



50+ and thriving

Senior Services Newsletter

www.lgbtlifecenter.org

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generation through
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About the Senior Services Program

Our Senior Services programs are for LGBTQ+ or HIV+ individuals who are 50 and thriving! Connect with people of your own generation through a wide range of fun programs, services, activities, and events specifically for you!

The LGBT Life Center's Senior Services Program prioritizes the LGBTQ+ and HIV+ Senior population within our community by offering core services, education and social programming, and a sense of community.

We understand the importance of connecting with your peers – and we're here to help!

LGBTQ+ older people are twice as likely to be single and live alone and four times less likely to have children. The Center is here to nurture a thriving environment for participating in programming and activities so all can age with grace and dignity...and most importantly, to have a great time!

How we can help

- Housing Support
- Educational and Creative Workshops
- Health and Wellness programs
- Cultural excursions and social events
- "Senior Ambassador" program
- Volunteer opportunities

Get connected to services within our agency for Senior Housing and HIV/STD testing

Need assistance?

We're here to help. Contact us by email at sneighbours@lgbtlifecenter or call the LGBT Life Center by phone at (757) 640-0929.





We need your voice!

We're collecting feedback from our 50+ and better community to inform our programming and services!

As part of the LGBT Life Center's plans to expand our senior services, we are conducting a survey of folx 50 and older that will give us insight on this important portion of our clientele. Accessible through the QR code on the right (just hold your cell phone camera over it), or by the link **<https://forms.microsoft.com/r/b60yPXEUwF>**, we are asking that you give us about 12 minutes of your time to complete the survey. All your answers are confidential, as the name or computer information attached to the person completing the survey are not visible to LGBT Life Center staff. Thank you for participating in this important step towards greater services for YOU!!





Meet Our Team

Sid Neighbors (He/Him/His)

Senior Services Program Manager

My name is Sidney Neighbours, known as Sid (or NeeNee) to my family and friends, and I am the new Senior Services Program Manager here at The LGBT Life Center. I began here on May 16 and I am loving every minute. I am a retired educator, having worked in the Suffolk Public Schools for over 20 years, and previously as an executive officer of a community bank. I also serve as the Director of Music and Organist/Pianist for the Windsor Congregational Christian Church and have for the past 27 years. I live in the Harbour View neighborhood of northern Suffolk with my dog, Gunther. I have always searched for a career that blended all my work experiences and education with my passion for activism, and I have found that next chapter of my life here at The LGBT Life Center. I look forward to working with you, our "50 & Better" clients and community, as we strive to live a life of freedom and equality to the fullest. Please do not hesitate to contact me if I can be of assistance, (757) 640-0929, ext. 500, or sneighbours@lgbtlifecenter.org Hello!

Leah Raisor (She/Her/Hers)

Senior Services Specialist

My name is Leah Raisor and I am the new Senior Services Specialist for the LGBT Life Center. I have been at the Life Center since the beginning of June and am so excited to learn and grow with this agency. My background is in social work with an emphasis on mental health. I have over 7 years of experience in crisis intervention and case management. I wholeheartedly believe in the good of everyone, and feel this career allows me to connect with, mentor, and help others achieve their goals. I currently live in the Chic's Beach area with my wife and cat, Samson. When not working, I can be found on the beach or kayaking. I am very eager to learn more and help the "50 and better" group thrive within the community. Please do not hesitate to contact me if I can be of assistance, (757) 640-0929, ext. 512, or lraisor@lgbtlifecenter.org



Housing & Other Services

The LGBT Life Center is proud to provide housing for 300+ people and growing in Hampton Roads. And we are excited to bring these housing programs to our **50 & Thriving** senior community!!

Housing is one of our most basic human needs. Without it, it's difficult to address other needs—like medical care, mental health, and nutrition. That's why we offer LGBTQ rapid re-housing for individuals who suddenly find themselves homeless. We also provide permanent housing for LGBTQ and HIV+ individuals and work with them to achieve economic stability, social self-reliance, and better health.

In addition to our staff that works exclusive with our Housing programs, we have now added designated staff solely to service Seniors by developing therapeutic relations between clients and staff. Through this caring process, our staff then directs clients to resources housing and other needs, including but not limited to:

- Counseling Services
- Food Pantry
- Case Management
- Social Events
- Assistance With Obtaining Medical Care
- Transportation
- Prevention Services
- Technology Assistance
- Educational and Informational Programs

LGBT Life Center Senior Services staff guide our clients through whatever process is necessary to take advantage of these services. We direct you to the services, then walk you through the process of taking advantage of the services. **We would like to add you to our growing list of clients!!** Although our Senior Services program is still in its infancy, we are already serving over 40 clients, and that number grows each day. We see progress daily in how folx are coming to utilize these important services. Our goal is to make life better for our **50 & Thriving** clients, and we encourage you to contact us and become a part of our Senior Services programs.

Ready to learn more about our Senior Services programs and how we can direct you to services to make your life even better? Give us a call at 757-640-0929, Extension 500 for Sid Neighbours or Extension 512 for Leah Raisor – **we are here to serve YOU!!**

50+ AND THRIVING





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