



Older Rainbow Community of Albuquerque, serving LGBTQ+ elders

A 501(C)3 Non-Profit Organization

---

# JULY 2025

---

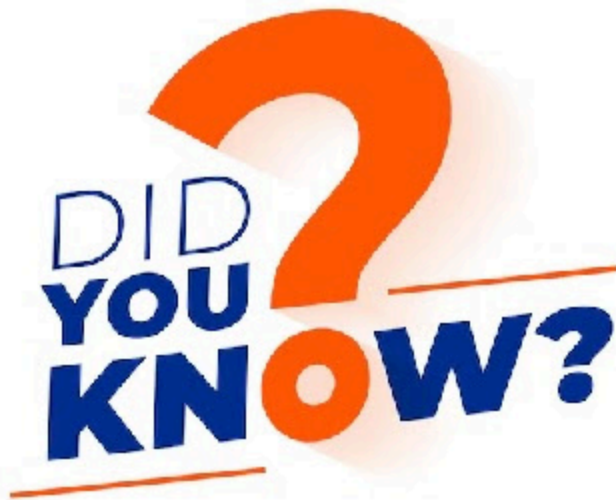
## NO ONE IS ALONE

**Community is vital as we age, and being around others who share similar experiences and interests is crucial for our well-being.** ORCA provides a welcoming space for LGBT+ elders to come together, share ideas, and enjoy fun, meaningful activities tailored to your interests.

By joining ORCA MeetUp, you become a member of ORCA at no cost. This is your chance to meet new friends, exchange ideas, and participate in events designed for the LGBT+ elder community.

**Sound interesting?** Visit <https://www.meetup.com/Albuquerque-LGBT-Elders> to join today!

---





Celebrate the 4th of July early on July 2nd with a free band concert at the Albuquerque International Balloon Museum. The concert will start at 7pm. But we can have a picnic beforehand, starting at 6pm. Bring a hat, sunscreen, something to drink and something to share. Read the full announcement below. It's only a couple of days away.



When we are alone and lonely, we become vulnerable. Older people are frequent targets of these crimes: Losses from scams reported by Americans over age 60 were up 11 percent last year over the year before, according to the FBI's Elder Fraud Report, with fraud criminals stealing more than **\$3.4 billion** from older Americans in 2023.

So this doesn't happen to you, we will include a description of a popular scam in each month's newsletter. Here's the first one:

## **Celebrity Impostor Scams**

The AARP Fraud Watch Network receives dozens of reports of celebrity impostor scams every month. Some involve phony product endorsements, such as a fake video of Kelly Clarkson or *Shark Tank* judges promoting weight-loss gummies. But what most concerns Amy Nofziger, director of AARP's Fraud

Network, are scams where people believe they've entered a romance or friendship with a celebrity.

"These are the ones we see the most," she says. The scammer hits the victim when they are emotionally vulnerable, she explains — when they might be feeling unworthy, lonely, or bored, or grieving the loss of a loved one. The supposed celebrity needs money, whether launching a new charity or putting down money on the house where you both will live.

**How to stay safe:** No legitimate celebrity will ever ask for money or personal information online. Most celebrities don't manage their own social media accounts, so if you truly believe that you're communicating with a star, **go to the celebrity's website and contact their management team to confirm**, says Nofziger.

Before buying a product based on a celebrity recommendation, **conduct an online search of the person and product, with words like "scam" or "fake,"** the FTC suggests. When you see a celebrity promoting a product or making a political statement on a t-shirt, hat, flag — any surface with text — be suspicious. Those surfaces can be a canvas for false messages.

The FTC is trying to fight these bogus endorsements. In August 2024, the agency announced a new rule that prohibits "fake or false consumer reviews, consumer testimonials, and celebrity testimonials" and allows it "to seek civil penalties against knowing violators."

Stay alert!



Greetings,

Looking for something to do? DOROT is a nonprofit organization, addressing the challenges of an aging population. That's us.

