



Howard Brown
Health

Aging Well

Aging Services Newsletter
Summer 2023

SUMMER SAFETY & FALL FORECAST

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Hello, I hope everyone is enjoying the summer!

Although summer is well underway, the warm (hot!) weather may well continue into the fall season. This summer has been the hottest in recorded history, so tips to avoid heat-related problems are particularly important.

There are various reasons that one's response to elevated temperature is blunted as we age. There are age-related changes in the area of the brain that controls temperature perception and thirst mechanisms can become dysregulated with aging as well. These normal changes can lead to trouble during the hot weather, especially if certain medications are in play as well.

Medications that may contribute to dehydration include:

- Laxatives
- Lithium
- Medications containing caffeine
- Diuretics (water pills)
- Certain chemotherapies
- Certain medications used for psychiatric conditions

Don't stop these medications in hot weather, but drink extra fluids and discuss with your physician!

So stay cool, stay hydrated, stay healthy this summer--and every summer!

- Avoid heat stroke: wear loose clothes in layers and remove jackets and sweaters mid-day. If you feel faint or lightheaded, seek care.
- Stay hydrated: we all need to drink more water and this becomes more important during hot weather.
- Manage caffeine intake: caffeine acts as a diuretic, so go easy with caffeinated drinks during hot weather.
- Exercise smart: exercise during the cooler hours of the day, hydrate while exercising, and try to exercise with a friend.

- Keep cool inside and stay cool.
- Apply sunscreen: always a good idea to help prevent sun damage and skin cancer.
- Cool down: after exercise, drink water and considering taking a cool bath or shower.
- Be especially cautious if taking medications that can cause dehydration or blunt response to high temperatures--see list above

With fall around the corner, it is a good time to review the recommended vaccines. It seems that the list of vaccines recommended for those of us over 50 or over 60 is growing! Vaccines are an important way to prevent disease with, at times, can be life-threatening.

Please remember that you cannot get the flu from a flu shot, nor can you contract COVID-19 from a COVID booster! The CDC tells us that we can safely take more than one vaccine at the same time.

Flu Shot: This is recommended annually, and there is a high potency vaccine for older adults. Getting the vaccine in September is a good idea, as we like to see immunity last through the spring when there can be a second wave of influenza.

COVID-19 Booster: Speak with your physician about the appropriate number of COVID boosters for you. This will, in part, have to do with the timing of your past boosters.

RSV or Respiratory Syncytial Virus Vaccine: This is a new vaccine for those 60 and older. RSV is an old virus that has caused respiratory illness in infants and children. In recent years, there have been significant outbreaks, and children can pass this illness to adults. Although it is generally a mild illness, for some, it can be quite severe.

For a complete list of recommended vaccines, visit:

<https://www.cdc.gov/vaccines/vpd/vaccines-age.html>

***THE AGING SERVICES TEAM WISHES YOU A
HAPPY AND HEALTHY SUMMER AND A FULFILLING FALL!***

Howard Brown Health Remembers

Marge Summit

1935 - 2023



A lifelong Chicagoan, former LGBTQ+ bar owner and longtime activist, Marge Summit has been described as a lesbian icon. Marge was a founding member of PFLAG's Chicago chapter and was featured in the award-winning 1984 documentary Before Stonewall as well as the WTTW documentary Out and Proud. During the AIDS Crisis, Marge hosted benefits at her bar, His 'n Hers, championing Howard Brown and a number of other organizations.

Marge was inducted into the Chicago LGBT Hall of Fame in 1993 and has been awarded many accolades for her tireless activism and community organizing.

Read more about Marge Summit's legacy:

<https://www.chicagogayhistory.com/biography.php?id=833>

<https://www.windycitytimes.com/lgbt/PASSAGES-Longtime-LGBTQ-activist-and-community-organizer-former-bar-owner-Marge-Summit/75031.html>

GROUP THERAPY

AT HOWARD BROWN HEALTH

Group psychotherapy is an effective, accessible way of participating in mental health care, where you can identify a supportive network of people who can relate to what you're going through and help you further your mental health journey. Groups can foster healing based on experiences of solidarity, witnessing, community-building, and learning to practice interpersonal skills that we can put to use in our lives outside of group. Research has established group therapy as a first-rate treatment for mental health challenges and for supporting group members in moving towards therapeutic goals.

