## Older Adult Services - 55+ Newsletter

Mar. 2025 Issue #6



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

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

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

Hall Wealth Management

Rainbow Pantry

Center Staff Spotlight



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

#### 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.

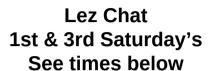
#### Mar. 18: Movie Day

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 or call 562-434-4455 ext. 248.

**Deadline is March 13 - NO EXCEPTIONS** 

Details and location information given to those who RSVP.





#### 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 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.

## 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

Meals on Wheels Long Beach 562-439-5000

Client Interest Form: www.movlb.org/clients-signup

#### **Food Pantries**

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 Heatlh 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
Celebrating birthdays the first Tuesday of the month						LEZ CHAT OPEN CHAT 10:30AM - 12:30PM
2	3	Lunch Provided COFFEE TALK Wellness Day 11am-1pm	Talk It OUT Closed Group	6	7	8
9	10	Lunch Provided COFFEE TALK Meditation w/Zane 11am-1pm	Talk It OUT Closed Group	13	14 Dr. David (1) Hart Social & Emotional Wellness 11am-1pm	LEZ CHAT Outing-RSVP 10:30AM - 12:30PM
16	17	18 Lunch Provided COFFEE TALK Movie Day 11am-1pm	Talk It OUT Closed Group	20	21	22
23	24	25Lunch Provided COFFEE TALK Hall Wealth Management 11am-1pm	26 Talk It OUT Closed Group	27	28	29
30	CENTER IS		n Awareness mont Health Awareness			YELLOW = BLUE =



March 10: National Women's & Girls HIV/AIDS





YELLOW = IN PERSON





**CLOSED FOR** 

THE HOLIDAY

## The LGBTQ Center Long Beach

2017 East 4th Street, Long Beach, CA, 90814 Phone: 562-434-4455 | Email: info@centerlb.org

Website: www.centerlb.org





in The LGBTQ Center Long Beach