

Please join Openhouse for the First Annual...

Howard Grayson LGBT Elder Life Conference

This free conference will focus on the needs of LGBT seniors. Come join us in advocating for yourself, and for the community. -What you need to know for an LGBT-friendly present and future! Workshops and resources to bring awareness and action!

Saturday, March 24th 2012

1:30PM-5:00PM

**30th St. Senior Center
(225 30th St. at Church)
J Line and 24 Bus**



**Featuring:
Honored Guest
Phyllis Lyon
Comedians Karen Riply
and Tom Amianno
The Stonestown Senior
Taiko Drummers**

This is your chance to participate in organizing LGBT seniors into a powerful political voice...or, just come for the laughs! Come learn about your legal protections, LGBT elder services, and more!

This conference is sponsored by the Harvey Milk Democratic Club, On Lok 30th St. Senior Center, Openhouse, Outlook Theater Project, the National Center for Lesbian Rights, The Gray Panthers, The SF LGBT Community Center, Asian Pacific Island Queer Women and Transgender Community, The California Alliance for Retired Americans, and the Department of Aging and Adult Services.

Free and Accessible

**Join us this March for a
a very special Second Sunday presentation
with author Judy Rickard.**

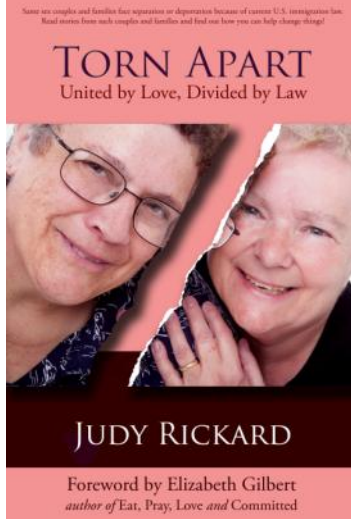
**Sunday, March 11th
Francis of Assisi
145 Guerro**

**Men's potluck
12:00PM-2:00PM**

**Women's gathering:
3:00-5:00PM**

Free and Accessible

Books will be available for sale for \$20 and will benefit Out4Immigration.



Did you know that even in the states where gay marriage is legal LGBT spouses cannot sponsor their partners for immigration purposes? This means that every year, tens of thousands of LGBT bi-national couples are torn apart by federal immigration and marriage law. Thousands more live their lives "in the shadows," devoid of legal rights, and under great emotional and financial strain. Judy Rickard's award-winning book *Torn Apart* chronicles the struggles of such couples as well as her own relationship with her British partner Karen. Her book is both a powerful call to action and a heartbreaking document of the injustices bi-national LGBT couples face.

Come hear Judy tell her story. Members of San Francisco's Out4Immigration have also been invited so we may hear from other families as well. Mark your calendar for March 11th and join us for this engaging, and timely presentation and discussion.

For more information, call Openhouse at 415-296-8995, extension 16.

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

housing, services, and community for LGBT seniors

openhouse

Openhouse
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 Talking Women, 4th 6:30-8:30PM

190 Coleridge. Good Books. Good Company. All women welcome for potluck and discussion on books and much more. Call for more information or simply stop in and join us!

TUESDAYS

Always Active Exercise Group 10-11AM

Castro Senior Center, 110 Diamond Street

Castro Discussion Group 12:30-2PM

Third Tuesday

What is "Ageless About Aging?"

Castro Senior Center, 110 Diamond Street

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

If These Walls Could Talk 2

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 10:30AM-12PM

Call x16 for more information

THURSDAYS (continued)

Donation Based Yoga 10-11:30AM

66 Sanchez Street (No yoga March 22nd or 29th)

LGBT Chat at 30th St.

2nd Thursday 10-11:30AM

"Time Change: How do time and seasonal changes affect you?" Senior Center, 225 30th Street @ Church

LGBT Chat at Bernal Heights

Third Thursday 1-2:30PM

"What are your favorite books, and why?"

Bernal Heights Neighborhood Ctr., 515 Cortland

FRIDAYS

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

4th Friday Health and Wellness: Elder Lesbian

Health —All are welcome. Free.

