

Giving Back as a Volunteer or Committee/Board Member

Commentary by David Heitstuman



With the end of the year in sight, it is the perfect time to think about ways you can contribute to the causes and organizations that are important to you in 2018.

Many people think making a financial contribution is the only way to help out an organization, but there are actually many ways in which people can get involved in the issues that matter most to them.

When it comes to nonprofit organizations that serve the lesbian, gay, bisexual, transgender, and queer community (LGBTQ+), we often think that money is the best or only way to show our support, and financial support is certainly greatly needed and appreciated. But what many of people don't realize, is that LGBTQ+ organizations and LGBTQ+ community centers in particular provide a broad range of programs and services as diverse as the community itself.

For professionals or people with significant lived experience, your skillset, expertise, and time can be the most valuable gift of all. You can bring an amazing amount of value to an organization by simply taking a proactive and committed role as committee or board member.

Board members help steer the strategic direction of an organization. They are ambassadors of the mission in the community and have the opportunity to share their personal story and connection with others.

As a board member, you are required to act with the community's and organization's best interests in mind and are accountable to nonprofit governance standards as the fiscal steward of the organization. As an LGBTQ community member or ally, serving in this way can be an immensely fulfilling way to

contribute to the causes and organizations that are important to you, whether it is at the LGBT Center or another group.

The Sacramento LGBT Community Center's board is currently seeking expertise in the areas of accountancy, philanthropy, commercial architecture and real estate, banking and finance, criminal law/policy, government contracts, public housing development, human resources, marketing and public relations, data analysis, and corporate leadership, amongst others.

All board members are expected to acknowledge and honor the fundamental value and dignity of all individuals, make a personal financial commitment, and dedicate time and professional expertise toward strategic goals. Applicants should be willing to be active participants in fundraising, community engagement, and mission actualization.

The Center is very committed to building board leadership that is diversely reflective of the community we serve and actively seeks applications from lesbians, gay men, women, bisexual and transgender individuals, people of color, people living with HIV, and people with disabilities.

You have an opportunity to help create a region where LGBTQ people thrive. Learn more about the Sacramento LGBT Community Center by coming to a one-hour free Get Centered Tour. More information about the organization, tours, and board membership is at saccenter.org or by contacting David.Heitstuman@saccenter.org.

LGBTQ-Inclusive Hospice and Palliative Care Guide Issued

A new handbook, *LGBTQ-Inclusive Hospice And Palliative Care: A Practical Guide To Transforming Professional Practice* has been released for hospice and palliative care professionals looking to enhance their care delivery or their programs with LGBTQ-inclusive care.

Written by Kimberly D. Acquaviva, a tenured faculty member at the George Washington University School of Nursing, the handbook is anchored in the evidence, extensively referenced, and written in clear, easy-to-understand language, that provides clear, actionable strategies for hospice and palliative physicians, nurses, social workers, counselors, and chaplains.

Beyond sensitivity training to LGBTQ patients, "LGBTQ-Inclusive Hospice and Palliative Care" reiterates the broader tenet of never assuming anything about the patients, family members or even your own employees: Never assume the gender and how the person wishes to be addressed,

never assume that their family either rejects or embraces them because of how they identify or live and never assume anything regarding spirituality.

In addition to fundamentals from how to conduct an inclusive "intake interview" to understanding complex family dynamics and spiritual care, the book offers clear-eyed guidance on topics that may not be as obvious, but equally critical, such as whether or not an LGBTQ caregiver should disclose his or her sexuality in an effort to bond with the patient, being mindful to not inadvertently "out" patients whose sex

HOSPICE
continues on page 18

EAST LAWN

CEMETERIES • MORTUARIES • CREMATION • PREPLANNING



Special Offer: CEMETERY PROPERTY

No Opening & Closing Fees on Pre-Arranged Cemetery Property!



It is standard practice that each time a memorial space is physically opened or closed, families are charged a fee for this service.

For all pre-arranged cemetery property purchased between 11/20/2017 and 12/31/2017, East Lawn will waive this fee.

This is up to a \$895 per person value. Call East Lawn today to make an appointment!

