

Happy holidays from Openhouse! For those of you who attended our Fall Feast on November 13, please accept my sincere apologies for the lack of turkey and late arrival of the catered food. The caterer had the wrong date, despite our extensive communication with the company. Turkey with all the trimmings is guaranteed next year! I hope to see you at our holiday party on December 11. We will all be together for this annual gathering and we have some really great entertainment in store this year. As the senior service agency supporting San Francisco's LGBT community, Openhouse has made extraordinary progress this year on delivering the housing and services that LGBT seniors so critically need. Openhouse continues to grow as San Francisco's one-stop resource for all LGBT older adults, their caregivers, and friends who need housing, services, and community support. We are providing a wider range of activities and more impactful social services to more LGBT seniors than ever before. However you may be celebrating this holiday season, I hope it is filled with love, joy and peace.

Sincerely,

Seth Kilbourn
Executive Director

Openhouse and Bread & Roses are proud to present:
An LGBT older adult

HoliDay Party

featuring:

The Linwood Project Community Chorus
Directed by Libby McLaren

Join us for a dynamic performance showcasing diverse sounds from across the globe! The Linwood Community Chorus is a 13 year-old chorus, with members ranging in ages from 40-65. They have performed the works of artists such as the Beatles and Holly Near, as well as traditional choral works, and songs from Ireland, France, Macedonia and more.

Show starts at 2:30.

Delicious Horderves -Gorgeous Music,

-Friends Old and New

Francis of Assisi Dining Hall
145 Guerrero St. (between 14th and Duboce)
Sunday, December 11th
2 PM-5PM

For more information call Openhouse: 415-296-8995

housing, services, and community for LGBT seniors

openhouse

Outreach to Lesbian, Gay, Bisexual & Transgender Older Adults
870 Market St., Suite 458, San Francisco, CA 94102
(415) 296-8995 www.openhouse-sf.org

Bread
& Roses®
Hope and Healing Through Live Music™



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

MONDAYS

Men's Writing Group 1st and 3rd
Castro Senior Center, library room 10AM
 110 Diamond St.

Always Active Exercise Group 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*

Meditation 11 AM
290 Dolores St. at 16th

Reading, Writing Women, 4th 6:30-8:30PM
 190 Coleridge

TUESDAYS

Always Active 10-11AM
Castro Senior Center, 110 Diamond Street

Castro Discussion Group 12:30-2PM
Third Tuesday
 Coffee Talk at local café, Location TBD
Castro Senior Center, 110 Diamond Street

WEDNESDAYS

Lunch Bunch: 1st and 3rd
10:30 AM—12:30PM
 Call to reserve lunch x 17
Curry Senior Center, 315 Turk Street

Rainbow Lunch 2nd and 4th
12:30—2:00 PM
LGBT Center, 1800 Market Street
 RSVP x 10

Housing & Services Clinics
Wednesdays 1-5 PM
 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

THURSDAYS

Always Active Exercise 10:30-11:30AM
Castro Senior Center, 110 Diamond Street

Discussion Group at Martin Luther Towers
First Thursday Call x10 for more information

THURSDAYS (continued)

Donation Based Yoga 10-11:30 AM
66 Sanchez Street, near Duboce

Open LGBT Issues Discussion Group
Second Thursday 10- 11:30AM
 Join us for lively discussion at the *30th Street Senior Center, 225 30th Street @ Dolores*

LGBT Chat: Bernal Heights Discussion Group
3rd Thursday
 Open to all. Join us! **1-2:30PM**
Bernal Heights Neighborhood Ctr., 515 Cortland

FRIDAYS

Housing and Social Services Clinics
1st and 3rd Fridays 10 AM-2PM
 Please call x 13 for more information
30th Street Senior Center, 225 30th St. at Dolores

Classic Films 12:45 PM
Castro Senior Center, 110 Diamond Street

SATURDAYS

Games Day 10 AM - 1PM
 Board Games, cards, dominos and great company
LGBT Community Center, 1800 Market (Lobby)

Art Group 11:30 AM - 2:00 PM
 Meet to explore, create, discover, play and support one another through art.
LGBT Community Center, 1800 Market, Room Q11



SUNDAYS

Second Sunday:
Holiday Party with Bread & Roses
Feat. The Linwood Project Community Chorus
Show starts at 2:30 PM; Party 2-5PPM

145 Guerrero
Francis of Assisi Dinging Hall
Free with donations accepted
All genders welcome. Free.

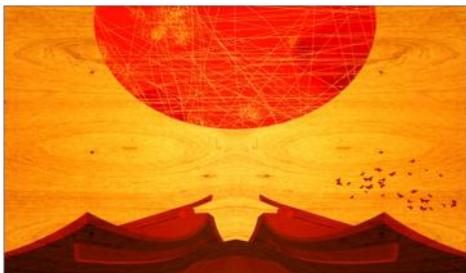
CALL OPENHOUSE AT (415) 296-8995 FOR MORE INFORMATION ON PROGRAMS

Mindfulness Meditation Group For LGBT older adults and friends

Mondays at 11 AM

Continuing through December 19th!

