

55 Laguna Update: Planning Commission Vote Coming Soon

We are moving full steam ahead with our plans to build LGBT-welcoming senior housing in San Francisco! We expect the San Francisco Planning Commission to vote in the next two months on our development plan to build 110 units of housing welcoming to low-income LGBT-seniors at 55 Laguna St.

We must win this vote at the Planning Commission to move the project forward.

We will keep you posted on ways you can help. Once we have a date for the Planning Commission vote, we will ask you to attend the hearing. **We will need as many speakers as possible to provide public comment.** All you need to do is say a few words about why this project is important to you. We'll provide you with some talking points if you need them. We'll also ask you to send a letter to the Planning Commission in advance of the vote. We will have a sample letter and contact information on the Openhouse website.

Update and Background

The 55 Laguna development includes 330 new multifamily rentals and 110 units of LGBT-friendly senior affordable housing. Openhouse and Mercy Housing California are working together to build the senior affordable units. Wood Partners is managing the multifamily development. The project sponsors have spend the last year working with architects, attorneys, consultants, Planning Department staff, the Mayor's Office of Housing and community stakeholders on a design and development plan to finance and construct the development. The current plan incorporates input from all the stakeholders. The Planning Commission will vote on this comprehensive plan in the next two months.

Why Do We Need Your Help?

The Planning Commission must approve the design and development plan for the entire 55 Laguna development, including the senior affordable and multifamily components, in order for the project sponsors to proceed. ***It is critical that the Planning Commission hear from community members who support the 55 Laguna development and LGBT seniors. By showing your support, you will help ensure that this critical project will move forward.***

How Can You Help?

If you haven't done so already, sign up to get Openhouse e-mail updates. Just go to our website at www.openhouse-sf.org and click on "Sign Up For Newsletter". Then select the updates you'd like to receive. By signing up for Openhouse e-mails, you'll be among the first to get the information you need about 55 Laguna and how to take action. You can also get information about other housing opportunities and Openhouse services. Sign up for the Openhouse e-newsletter today to help show the City of San Francisco how important this project is to us.

Thank you SO much for your support in helping make LGBT-welcoming senior housing a reality in San Francisco!



LGBTQ CAREGIVER SUPPORT GROUP



What: This free 10 week group is designed to support LGBTQ persons facing the challenges of caring for another. The Caregiver Support Group emphasizes taking gentle and tender care of oneself, while providing for a loved one. The group focuses on how to feel physically energized and emotionally balanced while in the demanding role of caregiver. The group includes building trust, and sharing experiences and wisdom while receiving support and acceptance.

This group is currently seeking new members for the Fall series.
Please call Fairley Parson, MSW, at **415-296-8995 x16** for more information.

Time: Mondays, 5:30-7:00PM beginning September 10
Location: 624 Laguna St.

About the facilitators: Molly Reno is a certified somatic life coach and former trial attorney. Her brother, Den Reno, Ph.D. is a licensed psychologist, and Openhouse grief group facilitator.

Ongoing Programming (see Calendar for all one-time and special events)

MONDAYS

Always Active Exercise 10:30-11:30AM

Castro Senior Center, 110 Diamond

Movie Afternoons - New Releases 12:45PM

Castro Senior Center, 110 Diamond Street

Men's Group 2-3:30PM

Call Bruce x 17, SF LGBT Center, 1800 Market

TUESDAYS

Always Active Exercise Group 10-11AM

Castro Senior Center, 110 Diamond Street

**Castro Discussion Group 3rd Tuesday
12:30-2PM**

Castro Senior Center, 110 Diamond Street

*Topic: What change would you like to see in your life?
—In the world?*

Tai Chi Chih 10AM

30th St. Senior Center, 225 30th St.

WEDNESDAYS

Lunch Bunch: 1st and 3rd

10:30 AM—12:30PM

Curry Senior Center, 315 Turk Street

Rainbow Lunch: 2nd and 4th 12:00—1:30 PM

LGBT Center, 1800 Market Street

RSVP x 16

Housing & Services Clinics

Wednesdays 2nd and 4th this month, 1-5PM

To make a one-on-one appointment, call x13

LGBT Center, 1800 Market St.

