

# Join us for our 2nd Sunday Fall Feast!



## A Celebration of LGBT Older Adult Community

**Sunday, November 13th, 3:00 -5:00PM**

**Openhouse will supply the basics - Turkey, stuffing, potatoes with gravy, bread, dessert and beverages. If you can, please bring your favorite side dish. Dinner served at 3PM. There will be a separate dining space for male and female-identified community members— with an opportunity to mingle in the patio area.**

**See you there!**

**Free with donations gladly accepted.**

Thank you to our sponsors:

**Bristol Farms**  
An Extraordinary Food Store.

### **Mindfulness Meditation Group For LGBT older adults and friends Mondays at 11 AM**

Congregation Sha'ar Zahav, Chapel  
290 Dolores St at 16<sup>th</sup>



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, weekly group where we will learn to meditate and discuss its applications and benefits to our 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](mailto:dewilewis@yahoo.com) or call 415-296-8995 x16 more information.*

### **Women's Writing Group: New Time and Location All are welcome.**



**Group meets every Thursday  
11:00AM - 1:00 PM Notre Dame Senior Plaza  
347 Dolores at 16th, first floor**

Even if you don't fancy yourself a writer, we can almost guarantee you will enjoy the insight and support of this group. Our much-loved instructor Rose Tully says she would love to see new women. All levels, genres, and styles welcome to our beautiful Mission/Dolores location.



This is the first exhibition of the master Magician in an American art museum .

*Free but RSVP required and space limited.*

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](http://www.openhouse-sf.org).

Join Openhouse at the Jewish Contemporary Museum  
for...

### **Houdini: Art and Magic**

**Thursday November 17th, 5PM**  
736 mission, meet inside lobby at 5PM sharp!  
To RSVP call 415-296-8995 X16

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

## MONDAYS

### Men's Writing Group (1st Monday only this month)

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

## THURSDAYS (continued)

### Donation Based Yoga 10:00-11:30 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

### Women's Writing Group 11:00AM-1:00PM

All are welcome, every Thursday

Notre Dame Senior Plaza, 347 Dolores Street, 1st floor

## TUESDAYS

### Always Active 10-11AM

Castro Senior Center, 110 Diamond Street

### Castro Discussion Group 12:30-2PM

#### Third Tuesday

Topic: The Power of Giving Thanks

Castro Senior Center, 110 Diamond Street

## WEDNESDAYS

### Lunch Bunch: 1st, 3rd, and 5th

#### 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

## 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

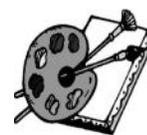
## SATURDAYS

### 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

## 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

## SUNDAYS

### Second Sunday Fall Feast

145 Guerrero

3 - 5 PM

Free with donations accepted



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

# ***When I Grow Up: Openhouse Art Show a Stunning Success***

Over 200 people packed the San Francisco LGBT Center for the opening of Openhouse's first ever senior art show, *When I Grow Up: A Lifetime of Perspective* by LGBT Elders. Over 40 senior artists contributed to the exhibit, which can be seen on the 2<sup>nd</sup> and 3<sup>rd</sup> floors of the LGBT Center through November 16<sup>th</sup>. This includes the work of Openhouse's art group, whose mixed media work can be seen in gallery room 301. The work of the show's jury can be viewed on the 3<sup>rd</sup> floor's North Wall.

Opening attendees enjoyed the impressive diversity of the LGBT senior community's artistic talent, made visible throughout the open space of the Center. The crowd came from far and wide, enjoying the exhibit, and the company of friends old and new. Many thanks to the jurors and to all of our hardworking volunteers. We couldn't have done it without you. Thanks also goes out to the San Francisco LGBT Center, The Queer Cultural Center, and the Openhouse Art Group.



Top left: community members Nita Platt and Marilyn Hayward; Top right: attendees listen to a talk by Executive Director Seth Kilbourn; Middle left: artists Christine Torno and David Allen take in the sights; Middle right: artist and juror Kathryn Werhane shows her stuff; Bottom left: artist Jack Stelnicki smiles next to his sculptures; Bottom right: President of the Board Cynthia Martin, Executive Director Seth Kilbourn, and Openhouse founder Marcy Adelman smile for the camera.

## THIS IS WHO WE ARE: Openhouse Monthly Interview

### Patty Woods

Born into an Irish-Italian catholic family in Brooklyn, NY, Patty Woods, 67, is still working and having a good time. Although she only has one sister, Patty grew up with many cousins. "Luckily," she said, "we grew up with the Italian side that meant lots of laughter and since my mother had eight sisters and one brother, we had plenty of cousins to be around because we all lived near one another."

Patty knew she liked women as early as 14. "I had a best friend in catholic girls' school; you know the way it is. We did everything together, classes, homework, outings. We thought we were just best friends and then we kissed and that was it. I knew! I knew that I wanted to be with this best friend for the rest of my life. We were together for 2 years."

Like many young high school romances, this one ended badly. "My parents found some letters and they were full of young girl stuff like 'I miss you, I want to hold you' and they confronted me and threatened me with some mental health stuff, so I just kept on denying it. But I knew. Even though we didn't label it, I knew." Patty's girlfriend did come out to her family, "It was very ugly for her. I lost touch with her but later heard that she ended up involved with drugs."

Patty, who still had a strong attachment to her faith, confessed to her local priest, "You are excommunicated", he said. I stood on the corner and thought I'm completely alone. I thought I should jump off the bridge or something, I felt so alone and so worthless."

