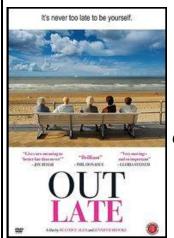
Join Openhouse and Bernal Heights Neighborhood Center with new matinee series...

Documentaries on the Hill: "Out Late"



Thursday, July 19 10:30 AM 515 Cortland Lunch after the film

Out Late is an inspirational and moving documentary about five individuals who made the courageous and life altering decision to come out as lesbian, gay, or transgender, after the age of 55. Why did

they wait until their 50's, 60's, or 70's to come out? And what was the turning point that caused each of them to openly declare their sexuality? From Canada to Florida to Kansas, we explore what ultimately led these individuals to make the choice to live openly and honestly amongst their family, friends and community, perhaps for the first time in their lives.

"Very moving, and so important." Gloria Steinem

"Fascinating, not to be missed." Chris Carpenter, Rotten Tomatoes

Come check out ...

Tai Chi Chih with Opehouse



Openhouse is pleased to partner with 30th St. Senior Center in bringing you a new weekly exercise group. Tai Chi Chih (pronounced tie-cheecha) is a simplified version of T'ai Chi. It is extremely low-impact and requires less stamina and balance than T'ai Chi. Tai Chi Chih is easy to learn and consists of only twenty movements designed to balance and circulate the internal energy known as "chi." It is known to inspire profound mental, spiritual, and physical benefit. It is also widely regarded as an excellent practice toward fall-prevention.



Come join longtime practitioner, John Wherry, as he leads community members through these time-honored movements.

Every Tuesday at 10 AM 30th St. Senior Center 225 30th St. (J Church and Muni #24) Free.

Join Openhouse, CPMC, CHRC, and UCSF for a vey important 4th Fridays Health and Wellness Series seminar...



Suicide Prevention: The Impact of Depression and Grief Friday, July 27, 3 PM The SF LGBT Center, 1800 Market, Room Q11





Chances are, you or someone you know has been depressed or grief stricken. Depression and grief are difficult and complex facts of life for people young and old. Strikingly, however, older people have the highest rates of depression and suicide of any age population. At the same time, members of the LGBTQ community are shown to have higher rates of suicide than their straight counterparts. For this reason, community members, and mental health professionals are concerned about what the intersection of these identities—being older and being LGBTQ, will mean for our community.

We know that depression is a key risk factor in suicidal ideation. Death of loved ones and other losses can also contribute to suicidal thinking. We also know that suicidal ideation can be reduced when we respond effectively to depression and grief. But, how do we do this? And, what resources are available to help us in maintaining happy, healthy lives?

Join us this Fourth Friday to hear Patrick Arbore, Ed. D, discuss these important topics. Patrick is the founder and director of the Center for Elderly Suicide Prevention & Grief Related Services, a program of the Institute on Aging. Patrick gives presentations locally and nationally on topics related to aging. Depression and grief affect us all. Please come to listen and share your thoughts on this vital issue. An informed community is a healthy community.



870 Market St., Suite 458 San Francisco, CA 94102 (415) 296-8995 www.openhouse-sf.org

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 12:30-2PM
Castro Senior Center, 110 Diamond Street
Topic: When Did You First Feel Free?

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: Big Eden

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!

Senior Center, 225 30th Street @ Church

Documentary on the Hill (New!) 3rd Thursday10:30 AM

Bernal Height Neighborhood Ctr., 515 Cortland

Film: Out Late

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 Please note: **No meditation July 6, resumes July 13**

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

Health & Wellness, Fourth Fridays 3PM Suicide Prevention: Recognizing the Impact of Depression and Grief with Patrick Arbore, Ed. D, 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, July 8

145 Guerrero , Francis of Assisi Dining Hall

Men: 12-2PM: Potluck and reading by local poet Carl Weiner, and you!

Women: 3-5PM: Muttville!

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



Join Men's Second Sunday this July for a social and potluck, including a reading from local author Carl Weiner.

> Men's Second Sunday Francis of Assisi 145 Guerrero Sunday July 8. 12-2PM, Free!