Caregiver Support 4th Wednesday 6-7:30PM

Institute on Aging, 3575 Geary

2nd Wednesday Matinee: 2PM

Film: Frida

225 30th St. 3rd Floor Activity Room

THURSDAYS

Always Active Exercise 10:30-11:30AM

Castro Senior Center, 110 Diamond Street

**Discussion Group at Martin Luther Towers
1st Thursday 10:30AM-12PM**

Call x16 for more information

(Thursday continues above)

THURSDAYS (continued)

Donation Based Yoga 10-11:30AM

66 Sanchez Street

**LGBT Chat at 30th St. 2nd Thursday
10-11:30AM**

All are welcome. Chat with us!

30th St. Senior Center, 225 30th Street @ Church

Documentary on the Hill (New!)

3rd Thursday 10:30 AM

Bernal Heights Neighborhood Ctr., 515 Cortland

Film: Forever's Gonna Start Tonight

FRIDAYS

Housing and Social Services Clinics

3rd Friday 10AM-2PM

30th Street Senior Center, 225 30th St. at Dolores

Meditation 11AM

The Sequoias, 1400 Geary St., Redwood Room

Classic Films 12:45PM

Castro Senior Center, 110 Diamond Street

Health & Wellness Fourth Fridays 3PM

Rebuilding Together & Coming of Age

SF LGBT Center, 1800 Market, Room Q11

SATURDAYS

Games 10 AM-1PM

Board Games, cards, dominos and great company

LGBT Community Center, 1800 Market

Art Group 12PM - 2:30

Featuring: Collage with Selwyn Jones

LGBT Community Center, 1800 Market Room Q11

SUNDAYS

Second Sunday, August 12

145 Guerrero, Francis of Assisi Dining Hall

Men: 12-2PM: *Potluck and reading from author Jim Provenzano*

Women: 3-5PM: *Social and reading from author Kit Kennedy*

Openhouse gratefully acknowledges our partnership with the San Francisco LGBT Community Center in bringing you these programs.



CALL OPENHOUSE (415) 296-8995 FOR MORE INFORMATION ON PROGRAMS

UNDERSTANDING GRIEF AS A HUMAN PROCESS

12-week Grief Group series starting this September

With Dennis Reno, Ph.D., and Sarah Connelly Psy.D

Thursdays from 5:30 to 7:00PM
Starting September 13, 2012
Access Institute
110 Gough Street, 3rd Floor



We Believe:

Grief comes in many forms.
Everything is impermanent, but that doesn't
mean I'm not going to cry about it!

Experiences of loss may include:

Pets Home Work Relationships

This will be a free 12-week group of eight to ten individuals who meet to learn from the experience of grieving. The group will include relaxation exercises, meditation, laughter and building trust. It will help participants to see grief as an opportunity to grow. This will be a closed-group, (not drop-in), expressly devoted to LGBT persons 60+, and aims to be gender balanced.

A one-on-one conversation with the facilitators is requested prior to joining the group. To arrange a meeting, or if you have any questions, please contact Fairley Parson, MSW, 415-296-8995, extension 16.

About the facilitators:

Den Reno, Ph.D., is a group therapy leader with 28 years experience of facilitating groups. Den acts as a catalyst in generating healing, forgiveness, and the emotional nourishment for participants which groups can generate.

Sarah Connelly, Psy.D., is a psychotherapist in private practice in San Francisco. She is a relational practitioner and believes in the transformative potential of group therapy.



4th Fridays Health and Wellness Presents..

Rebuilding Together San Francisco & Coming of Age

Join us Friday, August 24th 3pm as we hear from two community organizations that support seniors staying healthy, engaged and inspired in our community. Do you own or rent a home and are overwhelmed by the repairs needed? Could you benefit from safety modifications like grab bars, raised toilet seats or smoke detectors?

If you, a loved one, or neighbor are in need of home repairs toward increased health, come learn how **Rebuilding Together San Francisco (RTSF)** may be able to help you. A nonprofit serving SF seniors for over 23 years, RTSF's mission is to help seniors & disabled adults age safely in their homes by providing free home repairs. Relying on hundreds of community volunteers to provide the repairs, RTSF also partners with **Coming of Age**, a nonprofit that seeks to harness the talents, skills and energy of people 50+. Coming of Age works with people 50+ to explore passions, pursue lifelong learning, become volunteers and engage in meaningful service to the community. For more information call Openhouse at 415-296-8995 or check out: www.rebuildingtogethersf.org and www.comingofage.org/bayarea

Friday, August 24, 3PM
SF LGBT Community Center
1800 Market, Room Q11
Free with light refreshments provided.