March 23rd 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, March 11: Special Presentation
by Author Judy Rickard (see front page)

Men: 12-2PM: Potluck social and speaker

Women: 3-5PM: Social gathering and speaker

145 Guerrero

Francis of Assisi Dining Hall

Openhouse gratefully acknowledges our partnership with the

San Francisco LGBT Community Center in bringing you these programs.



THE CHARLES M. HOLMES CAMPUS OF
THE CENTER

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

**Join Openhouse, Bread & Roses and The Sequoias for a St. Patrick's Day Party
Featuring The Gas Men**



**Friday, March 16
1:30 PM**
Show starts promptly
so don't be late!
**The Sequoias
Auditorium
1400 Geary Blvd.**
Bus Lines 2,3, 38, 38L



"The Gas Men" play Irish Traditional music (jigs, reels, hornpipes, polkas) and the singers in the band perform a wide variety of songs. From Alaska to Argentina, the band have enjoyed playing music and entertaining audiences since the early nineties. Thanks to Bread & Roses and our friends at the Sequoias retirement community, we will be graced with key members of the Gas Men, eager to play their signature Irish tunes for the Openhouse community. According to music critic Paul Liberatore, "there's been a huge upsurge of Celtic music all over the globe." Come be a part of it!

Potluck: If you can, please bring something to eat or drink. Or, just bring yourself!

Come ready to dance!

Free and Accessible



For more information call Openhouse at
415-296-8995, extension 16

Calling all lesbians and people who love them!
Join us for a special Fourth Friday
Health and Wellness Presentation..

Elder Lesbian Health in our Community

with Drs. Lizz Kantor and Patty Robertson



Friday, March 23rd at 3PM.
SF LGBT Center, 1800 Market

Come and hear what is known about lesbian health as we age! Liz Kantor MD, is an internist and geriatrician, and a former medical director of Lyon-Martin Clinic. Patty Robertson MD is an ob-gyn and one of the co-founders of Lyon-Martin Clinic. She recently co-edited the first textbook on lesbian health: *Lesbian Health 101: A Guide for Clinicians*. There will be lots of time for questions and discussion after the presentation.

Free!



**All genders
welcome**

**Struggle, Then and Now: Intergenerational Voices
on the Bay Area Lesbian Movement**



Join us for an evening of readings and discussions with Judy Grahn and other readers as they reflect on the impact of the Bay Area lesbian movement.

Thursday, April 26, 2012


6:30pm doors open; 7:00pm readings.

Free

This event will feature readings and a discussion with Judy Grahn and Bay Area readers. It is presented by Aunt Lute Books, a San Francisco-based nonprofit multicultural women's publisher, and is part of *A Simple Revolution*, a project that promotes dialogue about the history of lesbian activism in the Bay Area. People of all ages and backgrounds are invited to share their stories on *A Simple Revolution's* online forum, and to send in submissions for the opportunity to be a featured reader on April 26.

Judy Grahn is an internationally recognized poet, writer, and social theorist who has won numerous awards for her work including the American Book Award. Grahn's forthcoming memoir, *A Simple Revolution*, weaves together stories of the Bay Area lesbian movement. For more information, visit: www.auntlute.com/a-simple-revolution.

