

Feeling isolated from the LGBT community?

Call Openhouse if you are interested in having a Friendly Visitor.

Openhouse now offers trained visitor-volunteers to provide friendly conversation and companionship to LGBT older adults (60+) in San Francisco. Visitors generally visit about twice a month. Because our goal is a mutually beneficial relationship, we listen carefully to those seeking a visitor. The interests, experiences, and schedules of both parties are important in making a match. Please contact Openhouse if you are interested in having a visitor. Volunteers do not provide personal, or medical care, but can provide an empathetic ear and possibly— a great friendship! To learn more, please call: 415-296-8995 x13 or ellyn@openhouse-sf.org

It's Showtime! Openhouse joins C.A.T.S in 2012

Interested in theater, museums, cultural events or sports games? Judging from our many successful outings, our community loves being out on the town. Still, tickets can be expensive and out of reach for many seniors. In an effort to create accessibility to the many offerings of our talented city, Openhouse has joined Community Access Ticket Service (C.A.T.S.). As a member, we will receive free tickets to events in The Bay Area, for an entire year. But we need your help to make the most of our membership. C.A.T.S releases a limited number of tickets—often with very little lead time. For example, we may find out on Monday that tickets are available for a play on Friday. We want the community to benefit from these tickets so we need volunteers to help us contact community members. Please call 415-296-8995 X16, or email: fairley@openhouse-sf.org if you would like to help us distribute tickets through making calls and emails, or if you would like to be contacted about receiving tickets. You will be asked whether or not you permit Openhouse to share your basic contact information with our volunteers. Please also indicate which types of events interest you most.



Oakland Museum Outing February 29th

Join Openhouse on a trip to the Oakland Museum of California (OMCA). OMCA brings together art, history and natural science under one roof to tell the extraordinary stories of



California and its people. Some examples include: a premier collection of Bay Area figurative paintings; a Dorothy Lange Archive—showcasing the intimate depression-era photos of the Berkeley photographer; and a ceramics collection of over 800 objects. Special exhibitions include the new Gallery of California Art, *Question Bridge: Black Males*— an innovative video installation that includes interviews with 150 black men in eleven cities.

Community members will depart first from the Curry Senior Center at 10:30AM on Wednesday, February 29th, with another pickup at the main branch library; Call for time and location. We will take a chartered bus to the museum where we will enjoy the sites as well as dine at the "Blue Oak Café," the museums on-site café featuring fresh California cuisine. In an effort to create gender balance, we especially encourage women to join us and will leave a designated number of seats for women-identified community members. This trip is free—paid for by Openhouse, and space is very limited, and you must RSVP to attend: 415-296-8995.

HIV Support Group

Openhouse's weekly men's HIV Support Group has space to accept new members. Please contact facilitator, Bruce Thompson at extension 17 if you are interested.

Special Presentation at February 12th, Men's Second Sunday

All men welcome to a special Men's Second Sunday featuring a talk with clinician Joe Voors. Voors has worked extensively with older LGBT men as a facilitator of a longstanding support group in San Francisco. He will present information on San Francisco's new sliding-scale therapy collective, "Queer Life Space," and facilitate an interactive talk about aging-LGBT. How old do you feel? How old are you "supposed to be?" This discussion will take place under the backdrop of our regular potluck and social, with a Valentines theme to boot! So come and celebrate the LGBT men's community, growing older together. **February 12th, 12PM-2PM, 145 Guerrero. Free!**



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

Ongoing Programming (see Calendar for all one-time 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*

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

TUESDAYS

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

Castro Discussion Group 12:30-2PM
Third Tuesday
Relationships: What Makes a Good Relationship?
Castro Senior Center, 110 Diamond Street

Women's Support Group 2-3:30PM
 290 Dolores St. Call x16 for information

WEDNESDAYS

Lunch Bunch: 1st and 3rd 10:30 AM—12:30PM
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 1-5PM
 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
 "Eddie and Thea: A Very Long Engagement"
 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
First Thursday Call x16 for more information

THURSDAYS (continued)

Donation Based Yoga 10-11:30AM
 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

Housing and Social Services Clinics
1st and 3rd Fridays 10AM-2PM
 30th Street Senior Center, 225 30th St. at Dolores

Meditation 11AM
 The Sequoias, 1400 Geary St., Redwood Room

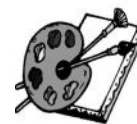
Classic Films 12:45PM
 Castro Senior Center, 110 Diamond Street

