

Aging Services Newsletter

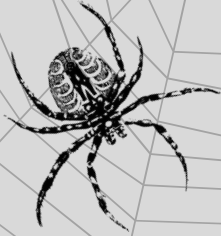
Aging Well

Autumn 2023



Preparing for...

Chicago Winter



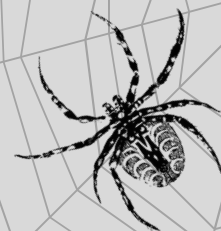
Martin J. Gorbien, MD, MHL, FACP
Director, Geriatrics & Aging Services

Thus far, autumn has been magical and gentle. If only it could go on forever! All Chicagoans are familiar with the adage, “if you don’t like our weather, just wait a minute.” It is believed by many that this saying from the turn of the century came from an article written about Chicago in 1909. Nevertheless, Chicago weather can be unpredictable and unforgiving. I have included a link to an informational page on winter safety from the National Institute on Aging. It provides good information as to how to prepare for cold weather including tips for both indoor and outdoor safety.

<https://www.nia.nih.gov/health/cold-weather-safety-older-adults>

This year’s menu of vaccines has become a bit more complex, and I know that many feel as though they are pincushions. You won’t be surprised to learn that I stand with the scientists who have created vaccines that often prevent serious presentations of the illness that each vaccine is intended to prevent. The vaccines were thoughtfully developed and properly tested.

It is always ideal when physicians and patients make these decisions together. Joint decision-making is at the core of good medicine. In the 35 years that I have been practicing medicine, I have heard all of the “thank you, but I’ll pass” responses that there are. “I know my own body”, “I always get the flu when I take a flu shot”, and every version of conspiracy theory surrounding vaccines. Like most physicians, I am very much in favor of vaccines, and I have personally taken each and EVERY vaccine that I might offer to a patient. As a 67-year-old with heart disease and asthma, I am the first in line when the vaccines become available each year.



Among the offerings that are not seasonal:

- **TDAP:** this is the tetanus/diphtheria/pertussis vaccine which is recommended for all adults every 10 years.
- **Twinrix:** is one of the brand names of the vaccine which protects against Hepatitis A and Hepatitis B. There are 3 shots in this series.
- **Shingrix:** is the shingles vaccine. It is intended to prevent or ease the effects of the painful shingles rash which comes from the chicken pox virus which we had as children. Those who are older and/or have chronic illness are more likely to develop shingles. The lingering pain or "post-herpetic neuralgia" is often diminished thanks to the vaccine. There are 2 shots in this series.
- **Pevnar 20:** is the newest vaccine intended to prevent pneumococcal pneumonia. This is the most common form of bacterial pneumonia. This vaccine does not prevent pneumonia caused by viruses or fungus. You may receive this once in a lifetime vaccine if you have previously received Pevnar 13 or Pneumovax 23.

Seasonal offerings:

- **RSV:** this is the first year that the Respiratory Syncytial Virus vaccine is being offered. This virus historically attacks infants and children and can cause serious respiratory illness. In recent years it has affected adults and this vaccine is now being offered to those age 60 and greater and those with weakened immune systems. This vaccine is over 85% effective in preventing serious illness.
- **Flu shot:** each year the flu shot is developed based on world-wide trends in the type of influenza which is being recorded. This year's vaccine is over 55% effective in protecting us from the most common strain of Influenza A. The flu shot for seniors protects from 2 strains of Influenza A and 2 strains of Influenza B. I have to say it.....you CANNOT get the flu from a flu shot!
- **The newest COVID vaccine** protects from the newer omicron variant XBB 1.5 of SARS-CoV2. It will work in synchrony with the previous boosters which you have received.

This is a lot of information to take in. Please keep an open mind, talk with your physician and please get your information from reliable and respected sources. We wish you a safe and healthy winter season!!!

<https://www.aarp.org/health/conditions-treatments/info-2023/tripledemic-flu-rsv-covid-vaccines.html>

<https://www.hiv.gov/hiv-basics/staying-in-hiv-care/other-related-health-issues/immunizations-recommended-for-people-living-with-hiv>



ARE YOU INTERESTED IN...

- Advising Howard Brown Health staff on how the organization can **improve our Aging Services?**
- **Having a voice** in decisions that Howard Brown Health's Aging Services makes about current and future programming?
- Helping Howard Brown Health staff understand **what the older adult community needs?**
- **Engaging with** fellow LGBTQ community members?