Finishing high school, Patty entered her working life in customer service for banks and offices and later in hospitals as an EKG technician. Commenting on the times in the 70's and 80's, Patty said: "although I was fully out to myself, I still denied being gay at home and at work. At one point, I got involved in the gay movement but I had to step back because I was too frightened about being outed on my job." At that time, being gay in almost every profession, especially in a hospital, was still kept deeply in the closet. So, she bought a restaurant, "but it wasn't successful. Then I bought a food truck and that was really successful. I finally figured out I liked gathering people and feeding them but needed to do it small. That was a great time."

Patty went to the gay clubs in Manhattan like The Duchess on Sheridan Square and met many lesbians there that formed a loose group of friends. "Most of the clubs were Mafia-run then," she told me, "but I did have a



food concession at one gay bar." However, she noticed "so many women were drinking very heavily. Many of my friends later became alcoholics because there was nowhere else to go and meet women."

After losing her parents in her 30's, Patty got involved with a woman with adult children. They were a very close family. Her partner's cancer and early death was shocking to Patty, "that was a terrible time in my life. I couldn't mourn her as my partner at work or in my own family, I was so devastated."

Patty stayed in Brooklyn for another year, helping her partner's daughter and finally coming to the understanding that it was time for her to move. "My group of lesbian friends had moved away, the only friend I had was an ex-partner who had a 3-year old so I spent a lot of time with the baby which helped me get through it." But she did find Metropolitan Community Church (MCC). "I went to this little MCC in Brooklyn, it was amazing, it was like a Broadway show. That was the right time for me, I'd looked around so many other spiritual places and never found anything that accepted me completely. They just could see I had a deep need and they embraced me."

Over many years, Patty had visited an old childhood friend in San Francisco who always encouraged her to stay. Sometime after the death of her partner, she finally moved. "My sister," she said, "was not surprised. The only comment she made was that 'people don't move to San Francisco because of the weather.'" They have never openly talked about Patty being a lesbian. "Maybe it's part of being catholic, we never have talked about it. I thought I should before I die and an ex-partner of mine said: 'Why does it have to be said? It might stir up all kinds of negatives; Why don't you just leave it the way it is?' and we have." Still, Patty's sister visits Patty and her partner Jane in San Francisco, sends birthday cards to Jane and generally acknowledges them as a couple.

Arriving in San Francisco in 1991, Patty was unemployed for only three months and then became a building manager. Like other women, she didn't find San Francisco lesbians particularly friendly. "I came here at 47 so it was a problem trying to find the right group for me, I wasn't really touching base with anyone in particular."

It turned out that the building Patty managed also had a neighborhood bar, a place where she felt finally comfortable. "It was very mixed, straight and gay," she said, "but there was a lot of gay activity including Friday night for women. I got friendly with the manager because I was in the building and I'd go in and have a coffee and chat. Then she invited me to her home for dinner and we ended up in a relationship." (Continues on page 7)



## 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.

### **Reading & Talking Women Fourth Monday of every month 6:30-8:30PM**

Good Discussion! Good Food. Good Company.  
**Join us for our monthly potluck**  
190 Coleridge, San Francisco, off Mission St.

*(Continued from page 6)*

"The age was right," says Patty "and she had a family so the relationship just grew and grew." They been together now for 20 years.

It's clear that Patty is an outgoing woman. She continued managing that building for 12 years. When that job came to an end, she heard there was a job with Cole Hardware opening just two blocks away, "I'll do that for a minute," she said "It was a very sociable job. I was there with six other lesbians and it was great fun. I became a totally different person in the safety of all those people. It's San Francisco, (so) no one minds; Everyone knows my partner."

Patty and her partner Jane are both committed members of MCC and also of Openhouse. They go to 2<sup>nd</sup> Sundays at Openhouse and all the holiday events as well as other programs. They are planning to stay in the city for the rest of their lives as they manage a building in a nice area. "It's comfortable and we're really happy here. But we really hope for better housing for LGBT seniors and programs where we can connect with one another in social settings. Contact is always so important."

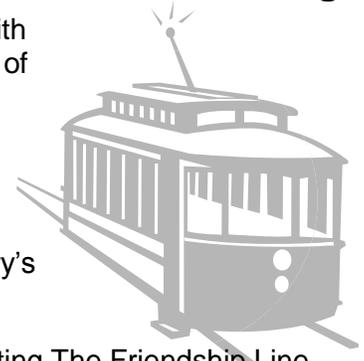
*Interview by Emerald O'Leary*

## Cable Car Caroling with Institute on Aging

Savor the holiday spirit with friends by sharing the gift of song with seniors in San Francisco!

**Sunday, December 4  
12:30 PM – 6:00 PM**

The Event Center, St. Mary's Cathedral



This is a fundraiser benefitting The Friendship Line which reaches out via phone to older adults, offering a wealth of emotional and well-being resources. Founded 38 years ago by Patrick Arbore, The Friendship Line has served countless seniors and their families.

**RESERVATIONS** online: [www.cablecarcaroling.org](http://www.cablecarcaroling.org)  
or call: 415.750.4111 x126  
email: [cablecarcaroling@ioaging.org](mailto:cablecarcaroling@ioaging.org)  
**PRICES** \$35 for seniors (65+) and students



**Institute on Aging**  
Helping Bay Area Seniors Live Independently

Join Openhouse and friends old and new at the beautiful 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.



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### **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](mailto:ellyn@openhouse-sf.org)

### **Caring Connections Information Night**

**November 16th, 2011 at 6:00-7:30 PM**  
**Please call to confirm date and time.**  
**SF LGBT Center, 1800 Market Street**



Come and learn about the Caring Connections 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 includes attending a volunteer orientation, one all-day training, and 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](mailto:ellyn@openhouse-sf.org)

### **Caring Connections Volunteers:**

**Meet on Saturday, November 12th, 10-11:30AM OR**  
**Wednesday, November 21st, 6-7:30PM**  
**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](mailto:ellyn@openhouse-sf.org)