Carl has been living in the Bay Area for 39 years. He is a poet, who enjoys linguistics, music and many other artistic and cultural pursuits. When he's not busy substitute teaching, he attends Openhouse's Lunch Bunch meetings. On July 8, Carl will read a short selection of his poetry.

After we hear from Carl, we will open it up to community members to read something of their own. We encourage writers of all experience levels tobring a short piece of writing to share, of any genre. Or, just bring a listening ear and something for the potluck. Whether you have a literary bent or not, Second Sunday is a welcoming space for LGBT men 60+ to schmooze, dine, and socialize. Join us!

This event is open to all self-identified men.



SF SPCA programs for Seniors

Did you know...

The Sido Program offers pet owners a way to plan for their pet's future. When cats and dogs enrolled in Sido outlive their owners, they are taken into the SF SPCA's Adoption Program. They receive exceptional care while the SF SPCA works to place them in a loving

home. To enroll your animal companion in the Sido Program, please call Sandy Irber, Planned Giving Manager, at 415-554-3027 or sirber@sfspca.org.

The Pet-A-Care Senior Discount Program is the most comprehensive charitable program in the nation for spayed/neutered pets of low-income, San Francisco seniors over the age of 65, providing 50% off all veterinary services for qualifying animals. Please call 415-554-3030 to talk with a Client Services Rep for eligibility.

Special Discounts are often offered for spay/neuter surgeries as well as reduced adoption fees in our Adoption Center. Please call 415-554-3030 to talk with a Client Services Rep for eligibility.

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 multimedia 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.

Friendly Visitor Caring Connections

Information Night

Wednesday, July 11, 6 - 7:30 PM

Kaleidoscope: Visit to Laguna Honda:

Thursday, July 12, 2 – 4 PM

FV Support Groups:

Tuesday, July 24, from 6 – 8 PM Wednesday, July 25, from 3-5 PM Thursday, July 26, from 6-8 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



This month we will continue with collage instruction by artist and instructor Selwyn Jones. Come work on collage, or bring in other art projects you may be working on. Materials are supplied, but feel free to bring your own as well.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Always Active 10:30 AM Castro Movies 12:45 PM Castro	3 Always Active 10 AM Castro Tai Chi Chih 10 AM	4 No Activities Independence Day (Observed)	5 Always Active 10:30 AM Castro Yoga 10 AM 66 Sanchez	6 Classic Movies 12:45 PM Castro No Meditation Group Today	7 Games 10:00 AM -1 PM Art Group 12-2:30 The Center
	Men's Group 2-3:30 PM The Center	30 th St. Senior Ctr.		MLT Discussion Group 10:30 AM 1001 Franklin	Housing and Social Services Clinic 10AM-3PM 30 th St. Sr. Cntr.	
8	9	10	11	12	13	14
Second Sunday: Francis of Assisi 145 Guerrero Men: 12-2PM Second Sunday: Poetry by Carl Weiner Women: 3-5PM Second Sunday: Muttville	Always Active 10:30 AM Castro Movies 12:45 PM Castro Men's Group 2-3:30 PM The Center	Always Active 10 AM Castro Tai Chi Chih 10 AM 30th St. Senior Ctr.	Rainbow Lunch 12:00–1:30 PM The Center RSVP X16 Openhouse Matinee Big Eden 2PM 30th St. Senior Ctr. Housing & Services 1-5 PM - The Center Call x13 for 1 on 1 appt FV Info. Night 6-7:30PM	Always Active 10:30 AM Castro Yoga 10 AM 66 Sanchez LGBT Chat 10-11:30 AM 30th St. Senior Center Kaleidoscope	Classic Movies 12:45 PM Castro Meditation 11AM The Sequoias 1400 Geary	Games 10 AM -1 PM The Center Art Group 12-2:30 The Center
			The Center	Laguna Honda 2-4PM		
15	16 Always Active 10:30 AM Castro Movies 12:45 PM Castro Men's Group 2-3:30 PM The Center	17 Always Active 10 AM Castro Tai Chi Chih 10 AM 30th St. Senior Ctr.	18 Lunch Bunch 10:30 AM-12:30 Curry RSVP Bruce x17	19 Yoga 10 AM 66 Sanchez Always Active 10:30 AM Castro Documentary on the Hill Out Late 10:30 AM 515 Cortland	20 Classic Movies 12:45 PM Castro Housing and Social Services Clinic 10AM-3PM 30 th St. Sr. Cntr. Meditation 11AM The Sequoias 1400 Geary	21 Games 10 AM -1 PM The Center Art Group 12-2:30 The Center