JOIN

- The Advisory Board meets monthly via Zoom, 3rd Tuesdays of the month at 11A
- If you are interested in applying to participate on the board or have any questions, contact **Eva Trampka** at **872.269.3945** or **agingservices@howardbrown.org**

THE HOWARD BROWN HEALTH AGING SERVICES ADVISORY BOARD

REQUIREMENTS

- Be a current Howard Brown Health patient OR an LGBTQ 50+ community member involved in Howard Brown Health services
- Submit an application and take part in a brief interview
- Regularly attend monthly meetings and provide thoughtful, respectful feedback
- Assist with promoting Howard Brown Health's Aging Services to the older adult community

DIRECTED BY EMMY AWARD-WINNING
CHAN C. SMITH



THE CHICAGO DEPARTMENT OF PUBLIC HEALTH PRESENTS

HIV AND THE JOURNEY TOWARD ZERO

**PART II
THE LEGACY**

A **TESSA FILMS** PRODUCTION IN ASSOCIATION WITH **CHICAGO DEPARTMENT OF PUBLIC HEALTH AND GETTING TO ZERO ILLINOIS**

PASSWORDS

Arnold Aprill
Community Outreach Coordinator

For those of us who grew up before the invention of the internet, one of the challenges of living in our current digital age is having to remember all those passwords to our different modes of online communication. But our pre-Stonewall generation has long needed to keep a mental catalogue of a list of our own special social passwords. These were words and phrases in coded language that we learned in our youth that let us acknowledge a shared identity with other LGBT+ folks, but that could also be heard by straight listeners without subjecting ourselves to harm at a time when we were judged to be legally criminal and psychologically pathological. The dissonance between the pleasures of our actual bodies and our realistic fears of having our desires and pleasures unmasked placed a lot of us on a permanent seesaw between trepidation and exhilaration, between anxieties about being shamed and delight at having a secret language as a member of a secret club.

Recently at a lunch with some older gay male friends and colleagues, the topic came up about what kinds of passwords we had heard or used when we were young and were just learning how to safely enter that narrow passage between secrecy and openness, between danger and delight. Here are just a few of the phrases we shared for how we used to reveal ourselves to be visible to members of our own community while still hiding in plain sight:



- Light in your loafers
- A friend of Dorothy's
- A lover of lavender
- A faygele (Yiddish for "a little bird")
- A player on our team
- Bent
- Musical
- Dropping hairpins (leaving clues about orientation)
- 100-footer – an obviously gay or lesbian person (as if visible from 100 feet away)
- A member of our family

That last one was shared by one of our lunch mates who told the story of introducing a new gay acquaintance to a group of his straight friends as being a member of his family. One of the straight people innocently asked this new acquaintance how the two of them were related, and without skipping a beat the new “family” member improvised this seamless response:

“I think that we must be cousins.”

And there is even a neighborhood lesbian cocktail lounge in Chicago called "Dorothy," with lots of hip programming that strives to be welcoming "for every friend of Dorothy."

My curiosity was piqued by this double-edged use of language, revealing and obscuring at the same time, and after a little on-line digging around I discovered that there has been a long history of these double-edged passwords:

- Harry Hay frequently stated that in the 1930s–1940s gay people referred to themselves as ‘temperamental’.
- Game of Flats – an 18th-century English term for sex between women
- Backgammon Player - late 18th century Britain
- Molly – In 18th century England, the term "molly" was used for male homosexuals
- Tommy - slang term for a homosexual woman in use by 1781

And here is an excerpt from the online journal BBC Culture about a whole language being cobbled together from fragments of various cultures to represent the masked presence of LGBT+ folks in Great Britain in the late 20th century:

“Bona to vada your dolly old eek!”

That may seem like a string of nonsense words from Dr Seuss’s *The Cat in the Hat* or Anthony Burgess’s *A Clockwork Orange* but it’s a real-life greeting gay men in the UK would say to each other in the 1950s and 60s. It means “Good to see your nice face.” Until 1967, homosexual sex was illegal in England and Wales. To avoid imprisonment, gay men used Polari, a language that the Oxford English Dictionary says is “made up of Italianate phrases, rhyming slang and cant terms.” It had sprung up in the 1700s and 1800s as a secret language of vagrants, itinerant performers, sailors and travelers – many of its words, in fact, derive from the Romani people scattered across Europe.

This kind of coded language develops in response to very specific local political contexts, and often shifts its meanings over time. The phrase “Coming Out” for example, originated to describe the early 20th century tradition of organizing debutante balls that advertised the marriage availability of wealthy young straight woman as they entered moneyed society.