Health and Wellness Series: *Creating Balance In Health and Wellness* with Kristy Buck, MSW
3rd* Friday this month, February 17th 3PM
 1800 Market St. Room Q11

SATURDAYS

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

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



SUNDAYS

Second Sunday, February 12th:

Men: 12-2PM: Valentines potluck and guest speaker Joe Voors

Women: 3-5PM: Women's social with guest speaker Bev. Scott

145 Guerrero
 Francis of Assisi Dining Hall

Openhouse gratefully acknowledges our partnership with the
 San Francisco LGBT Community Center



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

Join the LGBT senior community and Openhouse staff at..
UC Berkeley Women's Gymnastics Competition:

UC Berkeley Vs. UC Davis

Meet Openhouse Staff at 870 Market Street
(Flood Building entrance near Market and Powell) at 10:45AM on
Sunday, February 5th.
We will leave at 11AM sharp.

From here we will take BART directly to our coffee break at "Tully's" in downtown Berkeley, and then walk to the Haas Pavilion. Please bring money for transportation and drinks. This outing is non-strenuous but please note we will navigate steps and walk six blocks. Rain will cancel this event, so hope for sun and join us! For more information call Openhouse at 415-296-8995



FREE!
Sunday, February 5th
Haas Pavilion,
UC Berkeley
Take Bart with Openhouse for group seating and coffee before the meet.

The California Pacific Medical Center, The Community Health Resource Network, and Openhouse proudly present...

Health and Wellness "Fourth Fridays":

Creating Balance in Health & Wellness with Kristy Buck, MSW



Health issues, fiscal concerns, and relationship struggles can make it very difficult to maintain equilibrium. This free talk with Kristy Buck, MSW will address common problems around creating balance in your body and in your mind. You will learn techniques for prioritizing your obligations and needs, and methods for keeping steady in the midst of life's many twists and turns.
Healthy snacks provided.

Where: Room Q11 SF LGBT Center, 1800 Market
When: Friday February 17th, from 3-4:30 PM

Interested in Being a Friendly Visitor?

Come and learn about the Caring Connections Friendly Visitor Program. Volunteers are matched with LGBT older adults who are seeking companionship. Volunteers usually visit twice a month for about an hour. 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: Thursday February 2nd
Time: 6:00-7:30PM

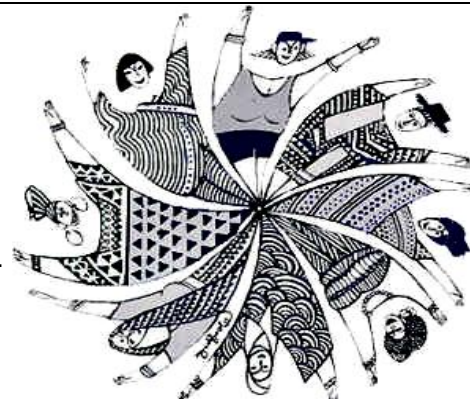
Where: The San Francisco LGBT Center, 1800 Market


Trained Friendly Visitor Volunteers:

Mark your calendar for a meeting and check-in. Please plan to meet *either* Monday February 6th, *or* Wednesday February 15th from 6-8PM. For more information, please contact Ellyn at 415-296-8995x13 or email ellyn@openhouse-sf.org

