

Phone: 617-628-2601 www.eldercare.org

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# SOMERVILLE AND CAMBRIDGE RESOURCE GUIDE FOR LESBIAN, GAY, BISEXUAL, AND TRANSGENDER (LGBT) OLDER ADULTS

This guide contains resources that serve lesbian, gay, bisexual, and transgender (LGBT) older adults and their families by providing opportunities to socialize with other LGBT older adults, and to connect with the wide network of resources that are available in the community.

#### **MEAL PROGRAMS**

cancer, MS, lupus, kidney failure and other acute life-threatening illnesses, who are unable to shop or cook for themselves.

#### **LGBT Senior Meals Programs**

#### **BOSTON**

## Café Pride: A Monthly Supper Club For Older LGBT People Of Color & Friends

**When:** 2<sup>nd</sup> Wednesday of every month 5pm-7pm; with social time from 4pm-5pm **Where:** Harriet Tubman House at United End Settlements, 566 Columbus Ave, Boston

RSVP: 617-477-6606 Sponsored by: Ethos

#### Back Bay

Cafe Emmanuel: "The Original LGBT Meal Site!"

When: Every Thursday 11am to 1:00pm (Book Group 10:30-11:30am)

Where: Emmanuel Church, 15 Newbury Street, Boston

RSVP: to cafeemmanuel@ethocare.org or call (617) 477-6610

**Sponsored by**: Ethos & The Ethos Equality Fund **Music Program**: 1st and 3rd Thursdays every month

#### Roslindale

Out to Brunch: Monthly Brunch & Social for Older LBT Women & Their Friends

When: First Saturday of every month 11am to 1:00pm Where: Roslindale House, 120 Poplar Street Roslindale RSVP: outtobrunch@gmail.com or call (617) 522-6700 x306

Sponsored by: Ethos & The Ethos Equality Fund

#### Jamaica Plain

Out 4 Supper: A Boston Supper Club for LGBT Seniors & Friends

When: 1st Tuesday of every month, 6:00 to 8:00pm

Where: Mount Pleasant Home, 301 South Huntington Ave., Jamaica Plain

**RSVP:** For more info or to RSVP - www.ethocare.org or call (617) 522-6700x306

Sponsored by: Ethos Equality Fund, Mount Pleasant Home, Boston Commission on the

Affairs of the Elderly

#### **BRAINTREE**

#### **Monthly Brunch for LGBT Seniors & Friends**

When: Last Saturday of Every Month, 10am to 12pm (Except November and December) but

there will be a Christmas Party on December.

Where: All Souls Unitarian Church, 196 Elm Street, Braintree

RSVP: 781-848-3910x372 Linda Kelly and http://www.meetup.com/South-Shore-LGBT-

Seniors

**Sponsored by:** South Shore Elder Services

#### **CAMBRIDGE**

#### Kate's Café

When: 4th Wednesday of Every Month, 6:00pm to 8:00pm

Where: S&S Restaurant, 1334 Cambridge Street, Inman Square/Cambridge

RSVP: by Friday before - call (617) 628-2601 x3053 Dana Beguerie or lgbtcafe@eldercare.org

Getting There: MBTA Bus 68, 69, 83, 91 stops nearby\*

Parking: Three S&S Restaurant parking lots & street parking

\*Transportation available upon request for Cambridge and Somerville residents 60 and over

who have difficulty taking public transportation or The Ride **Sponsored by**: Somerville Cambridge Elder Services

#### **FAIRHAVEN**

#### **Fairhaven Supper Club**

When: 4th Wednesday of the month, 5 p.m. to 7 p.m.

Where: Fairhaven Council on Aging, 229 Huttleston Ave, Fairhaven, MA

**RSVP**: (508) 979-4029

**Sponsored by:** The Fairhaven Council on Aging, in partnership with Coastline Elderly

Services

#### **MALDEN**

#### **Mystic Tea**

When: 3<sup>rd</sup> Tuesday of every month, 4:00pm – 6:00pm

Where: Mystic Valley Elder Services, 300 Commercial St. #19, Malden

**RSVP:** Vida Poole at 781-388-2375 or email: vpoole@mves.org

Sponsored by: Mystic Valley Elder Services

#### **MERRIMAC**

#### **LGBT Senior Social Connection**

When: 3rd Thursday of the month, 6:30 p.m. to 8 p.m.