The concept of Coming Out in gay communities in the early parts of the 20th century mirrored this tradition by conceiving of it as the process of being introduced to local gay society, and was not about announcing your identity and claiming your rights to the wider society beyond the gay community (as we are now familiar with from our own experiences of Coming Out in the late 20th century).

The essential quality of all these passwords depends upon their ability to both mask and to simultaneously reveal their subtexts. These passwords are to be distinguished from derogatory euphemisms - such as Nancy Boys, Bull Daggers, Pansies, Carpet Munchers, Girly Boys, Poofers, Sissies, Fairies, Faggots, etc.- that exist to wound.

We are now encountering a new kind of semantic rift between how older and younger LGBT+ folks respond to the use of the term “Queer.” For some young people the word has deeply positive associations with a liberatory fluidity around identity formation, while the very sound of the word “Queer” brings back painful memories of verbal taunts proceeding physical beatings for many of us who are older.

As LGBT+ aesthetics and coded terms becomes increasingly integrated into the mainstream social vocabulary, we see the emergence of words and phrases that comment on the contradictions inherent in such passwords themselves. As a case in point, when someone pretends to be in a heterosexual relationship with a homosexual date or partner to cover up both partners’ actual lived experiences, that person has come to be called a “beard” – an intentionally false signifier of bonified heterosexuality for someone whose credibility as a straight person has come into question. In a 2011 interview, Betty White reported that she often served as a beard for Liberace to help at least pretend to tamp down suspicions that he might be gay. In calling attention to the intentional deceptions that the beard enables, the word ceases to be a “password” with divergent meanings (one innocuous and the other representative of an entire suppressed culture) and becomes instead an expression of an insider’s slightly jaded but knowing critique of the deceptions themselves.

We see a similar drift in who the intended audience is for coded language since drag culture has gone mainstream, as well as since the metastasizing of violence on the Right in response to that very mainstreaming. For many Americans. drag performances have broadened our understanding of the performative nature of all identities, while for the Right drag represents groomers coming to destroy our children.

At least when we were forced to live double lives and to speak in double-edged passwords, our rhetoric may have been banal as we were expected to act out social rituals disconnected from our core selves, but our subtext has always been rich and varied, resilient and original, and essentially generous at heart. We must become each other’s passwords now. We are light in our loafers, we are musical and bent and 100 feet tall, and we are friends of Dorothy’s. It is time for us to Come Out once again in all our subtextual glory.



ARE YOU INTERESTED IN INCREASING YOUR **LEG STRENGTH** AND **BALANCE**?

HAVE YOU EXPERIENCED A RECENT FALL OR HAVE A FEAR OF FALLING?

Join our **FREE** 8-week Otago exercise group

Wednesdays, 12 - 12:30 p.m.
Begins October 25th

Participants have the option to come in person for classes at 6500 N Clark St., 2nd floor or to join us virtually on Zoom.

To register or to obtain more information, please contact Eva at **872.269.3945** or email evat@howardbrown.org to register for the class.

Fall Prevention Exercise Group

Otago is a fall prevention exercise program developed in New Zealand and approved by the CDC. It has been shown to reduce falls by 35-40% and reduce injury from falls by 28%.

Group meets weekly for 30 minutes and includes 17 strength and balance exercises, plus a walking program.

Volunteering as Gratitude

Arnold Aprill

Community Outreach Coordinator

People volunteer their time and energy for good causes for many different reasons: to overcome isolation and to meet new people, to make amends for past actions we now regret, to take political action, to beef up our resumes, to meet romantic partners, to discover new employment prospects, to work with others to solve a particular mutually experienced problem, to have the adventure of trying something new, and as many different other reasons as there are different people who volunteer. One of our community members, who volunteered for the Red Cross and was deeply gratified by making his contribution to the care and support to others, also realized that a secondary highlight for him was a long held desire to ride fast through traffic in a vehicle that had a siren and was topped by a rotating, flashing red light.

Volunteering has its own particular history and character within our aging LGBTQ+ community. Many of us elders volunteered as young LGBTQ+ folks out of gratitude to organizations and resistance movements that had embraced us at a time when we were being publicly defamed as being illegal, immoral, and pathological. We had had enough of enduring all those years of being viewed as a contagion that had to be reformed, bullied, physically attacked, excluded from employment and housing, silenced, and shamed. To quote Fannie Lou Hamer, we were "sick and tired of being sick and tired."

For many of us, volunteering was our way of saying "No!" to all that, of exclaiming together with others we cared about (and who cared about us) that "We're here! We're Queer! Get used to it!" I remember my own sense of liberation upon chanting those words out loud for the first time with others as a volunteer at a political protest rally. As one of the members of our community summed it up:

"Volunteering has always been about rebuilding lost community."