Note: This offer cannot be combined with any other discounts

Contact Kayla Delgado

(916)732-2031 or kaylad@eastlawn.com

EAST LAWN
Elk Grove
Memorial Park
& Mortuary*
9189 E. Stockton Blvd.,
Elk Grove, CA 95624
Tel 916.732.2031
Lic. #FD-1455

EAST LAWN
Memorial Park
& Crematory
4300 Folsom Blvd.,
Sacramento, CA 95819
Tel 916.732.2000

EAST LAWN
Sierra Hills
Memorial Park
& East Lawn Mortuary
5757 Greenback Lane,
Sacramento, CA 95841
Tel 916.732.2020
Lic. #FD-1242

www.EastLawn.com

916.833.8510

4 Man Hours
of Cleaning
\$100

6 Man Hours
of Cleaning
\$150

8 Man Hours
of Cleaning
\$200

10 Man Hours
of Cleaning
\$250



Approx. 50% Savings.
Call for details.
Restrictions apply.



info@house-2-om.com

L'AMOUR SHOPPE

**FOR THE FINEST
LESBIAN & GAY
EROTICA**

- VHS Rentals
- DVD Rentals • Magazines
- Sex Toys • Leather • Lingerie
- Novelties • Gifts • Accessories
- Knowledgeable & Helpful Staff

2531 BROADWAY
(at 26th St. in Sacramento)
(916) 736-3467
9AM - 1AM daily

A Comfortable
Environment for Women

www.outwordmagazine.com

STEVE'S
BATHHOUSE
STEVESRENO.COM

ALWAYS
PLAY
SAFE

775.323.8770 — 1030 WEST SECOND STREET — RENO

OPEN 24 HOURS

Directory

ACCOUNTING

RUSSELL, CPAS
Jason Russell, CPA Lic. 99177
Jason@RussellCPAs.com 916-966-9366

ADULT SERVICES

AARP, INC.
1-888-687-2277
aarp.org

ADULT STORES

L'AMOUR SHOPPE
2531 Broadway, 916-736-3467

ATTORNEYS

M. JANE PEARCE
455 University Ave. Ste 370. 916-452-3883

AUTO DEALERS

ELK GROVE SUBARU
8585 Laguna Grove Dr., Elk Grove,
877-360-0259
ElkGroveSubaru.com
ELK GROVE DODGE, CHRYSLER, JEEP
8575 Laguna Grove Dr., Elk Grove,
877-399-4262
ElkGroveDodge.com
MAITA AUTOMOTIVE GROUP
www.maitacars.com

BARS / CLUBS

BADLANDS
2003 K St., 916-441-6823 SacBadlands.com
THE DEPOT
2001 K St., Sac, 916-441-6823 TheDepot.net
SIDETRAX
2007 K St., 916-441-6823
facebook.com/sidetraxsac

CATERING

FAT'S CATERING
916-441-7966
www.fatscatering.com

CHIROPRACTORS

HEALING TOUCH CHIROPRACTIC
Dr. Darrick Lawson, 1919 21st St, Ste. 101,
916-447-3344 www.FixMyBack.com
ROCKLIN CHIROPRACTIC
James Carlson, 916-624-0682
www.RocklinChiro.com

CLEANING SERVICES

HOUSE 2 OM
916-9833-8510
www.house-2-om.com

COUNSELING

WEAVE
916-920-2952 (24/7)
www.weaveinc.org

DENTISTRY

SMILE ART DENTAL
3171 Riverside Blvd.
916-446-0203
www.smileartdental.com

DINING/BEVERAGES

ERNESTO'S
1901 16th St., 916-441-5850
www.ErnestosMexicanFood.com

IL FORNAIO
400 CAPITOL MALL, 916-446-4100
www.ilfornaio.com/sacramento

LUCCA RESTAURANT & BAR
1615 J St., 916-669-5300
www.LuccaRestaurant.com

SCOTT'S SEAFOOD GRILL & BAR
916-379-5995

ESTATE LAW

CORNERSTONE ESTATE LAW CORP.
1000 Q Street, Ste. 103
916-573-3095

FINANCIAL PLANNING

MIDTOWN FINANCIAL
Al Roche, 1330 21st St., Ste. 201,
916-447-9220 MidtownFinancial.net

WADDELL & REED FINANCIAL ADVISORS
Daniel Zamoshnikov
916-566-0975x165
dzamoshnikov@wradvisors.com

