



Older Rainbow Community of Albuquerque, serving LGBTQ+ elders

A 501(C)3 Non-Profit Organization

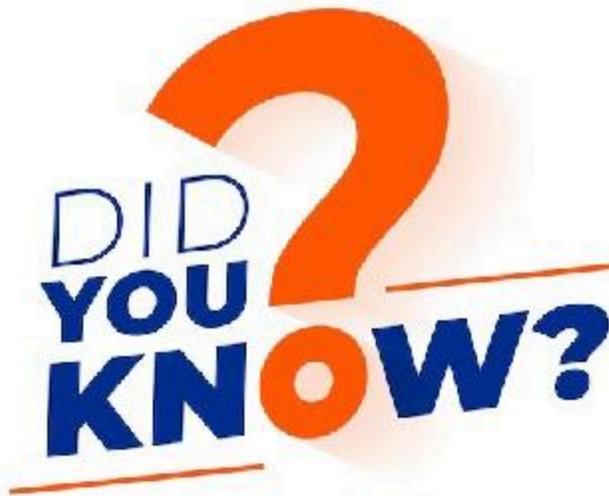
JANUARY 2026

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!





A top reason people cite for not having a will is procrastination. A will lets individuals decide what happens to their belongings when they die. But most people overlook the financial planning step, even when they buy a home, often their most significant purchase. Add to this medical decisions that have to be made when you cannot do this. That is why, planning ahead is essential to avoid the chaos that can follow when you haven't done the necessary estate planning.

Even if you don't have a complex estate with a house and stocks and other investments, **everyone should have documents in place authorizing someone to handle their health and financial matters in an emergency.** Without that planning, the “system is very unforgiving” toward any legal or medical intervention by anyone else.

In your estate planning, you need to indicate the person who will act as the power of attorney, giving them the authority to make financial decisions. It is important to understand that the power of attorney is about financial decisions, not medical ones. You also need to declare someone--friend, family member or spouse--who can make medical decisions for you when you cannot do so. It can be the same person who has the power of attorney but you need two documents, one for each responsibility.



For example, parents cannot make a doctor's appointment on behalf of a child who is over 18 without a health-care proxy. A health-care proxy is a legal document that appoints someone to make medical decisions on your behalf. Even if you have a legal spouse or a very close friend or family member, without a legal document that appoints that person as your health-care proxy, they cannot make medical decisions for you. In short, you are in legal medical limbo. Who is going to make the decisions that will affect your health when you can't?

Getting the health-care proxy and the power of attorney is a virtually costless five minutes of your time. Both are simple documents that can easily be downloaded from the internet. **But they are not official until a notary signs them, a service available locally.** Plus, a living will can let someone stipulate what they want for end-of-life care, including whether they want the use of breathing tubes and resuscitation. This is also available from the internet for no cost.

In short, basically you need to complete three documents: 1) power of attorney for financial matters, 2) a health-care proxy for medical matters, and 3) a living will to indicate what medical procedures you want in case of an emergency.

To have a plan that fully considers an individual's circumstances, it helps to have an estate plan drawn up by an attorney. The average

cost of setting up a will in Albuquerque typically ranges from \$250 to \$1000. More comprehensive estate planning services can cost between \$900 and \$4950, depending on the complexity of your estate and the attorney's experience.



Importantly, planning your estate can help prevent potentially more expensive issues later. Whatever you pay today is less than what anybody's going to pay after the fact if you haven't planned your estate. It's going to cost so much more for your heirs to deal with your estate after the fact.

The reason why you do any of this is because you have people that you love. They love you, and they want to help you. So you have to make it easier for them to help you.



Mark Your Calendar!

Coming February 21st is ORCA's first Community Plate event.

What is Community Plate?

Getting older and often living alone, brings feelings of isolation and disconnectedness. Community Plate is dedicated to fostering connection and creating community through shared meals and stories. Together, we reimagine the community potluck using storytelling as a source of connection and entertainment.

Human beings have always gathered around food and stories. This combination brings us closer to one another and reminds us of our shared humanity. At the same time, it gives us an opportunity to express our individualities, our personal tastes, and our family stories. Plus, who doesn't like eating good food?



How does this work?

First comes the food. Each participant brings a dish, preferably prepared by them rather than store-bought. But if store-bought works, bring it.

Next comes the theme. Each event will have a theme, giving participants a chance to share their personal stories about the theme

while eating and conversing. It's a prompt, a starter to get the conversations going.

Finally comes the formal stories. The meal concludes with 2-3 volunteer storytellers, organized and rehearsed ahead of time, entertaining the gathered community with 5-minute stories on the event's theme that are performed or read.



Time and Place: Community Plate will be held at the First UCC Congregational Church, [2801 Lomas Blvd. NE](#), from 1-3pm.

Volunteer Event Supporters: As you know from other ORCA food-oriented events, we will need a handful of volunteers to help set up before the event and to help clean up after the event. We will organize this next month. So, be ready to help make Community Plate a success by helping.

