

Aging with Pride

National Health, Aging, and Sexuality/Gender Study

Dear Friends,

Greetings from Seattle where Aging with Pride has completed its fourth wave of our landmark Health, Aging, and Sexuality/Gender Study (NHAS)! Aging with Pride is going strong with over 2,400 adults aged 50 to over 100. The project continues to offer us and the field important insights into the health and well-being of our midlife and older LGBTQ adults. We recently received funding for five more years that will allow us to continue to reveal crucial information about our community.

Thanks to your contribution to Aging with Pride, we used the information gathered to create Innovations in Dementia Empowerment in Action (IDEA). IDEA, for example, is an innovative program we designed to improve the health of those with memory loss and their care partners. Either the person with memory loss or the caregiver must be LGBTQ. IDEA is the first federally funded study to develop and test interventions for the older LGBTQ community. This would not have been possible without your commitment to Aging with Pride for information about the program. Visit Ageldea.org to learn more about the program

I am full of gratitude for the increasing support and attention the health and aging of LGBTQ seniors is receiving. It is a privilege to continue this project about the changing needs in our community. Our research and lived experience demonstrates over and over that we are a resilient community! We are committed to improve the lives and visibility of our entire LGBTQ community.



Karen I. Fredriksen Goldsen

Professor

Director, National LGBTQ Health and Longevity Center

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We Need You!

Your participation and commitment is the key to our project! Because of you, Aging with Pride has been able to identify the key strengths, challenges, and needs of LGBTQ elders and use our findings to serve the critical needs of our community. This year we have the opportunity to expand our understanding of the health, aging, and quality of life among LGBTQ adults.

*To do this, we will study the health care use and health conditions data from Medicare and Medicaid. By linking this information with your Aging with Pride data, we will be able to better understand the unique needs of our community. **Check your email and mail this month for a 5-minute survey where you can learn about linking the information!***

Sharing What We've Learned with Others

National LGBTQ Health and Longevity Conference



National LGBTQ Health and Longevity Conference keynote speaker **Karen Parker**, PhD, Director of the Sexual & Gender Minority Research Office at the National Institutes of Health.



In October, Aging with Pride hosted the fifth annual National LGBTQ Health and Longevity Conference. Elders, health professionals, human service and aging-related providers, researchers, scientists, educators and advocates from around the country came together to highlight innovations and discuss best practices for promoting the health and well-being of the LGBTQ community. Sessions by community members and researchers ranged from health among immigrants, medical care for gender diverse patients, HIV, dementia, to sexual and reproductive health care.

Keynote speaker Karen Parker, PhD, Director of the Sexual & Gender Minority Research Office at the National Institutes of Health (NIH), shared the history, mission and strategic plan of the Sexual & Gender Minority Research Office. The Conference was hosted by Aging with Pride, Healthy Generations, and the National LGBTQ Health and Longevity Center.

Stay connected! If your contact information has changed, please contact us at AgePride@uw.edu or 1-800-558-8703

Connecting Generations!



Intergenerational sharing: Elders at Generations Celebration pictured with Aging with Pride/Healthy Gen Center interns



Our fall inaugural sold-out Generations Celebrations was a joyful gala that brought together people from all generations and identities for an evening of live entertainment, food, laughter, speeches, and stories. People shared their life experiences and offered their gratitude to our LGBTQ elders who have powered our decades-long movement. The October celebration was hosted by Aging with Pride, Healthy Generations, the National LGBTQ Health and Longevity Center, and our co-sponsor GenPride. A big thank you to our Changemaker sponsors Aegis Living and the Washington State Department of Social and Health Services, and our Ally sponsors Quail Park Communities, Long Term Care Advisors, and UW School of Public Health. A big shout out to our other sponsors: Alzheimer's Association, UW School of Social Work Tacoma, Seattle Counseling Services, Aging and Disability Services, Pride Foundation, UW School of Nursing, NW LGBT Senior Care Providers Network, New Chapter Weddings, Professional Copy & Print, Babeland, Sequin Photobooth, and Aria Style.

Changemaker Sponsors



Ally Sponsors

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action

Are you or someone you know experiencing memory loss or difficulty remembering?

Check out this free six-week program in
Los Angeles, San Francisco and Seattle
to reduce stress and increase physical activity.

This program is for the LGBTQ community, whether you are the person experiencing memory loss or a care partner.

The pair will be compensated \$125 for their time.

To learn more and to check eligibility:

1-888-655-6646 | ageIDEA@uw.edu | ageIDEA.org

This program is offered by the University of Washington and community partners in Seattle, San Francisco, and Los Angeles

Do you have questions or concerns about the Coronavirus (COVID-19)? Visit The Centers for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov) for the most updated information and recommendations.

Our Global Community is Paying Attention to LGBTQ Aging!



The International Journal of Aging and Human Development recently published a two-part special issue that compiles an unparalleled amount of LGBTQ aging research from around the world. Edited by Aging with Pride Principal Investigator Karen Fredriksen Goldsen and San Francisco State University Professor Emeritus Brian de Vries, the special issue highlights lessons learned across the varied international landscape from 6 continents, spanning 10 different countries, including Argentina, Australia, Canada, China, Israel, Portugal, South Africa, Sweden, United Kingdom, and United States as well as HIV across the globe. Visit AgePride.org/publications to read the entire special issue!

Learning from Each Other

This year, we have been honored to share our research through many venues. Visit our website AgePride.org to see a list of our publications and our conference presentations.

Community Partner Spotlight



The Montrose Center, Houston's LGBTQ+ community center and behavioral health provider, has launched three exciting initiatives in the last year. To increase access to behavioral health care for seniors and other clients, Montrose Center has launched a secure video-based telehealth tool for psychotherapy and case management. Montrose Center also has added a day per week of a psychiatrist to provide LGBTQ+ informed care for clients needing medication. Additionally, we have received \$2.5 million, 5-year grant to expand our substance use services to include a focus on sex and drug-linked behavior. This grant provides additional resources to address the use of methamphetamine and other "club drugs" in young gay and bisexual men from communities of color.

Thank You to All of Our Community Partners!



LGBTQ Affirming Affordable Senior Housing



Aging with Pride research shows that LGBTQ seniors are more likely to live in poverty, be socially isolated without the support of family or others to help them, and have often faced discrimination and lack of access to services. More and more cities and communities across the country are responding to the need for LGBTQ affirming senior housing. Philadelphia, Chicago, New York, San Francisco, and Los Angeles are among those. In January, the City of Seattle announced its decision to fund Washington state's first ever LGBTQ-Affirming Affordable Senior Housing building. The project will be located in the heart of Capitol Hill, Seattle's historic LGBTQ neighborhood, and will meet an important need in our community. King County's LGBTQ population expected to double by 2030, this housing project will serve an urgent need in our community. The project will open in 2022 and will include 125 units, a community meeting room, a commercial kitchen for meals and events, a health clinic, and services and offices of GenPride.

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