They have asked us to encourage people to register for discussion leader

training. DOROT and the Albuquerque Department of Senior Affairs have mapped out a pilot test of this training and are seeking eight (8) discussion leaders. Feel free to share this with people who might be good discussion leaders.

DOROT's Aging Alone Together is a six-week series designed to empower solo agers to build community while exploring tools, strategies and support to age successfully. They define 'solo ager' broadly. Solo agers are individuals who, by choice or circumstance, expect to age or make decisions about their future independently.

This program is offered at no cost and in partnership with the City of Albuquerque and Older Rainbow Community Albuquerque (that's us). Aging Alone Together provides a framework and tools for engaging with the experience of solo aging. They aim to create a supportive, positive space for discussion, self-reflection, and learning.

**The workshop is not intended to be therapeutic or to replace or replicate a traditional support group experience. The program will not offer medical, financial, legal, or personal advice.**

Each session builds upon the last, and community is best formed when all participants can meaningfully participate. They ask that you commit to attending at least 5 of the 6 sessions in the Workshop.

You will receive an Aging Alone Together Workbook and a Resource Guide, which contains weekly reading material and Action Plan Tools worksheets based on the topic for each session. Following the six sessions, DOROT offers educational and social networking opportunities for Aging Alone Together alumni.

ORCA has submitted a proposal to the city of Albuquerque to recruit Discussion Leaders for the training and handle outreach. The training will take place on ZOOM and, as of this moment, is a volunteer program. Our virtual sessions last 90 minutes each. If you have any questions before registering email DOROT at: [agingalonetogether@dorotusa.org](mailto:agingalonetogether@dorotusa.org)

If you are interested in being part of this effort, here are the proposed **Discussion Leader Training dates**. Please let them know which date/time works best for you:

- - Aug 14, 2025 10:00 AM
  - Aug 21, 2025 10:00 AM
  - Aug 28, 2025 10:00 AM
  - Sep 4, 2025 10:00 AM
  - Sep 11, 2025 10:00 AM
  - Sep 18, 2025 10:00 AM

Time shows in Mountain Time.

Here is where you can register for the training: <https://dorotusa-org.zoom.us/meeting/register/w0noZIRjT1CKz3PusaQhuA>

Yours,

Paul Oostenbrug, Chair, ORCA Board of Directors



Enjoy a late morning of jazz with Hilda Kirschner performing from the Great American Songbook plus more at Curio Toast on July 6 from 10:00am to noon. The address is 718 Central SW. Rowan McJimsey will be performing with her. He is an excellent keyboardist. A great way to start your day with live music.



All participants who attend ORCA meetup events are expected to RSVP.

Thanks for RSVPing - this lets the Host know you'll be attending.

When you RSVP, please do so for yourself and any **non-ORCA** member who is attending as your guest. **All ORCA members should RSVP for themselves.** This helps us identify how many members are attending events, statistics that are essential for future planning and grant writing.

However, **if your plans change**, just open the event homepage in the ORCA Meetup site, **click Edit RSVP**, and either change the number of guests or cancel your own attendance.



To change the number of guests who'll be going with you (if any), click **"Update"**.

To cancel your own attendance, click **"Not going"**.

**Thank you for following good RSVP etiquette.**



### **Gay & Bisexual Men's Peer Support Group**

Dennis Weber canceled this Meetup, originally scheduled for 7/17/2025, 4:30 PM.

See what else is coming up with ORCA (Older Rainbow Community of ABQ) or start a discussion to share your ideas at: [https://www.meetup.com/albuquerque-lgbt-elders/?utm\\_medium=email&utm\\_campaign=event-cancel](https://www.meetup.com/albuquerque-lgbt-elders/?utm_medium=email&utm_campaign=event-cancel).

---

### **West Side ORCA Women (WOW)**





This event meets the first Wednesday of every month at Books on the Bosque, [6261 Riverside Plaza Lane](#) NW, Suite A-2. This month it is on Wednesday, July 2, 2025 11:00 AM - 1:00 PM.