Friendly Visitor Caring Connections

Information Night for new volunteers:
Wednesday, August 8, 6 – 7:30 PM

Kaleidoscope: Visit to Laguna Honda:
Thursday, August 9, 2 – 4 PM

FV Support Groups:
Tuesday, August 7, from 6 – 8 PM
Wednesday, August 8, from
3:30 -5:30 PM




Please call Ellyn at X13 for more information.

Join us in the Art Group

Saturdays, 12 - 2:30PM
The SF LGBT Center, 1800 Market Room Q11
Cost: Free, but please RSVP at x16



Come work on collage with instructor Selwyn Jones, or bring in other art projects you may be working on. Materials are supplied, but feel free to bring your own as well. All experience levels are welcome.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>The CHARLES M. HOLMES CAMPUS of THE CENTER</p>	<h1>August 2012</h1>		<p style="text-align: center;">1</p> <p>Lunch Bunch 10:30 AM-12:30 Curry RSVP Bruce x17</p> <p>Housing & Services Clinic 1-5 PM The Center Call x13 for 1-on-1 appt</p>	<p style="text-align: center;">2</p> <p>Always Active 10:30 AM Castro</p> <p>Yoga 10 AM 66 Sanchez</p> <p>MLT Discussion Group 10:30AM 1001 Franklin</p>	<p style="text-align: center;">3</p> <p>Meditation 11AM The Sequoias 1400 Geary</p> <p>Classic Movies 12:45 PM Castro</p>	<p style="text-align: center;">4</p> <p>Games 10 AM -1 PM</p> <p>Art Group 12-2:30 PM The Center</p>
			<p style="text-align: center;">5</p>	<p style="text-align: center;">6</p> <p>Always Active 10:30 AM Castro</p> <p>Community Council 11:30AM Suite 1185 870 Market St.</p> <p>Movies 12:45 PM Castro</p> <p>Men's Group 2-3:30 PM The Center</p>	<p style="text-align: center;">7</p> <p>Always Active 10 AM Castro</p> <p>Tai Chi Chih 10 AM 30th St. Senior Center</p> <p>Friendly Visitor Support Group 6-8PM The Center</p>	<p style="text-align: center;">8</p> <p>Rainbow Lunch 12:30-2 PM The Center</p> <p>Openhouse Film: Frida 30th St. Senior Center 2 PM</p> <p>Friendly Visitor Support Group 3:30-5:30PM</p> <p>Friendly Visitor Information Night 6:00-7:30 PM The Center</p>
<p style="text-align: center;">12</p> <p>Second Sunday: Francis of Assisi 145 Guerrero</p> <p>Men: 12-2PM</p> <p>Second Sunday: w/ author Jim Provenzano</p> <p>Women: 3-5PM</p> <p>Second Sunday: w/author Kit Kennedy</p>	<p style="text-align: center;">13</p> <p>Always Active 10:30 AM Castro</p> <p>Movies 12:45 PM Castro</p> <p>Men's Group 2-3:30 PM The Center</p>	<p style="text-align: center;">14</p> <p>Always Active 10 AM Castro</p> <p>Tai Chi Chih 10 AM 30th St. Senior Center</p>	<p style="text-align: center;">15</p> <p>Housing & Services Clinic 1-5 PM - The Center Call x13 for 1 on 1 appt</p> <p>Lunch Bunch 10:30 AM-12:30PM Curry RSVP Bruce x17</p>	<p style="text-align: center;">16</p> <p>Always Active 10:30 AM Castro</p> <p>Yoga 10 AM 66 Sanchez</p> <p>Doc. on the Hill: <i>Forever's Gonna Start Tonight</i> 10:30AM Bernal Heights 515 Cortland</p>	<p style="text-align: center;">17</p> <p>Classic Movies 12:45 PM Castro</p> <p>Housing and Social Services Clinic 10AM-2PM 30th St.</p> <p>Meditation 11AM The Sequoias 1400 Geary</p>	<p style="text-align: center;">18</p> <p>Games 10 AM -1 PM The Center</p> <p>Art Group 12-2:30 PM The Center</p>