Women's Support Group Now Accepting New Members

Join us for a free weekly women's support group, especially dedicated to lesbian, bi-sexual and transgender women age 60 and above. This well-loved group has been meeting since June and is seeking new group members. The group is a supportive place to talk to other women, build community, speak your truth, and practice compassion and respect. It includes relaxation exercises, check-ins, and the sharing of questions, insights, information, and resources. We meet Tuesdays at 2 PM at Congregation Sha'ar Zahav, 290 Dolores St. (Dolores at 16th). If you are interested in joining, please call facilitator Fairley Parson, MSW, at 415-296-8995 X16.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 The CHARLES M. HOLMES CAMPUS of THE CENTER			1 Lunch Bunch 10:30 AM-12:30 Curry RSVP Bruce x17 Housing & Services Clinic 1-5 PM The Center Call x13 for 1-on-1 appt	2 Always Active 10:30 AM Castro MLT Discussion Group 10:30AM 1001 Franklin Yoga 10 AM 66 Sanchez Friendly Visitor Information Night 6:00-7:30 The Center	3 Classic Movies 12:45 PM Castro Housing and Social Services Clinic 10AM-2PM 225 30 th St. Meditation 11AM The Sequoias 1400 Geary	4 Games 10:00 AM -1 PM Art Group 11:30 AM-2 PM The Center Theater Outing: "Professor Ming's Mansion" Call x13 for information
	5 UC Berkeley vs. UC Davis Women's Gymnastics Meet Free! 10:45 AM Meet Openhouse at 870 Market	6 Always Active 10:30 AM Castro Community Council 11:30 Suite 1185 870 Market St. Movies 12:45 PM Castro Men's Group 2-3:30 PM The Center Friendly Visitor Support Group 6-8PM The Center	7 Always Active 10 AM Castro Women's Support 2PM Sha'ar Zahav Friendly Visitor Information Night 6:00-7:30 PM The Center	8 Rainbow Lunch 12:30-2 PM The Center Farmer's Market 10AM-1PM 30 th St. Senior Center 225 30 th st. Openhouse Film-Edie and Thea: A Very Long Engagement 30 th St. Senior Center 2 PM	9 Always Active 10:30 AM Castro Yoga 10 AM 66 Sanchez Open LGBT Issues 10-11:30 AM 30 th St. Senior Center Kaleidoscope 2PM Laguna Honda Lobby 1:50PM	10 Classic Movies 12:45 PM Castro Meditation 11AM The Sequoias 1400 Geary
12 Second Sunday: Francis of Assisi 145 Guerrero Men's Valentines Themed Potluck: 12-2PM Women's Gathering Bev Scott 3-5PM	13 Always Active 10:30 AM Castro Movies 12:45 PM Castro Men's Group 2-3:30 PM The Center	14 Always Active 10 AM Castro Women's Support 2PM Sha'ar Zahav Friendly Visitor Volunteer Support Group 6:00-8:00PM The Center	15 Housing & Services Clinic 1-5 PM - The Center Call x13 for 1 on 1 appt Lunch Bunch 10:30 AM-12:30 Curry RSVP Bruce x17 Friendly Visitor Support Group 6-8PM The Center	16 Always Active 10:30 AM Castro Yoga 10 AM 66 Sanchez LGBT Chat 1-2:30PM Bernal Heights Neighborhood Center 515 Cortland	17 Classic Movies 12:45 PM Castro Housing and Social Services Clinic 10AM-2PM 30 th St. Health and Wellness Seminar: Creating Balance 3 PM: The Center Meditation 11AM The Sequoias 1400 Geary	18 Games 10 AM -1 PM The Center Art Group 11:30 AM-2 PM The Center

FEBRUARY 2012

<p>19</p>	<p>20</p> <p>Castro Senior Center And Openhouse offices closed for Presidents Day</p> <p>Men's Group 2-3:30 PM The Center</p> <p>Reading, Writing, Women 6:30-8:30 Coleridge</p>	<p>21</p> <p>Always Active 10 AM Castro</p> <p>Castro Discussion: <i>What makes a good relationship?</i> 12:30-2PM Castro</p> <p>Women's Support 2PM Sha'ar Zahav</p>	<p>22</p> <p>Rainbow Lunch 12:30-2 PM The Center</p> <p>Housing & Services Clinic 1-5 PM The Center Call x13 for 1-on-1 appt</p>	<p>23</p> <p>Always Active 10:30 AM Castro</p> <p>Yoga 10 AM 66 Sanchez</p>	<p>24</p> <p>Classic Movies 12:45 PM Castro</p> <p>Meditation 11AM The Sequoias</p>	<p>25</p> <p>Games 10 AM -1 PM The Center</p> <p>Art Group 11:30 AM-2 PM The Center</p>
<p>26</p>	<p>27</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>28</p> <p>Always Active 10 AM Castro</p> <p>Women's Support 2PM Sha'ar Zahav</p>	<p>29</p> <p>Openhouse Outing to Oakland Museum of California <i>RSVP required</i> Curry Senior Center Depart 10:30 Sharp</p>			

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

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

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

Sha'ar Zahav: 290 Dolores at 16th, two blocks from J church muni and #22 bus line

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

*Come Get Creative with the
Openhouse Art Group!*

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



This is a supportive and fun environment for LGBT people 60+ Materials supplied. All levels welcome.
Meet new people. Play and create.

