender men of all ages.

This group will be meeting online Thursdays from 7:30-8:30 pm

Click [HERE](#) to Register
# August 2020

## Senior Services

### Online Events Calendar

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>Coffee Talk Tuesday 11:00-1:00 Talking About Our 5 Wishes</td>
<td>Watch Party Wednesday 11:30-2:00</td>
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<td>Free Your Mind Fridays 10:30-11:30</td>
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<td>Coffee Talk Tuesday 11:00-1:00 Tai Chi &amp; Fall Prevention with Gretchen</td>
<td>The Future of Senior Services 12:30-2:00</td>
<td>Talk it OUT Thursday 10:00-11:00</td>
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<td>Newsletter! Coffee Talk Tuesday 11:00-1:00 Mental Health Services at the Center</td>
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Watch, Read, Do.

We have compiled some things for you to watch, read and do!

**WATCH:** Outfest are having their annual film festival! Download the film guide [HERE](#). Catch their short film series on LGBTQ older adults called S.O.S - watch it [HERE](#). They also have a drive in schedule!

**READ:** 90-year-old grandfather comes out as gay, searches for long-lost love - Read the article [HERE](#).

Its never too late to be who are!
**DO:** Tomorrow, August 25th, at 3:30 PM, Long Beach City Council will be voting to approve the Long Beach Senior site to move forward with discussion. We need YOUR help to send in public comment in support of this site!

Here's what you can do to help: Submit a comment [HERE](https://myemail.constantcontact.com/Senior-Services-Newsletter-July-13th-2020.html?soid=1102543197854&aid=1dGDRAu7Eb8) to support the building of more senior housing options.

**Talking Points Provided by Everyone In**

- There is an acute need for housing for seniors with limited incomes, and seniors and seniors veterans who have experienced homelessness in Long Beach. According to the 2020 Long Beach homeless count, senior homelessness increased by 13% from 2019.
- According to the City of Long Beach Strategic Plan for Older Adults the percentage of seniors living below the poverty line is expected to increased from 18% in 2020 to 23% by 2025. It is crucial that housing for seniors with limited incomes is built to address this growing need.
- The neighborhood is ideal for senior housing. Residents will have access to high quality bus service outside their front door with service across Long Beach. There are parks, medical clinics, senior educational services at Long Beach City College all within one-half mile of site.
- The design is consistent with the neighborhood. The building is stepped back from the adjacent homes to the north and includes trees and other greenery around the site. The ground floor space on Pacific Coast Highway will activate the street and intersection.
- The amenity-rich housing will include indoor community rooms on the first and second floors for residents, and outdoor courtyard on the second floor. There will also be secured bike parking and a bike workshop for the residents.
- The new housing will transform a site that is currently vacant into new housing that will help activate the street, intersection, and serve as a new anchor for the neighborhood.