



Staff had a scary good time at the clinic on halloween this year! More pics on pg 6.

## Notes From the CEO

This may sound cheesy, but to me, the month of November is a beautiful reminder of all of the things that we have to be thankful for. This year, I'm especially thankful to all of our patients, volunteers, supporters, and staff members. Each of you has played a unique role in shaping our little clinic and in its continued growth and success -- and for that I am deeply grateful. One of the things that I am most thankful for is the opportunity to continue to provide low- or no-cost care to patients who are un- or under-insured. As a non-profit, we can't continue to do that without your help. This year, The Lavender Clinic is participating in Giving Tuesday, an international day of giving. We invite you to follow along on social media for updates and to learn more about our goals this Giving Tuesday.

-Katie Nelson Atwell

John Doe  
deserves a little TLC

On this, the 29th of November in the year 2022,  
The Lavender Clinic,  
of the City of Honolulu, on the Island of Oahu does proclaim

Your Name (They/Them)

*Hero to the People*  
Of a Healthier Hawaii

and thus deserving of all the rights, privileges and perks allowed to one of their stature as agreed upon by the owner of this document and whomever has the honor of being its recipient.

*Katie Atwell Nelson*  
Katie Atwell Nelson, Chief Executive Officer



*Christopher Kim*  
Christopher Kim, Chairman of the Board

## We Need Some Heroes

If you ask the staff here at TLC, many of them will tell you that one of their favorite things about working at the clinic is being part of an organization whose mission it is to help people. It is something that we take very seriously. Our tagline is "Every BODY deserves a little TLC." and we mean it. Everybody. Even the uninsured or underinsured.

(Continue on pg 3 or visit [lavenderclinic.org/#GivingTuesday](http://lavenderclinic.org/#GivingTuesday))

# New Faces



## Martha Keith, ND

Dr. Keith is a licensed naturopathic doctor (ND) and a graduate of North America's oldest accredited four-year naturopathic medical university, the National University of Natural Medicine, located in Portland, Oregon.

NDs are primary care physicians like MDs, DOs, and APRNs who are usually a patient's first stop for medical care. The difference is that NDs take a whole-person, natural approach to wellness and focus more on prevention, clinical nutrition, and lifestyle modifications. NDs collaborate with their patients to choose the best approach to medical care

– conventional and naturopathic – and then work with each patient to develop a personalized treatment plan tailored to their individual needs and goals.

In addition to providing primary care services for patients, Dr. Keith has completed additional training in the areas of gut health, mental health, sleep health and disorders, chronic pain, autoimmunity, and gender-affirming care. Her clinical interests also include the study of overweight and obesity, cardiovascular health, and STIs.

Prior to becoming a naturopath, Dr. Keith worked in the burgeoning field of medical aesthetics where she learned how to administer many non-invasive to minimally-invasive treatments, including laser hair removal, laser skin resurfacing, IPL, chemical peels, botox, dermal fillers, and numerous body-contouring therapies. Dr. Keith is looking forward to bringing her expertise in medical aesthetics to expand the cosmetic services available to all TLC patients.

## Our Gift to You

The Lavender Clinic will be offering Botox at the discounted rate of 10\$ a unit for the month of December. Call the clinic at 808-744-2543 for more information.

## Hello everyone!

I'm Dr. Masifi (or Dr. Sheeren, if you prefer), the new Chief Medical Officer at TLC. A family physician by training, I feel blessed to have trained in a residency that emphasized respect for diversity, and providing services sensitive to the needs of LGBTQ patients,



Shereen, Masifi, MD

including hormone replacement therapy and PrEP.

I am from the mainland, and spent the majority of my life in San Diego, CA, but moved to Honolulu to pursue a life with my partner, who was born and raised right here. I am very excited to be working with a small and personable clinic full of caring people, and look forward to doing what I can to improve patient (and employee) experience. We are also excited to offer new Botox services, and dermal filler for lips and nasolabial folds, as an in-house option for those already interested in these services. Thanks for

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## NAME THIS NEWSLETTER!