HEARING

UNIVERSITY AUDIOLOGIC, INC.
Deborah Powell, M.S., 1325 Howe Ave., Ste.
101, 916-927-3137

HEATING & AIR

PERFECTION HOME SYSTEMS
916-481-0658
www.HotCold.com

HEALTH SERVICES

CAPITAL CITY AIDS FUND
1912 F Street, 916-448-1110
ONE COMMUNITY HEALTH
1500 21st St., 916-443-3299
oncommunityhealth.com

INSURANCE

AAA NORTHERN CAL., NEVADA & UTAH
Leticia Vasquez, 916-379-1346
leticia.vasquez@norcal.AAA.com

LELAND INSURANCE
Bill Skinner, 916-428-1309
bill@lelandins.com

KEVIN KNAUSS
916-521-7216
Kevin@insuremekevin.com

STATE FARM INSURANCE
Stephanie Slagel, 916-485-4444
StephanieSlagel.com

JEWELRY

STONE FOLKS JEWELERS
916-363-0898

LANDSCAPING

DEMETRE LANDSCAPES
916-648-8455

LIBRARIES

LAVENDER LIBRARY
1414 21st St., 916-492-0558
LavenderLibrary.com
FRIENDS OF THE SAC. PUBLIC LIBRARY
8250 Belvedere, Ste. E,
916-731-8493

MEN'S CLUBS

STEVE'S
1030 W. 2nd St., Reno 775-323-8770
www.StevesReno.com

MORTUARY SERVICES

EAST LAWN
Kayla Delgado, 916-732-2031
kaylad@eastlawn.com
www.eastlawn.com

OPTOMETRY

CAMERON YEE, O.D.
6407 Riverside Blvd., 916-395-0673
DrCameronYee@aol.com

PAINTING INSTRUCTION

PAINTING WITH RITA
916-250-2797
www.PaintingWithRita.com

PEST MANAGEMENT

EARTH GUARD PEST SERVICES
916-457-7605
contact@earthguardpest.com

PET SITTING/CARE

GRATEFUL DOG
430 17th Street, Sacramento
916-446-2501
gratefuldogdaycare.com
LUCKY BUDDY PET CARE
916-505-4375 LuckyBuddyPetCare.com

PHARMACY

PUCCF'S PHARMACY
2821 J Street, Sacramento, 916-442-5891
www.puccirx.com

PSYCHIC READINGS

MYSTICAL VISIONS
916-532-5647
www.MysticalVisionsByGina.com

REAL ESTATE

BETTER HOMES & GARDENS
1819 K St. 916-491-1516
www.BHGHome.com/midtown
Joan Dunn, 916-716-5584
joan@joandunn.net
COLDWELL BANKER
Mark T. Peters, 916-341-7794
www.MarkPeters.biz
Sarah Curtis-Vasquez, 916-527-4106
www.LoveSacRealty.com
KELLER WILLIAMS
Brian McMartin, 916-402-4160
brian@brianmcmartin.com

THEATERS & MOVIES

BROADWAY SACRAMENTO
MUSIC CIRCUS
916-557-1999
www.BroadwaySacramento.com
MONDAVI CENTER
1 Shields Ave, Davis, 530-754-5000
www.mondaviarts.org/events

WARDROBE SERVICES

FASHION GROOVE
916.202.8096
www.fashiongroove.me

Hospice

continued from page 11

anatomy and gender identity do not match by using their preferred gender pronouns, and making sure patients' wishes are legally protected with a healthcare power of attorney.

From the book's chapter advising institutions and programs on how to reach LGBTQ individuals it is clear that for individuals and families searching for a hospice or palliative

care organization that will be sensitive and respectful of their own, a loved one's or a family member's LGBTQ identity, the most important thing to look for is a highly visible nondiscrimination statement.

This statement should appear on the organization's website homepage (not buried on some other page), included in any printed marketing materials, and easy to Google by entering the name of the organization and the word "discrimination."

Further indications that an organization welcomes LGBTQ patients are ads in LGBTQ newspapers and websites, an information booth at a local Pride festival, and availability of an LGBTQ bereavement group. And, of course, though harder to discern, if the organization has any gay, lesbian, bisexual, or transgender employees in management or leadership positions.

For more information and please visit www.harringtonparkpress.com.