THIS IS WHO WE ARE: Dean Atkinson

The Openhouse Monthly Interview

Dean Atkinson is a serious man. He started being serious very young. Born into a military family, his father was an alcoholic who drank up the family's money. Dean began working at eight years of age.

"I collected newspaper subscriptions at the naval air station where we lived, it was \$20.00 a week. That allowed me to pay my way and have some independence."

Like many military families, the Atkinsons frequently moved. By 16 years of age, Dean had been to perhaps 15 different schools. "My longest time in one place was four years at three different schools when we were based in Hawaii. I had a lot of freedom there and knew I was gay at 10."

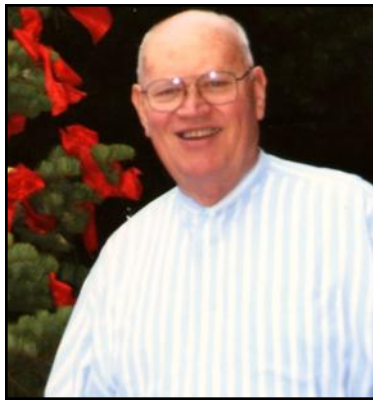
Dean quit high school in June 1958 after a huge fight with his father and ended up going into the navy. "After that, education became a big goal for me." Following basic training, Dean was sent to Jacksonville, Florida where he was attached to a squadron as an aviation electrician. Here, Dean married for the first time— at 18 years of age.

"She needed to get away from her family and I needed cover as I already knew I was gay. We were divorced in 1970. I had started at university and my intent was to be single again and to lead an open gay life but I became involved with a university professor who knew I was gay and I married her. We were married for 25 years. There was a lot of freedom for me in that marriage as my wife was on various fellowships and gone for a year or so at a time. We liked one another a great deal."

During the last three years of his naval career, Dean made the decision to leave the navy because "I couldn't keep my hands to myself. I was on a carrier off the coast of Vietnam and didn't want to be discharged dishonorably without any benefits, so I got out and went to university."

Dean began his academic life in San Diego. "While I was doing my Master's in San Diego, my second wife went to Baton Rouge, LA as an assistant professor. I followed her, but it was difficult to find work. No one wanted to hire me because of my degree in comparative literature and, I was from California."

Eventually Dean went to work in a commodity chemical company that used his navy technical training. Within eight months he moved to a supervisory position and was eventually promoted to human



resources where he stayed until he took retirement at 55.

"Someone outed me at work. I was asked if I was gay and denied it. The head of the company told me I was the best HR person he had but that I 'didn't fit'. I had to cash my 401K to retrain."

While in Louisiana, Dean had a long-term relationship with a man. "We were both in love but he got AIDS and died within 14 months. I remained HIV-negative as we were always very careful. My wife was away that whole year so I had a chance to be closer to him. Still, I couldn't talk about him to anyone. It was very difficult."

Having taught bread making for eight years through the Louisiana State University Extension courses, Dean visited Paris for two weeks and decided to train at the famous Cordon Bleu school for a new career. "I attended that school from 1995 through 1997, and then did an apprenticeship in a luxury hotel. I was very promiscuous and involved with a lot of people. Then I met a young man who was 25 years younger than me; we were involved for 5 years. We always had safe sex but after we were involved for a couple of years, he told me he had AIDS. The affair ended traumatically. I braced myself for it but it was still very difficult." It also broke his second marriage.

"When I lived in Paris, I was open about being gay in my private life and on returning to the US, I decided that if I wanted to establish a relationship with people, they had to accept I was gay. It took me a long time to get there."

Like many older LGBT people, Dean felt alienated by organized religion. "When I reconnected, it had to be on my terms. Between the ages of 23 and 57, I had left the church, although it was important early in my life, and it's become very important again now."

A Lutheran, Dean became part of the arm of the church that fought for gay ministries. Joining a Lutheran church in Sunnyvale, he said: "They were very open to me but there wasn't a presence of LGBT people there. The female pastor got me connected to Lutherans Concerned, a gay organization within the church and I became a member of that board and stayed with them for many years. Then I moved to San Francisco and became part of St. Marks Church. I'm still very involved with St. Marks and do all their catering. I help people who are new or who are reaffirming their faith as one of the leaders for that welcoming team."

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Life is full for Dean. He lives with his partner in the senior community of Martin Luther Tower, reads extensively on e-Books and enjoys classical music and the opera. And he is glad he didn't have children, "I don't think I had the models for parenting, and I'm not especially comfortable around children."

