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# Rainbow Elder News

Volume 1, Issue 3

July-Sept. 2005

News written by:  
Emily Lewis

## ***Active & Involved***

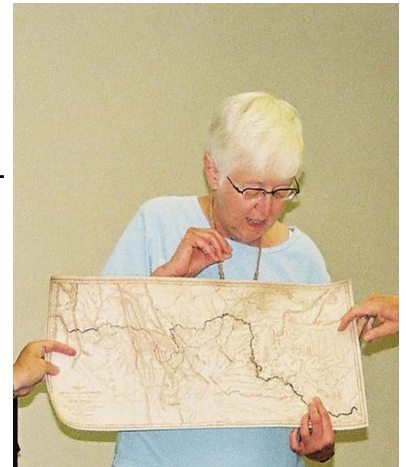
### **Facts of Interest**

- The third edition of *Silver Lining A Resource Guide for the LGBT Elder Community in Boulder County* will be available the end of October. Call 303-441-3583 to reserve a copy.
- The third *Gay and Gray in the West* Conference will be held Oct. 15, 2005 in Denver Co. This year's conference theme is "Living the Life We Dream". Boulder County Aging Services is a sponsor of this event. To register and learn more about the conference go to [www.gayandgrayinthewest.org](http://www.gayandgrayinthewest.org) or call 303-441-3583 and ask to have a flyer and registration form mailed to you. There is a discount for registering early. Come join the dream.

Active and involved are two adjectives that apply when describing Sara Beery, a founding member of the Rainbow Elders. Sara retired from a public service career that included being a court magistrate. However, Sara's commitment to public service has not ended with retirement. She has stayed involved through her seat on the Aging Advisory Council for Boulder County. At one point she was one of the co-chairs of this 22 member advisory group. In Longmont where she resides, Sara has served on the Senior Advisor Board and the Longmont Senior Center Board. More recently she was a delegate to the Regional and State White House Conferences on

Aging (WHCoA). The WHCoA has been held every ten years since 1961, although its roots can be traced back to the Truman administration. You can learn more about these important conferences and the legislation they have fostered at [www.whcoa.gov](http://www.whcoa.gov) These days Sara is especially attached to her service at the O.U.R Center in Longmont. Over the years she has done everything from serving meals, doing intakes and being a member of the Board of Directors. For fun, Sara will never turn down a lively card game especially poker. During Basketball season you will find her at every CU Women's Basketball game. About 5 years ago she became interested in

the Lewis & Clark expedition of 1804. Both on her own and with friends she has traveled most of the 3700 mile trail. Recently, she did a presentation on her adventures retracing this historic trail.



Sara Beery traces the Lewis and Clark trail on a map as part of her presentation to the Rainbow Elders.

## **Rainbow Elder Card and Game Night**

June was Pride month with activities commemorating and celebrating LGBT Pride. The Rainbow Elders sponsored a card and game night for Pride and invited the entire LGBT community. The event was held at the 1st Congregational

Church in Boulder Colorado. Snacks and prizes were a part of the festivities. Folks brought their favorite games which included poker, scrabble, trivial pursuit, canasta etc. Fun was had by all. This was the second year for



the Rainbow Elders' *Card and Game Night*. There have been requests to hold *Card and Game Night* more often. Could there be another one coming soon? Maybe!

◀ Sue Wise playing 'hand and foot' canasta. "Okay, whose got the best hand here?"