Please consider taking advantage of Howard Brown's group therapy program by exploring groups to participate in, including the following:

- **The Journey Continues** (LGBTQ 50+, Tues 11-12:30pm)
- **Sexual Harm Recovery Group** (Tues, 2:30-4pm)
- **Dialectic Behavioral Therapy** (Tues 2-3:30pm in person, Tues 5-6:30pm, Wed 5-6:30pm)
- **Surviving Trauma Skills Group** (Thurs, 1-2:30pm)
- **Genderf**k** (Tues, 12-1:30pm, 1st and 3rd Thurs, 6-7:30pm)
- **Grief and Resilience** (2nd and 4th Thurs, 6-7:30pm)
- **Interpersonal Process Group** (Fri, 10-11:30am, Mon, 1-2:30pm)
- **Mindfulness for Mood** (Fri, 1-2:30pm)

Interested in learning more about this unique form of therapy? Listen to the Group Psychotherapy episode of Howard Brown Health's podcast, Charting Queer Health: <https://chartingqueerhealth.podbean.com/e/episode-54-healing-in-groups-with-kenji-kuramitsu-and-mar-olga-cisneros-bravo/>

Please view our website at <https://howardbrown.org/service/group-therapy/> for more information about the above offerings and to fill out the interest form to begin the registration process for one or more groups.

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Listen by Phone or Join via Zoom Webinar

Thursday, August 10
3:00 p.m. - 4:00 p.m.

Registration

Call 800-272-3900 or
click here to register online

Hosted By:



Visit alz.org/CRF to explore additional education programs in your area.



Illinois Chapter

THE JOURNEY CONTINUES

MEETS TUESDAYS FROM 1 - 2:30 P.M.
BEGINNING AUGUST 8

Supporting resilience and quality of life for LGBTQ+ adults age 50 and beyond, the Journey Continues is a diverse, gender inclusive and affirming 16 week group process. The purpose of the group is to explore the aging process specific to LGBTQ+ individuals, to build community in a safe and empowering environment and to support resilience and quality of life in the aging process.

The group is phenomenological, or client-centered by design, and shaped by the participants of each group.

For those that are interested or would like more information, please contact us at grouptherapy@howardbrown.org.

Transcendence

An in-person support group for trans* older adults 50+
offered monthly by Howard Brown Health Aging Services

Join us every 2nd Wednesday of the month

6 - 7:30 p.m.

Howard Brown Health Clark St.

6500 N. Clark St.

Chicago, IL 60626

2nd Floor Conference Room

For more information, email agingservices@howardbrown.org.

RISING PHOENIX

an in-person support group for adults 50
and older living long-term with HIV.

MEETS THE 1ST THURSDAY
OF EACH MONTH FROM

6 - 7:30 P.M.

HOWARD BROWN HEALTH CLARK ST.

6500 N. CLARK ST.

CHICAGO, IL 60626

2ND FLOOR CONFERENCE ROOM

For more information, please email
agingservices@howardbrown.org.



Howard Brown
Health

THRIVE WITH PRIDE CAFÉ CHICAGO

Starting May 19, join the Howard Brown Health Thrive with Pride Café for a virtual discussion space where you can share and receive support, learn more about local services and resources, and discuss topics that matter to you. Thrive with Pride Cafés provide safe and affirming spaces for all older adults, centering the experiences of older LGBT adults.

WHEN:

Third Friday of each month from noon - 1 p.m.

WHERE:

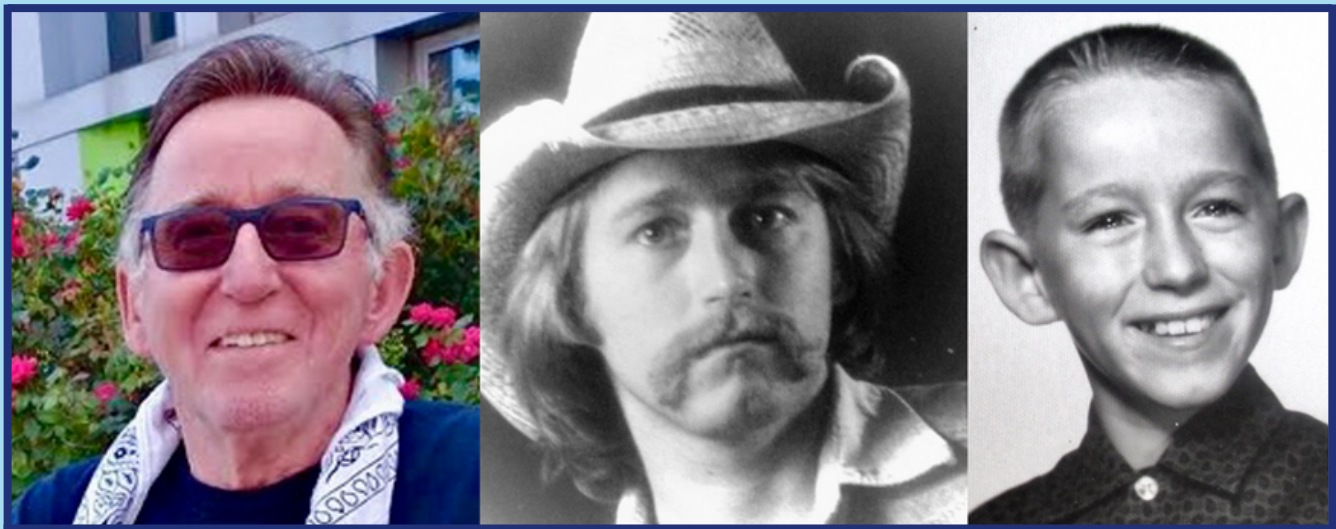
Virtually via zoom - RSVP required to obtain zoom log in information