This event is co-sponsored by Openhouse and GLBT Historical Society. Watch for more information on this event in the Openhouse April newsletter.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>The CHARLES M. HOLMES CAMPUS of THE CENTER</p>				<p>1 <i>Always Active</i> 10:30 AM Castro</p> <p><i>MLT Discussion Group</i> 10:30AM 1001 Franklin</p> <p><i>Yoga</i> 10 AM 66 Sanchez</p>	<p>2 <i>Classic Movies</i> 12:45 PM Castro</p> <p><i>Housing and Social Services Clinic</i> 10AM-2PM 225 30th St.</p> <p><i>Meditation</i> 11AM The Sequoias 1400 Geary</p>	<p>3 <i>Games</i> 10:00 AM -1 PM</p> <p><i>Art Group</i> 11:30 AM-2 PM The Center</p>
<p>4</p>	<p>5 <i>Always Active</i> 10:30 AM Castro</p> <p><i>Community Council</i> 11:30 Suite 1185 870 Market St.</p> <p><i>Movies</i> 12:45 PM Castro</p> <p><i>Men's Group</i> 2-3:30 PM The Center</p>	<p>6 <i>Always Active</i> 10 AM Castro</p>	<p>7 <i>Lunch Bunch</i> 10:30 AM-12:30 Curry RSVP Bruce x17</p> <p><i>Friendly Visitor Information Night</i> 6-7:30PM The Center</p> <p><i>Housing & Services Clinic</i> 1-5 PM The Center Call x13 for 1-on-1 appt</p>	<p>8 <i>Always Active</i> 10:30 AM Castro</p> <p><i>Yoga</i> 10 AM 66 Sanchez</p> <p><i>LGBT Chat</i> 10-11:30 AM 30th St. Senior Center</p> <p><i>Kaleidoscope</i> 2PM Laguna Honda Lobby 1:50PM</p>	<p>9 <i>Classic Movies</i> 12:45 PM Castro</p> <p><i>Meditation</i> 11AM The Sequoias 1400 Geary</p>	<p>10 <i>Games</i> 10 AM -1 PM The Center</p> <p><i>Art Group</i> 11:30 AM-2 PM The Center</p>
<p>11</p> <p><i>Second Sunday: Author Judy Rickard</i> Men: 12-2PM Women: 3-5PM Francis of Assisi 145 Guerrero</p>	<p>12 <i>Always Active</i> 10:30 AM Castro</p> <p><i>Movies</i> 12:45 PM Castro</p> <p><i>Men's Group</i> 2-3:30 PM The Center</p>	<p>13 <i>Always Active</i> 10 AM Castro</p> <p><i>Friendly Visitor Volunteer Support</i> 6:00-8:00PM The Center</p>	<p>14 <i>Rainbow Lunch</i> 12:30-2 PM The Center RSVP X10</p> <p><i>Openhouse Matinee</i> <i>If These Walls Could Talk 2</i> 30th St. Senior Ctr. 2PM</p> <p><i>Housing & Services Clinic</i> 1-5 PM - The Center Call x13 for 1 on 1 appt</p>	<p>15 <i>Always Active</i> 10:30 AM Castro</p> <p><i>LGBT Chat</i> 1-2:30PM Bernal Heights Neighborhood Center 515 Cortland</p>	<p>16 <i>Classic Movies</i> 12:45 PM Castro</p> <p><i>Housing and Social Services Clinic</i> 10AM-2PM 30th St.</p> <p><i>Meditation</i> 11AM The Sequoias 1400 Geary</p>	<p>17 <i>Games</i> 10 AM -1 PM The Center</p> <p><i>Art Group</i> 11:30 AM-2 PM The Center</p>

MARCH 2012

18	19 <i>Men's Group</i> 2-3:30 PM The Center	20 <i>Always Active</i> 10 AM Castro <i>Castro Discussion:</i> 12:30-2PM Castro	21 <i>Lunch Bunch</i> 10:30 AM-12:30 Curry RSVP Bruce x17 <i>Housing & Services Clinic</i> 1-5 PM The Center Call x13 for 1-on-1 appt <i>Friendly Visitor Volunteer Support</i> 12-2PM The Center	22 <i>Always Active</i> 10:30 AM Castro <i>No Yoga this week</i>	23 <i>Classic Movies</i> 12:45 PM Castro <i>Meditation</i> 11AM The Sequoias <i>Health and Wellness: Lesbian Healthcare</i> 3 PM: The Center	24 <i>Games</i> 10 AM -1 PM The Center <i>Art Group</i> 11:30 AM-2 PM The Center <i>Howard Grayson</i> 1:30-5:00PM 30 th St.
25	26 <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 <i>Reading, Talking, Women</i> 6:30-8:30 Coleridge	27 <i>Always Active</i> 10 AM Castro	28 <i>Rainbow Lunch</i> 12:30-2 PM The Center RSVP X10 <i>Housing & Services Clinic</i> 1-5 PM The Center Call x13 for 1-on-1 appt	29 <i>Always Active</i> 10:30 AM Castro <i>No Yoga This week</i>	30 <i>Classic Movies</i> 12:45 PM Castro <i>Meditation</i> 11AM The Sequoias	31 <i>Games</i> 10 AM -1 PM The Center <i>Art Group</i> 11:30 AM-2 PM The Center <i>Friendly Visitor Training</i> 9AM-4PM 30 th St. Senior Ctr