22	23 Always Active 10:30 AM Castro	24 Always Active 10 AM Castro	25 Rainbow Lunch 12:00–1:30 PM	26 Yoga 10 AM - 66 Sanchez	27 Classic Movies 12:45 PM Castro	28 Games 10 AM -1 PM
	Movies 12:45 PM Castro	Castro Discussion 1:30PM-3:30 Castro	The Center RSVP X16 Housing & Services Clinic	Always Active 10:30 AM Castro	Meditation 11AM The Sequoias	The Center Art Group 12-2:30
	Men's Group 2-3:30 PM The Center	Tai Chi Chih 10 AM 30 th St. Senior Ctr. FV Support 6-8PM The Center	1-5 PM - The Center Call x13 for 1 on 1 appt FV Support 3-5PM The Center	FV Support 6-8PM The Center	Fourth Fridays: Depression, Grief and Suicide Prevention With Patrick Arbore 3PM The Center	The Center
29	30 Always Active 10:30 AM Castro Men's Group 2-3:30 PM The Center	31 Always Active 10 AM Castro Tai Chi Chih 10 AM 30th St. Senior Ctr.	27 Lunch Bunch 10:30 AM-12:30 Curry RSVP Bruce x17	28 Yoga 10 AM 66 Sanchez Always Active 10:30 AM Castro	29 Classic Movies 12:45 PM Castro Meditation 11AM The Sequoias	30 Games 10 AM -1 PM The Center Art Group 12-2:30 The Center

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, #3

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, F line

Questions? Call Openhouse at 415-296-8995.

LGBT Caregiver Support Group

LGBT Grief Group

Both of these much-loved groups will open up again this fall.

Get on our interest list to secure your spot.

Our *Caregiver Support Group* is a free six-week series for LGBT caregivers who are taking care of a loved one. This group meets once a week for 6 weeks and focuses on building and maintaining self care while also being responsible for giving care to a loved one.

Our *Grief Group* is a free 12-week series of eight to ten individuals who meet to learn from the experience of grieving. The group includes relaxation exercises, meditation, laughter and building trust.

Both groups are facilitated by mental health professionals, experienced in working with LGBT folks 60+.

Call Fairley at Openhouse: 415-296-8995 X16 to find out more or to get on the list for an intake with the facilitators.

THIS IS WHO WE ARE: SELWYN JONES

Interview By Fairley Parson

In his home perched on Bernal hill, Selwyn Jones tells me he hasn't done anything outstanding. Given his apartment full of original art and shelves boasting his own published essays and poetry, this assessment is

far-fetched. Selwyn Jones is humble and extremely likeable. At 91 he delights in his many friendships across the age spectrum. He hosts dinner parties, takes friends to the ballet, and instructs the weekly Openhouse art group in collage. Just last year he ended his decades-old love affair with his community garden, and his membership in the SF League of Urban Gardeners. "For some reason," he says, "I just have less energy." He then offers me raspberries from his plants—which he continues to tend.

His eyes sparkle as he begins a story that includes hob-nobbing with the beatniks, extended stays in Rome and Paris, and a love lasting decades. He was a bohemian before the hippies, and it is clear that his free-spirit and fierce intellectual curiosity has not waned with the years.

Selwyn Jones was born on a farm in East Texas. He describes his childhood roaming the creeks on horseback, "locating wild beasts." He attributes his present good health, and his love of plants to growing up in the country.

"Here I was—into Italy... It was a plants to growing up in the country."

"We had no money, but we had almost everything else. Virtually everything we ate came from our land."