Then came AIDS. Our volunteering escalated into a matter of existential community survival, fueled by anger, incalculable loss, and the need to support each other in the face of a genocidal mass death sentence. We became a community of mutual caretakers and unofficial hospice workers. Brave doctors and nurses and medical support staff became ground breaking leaders in forming AIDS wards in hospitals. Outspoken artists from all disciplines insisted in their work upon forcing the reality of the crisis into public consciousness. Resistance protests and activist collectives formed across the country. And many women in our community stepped up to leadership in providing housing, meals, and compassionate care to the legions of us who were deathly ill. We all owe a huge debt of gratitude to those extraordinary volunteer caretakers from that era, a debt that has never been paid.

Volunteering does not always mean filling out a form to apply to provide free services to an incorporated agency. The spirit of volunteering consists of committing ourselves to providing unpaid time, energy, and beyond-lip-service action in the authentic service of others. It is an honoring of our social contract as an interdependent species. It is a kind of thanks giving.

So, there are all kinds of acts that qualify as volunteer work that are parallel to and interdependent upon the formal volunteer programs organized by our institutions. These include such examples as the Stonewall Uprising led by trans activists that helped to liberate us all, the creation of the volunteer Pink Angels protection patrol that helped stop the anti-gay violence that was then becoming rife in Boy's Town, the evolution of the Gerber-Hart Library that is an essential resource for preserving our community's history, the development of the AIDS Coalition to Unleash Power (ACT UP) as an international, grassroots political group working to end the AIDS pandemic, and the community organizers that founded, against all odds, the institutions that we have all come to depend on, such as Howard Brown Health, the Center on Halsted, the Townhall Apartments, Affinity Community Services, the AIDS Foundation of Chicago, and so many others.

A member of our Aging Services Advisory Board, who has volunteered uncountable hours in service to our community throughout her life, pointed out that our role in advancing mutual care in our community takes on new dimensions as we age. Not only must we honor and share our hard-earned knowledge of how a community can care for itself, but we also need to intentionally pass the torch on to younger generations for assuming the mantle of leadership in volunteering for each other in our current challenging time, adding new knowledge from their lived experiences that can enter into a fruitful dialogue with our own. She also shared, as a metaphor, her positive experiences of being offered seats on public transportation by kindly younger passengers. It may be time now for some of us older folks to exercise our powers of volunteerism from a seated position, and for the younger folks to now do the standing up. We will always remain powerfully sick and tired of being sick and tired, but sometimes, as we age, we are simply just tired.

To crib from the poet John Donne,

“Do not ask for whom the volunteers volunteered, they volunteered for you!”

To close, a member of our community, Reina Mathis, submitted this letter speaking on her experience as a long-time volunteer:

Hello everyone,

I'm retired so I have a lot of time on my hands. I volunteered, originally, to keep from getting bored. I decided to work with ONE Northside to help Illinois residents from paying more than their fair share in taxes. That endeavor failed, but there was another cause to rally around. Bring Chicago Home was a coalition that was trying to help the homeless get permanent housing. As it turns out, this cause was something I really cared about. Boredom ceased to be a reason and passion for the homeless became a prominent motivation. Volunteering has its own rewards. Although we haven't seen the conclusion of Bring Chicago Home, when it finally is a city ordinance, it will be satisfying to see the city help the homeless.

Volunteering has taken up a void in my life. I work at something important to me and I meet new people that have the same passion for helping the homeless. I also get a lot of compliments from people for volunteering, telling me it's important work. Volunteering is a rewarding experience and it helps my mental well-being. Giving me a sense of accomplishment. I strongly recommend volunteering to fill that void from being retired. You'll find it's worthwhile.

Reina Mathis

Here are some suggestions for meaningful volunteer opportunities in our community:

Affinity Community Services affinity95.org/get-involved

Affinity Community Services is a Black led, queer led organization on Chicago's Southside dedicated to social justice in Black LGBTQ+ communities. For 25 years, Affinity Community Services has centered Black queer women through community organizing, intergenerational programming, education, and healing justice.

ALMA almachicago.org/get-involved

ALMA (The Association of Latinos/as/xs Motivating Action) is the organization it is today thanks to the support from our volunteers. Our Mission is to fight for the rights of the Latinx Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and Gender-expansive community by advocating for fairness and equality, and affirming Latinx LGBTQ culture. Please fill out the form at the link above indicating your interest in volunteering.