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: Sheila Medina

The Openhouse Monthly Interview

A Castro girl born and raised in San Francisco, Sheila Medina went to Douglass Elementary (now the Harvey Milk Academy) and Mission High School. With the exception of thirteen years in the Sacramento area, she has always lived in San Francisco. “I can be myself here, in every way.”



Sheila comes from a working class Puerto Rican family. Both of her parents were born in Hawaii, part of the many Puerto Rican communities that were moved from their island to Hawaii to cut sugarcane in the early 1900's. Sheila's childhood was filled with Puerto Rican parties where she learned to salsa. “I love Latin music and used to dance a lot,” she said, “being Puerto Rican is part of my nature, the way that I communicate.

I'm very friendly, I like to give big hugs.”

The youngest of five children, Sheila was often sick as a child weighing only 25 pounds at five years of age and was the subject of much attention from her parents. “My siblings were a little jealous because my parents were so protective of me, especially my mother. I almost died a couple of times, but when you're little you're not afraid of that.”

At 23, Sheila had her first lesbian relationship. “I was married at 19, had a son at 20, another at 21 and divorced at 23. But I didn't fully claim myself as a lesbian until I was 30. I was busy raising two young boys, finishing up my degree in psychology and social work and being a political activist.”

Even as a child, Sheila never thought there was anything wrong with gay men and lesbians. “My siblings and kids at school thought I was odd but my sons, who live with me (now) and help me take care of my 93-year old mother, have always accepted me. They had some hard times in school as children, but they survived. My mother has also been okay with me being a lesbian. She's more concerned with how a person behaves than their label.”

An activist in the lesbian feminist movement and the Puerto Rican Independence movement, Sheila experienced firsthand many of the difficulties and eventual splits within the women's movement. “I was very much part of the lesbian movement as a woman of color. Many issues for us around poverty, housing and justice simply weren't addressed. During the 1970's, a lot of women of color were being sterilized

yet most white women in the movement were much more concerned about abortion rights. I felt that too many of the movement saw women of color as ‘Other’. It never felt as if the lesbian community mixed with different races and class levels. Working class women often came around to practical ideas much faster while middle-class women were too busy creating rules of behavior for lesbians. I didn't like strict rules about how people should behave, I thought we should do

whatever we wanted to do – not just do what the group said we ‘should’ do. You had to have sex in a certain way; you couldn't bring boy children over the age of four to meetings or conferences; you could only use certain words or language. The rules were endless. It is so non-liberating to me to have to abide by all these rules.”

Describing herself a psychic medium, Sheila says, “I'm able to communicate with spirits on the other sides. I have my gatekeeper who lets the spirits come in and spirit guides who protect me.”

Post graduation, Sheila began working as a counselor at the Tenderloin Self-Help Center, Baker Place, and the Progress Foundation. “I spent many years counseling at halfway houses throughout the Bay Area. You burn out easily in those jobs, but I'd just switch to a different place and keep working.” When she was 55, Sheila began working part-time in order to care for her (now) 93-year old mother and she has retired from counseling to do full time caregiving. “My mother doesn't believe anyone else can take care of her. Over the years, I took her to all her doctor appointments, just as she did for me when I was a child and we've lived near one another most of my life; me on Dolores and my mother in the Castro. It was a natural move.”

Sheila believes she was born to do mediumship and channeling. “It's natural for me and such a part of my culture that I've found that women of color do relate to it more. White women might be supportive and interested but it's kind of alien to them. The stuff I do is a little too out there, too extreme.”

To further her study in her skills, Sheila went to the Church of Religious Science in Oakland. She is primarily connected to the Golden Gate Spiritualist Church in San Francisco where—after one of the ministers had a dream about it—she was asked to do mediumship from the pulpit. In 2001, she became a medium at the church. She says she has seen the congregation change significantly from “predominately older and white members, to a more cultural mix.”