19	20 <i>Always Active</i> 10:30 AM Castro <i>Movies</i> 12:45 PM Castro <i>Men's Group</i> 2-3:30 PM The Center	21 <i>Always Active</i> 10 AM Castro <i>Tai Chi Chih</i> 10 AM 30 th St. Senior Center <i>Castro Discussion</i> 12:30-2 PM Castro	22 <i>Rainbow Lunch</i> 12:30–2 PM The Center	23 <i>Always Active</i> 10:30 AM Castro <i>Yoga</i> 10 AM 66 Sanchez	24 <i>Classic Movies</i> 12:45 PM Castro <i>Meditation</i> 11AM The Sequoias <i>Health and Wellness Seminar:</i> Rebuilding Together & Coming of Age 3 PM: The Center	25 <i>Games</i> 10 AM -1 PM The Center <i>Art Group</i> 12-2:30 PM The Center
26	27 <i>Always Active</i> 10:30 AM Castro <i>Movies</i> 12:45 PM Castro <i>Men's Group</i> 2-3:30 PM The Center	28 <i>Always Active</i> 10 AM Castro <i>Tai Chi Chih</i> 10 AM 30 th St. Senior Center	29 <i>Lunch Bunch</i> 10:30 AM-12:30PM Curry RSVP Bruce x17	30 <i>Always Active</i> 10:30 AM Castro <i>Yoga</i> 10 AM 66 Sanchez	31 <i>Classic Movies</i> 12:45 PM Castro <i>Meditation</i> 11AM The Sequoias	

Key to Locations:

Bernal Heights Neighborhood Center: 515 Cortland Street, #24 bus

Castro Senior Center: 110 Diamond Street, two blocks from Castro

Muni Station & #24 bus phone: (415) 863-3507

Curry Street Senior Center: 315 Turk Street @ Hyde Street, #31 Balboa, #19 Polk

Coleridge: 190 Coleridge St., behind "Big Lots" on Mission, #14, #49 bus

Francis of Assisi: 145 Guerrero Street, 2 blocks from F Line Trolley

San Francisco LGBT Community Center, "The Center:" 1800 Market Street, F Line

Phone: (415) 865-5555

30th Street Senior Center: 225 30th Street between Dolores and Church,

Muni J Line, #24 bus

The Sequoias: 1400 Geary St., bus lines #38, #38L and #2

Yoga: 66 Sanchez, near Duboce, Muni Lines JKLMN, bus #22

Interested in Being a *Friendly Visitor*?

Come and learn about the Caring Connections Friendly Visitor Program at our Friendly Visitor Information Night! Volunteers are matched with LGBT older adults who are seeking companionship. Openhouse works to match community members and visitees for a mutually beneficial relationship. Volunteers usually visit twice a month for about an hour. Friendly visitor volunteers report that the experience is highly rewarding. Getting involved requires attending this information night, and includes ongoing support from Openhouse. To find out more please call 415-296-8995 x13 or email: ellyn@openhouse-sf.org

When: Wednesday, August 8

Time: 6:00-7:30PM

Where: The San Francisco LGBT Center, 1800 Market
Free with refreshments provided by Openhouse.

THIS IS WHO WE ARE: CHRISTINE TORNO

Interview by Emerald O' Leary

Even though she's been in the states for over 35 years, Chris Torno has retained her soft-voiced English accent. Born in Surrey, England some 71 years ago, Chris grew up on a chicken farm two miles from town. Her favorite pet was a goat. "To this day," she said, "I love goat milk."

Her father, blind from birth, supported Chris, her mother and two sisters with the farm and other jobs. "His blindness never seemed to bother him," said Chris. "We were always taken care of." Chris and her family lived on the farm until she was 12 and later moved to another small farm. A great lover of the English countryside, "nature always came up in my paintings," she said.

At 15, Chris left school and started working as an aide in a local nursing home. "I had volunteered there and it was also the only job in the area at that time."