Center on Halsted centeronhalsted.org/getinvolved.html

Have you been looking for ways to give back to your community? Why not volunteer at Center on Halsted? It is a great opportunity to not only give back, but also meet some amazing people. We have opportunities at varying commitment levels each day of the week suited for your schedule. Sign up for an upcoming volunteer orientation today!

Chicago House chicagohouse.org/volunteer-application

Chicago House aims to play a critical role in eliminating new infections and getting to zero by 2030 and believes that housing is essential to ending the HIV/AIDS epidemic. Annually, we annually serve more than 2,400 individuals and families across four program pillars: housing, health, employment services, and the TransLife Care program.

Gerber/Hart Library & Archives gerberhart.org/volunteer

The Gerber/Hart Library relies on volunteers to help fulfill its mission and is always looking for individuals who wish to donate their time and talent to the library. Volunteers primarily provide general library and archives support by helping to process and record donations and collection holdings, assist patrons in the use of the library, and helping with exhibits.

Third Space third-space.org/get-involved

Third Space is a community space in the heart of Chicago's Lakeview neighborhood where people can gather, learn, and form meaningful relationships, offering many options for free and reduced cost programming.

VOLUNTEER WITH HOWARD BROWN HEALTH!

Support our programs and projects by becoming a volunteer today! Volunteers work at our clinics, resale shops and administration building. They support our community events including outreach activities and fundraising events like our AIDS Run & Walk Team. Join today!

We are currently looking for ongoing volunteers to help with:

- Greeting patients and help in the mailroom at Howard Brown Health Halsted
- Greeting clients and support drop-in programming at Broadway Youth Center
- Sorting clothing, categorizing and adding pricing labels at our Brown Elephant resale shops in Lakeview, Andersonville and Oak Park
- Supporting donor events, Vernita Gray Council for Philanthropy meetings and Community Advisory Board meetings at Sunnyside Administration Building in Uptown
- Greeting patients, helping with patient registration, monitoring lobby activity and collect patient feedback surveys at Howard Brown Health Sheridan. [volunteer role in development]



My name is Steven Solomon (he/him/his) and I am the Community Impact Officer working with Terra Campbell, Associate Director of Community Relations. I have been working at Howard Brown since November 2020 and currently manage Volunteers, the Community Advisory Board and the Vernita Gray Council for Philanthropy along with serving as the Team co-captain for Howard Brown's AIDS Run & Walk Team. I have spent most of my career working with volunteers and nonprofit organizations. I am also a volunteer with several organizations including The Saints, Gay for Good, Tiny Hooves Sanctuary, Center on Halsted and Old Town School of Folk Music. I purchased my homecoming suit from The Brown Elephant in 1994 and have been a grateful Howard Brown patient since 2008! So happy to be here to serve you on your volunteer journey with Howard Brown!

Sign up here: howardbrown.org/get-involved/volunteer



Volunteer Opportunities | Howard Brown Health September & October 2023

Finding Volunteer Opportunities: [Sign In](#) > click OPPORTUNITIES > select Opportunity List

Note: Confirmations are required before reporting to volunteer opportunities.