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We have," she says, "many more people of color as well as younger people."

Describing herself a psychic medium, Sheila says, "I'm able to communicate with spirits on the other sides. I have my gatekeeper who lets the spirits come in and spirit guides who protect me. They usually communicate with me verbally, although I use my other senses too, sight, smell, touch. First I identify the spirit, perhaps describe what they look like or describe what illness they may have had before they passed over. After that, I give the message that the spirit wants to convey to the individual. Of course, it's much easier for me to connect with someone who is receptive and not putting up a barrier of negativity or skepticism."

Connected to Openhouse through attendance at the memoir writing group, yoga and second Sundays, Sheila regards her life as an older lesbian, as "fortunate. I can be myself and be fully what I am." Being an older lesbian is an important part of my identity, but it's not all of it. I'm a role model to younger people and have all kinds of friends, old, young, transgender. I don't limit myself."

Interview by Emerald O'Leary

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.

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.*

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: Wednesday March 7th
6:00-7:30PM**

Where: The San Francisco LGBT Center, 1800 Market

Trained Friendly Visitor Volunteers:

Mark your calendar for a meeting and support group. Please plan to meet *either* Tuesday, March 13, from 6-8PM or Wednesday, March 21, from 12-2PM. To RSVP contact Ellyn at 415-296-8995x13 or email ellyn@openhouse-sf.org

Training for New Friendly Visitor Volunteers

- Want to help an isolated senior to feel less alone?
 - Interested in making a big difference in an older adults person's quality of life?

Join us for a Friendly Visitor training presented by Openhouse. Here you will learn valuable skills in interpersonal communication, boundaries, and active listening. All those interested in becoming a friendly visitor must attend this free training. Friendly Visitors make a commitment of visiting 2x a month for an hour, for at least 6 months. We work to make a good match between visitor and visitee. Lunch provided. Call for more information or to RSVP. **(415) 296-8995 X 13**

MARCH

Return Service Requested

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openhouse

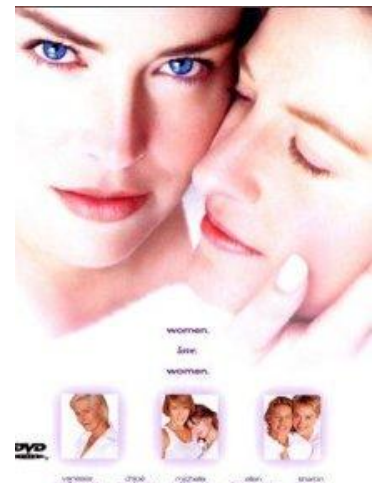
Openhouse and 30th St. Senior Center present the start of a new monthly film series..

2nd Wednesday Matinee

**LGBT-themed films every 2nd Wednesday at 30th St. Senior Center
With translated bilingual discussion following the film**

This month we will watch and discuss *If These Walls Could Talk 2*

This three-part drama was produced for HBO, and directed by Jane Anderson, Martha Coolidge and Anne Heche. The series examines the changing tides of the lives of lesbians in America, both politically and personally, as we eavesdrop on three stories taking place in the same house over a span of five decades. In the fifties, a lifelong lesbian couple (expertly played by Vanessa Redgrave and Marian Seldes) face the harrowing difficulties of death and dying, while having no legal connection to one another. In the seventies a feminist university student faces her friends' disapproval when she falls for a stereotypical 'butch john' lesbian. In the nineties, an openly gay couple, (Ellen Degeneres and Sharon Stone) decide to try for a child and start looking for sperm. This critically acclaimed collection runs the gamut from deep emotional drama, to whimsical sexy fun. Vanessa Redgrave won an Emmy for Outstanding Supporting Actress in a Movie or Miniseries; the series won the GLAAD (Gay and Lesbian Alliance Against Defamation) media 2001 award for Outstanding TV movie.



if these walls could talk 2

**Wednesday March 14th; Film at 2PM
followed by bilingual discussion**

Spanish and English *with a translator*

Free, and all are welcome.

225 30th St. San Francisco (near Church) J church and bus #24