After working as an aide for some time, Chris trained in Colchester for two years as a nanny. "I've always liked children," she said, "and while training I lived with my aunt and her family." Moving down to London in 1959 Chris completed three years training as a nurse. "We worked at least 80 hours a week; it was very intensive. The sisters were always nasty but the doctors were pretty good."

Continuing her education, Chris trained with the Salvation Army as a midwife. She spent years delivering babies in the hospital and worked with many women who wanted to deliver their children at home. By the time she was 35, Chris was in charge of an intensive care infant unit.

After meeting at a friend's party, Chris married an American air force man and left England in 1976 to start her own family. Her husband had been stationed at a base near a small town in Arkansas.

Chris, used to the hustle-bustle of a busy city hospital said: "It was very hard for me to adapt. I was lonely because I didn't know anyone and there was really no place or organization where you could meet other families in the neighborhood. It wasn't helpful either that my ex-husband, who was from North Dakota, was very quiet. He hated to talk. I remember when he asked me out, he began stuttering." Chris' shyness didn't help her making friends either. "Shyness holds you back. I'll get nervous and speak too fast, so sometimes people don't understand me." Even now, said Chris, people ask when she arrived in America.

After about 10 months, Chris and her husband moved to San Bruno, CA in May 1977. "My husband retired from the air force and went back to school."

Chris had her first of two daughters in 1977 and stayed at home caring for her. However, some six years of marital silence was enough for Chris, "even if he was angry, he'd just go to sleep," she said. Chris decided to initiate a divorce and she and her family moved to San Francisco.



With an interest since childhood in metaphysics and spiritualism, San Francisco was a good fit. "Spirituality is important for me. I attended a nurses' Christian union during my early training and during my vacations we went on treks to various churches in England." In her 30's Chris joined the Catholic Church, "I have explored a lot of churches and practices." In San Bruno, CA Chris had connected with a small metaphysical church. She later became involved with the Celebrate Life Spiritual Community in San Francisco. Here, she presently serves as a healer and medium. "I've always had this desire to help and nurture people—since I was a child, and it's important to me to be able to give people messages and healings."

An active member of Parents, Families, & Friends of Lesbians and Gays (PFLAG) since 1998—and now on its board of directors, Chris has participated in 14 Pride Parades. She tells me she became involved in PFLAG because of her relationship with her transgender son, who has regarded himself as a male since he was 19. The two are close and live in a large apartment together on Belcher Street in the heart of the city. They have now been there for 30 years. A great animal lover, Chris shares Shaymus, a Skye terrier, and one cat with her son.

An artist all her life, Chris has been an integral part of the Openhouse art group since its inception, regularly attending the Saturday morning sessions at the LGBT Community Center. Chris has also attended classes in ceramics, watercolors and acrylics at City College and at senior centers around the city. "I like meeting people and talking about art. At the moment we are working on collage in the Openhouse art group, but I work in many mediums: oil pastels, watercolor, collage and acrylics. I used to paint the countryside and flowers. These days, my work has more abstract themes. Now, I really like bold colors and the freedom to work in whatever style I want."

Last Fall Chris proudly participated in the Fall Art Show, showcasing a series of watercolor paintings. This year she will serve as a juror for the show. Said Chris, "I like all the mediums because according to the mood you're feeling, you can use a specific medium to bring that to the surface."

We at Openhouse look forward to seeing more of what this dynamic woman will create.

END



Happy Birthday!
Norman Singer, longtime contributor to the newsletter, and community member, turns 90 years old August 10, 2012.

**Applications Now Available for the 2nd Annual
*WHEN I GROW UP***

A LIFETIME OF PERSPECTIVE BY LGBT ELDERS
Fall Art Show at the SF LGBT Center



Applications available online at
www.openhouse-sf.org
Or by calling the Openhouse office
(415) 296-8995 X16

Last year's opening show drew hundreds of community members and featured over 50 multi-media LGBT senior artists.

Application fees are sliding scale. No one will be turned away for lack of funds. All genres, styles, and experience levels are welcome to apply.

Submit your application by August 31, 2012 to be a part of another historic show.