Volunteer Storytellers: Since the event will take place in February, the month of love, the theme is "My Most Memorable Love." This doesn't have to be a romantic love; it can be someone, an event or something that was most memorable. We need 2-3 volunteers to tell their 5-minute story around this theme.

If you want to be one of the storytellers, contact Barry Simon at barryearle77@gmail.com. **Please include your phone number.** Note: This will involve probably two get-togethers before the actual event to help craft your most effective story.

This is a heads-up. There will be a formal "Attend" button later this month. For this first event, **we have only 30 spaces available due the size of the room.** Hopefully, this event will be so popular, we will need a larger space for the future Community Plate events.

We look forward to seeing you in February and **every other month** following. So come with an open mind, an open heart and an empty stomach.



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.

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, January 7th, from 11am to 1.

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, please join us.

RSVP Now



ORCA Men's Coffee

Men's Coffee will meet on January 7th and on January 21st at the Highland Senior Center, 131 Monroe St NE, from 10am to 11:30.

Join us for a fun time socializing, schmoozing, complaining and celebrating our senior days. Topics ebb and flow as different ideas are brought up. We can't promise great coffee, but we guarantee an entertaining hour and a half.

RSVP Now



ORCA In-Person

Always the second Thursday of the month. This month, it's on January 8th from 2-3:30.

Join us at the Highland Senior Center, [131 Monroe St. NE](#) for conversation, guest speakers on various topics, upcoming events for seniors in Albuquerque and NM, and just plain socializing.

RSVP NOW



Gay & Queer Men's Peer Support Group

Find Strength, Connection and Healing!

Are you navigating unresolved, anger, fear, or past trauma? Do you feel overwhelmed by societal challenges, or the uncertainties of today's world? Join us for a peer-lead support group designed to provide a safe space for gay and bisexual men to connect, share, and find empowerment together.

This event is cross posted from another Meetup group. It meets Thursday, January 8th from 6:30 PM to 8:00 PM at Unity Spiritual Center of Albuquerque, [9800 Candelaria Rd NE, Albuquerque, NM](#).

RSVP NOW



Support for people in the LGBTQ+ Community caring for someone with dementia. Share concerns, challenges, successes and strategies with other caregivers.

To join, email us at nmsupportgroups@alz.org. (You'll have to "connect" the first and last parts of that email address in your email program.) We will arrange a meeting with the Programs Director and Support Group Leader to discuss the group.

The facilitator is Daniel White. The meeting link will be provided by the Alzheimer's Association.

The group will begin meeting Friday, Jan 9th from 12:00 PM to 2:00 PM MST and will meet every 2 weeks on Friday.



The ORCA Board of Directors, the governing body of Older Rainbow Community of Albuquerque (ORCA), holds its monthly meetings on the second Tuesday of each month.

ORCA Board meetings are inclusive events that are open to the public, primarily ORCA participants. You are all very warmly invited to attend! You can do so either via ZOOM or in-person.

The ZOOM meeting number is 906 560 9861. There is no Passcode. The link is <https://us02web.zoom.us/j/9065609861?omn=89591456885>.

AGENDA

- Introductions and comments from guests
- Contractor Reports
- Financial Reports
- Upcoming Events
- Longer Term Issues
- Questions and Answers

The meeting will take place at Steering Committee member's house, 2025 Erbbe St NE.



Have you ever flipped your career path, setting off in an entirely new direction, with high hopes for fame and glory only to find yourself completely surprised by the twists of fate that yielded something completely different?

Or, on the flip side, have you thought little or nothing could come of your efforts in a particular endeavor or relationship only to find that, indeed, magic ensued?

Whatever your story, we want to hear it!

Join us on January 13th for Duke City Story Slam at the Canteen Brew House, 2381 Aztec Road Northeast Albuquerque.

We welcome returning tellers, Cindy Allen & Laurie Boyce to the stage, and newcomer, Jerome Deroy. Jerome told an open mic story in November, and has experience telling with The Moth in New York City. Jerome is also a new professional member of Storytellers of New Mexico (STNM) who sponsor the Story Slam.

There will be space and time for FOUR open microphone tellers. If you have such a story, put your name in the hat early in the evening for a higher chance of being chosen in the random on-stage drawing.

In short: it's a night of Great Expectations.



This is one of our most popular on-going events. Held in one of Albuquerque's unique eating establishments--the city's first dining hall--this converted sawmill offers a broad range of food selections. Or you can just get something to drink or only stop by and join some of ORCA's most interesting members who gather here once a month to socialize.

Look for the ORCA blue sign which is usually in the middle of the building. The fun, conversation and eating starts at 11 and goes until everyone has left, usually 12:30, at 1909 Bellamah Ave. NW, just down the street from Old Town.

Our new website is www.orcaabq.org.

Email 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.

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