Where: Merrimac Senior Center, 100 East Main Street, Merrimac (Rt. 110) RSVP: Ron Bourque at Elder Services of Merrimac Valley 978-946-1476 or RBourque@ESMV.org; or Laura or Gerry at the Senior Center, (978) 346-

9549 Ldmailman@townofmerrimac.com

Sponsored by: Merrimac Council on Aging and Elder Services of Merrimac Valley

#### **NEWTON**

# Dinner with the Newton Department of Senior Services Lesbian Gay Bisexual Transgender & Friends

**When:** 3rd Wednesday of each month, 6:00 pm to 7:30 pm **Where:** Newton Senior Center, 345 Walnut Street, Newtonville

Getting there: Accessible by MBTA bus lines 59, 503 and 504 & commuter rail. Taxi vouchers

available for Newton residents. Parking available.

RSVP: Allanah Seidmann 617-796-1670 or email ilevine@newtonma.gov

#### SALEM

#### **Over The Rainbow Supper Club**

**When**: 2nd Tuesday of every month, 5:00pm to 6:00pm **Where**: House of Seven Gables, 115 Derby Street, Salem

**RSVP**: (978) 624-2261, Lisa Orgettaf

Sponsored by: The Old and Bold Coalition of North Shore Elder Services

#### **SHARON**

#### Lakeside Cafe

**When:** 3rd Monday of every month, 11:00am to 1:00pm **Where**: Sharon Adult Center, 219 Massapoag Ave., Sharon

**RSVP**: to Jayne Davis, HESSCO (781) 784-4944 or jdavis@hessco.org **Transportation**: Call Nancy Weiner, Sharon Adult Center (781) 784-8000

Sponsored by: HESSCO Elder Services and Sharon Adult Center

#### **SOMERVILLE**

#### **LGBT Monthly Lunch**

When: 2<sup>nd</sup> Wednesday of every month, 11:30am

Where: Somerville Council on Aging, 167 Holland Ave, Somerville

RSVP: Debby Higgins, <a href="mailto:dhiggins@somervillema.gov">dhiggins@somervillema.gov</a> or 617-625-6600 x2321

#### WORCESTER

#### **Rainbow Lunch Club**

When: 2<sup>nd</sup> Wednesday of every month, 12:00 to 2:00pm

Where: Unitarian Universalist Church of Worcester 90 Holden Street, Worcester

**RSVP:** For more info or to RSVP by first Wednesday (508) 756-1545 ext.339 / wlen@eswa.org **Sponsored by:** Elder Services of Worcester Area, Worcester LGBT Elder Network, Unitarian

Universalist Church of Worcester

Somerville Cambridge Elder Services (SCES) ......617-628-2601

61 Medford Street, Somerville, MA 02143 / www.eldercare.org

Helps older adults remain safe and independent in their own homes by providing a wide range of supportive services. Offers resources, information, advice, and services to seniors, caregivers and disabled people in the community. SCES has partnered with the LGBT Aging Project to establish an LGBT Task Force. Our mission: "SCES is committed to policies and procedures that are inclusive for LGBT individuals. We provide ongoing staff education and training regarding LGBT issues, and ongoing outreach efforts to LGBT older adults, caregiver, families and community agencies. Our mission is to increase awareness and visibility of the LGBT older adult community."

#### **HEALTH**

Association of Gay and Lesbian Psychiatrists (AGLP)......Roy Harker, 215-222-2800 4514 Chester Avenue, Philadelphia, PA 19143 / www.aglp.org

Educates and advocates on LGBT mental health issues and provides referrals to LGBT-friendly providers.

Community drop-in center for people living with HIV/AIDS. Offers peer support, congregate meals, arts, educational seminars, social activities, and referrals to alternate health care.

Cambridge Insight Meditation Center......617-441-9038 331 Broadway, Cambridge, MA, 02139

Offers LGBTQ Practitioners' Sangha Meditation group one Friday every other month from, 7:00pm-9:00pm.(May 19<sup>th</sup>, July 21<sup>st</sup>, September 15, November 10). Madeline Klyne leads a sitting meditation and dharma discussion with tea and snacks to follow. Fee- \$5-\$10

Community Health Center serving the needs of the LGBT community. Offers mental health services, ongoing support groups, and medical services.

#### Multicultural AIDS Coalition......617-442-1622

31 Heath Street, Jamaica Plain, MA 02130 / www.mac-boston.org

The mission of the Multicultural AIDS Coalition (MAC) is to mobilize communities of color to end the HIV/AIDS epidemic. They also support broader community efforts to eradicate conditions that fuel the epidemic, including substance abuse, lack of health care access, homelessness, incarceration and oppression based on race, ethnicity, gender and sexual orientation. Programs provided include: prevention & screening, client support & services, community mobilization, technical assistance & capacity building, research, public policy & advocacy.