Date & Time	Opportunity & Duties	Location	Sign Up
Tue. 9/12 5:15pm-8:15pm 5 volunteers	Donor Event HIV and The Journey Toward Zero Film Greet and check-in registrants for film screening. Help with event set up and clean up. Event Web Film Web Trailer	HBH-Sunnyside 1025 W. Sunnyside Ave.	Sign Up
Wed. 9/13 5:15pm-8:15pm 2-3 volunteers	Volunteer Orientation Greeter Event Web Greet and check-in registrants for Volunteer Orientation. Help with event set up and clean up.	HBH-Sunnyside 1025 W. Sunnyside Ave.	Sign Up
Tue. starting 9/21 8:30-12:30pm 1-5pm 4-6 volunteers	Howard Brown Health Halsted Clinic Set-Up Assist with packing, unpacking, stocking exam rooms. Halsted: Web Donate	HBH - Halsted 3501 N. Halsted St.	Sign Up
Tues. 10/10 5:15pm-8:15pm 1-2 volunteers	Volunteer Orientation Greeter Event Website Greet and check-in registrants for Volunteer Orientation. Help with event set up and clean up.	HBH-Sunnyside 1025 W. Sunnyside Ave.	Sign Up
Thurs 10/19 3pm-12am 20+ volunteers	Halsted Grand Opening Various Positions Set up, greeters, registration, backstage support and clean-up volunteers.	HBH - Halsted 3501 N. Halsted St.	Coming Soon!
Tues. 10/10 12pm-7pm 1-2 volunteers	Trans Media Fashion Greeter Event Website Set up, greeters, registration, backstage support, drink stations, HBH booth, and clean-up volunteers.	Water Tower Place	Sign Up
Ongoing Opportunity Tu, W, & Th: 10am-1pm 12pm-3 pm 1-3 volunteers	Billing Administrative Support 3-month commitment Clerical duties, mail sorting, some billing tasks such as working in EPIC EMR System front end work queues and Quest Diagnostic claims trailers.	HBH - Sunnyside 1025 W. Sunnyside Ave.	Sign Up
Ongoing Opportunity Daily: 12-4 pm Every Day 10 volunteers	Brown Elephant Retail Volunteer 3-month commitment Sort through, categorize and add pricing labels to donations. Help tidy up store including back-of-house areas. Brown Elephant: Web Donate	Lakeview 3020 N. Lincoln Ave. Andersonville 5404 N. Clark St. Oak Park 217 Harrison St.	Sign Up
Ongoing Opportunity M, Tu, Th, & F: 9am-3 pm W: 1pm-5pm 1 volunteer	Broadway Youth Center Greeter 3-month commitment Welcome young people to BYC, ask them if they need drop-in services and/or resource advocacy services, and communicate with staff internally to connect them. BYC: Web Donate	Broadway Youth Center 1023 W. Irving Park Rd.	Sign Up
Ongoing Opportunity M, Tu, Th, & Fr: 9am-3 pm W: 1pm-5pm 1 volunteer	Broadway Youth Center Drop-In Support 3-month commitment Support staff with daily operations including organizing the drop-in spaces. Help youth with access laundry, showers, sleeping room along with meals (breakfast & lunch), and other internal services and staff. Assist young people with entering and exiting the building. Create and build relationships with young people through conversations and playing games. BYC: Web Donate	Broadway Youth Center 1023 W. Irving Park Rd.	Sign Up
Ongoing Opportunity M, W, & Th: 9am-12pm 12pm-3pm 3-6pm Tu: 10am-1pm 1-4pm 4-7pm F & Sa: 9am-12pm 12pm-3pm 2 volunteers	Howard Brown Health Halsted Greeter 3-month commitment Greeting, directing, and assisting patients, visitors, and other guests to navigate the building. May assist with internal package delivery in the building. Halsted: Web Donate	HBH - Halsted 3501 N. Halsted St.	Sign Up

<p>MyImpact & Volunteering</p> <p>My Impact Site Guide Volunteer Timeclock Reset Password Sign In Application Code of Conduct</p>	<p>Quick Links</p> <p>Facebook Group Join AIDS Run & Walk Team Ways to Support Volunteer Donation Page</p>
<p>Required Trainings</p> <ul style="list-style-type: none"> ○ To access trainings, visit: Sign In > MY PROFILE tab > click "Trainings" ○ To upload forms, visit: Sign In > MY PROFILE tab > click "Additional Info" section > under "Administration" section, click "Choose File" next to the form you want to upload. <ul style="list-style-type: none"> ▪ HIPAA training - Username: howardbrown Password: hbhchipaa1 ▪ Bloodborne Pathogens Training - Username: howardbrown Password: bloodsafety101 ▪ Sexual Harassment Prevention Training ▪ Mandated Reporter Training 	
<p>Volunteer Orientation Sign Up</p> <ul style="list-style-type: none"> ○ Wed., Sept. 13 6-8pm HBH-Sunnyside, 1025 W. Sunnyside Ave. ○ Tues., Oct. 10 6-8pm HBH-Sunnyside, 1025 W. Sunnyside Ave. ○ Wed., Nov. 29 6-8pm HBH-63rd St., 641 W. 63rd St. ○ Wed., Dec. 6 6-8pm HBH-Sunnyside, 1025 W. Sunnyside Ave. 	

November & December 2023

Finding Volunteer Opportunities: [Sign In](#) > click OPPORTUNITIES > select Opportunity List

Note: Confirmations are required before reporting to volunteer opportunities.