Congregation Sha'ar Zahav, Chapel
290 Dolores St at 16th



The practice of meditation has been an important part of virtually all spiritual traditions for over three thousand years. Meditation has been scientifically demonstrated to lower blood pressure, ease anxiety and depression, and alleviate pain and stress. Join us in this free, non-denominational, drop-in group where we will learn to meditate and discuss its applications and benefits to daily lives.

Instructor David Lewis has practiced meditation for 40 years, and is a facilitator at the San Francisco's Gay Buddhist Fellowship. You can contact him directly at dewilewis@yahoo.com or call 415-296-8995 x16 more information.

Openhouse: Making LGBT Elder Visibility "Self Evident."

On November 7th, Openhouse community members met at Castro and 17th to take part in a photo shoot for the *Self Evident Truths Project*. The goal of the project is to represent a broad spectrum of LGBT faces across the country, with the goal of eventually having several large exhibitions. Funded by the Human Rights Campaign, the project started by shooting over 300 LGBT faces in New York City.

Openhouse activities manager Fairley Parson says she was immediately interested in the project, but noticed a great lack of LGBT faces 60+. Seeking to remedy this, Openhouse recruited community members to take part.

Photographer iO Tillett Wright was thrilled to meet the group and admitted to not having thought (enough) about representing old(er) people. Luckily, Openhouse community members were eager to represent: posing for black and white portraits, and sharing a little bit about themselves and their histories. Once posted, you will be able to view these photos at: selfevidentproject.com

The project is slated to hit 25 cities before the tour is done. You can contact them at: selfevident2011@gmail.com

Openhouse and Bread & Roses: Bringing You Music in 2012

Openhouse activities continue to grow and there is good news to report: Openhouse has partnered with the illustrious Bread & Roses organization to provide entertainment programming throughout the next year. As you may know, Bread &



Bread & Roses founder Mimi Fariña, (left) performing with sister Joan Baez (right).

Roses was started

in 1974 by musician Mimi Fariña. The organization's mission is to bring top caliber musical entertainment to isolated individuals including elder communities, foster homes, and hospitals. Over the years, Bread & Roses has received numerous awards for its community impact and overall effectiveness, and organizations around the country have been inspired by their work.

Bread & Roses produces over 600 shows each year. Though the organization has a long wait list for aspiring partner organizations, Bread and Roses staff were so impressed with the work and mission of Openhouse that we were bumped up the list! This December's Holiday Party will be our first event in partnership with this wonderful organization. Stay tuned for more entertainment news, and, let us know what kind of music interests you!

Come Get Creative with the Openhouse Art Group!

Materials supplied. All levels welcome.
Meet new people. Play and create



**Every Saturday at the SF LGBT Center
1800 Market
11:30AM-2:00PM, Room Q11**

THIS IS WHO WE ARE: Ted Lyles

The Openhouse Monthly Interview

An early riser all his life, Ted Lyles is usually up by six in the morning. Then he makes his coffee and calls his 96-year old mother in Natchitoches, Louisiana for their daily chat. “It was great when they changed all the phone service rates” he told me, “it meant I could spend a little time with her on the phone everyday. We chat about everything: our family, how it was back in the day when I was a child, what’s going on with my brother and my two sisters and their children. She’s my good friend.”

Born in Louisiana, Ted’s mother had to raise the family of two boys and two girls by herself after her husband had died young. “She taught us how to cook and clean,” he said, “telling us we’d need to know how to look after ourselves in the world so she taught us everything. She was a father and mother, that’s why we’re all close now.”

Ted knew he was gay by the time he was eight years old, “I knew” he said, “when I was under my mother’s house playing with dolls made of weeds. At 12, an older man seduced me, but it wasn’t a problem for me. What scared me was when I had an orgasm because I didn’t know what it was!”

Ted, born a Catholic, believes “God created us all different and it’s for a reason he created us this way.”