So far we have had some fantastic entries for our "Name Our Newsletter" contest but there is still some time to get your great idea in the mix! November 15th is the deadline, so there is no time to waste! Just click on the link here- [www.lavenderclinic.org/#newsletter](http://www.lavenderclinic.org/#newsletter) and send in your idea. Voting begins via social media on the 24th so make sure to follow us and vote for your favorite!

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# The Loss that Gave Everything

By S.E.S.

Born and raised in New England, Rita Hester as well as sister Diana always knew that they were sisters. Rita was a transwoman and very confident and proud of that fact. Diana would say that "It never posed a problem growing up." What she seemed to allude to was that Rita's family loved and embraced her, without judgement or ridicule.

When Rita was in her 20's, she moved from Hartford to Boston. According to the newspapers, she performed locally and abroad. She sang, danced, and thoroughly enjoyed being on stage. Rita was seen in gay and straight bars. "She frequently traveled to Greece for vacation.

Just 2 days before her 35th birthday, Rita was savagely and brutally murdered in her own apartment. The Boston police, and local papers were not very educated in how to label Rita correctly. Between the agony of losing a shining star, and the frustration of the lack of empathy for Ms. Hester, the local LGBTQ+ community held a vigil on Dec. 4th and read the names of other victims of Transgender hate crimes that ended in death.

TLC is asking the Honolulu community to send us pictures and the stories of the local transgender losses so that we can honor them this year as well. If you or anyone that you know has lost a trans friend or family member to bigotry and hate, either directly through violence, or indirectly through depression or other

issues compounded by discrimination and stigma.



Rita Hester

The only way that hate wins, is if we stay silent. We will be posting these pictures and stories in the office. Then on the 28th, they will be posted to social media every hour on the hour. There will be no ignoring a VERY real problem in every corner of the planet.

**"With so many seeking to erase transgender people -- sometimes in the most brutal ways possible -- it is vitally important that those we lose are remembered, and that we continue to fight for justice."**

- Transgender Day of Remembrance founder Gwendolyn Ann Smith

Transgender Day of Remembrance is on November 20th.

Please email your submissions to [egriffith@lavenderclinic.org](mailto:egriffith@lavenderclinic.org)

## Giving Tuesday (Continued)

But we need help. As a nonprofit, your donations are used to purchase equipment to ensure that you receive the quality treatment and gender affirming care that you expect. We need help to continue offering our services to everyone that needs them. We need heroes.

November 29th has been designated as Giving Tuesday. Giving Tuesday was created to counteract the commercialism of Black Friday and to encourage people to donate to nonprofits in their communities. This year we are asking people to help us continue the journey of growth that we have been on by pitching in to help us reach our goal of \$5,000. These donations are used for indigent patients who could not otherwise receive proper treatment.

You can find the full list at

[lavenderclinic.org/support#GivingTuesday](https://lavenderclinic.org/support#GivingTuesday) as well as more details on how to help.

Oh and if you agree that modesty is a little overrated- don't worry about becoming one of those "unsung heroes". Your name will be put on a thank you heart in the clinic for all to see. Some heroes will even receive a signed certificate like the one below, so that you can let everyone else know the hero that you really are.

## In the News

### Wanted: Board Members

We are looking for more and new opinions, wisdom and knowledge on our Board of Directors by bringing on some new members. Experience or knowledge in nonprofits, medicine law or perhaps financial planning would be a plus. We would feel very fortunate, if the candidate had ties to the community in some way. If interested or have questions: [info@lavenderclinic.org](mailto:info@lavenderclinic.org) or visit [www.lavenderclinic.org/board-member-application](https://www.lavenderclinic.org/board-member-application)

### Friendsgiving With the Sistas

The Lavender Clinic is pleased to announce that they will be hosting a Friendsgiving celebration on November 19th for current members of the Sista Project. Current members can contact Joe Bloom for more information. If you are interested in joining or finding out more information about the Sista Project, visit

[lavenderclinic.org/services/community-programs](https://lavenderclinic.org/services/community-programs)