Date & Time	Opportunity & Duties	Location	Sign Up
Tues. 11/2 5:15pm-8:15pm 15+ volunteers	Broadway Youth Center Open House TBC Event Support Greet and check-in registrants for film screening. Help with event set up and clean up. BYC: Web Donate	Broadway Youth Center 1023 W. Irving Park Rd.	Coming Soon!
Wed. 11/29 5:15pm-8:15pm 1-2 volunteers	Volunteer Orientation Greeter Event Website Greet and check-in registrants for Volunteer Orientation. Help with event set up and clean up.	HBH-63 rd St. 641 W. 63rd St.	Sign Up
Wed. 12/6 5:15pm-8:15pm 1-2 volunteers	Volunteer Orientation Greeter Event Website Greet and check-in registrants for Volunteer Orientation. Help with event set up and clean up.	HBH-Sunnyside 1025 W. Sunnyside Ave.	Sign Up

VIIV HEALTHCARE PRESENTS

AS MUCH AS I CAN *Chicago*

A FULLY IMMERSIVE, MULTI-SENSORY THEATRE EXPERIENCE

OCTOBER 6TH - 21ST

MORGAN ARTS COMPLEX
3622 S MORGAN ST, CHICAGO, IL 60609



LGBTQ Thanks Giving

Compiled by Arnold Aprill, Eva Trampka,
and community members

Our community has always shown amazing resilience in the face of our life-long encounters with homophobia, discrimination, bullying, violence, expulsion from biological families, anti-LGBTQ+ legislation, and so much more. Additionally many of us struggle against transphobia, racism, misogyny, economic injustice, inequitable access to educational opportunities, and mainstream health care systems that have failed us. Many of us are still in an extended grieving process for the loss of so many close friends to AIDS.

As we age, we must also deal with the added stressors of aging itself, along with all the ageist prejudices directed at us older folks. So how have those of us who are still with us managed to sustain our creative spark and our capacity for joy? What is the nature of that community resilience? Perhaps it is a mixture of these LGBTQ+ capacities for both surviving injustice and thriving in spite of it:

In our infinite resilience, we have created our own loving communities and alternative families. We have become attentive to and creators of our own innovative large and small beauties that are authentic to who we really are. We have come out of the cultural shadows and become outspoken. We give thanks for what and who we love.

So, here are a few expressions of LGBTQ+ thanks giving from members of our aging community:

I am thankful for all of the LGBT+ older adults who come before me and made the world a better and safer place for me.

I am thankful that I don't live in Florida!

I am thankful for mirrors, (human) Those who tell me, "your zipper is down. That wasn't a kind thing to do." They help me to be a better person They reflect me back to me! 😊

I am thankful for when my beloved late partner comes to me in my dreams at night to comfort me and to remind me how well both of us loved each other. Love you always

Things to be thankful for:

1. My partner for 33+ years.
2. My Sobriety for 40+ years
3. Our good health

THANK YOU
Arvie + EVA FOR
Patricia "Rising Phoenix"
109 E. 11th St
Thank you
HOWARD
BROWN



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**

6:30 - 8 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**](mailto:agingservices@howardbrown.org).



Howard Brown
Health

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

6:30 - 8 p.m.

and every 4th Wednesday of the month

10:30 a.m. - 12 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.

THRIVE WITH PRIDE CAFÉ CHICAGO

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**.

Aging Services Group Updates

Transcendence Social at Big Mini Putt Club

Our support group for trans* older adults gathered for a round of mini golf.

Check out our winners,
Reina and Bree!



Are you trans or non-binary and over 50?

Join us at 6500 N. Clark
St. on the 2nd
Wednesday of each
month at 630P!

THINKING POSITIVELY GROUP PRESENTS

WORLD AIDS DAY CELEBRATION

November 30, 2023
4 - 7 p.m.

Howard Brown Health 63rd St.
641 W. 63rd St.

Join us for our World AIDS Day celebration at
Howard Brown Health 63rd St's clinic community
room.

This event will feature food, storytelling, music,
and the displaying of a part of the National AIDS
Memorial Quilt to commemorate those lost
to the epidemic.



LGBTQ History Corner: Finnie's Halloween Drag Balls

John Matz
Aging Services Case Manager



As far back as the 1880's, underground LGBTQ communities organized masquerade balls known as "drags" in defiance of laws banning individuals from wearing clothes of the opposite gender. The birthplace of the 'drag queen', prominent ball scenes organized by Black and Latinx LGBTQ communities grew in major cities across the country--including Chicago.

Chicago's history of ball culture dates back to the 1890s. Alfred Finnie, a gay black man, launched Finnie's Halloween Drag Ball in 1935. Finnie's first ball was held in the basement of a Chicago nightclub on the corner of 38th and Michigan Avenue and cost 25 cents to enter. Although it started small, Finnie's ball grew to have 1000 attendees, with both gay and straight Chicagoans attending the festivities. Unfortunately, Alfred Finnie was killed in 1943 during a gambling brawl.