“My family,” he said, “have always been supportive. They love me for me. They’ve never given me a hard time for being gay, accepting my lifestyle and all my friends. Some of my friends were amazed how they were welcomed in my family, they always loved my friends.” Ted visits his family every year, but he said: “I couldn’t ever move back there. It’s just a church and a grocery store, I need a little bit more than that.”

Ted came out to the West Coast when he was 19 and began working at the Cedars of Lebanon Hospital in Hollywood as a nursing assistant. “I’m a country boy; we like to work,” he said.

He worked in the admitting office, as part of patient transport and took both Marilyn Monroe and Elizabeth Taylor up to the film star floor.

“That’s how I got into show business,” he said. “I met a famous dancer there who told me I could be a good dancer. He trained me to do Afro-Cuban dancing and I performed two shows a night in many of the clubs in Hollywood. But that’s hard, hard work dancing every night and, after four years I got tired so I went back to the hospital into nursing care. Finally, I decided to come to San Francisco and came up on the bus.”

In this city, Ted has been faithful to the Fillmore neighborhood where he still lives in a studio apartment. He worked at the nursing home on Divisadero, later joined the home health agency and went to school at night to become a fully certified Licensed Vocational Nurse, (LVN). Although Ted spent some time in New York and Los Angeles, he always returned to San Francisco and the Fillmore neighborhood.



According to Ted, San Francisco in the 1970’s was a party town. “We had the Big Glass and Princes’s Kitchen; they were gay, and the Boom Boom Room— That was mixed. Everybody accepted everybody, we partied all over town, down on Polk Street, over in the Castro and back up to the Fillmore, hanging out, listening to music, meeting friends. We drank in lots of

after-hours places. I didn’t sense any racism in the 60’s and 70’s; those white boys just loved me. We all had parties and cookouts. We wanted to have a good time being who we were and, if there was racism around, the people I hung out with blocked it out because we were having such a good time.

Every conversation with Ted Lyles is full of laughter. At 72, he’s still the life of every party he goes to and happy with it. In fact, most of the 10 awards and commendations he received from his 27 years of work at the VA refer to his cheerful attitude with patients and staff. “I even got one”, he said, “that comments ‘His appearance was always impeccable’, I loved wearing the whites, child.”

San Francisco VA Hospital in the 80’s was a troubled place. The doctors didn’t know much about this new HIV/AIDS disease that was attacking indiscriminately. “In one terrible year, 1983,” Ken told me, “we lost 300 staff employees, 300! It was terrible, everybody in my department died. We planted a magnolia tree in the grounds in their memory. Outside of the hospital, I lost all my friends too, except Ken Jones my friend now for 52 years.” Ted did finally recover from the grief of such loss, “I just cried a lot,” he said, “shed many tears, said many prayers.”

At 46, after years of taking care of people, Ted was standing at the doorway of a club when he had a seizure. “I was so glad my friend was with me and knew what to do. Later, I came to believe that God sent me a message to quit all my drinking and smoking cigarettes. I didn’t use AA or any other program. I’m spiritual and religious. When God gives you a message and gives you another chance, you have to sit and listen. Of course, that doesn’t mean that quitting cigarettes wasn’t the hardest thing to do in the world.”

(Interview continues on next page)

(continued from previous page).

Ted has no regrets about being gay. "All my lovers have been military. I was with an air force man, he bought me an apartment but I only saw him on the weekends. One time the FBI came and tried to get information from me about him. Later, my friend told me that they were trying to prove he was gay. I still keep in contact with him. I keep in contact with all my old friends, those that are still alive. There's no hate in my heart. I can't hate, I may stay away from you, but I don't hate."

Ken Jones and Ted have been friends for 52 years. "People ask if we were lovers, but we never went into that. We were drawn together like two brothers, or like two old sisters, Ken and me. I still help him out once a week with his laundry. We're really good friends, and we go everywhere together."

Since retirement, Ted has been enjoying himself even more. "I love the movies, go to art shows. I live a simple life, not rich materially, but give me good friends, good family, a bed, a TV, and a stove, and I'm happy with it. So I enjoy myself."

A relative newcomer to Openhouse, Ted has appreciated everything he's attended from the Zoo visit, and the bi-weekly Rainbow lunches to the Thanksgiving Feast held at Francis of Assisi. "I love Openhouse because we have so many things to do, but I don't understand the separating the women from the men at the big party we had in November. I have three men friends and all my other friends are women. I love my girlfriends."