For more information, please contact agingservices@howardbrown.org or call **872.269.3674**.

Meet a Community Member: B.J. Warren

Written by Arnold Aprill
Community Outreach Coordinator

Billy Joe grew up in a small farm town in Illinois. In 1973, he moved to the big city to study art at the Chicago Academy of Fine Arts, and after four years of schooling, he began exploring the gay bars. It was then that he discovered what was to become his new family of artists, publishers, and activists. This included Tom Coughlin, Don Slatter, and R.J. Chaffin, who helped B.J. contribute as a design artist to the layout and content of such magazines as Gay Life and Gay Chicago.



In 1985, B.J. decided to apply for work at the Village Green Garden Center located on North Halsted Street (next to the legendary, now closed Manhandler Saloon). As he approached the entrance to his new potential place of employment, he noticed that the address on the door was "1952" - matching the same numerals that marked his birth year. He considered this to be a good omen, perhaps a message from the garden center's gods and goddesses that this was a place where he could be reborn. His subsequent hiring provided fertile ground for the blossoming of his creative talents into the world of floral design, where he created arrangements for weddings, bar mitzvahs, and corporate events.



Through the intersection of his on-going growth as a creative artist and his ever-widening involvement with the gay community, he became part of a network of friends who lived together in the same building as one big alternative family with an “open door” policy between apartments. They celebrated this sense of kinship by traveling together in 1981 to the festive city of New Orleans for Mardi Gras, which in turn opened B.J.’s eyes to the joys of costume design and to the playful exploration of invented identities. He soon became enchanted by the annual Halloween costume contests at the bars and at the Costumes on Review showcase produced annually by Jim Flint’s Baton Show Lounge at the Park West music venue. Soon B.J. began creating, with the enthusiastic support of friends, original costumes made from found materials, and submitted these to the various contests, where members of his created and creative family served as the models who showcased his innovative costumes.



The beauty of the costumes he produced sprang from their being expressions of his love for our community, and they won award after award after award. B.J. has thankfully documented his whole history of participation in these under-acknowledged and beloved grassroots rituals, a tradition that for decades has brought the diverse elements of our community together in celebratory ways.

Coming into the 1990s, after B.J. had been diagnosed with HIV and had survived a series of difficult medical challenges, he came to think of the positive energy generated by these annual rituals as what keeps his life spark bright, or as B.J. puts it, “I live my life from Halloween to Halloween.”



B.J. now uses his design skills to help revitalize LGBT+ spaces. He lives in the Townhall Apartments on Halsted, and as documented in the snapshot above, gave a facelift to the building lobby in time for the 2023 Pride Celebrations.



B.J.'s apartment walls are festooned floor to ceiling with framed caricatures and fantasy drawings inspired by his mask and costume work. Like many older artists, BJ is now thinking ahead about who he wants to leave his artworks to at the end of his life, and is exploring his most meaningful options.

And like many creative types whose work is largely centered around their lives as part of the gay community, his biological family simply does not make much sense to him as the caretakers of his legacy, since they simply do not have a meaningful connection to the contexts from which his creativity springs. So, B.J. is raising for himself (and for all of us) the question of how can we best give back to those invented families that embraced us well when we were young and just discovering ourselves, and how we might return that embrace beyond our limited time of living on this planet. We are all survivors of one sort or another, and it behooves us to consider what we want to leave as our legacies in order to help sustain that deep well of community care that made our individual survivals possible. And when life becomes difficult, remember B.J.'s advice that can buoy a person up, even on a sultry August evening:
Halloween can be the best medicine of all...so Happy Halloween to everyone,
whatever the time of year it is!