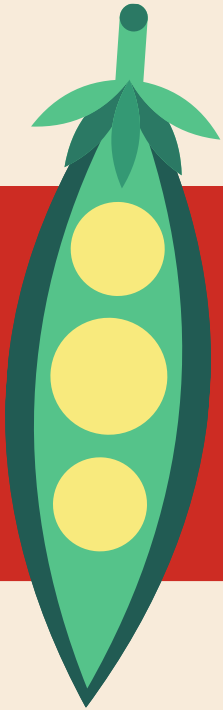
Chicago's Halloween drag ball tradition was carried throughout the midcentury and into the 70's by the late Chicago drag legend Jacques Cristion. Cristion, an inductee of the Chicago LGBTQ Hall of Fame, was introduced to Chicago's drag scene during the 1950s by Donald Caraway, who had attended a Halloween ball costumed as Olivia de Havilland. Cristion recalled in a 1995 interview with Allen Drexel: "[My friend] was telling me how fabulous the ball was, and how, you know, you really hadn't lived until you went to the ball, and he said you'd see the lights and . . . oh, the loudspeaker outside. It was really fabulous, with people getting out of the limousines and whatnot, and just, it was beautiful—and it sounded so interesting, and I just began to go right after that." Jacques Cristion was born in Chicago in 1936. Cristion's mother was a dressmaker and Cristion followed in her footsteps by operating a dressmaking shop at 7906 S. Drexel Avenue. He died in 2003.

Over the decades, Chicago's drag culture has achieved mainstream success, with the Miss Continental Pageant launched in Chicago in 1980 and many local performers gaining nationwide fame in recent years. However, the scene continues to experience racism from the white LGBTQ community, and events like Lucy Stoolé's Fabitat are intentional responses to the discrimination experienced in Northalsted.

Read more about the creative history of Chicago drag:

<https://www.wbez.org/stories/whats-the-history-of-drag-performance-in-chicago/c1dd70f9-3e85-4a72-b1fa-6c67298f7776>

Legumes & Grains



Legumes

The legume family consists of plants that produce a pod with a seed inside. Common edible legumes include lentils, peas, chickpeas, beans, soybeans and peanuts. Legumes are very low in fat and high in fiber.

Whole Grains

Grains are the harvested seeds of grasses including wheat, barley, oat, rye, corn, rice, bulgar, quinoa, farro, millet and triticale, and are a staple food for many cultures. Whole grain cereals are a rich source of essential vitamins and minerals.



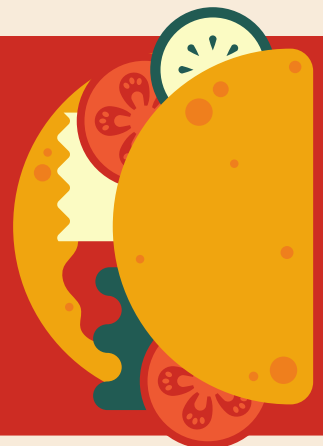
Complete Protein

Complete proteins are foods that contain the nine essential amino acids that our body cannot produce on its own. Foods that have all 9 amino acids include beef, poultry, fish, eggs, dairy, soy, quinoa, and buckwheat.



Mix Them!

Grains and legumes are called complementary proteins because when you combine them, you get all of the essential amino acids. In simple terms, you will get the same nutrients as if you eat meat, poultry or dairy.



Roasted Honeynut Squash

Diabetes-friendly

Makes 4 servings



Ingredients

- 2 medium honeynut squash, halved lengthwise and seeded
- 4 tsp butter
- ¼ tsp salt
- ¼ tsp ground pepper
- ¼ tsp ground cinnamon
- 4 tsp pure maple syrup (optional)

Directions

1. Preheat oven to 425F.
2. Arrange squash halves cut-side up on a baking sheet. Place 1 teaspoon of butter in each seed cavity. Sprinkle with salt, pepper, and cinnamon.
3. Roast until tender, 25 to 30 minutes. Drizzle with maple syrup before serving, if desired.

Carbs: 21g Calories: 114
Protein: 2g Fat: 4g

Source:
EatingWell.com



LUMA8 AND THE CITY OF CHICAGO
present

ARTS IN THE DARK

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October 21, 2023

STATE STREET

FROM LAKE TO VAN BUREN

WITH MAJOR SUPPORT FROM CHICAGO LOOP ALLIANCE

HAUNTED HALLOWEEN

AT THE **ISAC** MUSEUM

A FREE FAMILY HALLOWEEN EVENT

SATURDAY, OCTOBER 28, 3-7 P.M.

Learn more and register: bit.ly/3pGZZZO



Have questions or need help?
Email isac-visitors@uchicago.edu

1155 E. 58th St. Chicago, IL 60637