[lavenderclinic.org/support#GivingTuesday](https://lavenderclinic.org/support#GivingTuesday)

## Adopt an Anuenue Angel This Holiday Season

By Dayna Schultz

As kama'aina we all know the struggles of living in paradise. And for some families, the daily struggle continues with the residual and continued impacts of Covid-19 making providing basic needs nearly impossible, and the thought of Christmas unbearable. Now more than ever we need the Aloha Spirit to shine though and malama one another. Therefore, I ask you to please join me in this kakoū effort in putting smiles on faces and joy in the hearts this holiday by adopting an Anuenue Angel from Ke Kula Kaiapuni 'O Ānuenuē, public Native Hawaiian Immersion School. Please refer to the link below to gather information on Ke Kula Kaiapuni 'O Ānuenuē, public Hawaiian Immersion School. [www.anuenue.org/ke-kula/index](https://www.anuenue.org/ke-kula/index)

If interested, please inquire with Dr. Dayna Schultz at The Lavender Clinic. Please have all gifts wrapped, tagged, and submitted to Dr. Dayna no later than Monday December 12. Mahalo nui loa, and Aloha, All ways, Always.

# October In Review

Between Honolulu Pride, the PBN Business of Pride Awards, Outreach presentations, and Halloween October was a very busy month indeed and the staff and friends of TLC are not ones to sit out a good time!



Stephanie and Maya get the word out at the UH Manoa Coming Out Day Celebration.



Above: Scenes from the PBN Business of Pride Awards Reception. Counter clockwise: Stephanie Mikhail receives award; Renee, and Stephanie pose with a Kumu Hina. From left to right: Winston Welch, former TLC Board member and founder of the Hawaii Rainbow Chamber of Commerce, Dr. Sheeren Masifi, CMO, Stephanie Mikhail, COO, Katie Atwell Nelscon, CEO; and Renee Rumler Pederson, Director of Gender Affirming Care



Above: Scenes from Honolulu Pride 2022.



Left: Chris Doyen and Marybeth Raquel do battle.  
Below: Jonica and Katie put on a show for the camera.



*\*Disclaimer: The Lavender Clinic does not condone workplace violence under any circumstances. No Ewoks were harmed in the making of these Halloween festivities..*

## Community Announcements

### Food Bank and Bentos

St. Timothy's Church is offering free food every Tuesday from 4:30 to 6:30. No questions, just food. Open to all. 98-939 Moanalua Road Aiea, HI, 808-488-5747.

### Thriv

Thriv is recruiting empathy: crisis response interns. <https://thrivelifeline.org/recruit.html> for more info.

### Call for Submissions

Open call for original unpublished work by young creatives under 25. Learn more at <https://breakbreadproject.submittable.com/submit>

### Participants Needed

Children's National Hospital (Washington DC) and VU University Hospital of Amsterdam are looking for Transgender and nonbinary youth ages 11-16 and their parents to take part in an online study to determine which policies and practices most influence gender minority youth in both countries. Families will receive \$200.00 for their time. Contact Abby Fischbach (she/her) at 301-765-5573 or email [afischbach@childrensnational.org](mailto:afischbach@childrensnational.org) to participate.

### Need to Chat?

Text "Lavender" to 1.313.662.820. Thrive Lifeline offers confidential and judgement-free support from qualified crisis responders that get it 24/7/365.

### 808 TRANS Accepting Donations

808 Trans is now accepting donations for binders, trans tape, quality clothing, makeup, new underwear/bras and menstrual cups. 808 Trans serves the gender divers of Hawai'i by providing free supplies. IG @808.TRANS

### XPLOR Counseling

has a referral intake line at (808) 941-9648 or visit [www.xplorcounseling.com](http://www.xplorcounseling.com) for live chat, email inquiries, or intake process. Please state that you are a patient of The Lavender Clinic.

### Beyond Black, White, and Rainbow

The National Academy of Child Psychiatrists wants to learn from gender diverse youth and young adults of diverse cultural backgrounds and identities in a session called Beyond Black, White, and Rainbow. Don't let Hawaii be left out. Schedule