There is no set topic for discussion. If anyone has a story to tell, we're ready to listen. This is a place to get together, meet other women and chat. There will sometimes be an announcement about ORCA and its activities.

There are drinks and goodies available for purchase. The bookstore is woman owned and is welcoming to the LGBTQ community.

So, won't you please join us.

RSVP NOW



## Holiday Picnic in the Park with Live Band Music



The Albuquerque Concert Band is an all-volunteer ensemble of adult musicians rehearsing and performing throughout the year. **In existence for 75 years**, the band has been enriching the culture of the Albuquerque community in performance of **the great heritage of band music**. **Over eighty players** of

a wide range of age and ability meet each week and represent an enormous variety of backgrounds with vocations ranging from music educator to engineer, from doctor to lawyer.

Sponsored by the City of Albuquerque, on **Wednesday, July 2nd**, at the **Albuquerque International Balloon Museum at 7pm**, the band will present a free concert of the most American music you have ever heard. The program will feature:

- Silverado
- National Anthem
- Testimonials to Liberty
- Thunder & Blazes March
- God Bless America
- America the Beautiful
- and everyone's favorite: Stars & Stripes Forever

Here's a taste of what you'll hear: [https://www.youtube.com/watch?v=z9D8-dA3uVs&ab\\_channel=AlfredMusicConcertBand](https://www.youtube.com/watch?v=z9D8-dA3uVs&ab_channel=AlfredMusicConcertBand)

To take this amazing musical event higher and make it a true ORCA gathering, we will be joining together at 6pm for a **pot-luck picnic**. Bring your favorite something to share with your community. Also, bring a chair, sunscreen, a hat and water.

So, join us for an early Fourth of July celebration.

RSVP NOW





Game Time will now occur on the **FIRST and THIRD Thursday** afternoon of every month from 2:30 to 4:30 PM at Highland Senior Center. Since we will be working with Chris Rogers, the manager at Highland, to get the right-sized room for our game playing enjoyment, PLEASE RSVP by clicking on ATTEND **ASAP**. We'd like you to RSVP as soon as possible to give Chris enough time to find us the right room.

Attendees will choose the game(s) they want to play at the beginning of each session.

RSVP NOW

---





## **MEN'S COFFEE**

On July 9th, Summer outside at McDuffie (Hidden) Park from 10am to 11:30 at this very spot in the picture. How peaceful is this? And the company? Exceptional. Please bring a chair if you wish, something to drink, and enjoy the conversations.

[RSVP NOW](#)





## **ORCA Sawmill Social**

All ORCA members are invited to come together for brunch on Tuesday July 15th at Albuquerque's unique food court: Sawmill Market. It is located near Old Town at 1909 Bellamah Ave NW.

We will come together from 11am to 1 pm. Look for the ORCA blue sign. We will meet inside if it's warm or outside if it's cool. There is a wide range of food available at various prices. Or you can just get a beverage and join everyone for conversation. Either way, it's a great way to socialize.

[RSVP NOW](#)





### **West Side ORCA Picnic**

Join the West Side ORCA Members (but everyone is invited) for a **Picnic in the Park** on July 17th at 11am. Bring a picnic lunch and, if you'd like, a little extra to share. Plates, utensils and napkins will be provided. There are several walking paths from .5 mile to 1 mile to work off the calories.

Bring a chair, sunscreen, a hat and water. There are picnic tables available, and we'll sit in the shade under the trees or the shade structure.

If you know of someone who may be interested in ORCA, please invite them to join us!

#### **### Nearby major cross streets:**

Taylor Ranch Road & Kachina NW

#### **### ABQ Ride Stops:**

#92, #157

#### **### Public Facilities:**

Public restrooms (Vault toilets)

Don Newton Community Center is south of the park.