But he is very comfortable around the LGBT senior community and helps organize a monthly meeting for gay men in his residential community.

"We have a meeting here with Openhouse, to encourage senior LGBT people to interact. There are a lot of people of my age group that are still in the closet so we are trying to encourage them to join the group and open up."

Finally Dean commented, "I am at peace with myself and the years I'm experiencing now are the best in my life. I don't have any axes to grind; I like my life and I like helping other people find their way."

Amen to that.

Interview by Emerald O'Leary

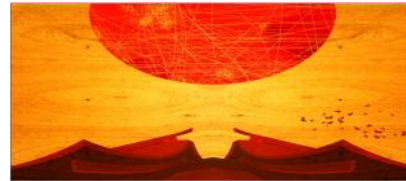
Back By Popular Demand... Mindfulness Meditation Group

For Every Experience Level

New Location and Time!

Fridays at 11 AM

The Sequoias Retirement Community
Redwood Room
1400 Geary St.



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 at dewilewis@yahoo.com or call 415-296-8995 x16 for more information.

Please join us for a special Women's Second Sunday presentation:



The Third Act:

Passion and Purpose for Your Next Stage
with Bev Scott

Join us for a free talk with the co-founder of *The Third Act*; Bev Scott has over 35 years of experience as a group facilitator. This will be a fun and engaging talk by one of the Bay Area's greatest thinkers on issues in aging. Bev is a senior and a lesbian and says:

"The traditional notion of retirement fits with a worn out notion of aging that conceives of it primarily in terms of disengagement and decline. Science and medical advances have extended our years with better health than previous generations. This gives us the opportunity to turn our dreams into realities, to consider options previously considered impractical, and to prioritize how we want to spend our time.

Now, it's up to us to decide and plan for our continued vitality."

When: Sunday, February 12th
Time: 3-5PM

Where: Francis of Assisi, 145 Guerrero St.

Please note: This is an event for women only.

Transgender women are *always* welcome.

Men's Second Sunday will happen on the same day with a special presentation by Joe Voors, MFT.

See front page for details.

Breathe and Relax with YOGA

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



Openhouse is proud to present donation-based yoga dedicated to the older LGBT community. Instructor Kevan Houser is a registered nurse (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, and is open to anyone with an open heart and a desire to practice gentle, integrative hatha yoga in a nurturing, loving environment."

Caregiver Support Group for LGBT Caregivers of those with dementia

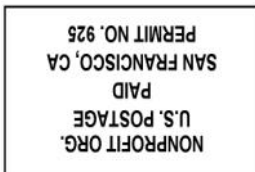
4th Wednesday of the month
6 - 7:30PM
Institute on Aging
3575 Geary
San Francisco



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

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

Return Service Requested



San Francisco, CA 94102
870 Market Street, Suite 458

openhouse

Openhouse and 30th St. Senior Center present the start of a new monthly film series..

“2nd Wednesday Matinee”

LGBT-themed films every 2nd Wednesday at 30th St. Senior Center

This month’s film is “Edie & Thea: A Very Long Engagement”
It received rave reviews from movie-goers and critics alike:

Forty-two years of romance, struggle and shared adventures finally culminate in marriage for lifelong lesbian couple Edie and Thea, who met in the 1960s and stayed together through the turbulent decades of activism and social change that followed. Looking at pictures from their past, the women marvel at simple triumphs -- buying their first house together -- and reminisce about the constant fear of exposure they once felt.

Come early to check out the 30th St. Farmers Market, located in the picturesque garden on-site! The market boasts fresh produce grown by 30th St. volunteers—at excellent prices!

Time: Wednesday, February 8th

Farmers Market runs from 10AM to 1 PM

Lunch is served at both 12 and 1PM. Come early to sign up.

Film will be screened at 2 PM with a bilingual discussion to follow.

Price: Free

Location: 30th St. Senior Center, 225 30th St.—near Dolores— Muni line 24 and J Church, 3rd Floor

Then, join us **Saturday February 11th at 3PM** for a special **Openhouse Community Tour** of the 30th St. Senior Center with Activities Director Ana Smith. This is your chance to see the center’s renowned hillside garden, spacious exercise rooms, space for fiber arts and crafts, and much more.

Join other LGBT seniors and take advantage of this dynamic community asset. 30th St. or bust!