Interview by Emerald O'Leary

Take some time for an Intake

Have you sat down with an Openhouse staff member and filled out intake form? The process is simple and takes about 30 minutes. The form includes demographic information and questions about health status. You are not required to disclose any information you don't want to. All of the information is confidential and Openhouse strictly abides by the standards set by HIPAA (the Health Insurance Portability and Accountability Act). We use this information to better understand your needs and what resources, groups, or referrals might be of interest to you. Doing an intake is about getting to know you better so that we can serve you better. Intakes also help us receive needed funding from the San Francisco Department of Aging and Adult Services. If you haven't done an intake, or if you haven't done one in a couple years, please give us a call at (415) 296-8995 so we can set up an appointment. It's easy, and a great opportunity to let us know what you need and what kind of programs you'd like us to provide.



Breathe and Relax with YOGA

Every Thursday 10 -11:30 AM
66 Sanchez Street, near Duboce

Openhouse is proud to present donation-based yoga specifically dedicated to the older LGBT Community.

Instructor Kevan Houser is an RN who is a Yoga Alliance-recognized yoga teacher and has taught yoga for over 8 years. According to Houser,

"The class is targeted to the mature LGBT community, but is open to anyone with an open heart and a desire to practice gentle, integrative hatha yoga in a nurturing, loving environment." Openhouse community members have reported great benefit and enjoyment from their practice with him. Said longtime participant Lew Ellingham, "the dozen or so of us who regularly attend feel ourselves in the safest of possible hands." For information, call Openhouse: 415-296-8995 X16.

Join Openhouse and friends old and new at the 30th St. Senior Center, every second Thursday for...

Open LGBT Issues Discussion Group! Free.



We're talking, laughing and pondering matters great and small at the 30th St. Senior Center. While you're there, check out the center's gorgeous garden! It's an oasis in the city. All are welcome.

225 30th St, every 2nd Thursday, 10AM-11:30AM

For more information call (415) 296-8995 X10.

Caregiver Support Group for LGBT caregivers of those with dementia

4th Wednesday of the month
6 - 7:30PM

Institute on Aging
3575 Geary
San Francisco

For more information:
Call Erica J. Erney
408-366- 4385



This free group is co-sponsored by the Alzheimer's Association, Institute on Aging and Openhouse.

Return Service Requested

NONPROFIT ORG.
U.S. POSTAGE
PAID
SAN FRANCISCO, CA
PERMIT NO. 925

870 Market Street, Suite 458
San Francisco, CA 94102



HIV Support Group

Openhouse's longstanding free weekly HIV Support Group has limited space to accept new members. Please contact group facilitator, Bruce Thompson, at 415 296 8995 X 17 if you are interested.

Feeling isolated from the LGBT community? Call Openhouse if you are interested in having a Friendly Visitor.

Older LGBT people deserve the right to be socially included and part of the local community, free from loneliness, exclusion and isolation. Regularly scheduled visits increase social contact and reduce isolation. Through our Friendly Visitor Program, a compatible match of participant and visitor volunteer is carefully made so the individuals may share interests, time and friendship. Please contact Openhouse if you are interested in having a visitor. We offer trained visitors to those who live in San Francisco, have limited social contacts outside of the home, and would welcome a Friendly Visitor volunteer. Volunteers do not provide personal care, house-keeping, meal preparation, or professional medical care. Volunteers are screened and trained to provide a listening ear and companionship. To learn more about the program or to see if you qualify, please contact Ellyn Bloomfield at 415-296-8995 x13 or ellyn@openhouse-sf.org

Friendly Visitor New Volunteer Training Saturday December 3rd, 9AM -4 PM Please call to confirm date and time. SF LGBT Center, 1800 Market Street



Come and learn about the Caring Connections Friendly Visitor Program of Openhouse. Volunteers are matched with LGBT older adults who are seeking companionship. Volunteers usually visit twice a

month for about an hour to provide social contact and companionship. Getting involved requires attending this training, and includes ongoing support from Openhouse. Volunteers help someone out and have a rewarding and enriching experience in the process! We are particularly seeking lesbian and women-identified volunteers, but all are welcome. To find out more please contact Ellyn at 415-296-8995 x13 or at ellyn@openhouse-sf.org

Friendly Visitor Volunteers: Meet on Saturday, December 10th, 10AM-12PM OR Wednesday, December 14th , 6-8 PM Please call to confirm date and time. SF LGBT Center, 1800 Market St.

All trained caring connection volunteers - please mark your calendar for a meeting and check-in. For more information, please contact Ellyn at 415-296-8995x13 or by email at ellyn@openhouse-sf.org