Love, Billy Joe
IG: @b.j.warren_artist

LGBTQ History Corner: Frankie Knuckles

Written by John Matz
Aging Services Case Manager



In June 2023, legendary Chicago music venue The Warehouse, located at 206 S. Jefferson, was granted landmark status by the Chicago City Council. This status will ensure preservation and protection for the birthdate of House music. House, one of the most popular subgenres of dance music, is so directly tied to this unassuming West Loop building that it's widely believed to derive its name from the nightclub. Throughout the 70's and 80's, The Warehouse became a hub primarily frequented by Black gay men. During this period, one of the most prominent Warehouse DJs was Frankie Knuckles.

Frankie Knuckles was born on January 18, 1955 in The Bronx, NYC. He had a love of fashion and music throughout his childhood, and studied textile design at New York's FIT. During his studies, Frankie started DJing. In 1977, he moved to Chicago to DJ at his friend Robert Williams' new nightclub, The Warehouse, where he honed his skill and style into what was eventually codified into "House". Frankie eventually became The Warehouse's musical director before leaving to open his own club, the Power Plant, in 1983. He continued to record and release music throughout the 90's and 2000's.

Frankie Knuckles' most notable songs are "Your Love" and "The Whistle Song". He was inducted into the Chicago LGBTQ Hall of Fame in 1996 and the Dance Music Hall of Fame in 2005. He was awarded a Grammy for Remixer of the Year, Non-Classical, in 1997.

Frankie Knuckles passed away on March 31, 2014. Today, The Frankie Knuckles Foundation lives on by supporting causes that Frankie cared about such as LGBTQ youth homelessness and music in schools.

Aging Services Group Updates

One group ends while another begins

Senior Tech Connect, our grant-funded program providing older adult community members with laptops and basic computer training, has been completed!



We thank **Arnold Aprill**, Community Connections Coordinator, and **Elijah Potter**, volunteer, for their hard work in facilitating this wonderful program.

Our new support group for trans older adults, **Transcendence**, has been launched and is building a wonderful community. Join us the 2nd Wednesday of each month!



Interested in what else Aging Services has to offer?
Email us at agingservices@howardbrown.org!

Rising Phoenix Social at Big Mini Putt Club



Rising Phoenix participants gathered for a round of mini golf at Northalsted's new **Big Mini Putt Club**.

Are you 50+ and living long-term with HIV? Join us for our next meeting on **Thursday, August 3rd, 6500 N. Clark St., @ 6:00PM.**



Nutrition in the Summer

nourishing
HOPE

Food for today. Hope for tomorrow.

Add antioxidants to your diet

If you have cardiovascular disease, suffer from poor circulation or have challenges with eye health you should start adding antioxidants to your diet. Blueberries, blackberries, strawberries, cherries and even grapes - but especially fruits with dark purple pigments - fight inflammation and improve blood flow and also help prevent blockages to the arteries.

Be creative in the kitchen

Making small changes in the way you prepare food can often help overcome challenges to adding fresh fruits and vegetables to your diet. For instance, salsas made from a mixture of fresh fruits, vegetables, onions and spices are ideal accompaniments to grilled meats. You can do this while continuing to eat familiar foods that reflect your cultural, ethnic or family traditions.

www.nourishinghopechi.org

Eat the rainbow

Eat seasonal fruits and vegetables to take advantage of what's in season and eat colorfully. For veggies, try summer squash, bell peppers or tomatoes. For fruits, try cherries, pineapple, berries or peaches.

Stay hydrated

Add fruit to your water, such as sliced cucumber or grapefruit, to give it a burst of flavor. Eating fruits and vegetables that have a high water content as snacks like melons and citrus fruits.

TOMATO SALAD WITH LEMON-BASIL VINAIGRETTE

Diabetes-friendly

Makes 8 servings



INGREDIENTS

- ¼ cup chopped fresh basil, plus more for garnish
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 2 tsp Dijon mustard
- ¼ tsp salt
- ⅛ tsp ground pepper
- 4 large firm heirloom tomatoes, sliced
- 2 medium English cucumbers, thinly sliced
- ⅔ cup crumbled feta

DIRECTIONS

Whisk basil, lemon juice, oil, mustard, salt and pepper in a large bowl. Arrange tomatoes and cucumbers in a serving dish. Drizzle with dressing, sprinkle with feta and top with basil, if desired.

Carbs: 7g Calories: 90
Protein: 3g Fat: 6g

Source:
EatingWell.com