#### **New England Association on HIV Over Fifty (NEAHOF)**

38 Chauncy Street #500, Boston MA 02111 http://hivoverfifty.org/

Promoting availability of a full range of educational, prevention, service and health care programs for people 50+ affected by HIV.

LBT Women's Fitness & Nutrition program. Meets every Tuesday & Thursday evening at 6pm. There is a \$10 monthly charge, scholarships available & sometimes covered by insurance. For more information, call Chris at x 2315 / ckowaleski@somervillema.gov.

The Triangle Program at Arbor-HRI Hospital......800-222-2237

227 Babcock Street, Brookline, MA 02446 / www.arbourhealth.com

Partial hospitalization program that comprehensively responds to the complex mental health needs of LGBT people. Provides treatment for LGBT individuals who are dealing with co-occurring mental health issues, including trauma and/or substance disorders.

#### SUPPORT GROUPS

Listing of gay-friendly AA meetings in Boston and Cambridge.

Fenway Health......617-267-0900

1340 Boylston Street, Boston, MA 02215 www.fenwayhealth.org

Para Información en Español, 617-927-6460 LGBT Helpline, 617-267-9001 / 888-340-4528

Community Health Center serving the needs of LGBT community. Offers mental health services, ongoing support groups, and medical services. Call the main number or visit website for other groups of interest.

<u>LGBT Senior Support Services and LGBT Bereavement Groups</u>: Bob Linscott, LGBT Aging Project, 857-313-6590

Therapy and Support Groups: Behavioral Health, 617-927-6202

Greater Boston Parents, Families, and Friends of Lesbians and Gays (PFLAG)......781-891-5966 85 River Street, Suite 3A, P.O. Box 541619, Waltham, MA 02454 / www.pflag.org 866-427-3524

Helping to change attitudes and create an environment of understanding toward LGBT community through support, education and advocacy.

K Street ......508-450-8695

Office: 74 Kilmarnock Street, Boston, MA 02215 / www.k-street.com

Mail: K-Street Facility Committee, P.O. Box 230358, Boston, MA 02123

Safe meeting space for members and friends of the gay, lesbian, bisexual & transgender community who are seeking recovery from addictions, abuse and/or discrimination. Several groups are offered.

LGBT Alzheimer's Caregiver Support Group ......617-868-6718
The Alzheimer's Association MA/NH Chapter is pleased to introduce a support group for caregivers of

The Alzheimer's Association MA/NH Chapter is pleased to introduce a support group for caregivers of someone with a diagnosis of Alzheimer's disease or a related disorder. Offered in person and over the telephone for six sessions. This group will provide LGBT caregivers the opportunity to connect with other LGBT caregivers who are caring for a loved one with dementia. Thursday mornings from 10:30 to 11:30 a.m. Contact Brooke Patterson at the number above or at bpatterson@alz.org.

LGBT Caregiver Support Group ......LGBT Aging Project, 857-313-6590

This is a free monthly group that welcomes new members to talk about the impact of providing care for a partner, parent, sibling, spouse or friend. Come for stress relief, resources and understanding. The group meets the first Monday of the month, 6pm – 7:30 pm in Jamaica Plain, MA. Sponsored by the LGBT Aging Project and the Caregiver Alliance of Suffolk County.

The Network/La Red ......617-695-0877

P.O. Box 6011, Boston, MA 02114 / www.thenetworklared.org

Survivor-led organizing to end partner abuse. The Network/La Red hotline provides emotional support, information, short-term emergency safehome and safety planning for lesbian, gay, bisexual, queer and/or transgender (LGBQ/T) folks, as well as folks in SM/Kink and polyamorous communities who are being abused or have been abused by a partner(s).

New England Gay, Lesbian, Bisexual & Transgender Veterans, Inc.......617-628-2810 P.O. Box 657, Canton, MA 02021 / www.newengland-glbt-vets.com

Support organization for LGBT and heterosexual active duty, reserve and veteran members of the United States Armed Forces, their families, friends and supporters.

Parkinson's Disease Support & Discussion Group for the LGBT community ..........617-522-0397

566 Columbus Ave, Boston / rudykikel@gmail.com

Third Thursday of each month at 7 p.m. at the Harriet Tubman House at United South End Settlements. For more information contact Rudy Kikel at the number above or email rudykikel @gmail.com.

Women with HIV ......Sandy McLaughlin, 617-724-0050 / Jennifer Kubic, 617-724-2476 A membership group of women who meet twice monthly to offer mutual support to others living with HIV. This group is offered thru Massachusetts General Hospital and meets the 1st and 3rd Friday of the month.