#### **### Parking:**

On site



RSVP NOW

---



Note: We'd like to include a picture from every event, but the editor cannot go to every event. So, when you are at an ORCA gathering, pull out your phone and take a picture showing our members. Then, either text it to 505-967-5225 or email it to [barryearle77@gmail.com](mailto:barryearle77@gmail.com). Let's document our events for the newsletter and posterity. Thanks.

---



Barry Simon entertaining the audience of nearly 100 (including ORCA members) with a story at Speaking Queerly.

---

**Our new website is [www.orcaabq.org](http://www.orcaabq.org).**

**Email [SC@orcaabq.org](mailto:SC@orcaabq.org) to reach the Steering Committee.**

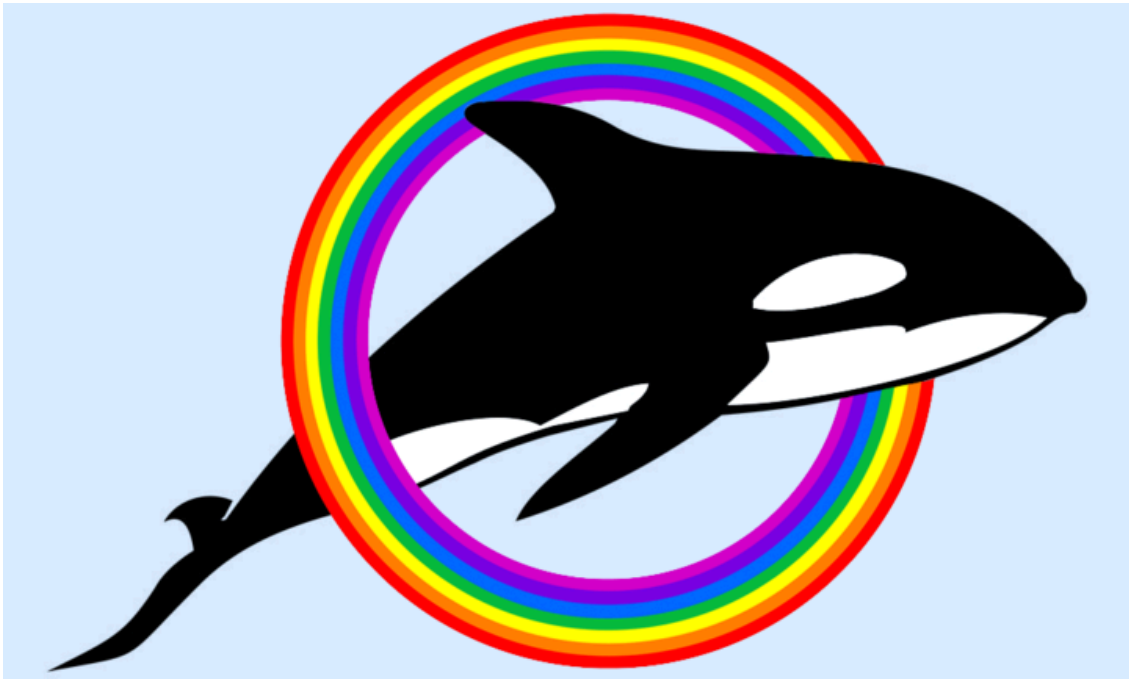
**We welcome suggestions about events you'd like to see offered or things you'd like to see on the website. The ORCA website lists a variety of resources that may be helpful:**

<https://orcaabq.org/resources/>

**Questions about ORCA Albuquerque and the events listed above? Email us: [sc@orcaabq.org](mailto:sc@orcaabq.org).**

ORCA seeks diverse community groups to partner on common projects. Please contact [sc@orcaabq.org](mailto:sc@orcaabq.org), if you'd like to explore collaborating with us.

---



*Copyright © 2025 Older Rainbow Community of Albuquerque, All rights reserved.*  
You are receiving this email because you opted in via our website or signed up at one of our events.

**Our mailing address is:**  
Older Rainbow Community of Albuquerque  
PO Box 20421  
Albuquerque, NM 87154

[Add us to your address book](#)

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list.

