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# Older Adult Services - 55+ Newsletter

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Mar. 2025

Issue #6

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the **LGBTQ**  
**Center**  
long beach

Join us on **Tues., March 18** to watch **Cesar Chavez**, starring Michael Peña as Cesar Chavez in this empowering biopic. Chavez inspired millions of Americans from all walks of life to fight for social justice. Also starring America Ferrera, Rosario Dawson and John Malkovich, this film chronicles Chavez' triumphant journey and is a testament to the power of one individual's ability to change the world.

Once social change begins, it cannot be reversed. You cannot un-educate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore.

**Cesar Chavez**

## Gatherings & Updates

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Coffee Talk Tuesday's  
3/4, 3/11, 3/18 & 3/25

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Lez Chat  
1st & 3rd Saturdays  
Sat. 3/1 & Sat. 3/15

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Hall Wealth Management

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Rainbow Pantry

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Center Staff Spotlight

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**Coffee Talk & Lunch  
Tuesday's  
11am - 1pm**

**Lez Chat  
1st & 3rd Saturday's  
See times below**

**Mar. 4: Wellness Day with Giovanna**  
*Giovanna* from *G-Medical Massage Spa* will be talking about **4 Common Problems for Aging Adults: Hypertension, High Cholesterol, Obesity and Coronary Heart Disease** and things we can NOT control.

**Mar. 11: Meditation & Open Chat**  
Join us as *Zane Julien* from *Live with Ease Wellness Center* guides the group in open and closing meditation and discussion about how to **Cope with Grief and Loss**. We'll also create time for open chat.

**Mar. 18: Movie Day**  
Gather with us as we honor March 31 with watching *Cesar Chavez* starring Michael Peña as Cesar Chavez in this empowering biopic. Chavez inspired millions of Americans from all walks of life to fight for social justice.

**Mar. 25: Hall Wealth Management**  
Join us for an exclusive presentation by *Managing Director, Natasha McPherson* from *Hall Wealth Management* who will be sharing imperative information.  
**See next page for more details.**

**Mar. 1: Open Chat - 10:30am-12:30pm**  
Join us for a morning of Carbs, Coffee & Chat. We look forward to seeing you!

**Mar. 15: Leisure World - 11am-1pm**  
**RSVP Required**

Gather with us as we brunch with the **Rainbow Sisters at Leisure World**.  
RSVP - [olderadults@centerlb.org](mailto:olderadults@centerlb.org) or call 562-434-4455 ext. 248.

**Deadline is March 13 - NO EXCEPTIONS**

**Details and location information given to those who RSVP.**

**THE BRAVEST  
THING YOU  
CAN BE IS  
YOURSELF.**



## HALL WEALTH MANAGEMENT

Join us for an exclusive presentation led by Natasha McPherson, CLTC © Managing Director of Hall Wealth Management and owner of McPherson Insurance.

Hall Wealth Management has over 20 years of experience serving accomplished women, minorities, underserved communities, corporate executives, and entertainment industry professionals.

At Hall Wealth Management and McPherson Insurance, Natasha fosters a culture of active listening, empathy, and a holistic approach to financial well-being, ensuring clients receive personalized guidance that considers both financial and overall life goals.

**Social Security & Pension Benefits:** How LGBTQ+ individuals and couples can maximize their benefits post-Obergefell and navigate complex spousal benefits.

**Estate Planning & Legal Protections:** Ensuring legal and financial protections for unmarried partners, chosen families, and those with unique estate planning needs.

**Healthcare & Long-Term Care Considerations:** Exploring options for LGBTQ+-friendly healthcare, Medicare, and long-term care strategies.

**Tax & Investment Strategies:** Smart approaches to building wealth, reducing tax liabilities, and ensuring financial security through retirement.

**Navigating Workplace Retirement Plans:** Helping LGBTQ+ professionals maximize their employer-sponsored plans and transition smoothly into retirement.

## Update on Rainbow Pantry

Due to a low demand, the Rainbow Pantry has reduced down to minimal inventory. Please contact, Violet, the Manager of Older Adult Services at [olderadult@centerlb.org](mailto:olderadult@centerlb.org) or call 562-434-4455 ext. 248 to check what inventory is available or if you need support with food. We can also help you apply for CalFresh.

### Resources:

#### Long Beach Senior Center

**\*\*Get temp parking pass at lobby desk\*\***

1150 E. 4th St., LB, 90802

**Food Finders:** Mon. & Fri. - 10:30am  
Fresh produce, canned and dry goods.

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#### HSA Lunch at the LB Senior Center

**\*\*Get temp parking pass at lobby desk\*\***

Seated hot lunch for seniors 60+

\$3.00 donations accepted.

Mon. thru Fri. - 11:30am.

**RSVP Required - Call: 562-570-3520**

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#### Meals on Wheels Long Beach

562-439-5000

**Client Interest Form:** [www.movlb.org/clients-signup](http://www.movlb.org/clients-signup)

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#### Food Pantries

[www.foodpantries.org/ci/ca-long\\_beach](http://www.foodpantries.org/ci/ca-long_beach)

## Center Staff Spotlight

### Coordinator of Mental Health Services, Laura Rowe



**Laura** started working at the Center in October 2023 and has experience working at a Community Mental Health Center in Washington, Residential Treatment Facilities, an Embroidery Shop and an Escape Room.

She loves putting her energy and effort towards working with people in her community. It feels great to give back and pay it forward. She also loves working alongside her coworkers who has shared passion for the work, it keeps us all motivated to do the best we can to support our community.

When she's not toiling around in her garden or pampering her spoiled houseplants, she enjoys crocheting silly little things, playing video games, spending time with her chosen family and in the summer, she does a lot of coastal sailing. Laura has a spicy little cat named **Paprika** who is a loveable tornado of playfulness and cuddles!



# OLDER ADULT SERVICES

## March 2025 - Calendar of Activities

SUN	MON	TUE	WED	THU	FRI	SAT
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Celebrating birthdays the first Tuesday of the month



1  
**LEZ CHAT  
OPEN CHAT**  
10:30AM - 12:30PM

2	3	4 Lunch Provided <b>COFFEE TALK</b> Wellness Day 11am-1pm	5 <b>Talk It OUT</b> Closed Group	6	7	8	
9	10	11 Lunch Provided <b>COFFEE TALK</b> Meditation w/Zane 11am-1pm	12 <b>Talk It OUT</b> Closed Group	13	14 Dr. David Hart Social & Emotional Wellness 11am-1pm	15 <b>LEZ CHAT</b> <b>Outing-RSVP</b> 10:30AM - 12:30PM	
16	17	18 Lunch Provided <b>COFFEE TALK</b> Movie Day 11am-1pm	19 <b>Talk It OUT</b> Closed Group	20	21	22	
23	24	25 Lunch Provided <b>COFFEE TALK</b> Hall Wealth Management 11am-1pm	26 <b>Talk It OUT</b> Closed Group	27	28	29	
30	31 <b>CENTER IS CLOSED FOR THE HOLIDAY</b>	<ul style="list-style-type: none"> <li>• Bisexual Health Awareness month</li> <li>• National LGBT Health Awareness Month</li> <li>• March 10: National Women's &amp; Girls HIV/AIDS Awareness Day</li> <li>• March 20: National Native HIV/AIDS Awareness Day</li> <li>• March 31: International Transgender Day of Visibility</li> </ul>			 Coffee & Light Snacks Provided	<b>YELLOW = IN PERSON</b>	<b>BLUE = VIRTUAL</b>