# **SOCIAL GROUPS**

Bisexual Resource Center (BRC)
Boston Gay Men's Chorus
Boston Prime Timers
Cambridge Men's Group  www.cambridgemen.org / CambridgeMen@comcast.net  A social group for gay and bi men and their friends. The group meets regularly for social & other events, either at member's homes, local restaurants, theater or movie excursions, day trips, etc.  Members live or work in Cambridge, Somerville, Arlington, Medford, Boston & beyond.
Cambridge Women's Center
Compass
Keshet
Lesbians Available for Fun and Networking (LAFFAN) P.O. Box 324, Lynnfield, MA 01940 / <a href="http://www.reocities.com/westhollywood/park/6642/join.html">http://www.reocities.com/westhollywood/park/6642/join.html</a> Boston-area social organization offering a wide variety of social events.
Old Lesbians Organizing for Change (OLOC) P.O. Box 5853, Athens, OH 45701 / <a href="www.oloc.org">www.oloc.org</a> National network of lesbians 60+ confronting ageism through education and public discourse.
OUTVETS

Fosters community among LGBTQ veterans and active service members. Raises the visibility of this community through their Living History Project.

#### Ova4D

#### http://groups.yahoo.com/group/Ova4D

Ova4D is a social group for lesbians and bisexual women born women, over the age of 40 in the Boston, MA area. We're all about building community, supporting each other, and having fun. Members may post social events for our community on our message board, and propose "meetups" via email to the Organizer.

#### **Rainbow Lifelong Learning Institute (LLI)**

www.Rainbowlliboston.org / rainbowlliboston@gmail.com

Offers lesbian, gay, bisexual and transgender seniors and friends the opportunity to build and strengthen community through educational programs and social activities.

#### **RALLY**

#### www.meetup.com/RALLY\_/

Boston-area social group providing opportunities for LBT women 55 and older (and their partners of any age) to gather together in a supportive atmosphere. Offers both small and large social, recreational, and cultural events.

Community-building and learning, by and for older lesbians and gay men and their allies. Offers study groups, social events, day trips and workshops on diverse topics at UMass Boston. Email ollireg@gmail.com for more information.

A non-profit social and support club for transgender people in the New England region.

Voices Rising ......617-396-7086

P.O. Box 300476, Jamaica Plain, MA 02130 / www.voicesrising.org

Women's chorus: We sing together to give voice to our lives, identities and beliefs, and to celebrate the diverse lesbian, gay, bisexual, transgender and women's communities in and around Boston. The chorus meets Tuesday evenings, 6:30-9:30, First Church Boston, 66 Marlborough Street, Boston. Auditions required. Please e-mail auditions @voicesrising.org for more information.

# **FAITH COMMUNITIES**

Am Tikva
Congregation Eitz Chayim
Dignity/Boston (Catholic)
First Congregational Church of Cambridge, United Church of Christ617-547-2724  11 Garden Street, Cambridge, MA 02138 / www.firstchurchcambridge.org
First Church Somerville, United Church of Christ
First Parish Cambridge, Unitarian Universalists
Harvard-Epworth United Methodist Church
Memorial Church (United Ministries of Harvard University)
Old Cambridge Baptist Church
Tremont Street Shul

# **LEGAL SERVICES**

Gay & Lesbian Advocates and Defenders (GLAD)
Greater Boston Legal Services (GBLS)  www.gbls.org Main Office: 197 Friend Street, Boston, MA 02114
ADVOCACY
American Civil Liberties Union (ACLU)
Works to defend and preserve individual rights and liberties specifically regarding Constitutional Law, including First Amendment rights, equal protection, due process, privacy rights, police brutality and the rights of society's most vulnerable. They do not work with issues surrounding Family Law. They are familiar with LGBT rights and issues.
Cambridge LGBTQ+ Commission
The History Project
Human Rights Campaign (HRC)
The LGBT Aging Issues Network (LAIN)

LGBT Aging Project at Fenway Institute
Mass Equality
National Gay and Lesbian Task Force (NGLTF) www.thetaskforce.org Local Office: 1151 Mass. Ave., Cambridge, MA 02138
Services and Advocacy for GLBT Elders (SAGE)
Somerville Commission for the LGBT Community
<b>Transgender American Veterans Association (TAVA)</b>
Veterans Crisis Hotline800-273-8255

### **NEWSPAPERS & ONLINE NEWS**

The Advocate <a href="www.advocate.com">www.advocate.com</a>

Bay Windows www.baywindows.com

Gaygull www.gaygull.com

The Huffington Post, Gay Voices <a href="www.huffingtonpost.com/gay-voices">www.huffingtonpost.com/gay-voices</a>

LGBTQ Nation www.lgbtqnation.com

The Rainbow Times <a href="www.therainbowtimesmass.com">www.therainbowtimesmass.com</a>