**Men's Second Sunday
Potluck and Social**

August 12th, 12-2PM
145 Guerrero, (near Duboce)
Free and all are welcome

Last month's social was so thoroughly enjoyable that we are bringing you another marvelous writer to enjoy! Please join us in welcoming San Francisco author Jim Provenzano. His fourth novel *Every Time I Think of You* won the 2012 Lambda Literary Award in the Gay Romance category. Provenzano will discuss his new book, as well as his three previously published gay-themed novels. He will have books available to purchase for those who are interested. They will be \$15 each and 50% of the profits will benefit Openhouse.

You don't want to miss this event!

Every Time I Think of You

— a novel —



Jim Provenzano

Second Wednesday Matinee Presents...

FRIDA

**Wednesday
August 8
2PM**



**225 30th St.
3rd Floor
Bus #24 and
J line.
3 blocks to
#14**

Frida, as portrayed by actor and producer Salma Hayek, (nominated for an Oscar for this role), chronicles the uncompromising life of this artist, political actor, and sexual revolutionary. The film reveals her unflinching relationship with Diego Rivera, as the young couple took the art world by storm. From her complex relationship with her husband to her romance with women, this award-winning film depicts the professional and private life of the surrealist painter.

"Passionate, provocative, hilarious, tragic and just dizzily beautiful to behold."

-Susan Stark, *Detroit News*

**Caregiver Support Group for LGBT
Caregivers of those with dementia**

4th Wednesday of the month, 6 - 7:30PM
Institute on Aging: 3575 Geary

Call Erica J. Erney: 408-530-6906 for more information. This free group is co-sponsored by the Alzheimer's Association, Institute on Aging and Openhouse.

**Women's Second Sunday
Social Gathering**

Sunday August 12th, 3-5PM
145 Guerrero (near Duboce)

Kit Kennedy is a widely-published, Bay Area poet. She hosts a monthly reading series at Gallery Café in San Francisco and she is also a columnist for Betty's List. She is a walker, reader, poet, partner, and a lover of cheese. She co-authored *Inconvenience* (Littoral Press, Berkeley) and *Constellations* (Co-Lab Press, San Francisco) with Susan Gangel. *While Eating Oysters* is her forthcoming work. Please join us at this month's Second Sunday women's social to hear some of Kit's poetry with discussion to follow. Poems, friends, food, and conversation- it doesn't get better than this! *All women-identified community members are welcome.*



**Share Your Experience with
Experience Corps**

Do you find yourself frustrated with budget cuts to the education system and wondering how you can help?

Your experience is needed! Experience Corps, an award-winning tutoring and mentoring program, is currently seeking volunteers ages 50+ to support students in literacy in grades K-3. Volunteers are asked to commit to a full school year and a minimum of two hours per week. No prior experience is necessary, and training is provided. Some stipends are also available for those who serve 10+ hours/week. If you are interested in this rewarding volunteer opportunity, email ecba.today@gmail.com or call (415) 759-4223. —And let them know that Openhouse sent you!

AUGUST

Return Service Requested

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870 Market Street, Suite 458
San Francisco, CA 94102



housing, services, and community for LGBT seniors
openhouse

August Newsletter
For more information , call us!
415-296-8995

August's Documentary on the Hill...
Forever's Gonna Start Tonight



**Thursday, August 16
10:30AM, 515 Cortland
Lunch after the film**

Forever's Gonna Start Tonight tells the astounding life story of the late San Francisco legend Vicki Marlane, who was still onstage at 75. Vicki takes us on the ride of her life — from working the carnival circuit in the 1950s, to the wild years of San Francisco in the 1970s, to her legendary performances at Aunt Charlie's.

Forever's Gonna Start Tonight tells the remarkable story of America's oldest professional transgender entertainer.

"Lawler's film captures Vicki Marlane's unique, gutsy spirit. FOREVER is the funny, touching, camp, and moving story of an all around fiesty lady." QDoc

Community Photo Shoot!
Come help get the word out about Openhouse with your photo!

**Saturday, August 11
145 Guerrero
12-4 PM
Please RSVP at
415-296-8995
Refreshments & Fun!**



On Saturday August 11, Openhouse will host a photo shoot at Francis of Assisi. The photos will be used in Openhouse material to help us get the word out about 55 Laguna, and Openhouse programming.

We need your beautiful gay faces to demonstrate the diversity and dynamism of the LGBT older adult community. All are welcome and you need not be there the entire time. Please RSVP so that we know you're coming, and please, invite a friend!