Selwyn's parents were farmers until his mom returned to school, when he was in high school. At this time, he says, he became a "third parent" to his only brother, five years his junior. "My mother went to school so I was asked to watch him, to keep him out of the fire place, and to stop him from falling off the porch."

Selwyn ascribes his early creative leanings to his mother. "My mother was the start of my artistic life. She crocheted, quilted, and later worked as a beautician. I learned aesthetics from her. She had a natural feel for color and design."

But Selwyn's interest in art took on new life after leaving Texas. Drafted into the Air Force during War II at age 21, he went oversees for the first time. Trained in Intelligence, he was stationed in the small town of Spinazzola, 300 miles south of Rome. "Here I was— a farm kid, dumped into Italy. I got to go to the ballet, the museums, the opera. It wasn't culture-shock. It was a revelation." Asked whether he faced homophobia in the highly Catholic country, he says no; he was never targeted. "Things were not out in the open. I did not openly show affection."

Selwyn says he didn't know "what gay was" until he

went into the military. He recounts being appointed by a commanding officer to write a record of another soldiers court-martial. As it turned out, the man had been caught in a gay relationship off-base. "It was the first time I had heard the word *homosexual*. I think I knew I was gay from the time I was born, but I didn't know the word."

Still, growing up in East Texas in the 1930's did not run counter to homosexual experiences. "It was almost an advantage that no one talked about sex there. They all did it, but no one talked about it; plus it wasn't in the culture to have a girlfriend before marriage. That left open other possibilities."

Selwyn's first significant sexual experience with a man was at age 21 while on break in Capri, Italy. It was there that he met 17 year-old Vincenzo. Though they only spent one evening together, the two continued to write and send each other poetry, letters, and pressed flowers for years to follow. Selwyn

says he used the help of a military interpreter, who was also gay, to aid in their correspondence.

In 1949, while attending art school in Colorado Springs, Selwyn met Randy, a fellow art student, recently divorced from his high school sweetheart. Selwyn and Randy connected over art. It didn't hurt that

Randy was the kind of guy Selwyn was attracted to: "handsome, blonde, and three years younger. I knew he was gay before he did."

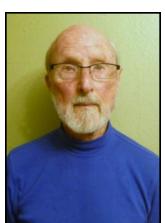
They would become life partners, staying together for 42 years. Selwyn emphasizes that though the two were committed, they were never monogamous. They lived together in Houston, TX for six years and then moved to the mountains outside of San Jose, CA while Selwyn got his teaching credential at San Jose State.

"The reason we came here from Houston was because the police had started raiding the gay bars. One night Randy and I escaped through the bathroom window. Our friends got arrested."

Seeking escape from such repression, the two visited friends in the Bay Area during the summers. "We'd go to the Black Cat in North Beach, where Jose Sarria was doing his drag opera. We liked it here immediately. Even back then, the gay life was so open."

In 1958 the two moved to San Francisco where Selwyn taught art at Westmoor high school until 1969. He then went on to teach at the De Young Art School from 1970 to 1985. Though he specialized in calligraphy, studying the craft in Austria and London, he taught everything from sculpture to print making. When the De Young Art School folded in 1985, Selwyn retired and moved to Bernal Heights.

Formally retired, Selwyn volunteered for hospice at the height of the AIDS crisis. "A lot of my friends had AIDS. I would take men to go Continues on next page



"Here I was— a farm kid, dumped

into Italy... It wasn't culture-shock.

It was a revelation."

see their doctors, and do chores for them, but I burnt out after a few years. I would meet these beautiful young men, and they would not live very long. They would die, and I would have to go through it over and over again. I couldn't take it anymore." In 1992 Selwyn was hit again when he lost Randy to AIDS.

Asked about the best memories of San Francisco, Selwyn is quick to respond: "The Summer of Love, before and after. I identified with the hippies. I got to know Allen Ginsburg, visited Lawrence Ferlinghetti in his store (City Lights), and I lived on the same steet as the poet Michael McClure."

But Selwyn wasn't just rubbing shoulders with the bohemian elite, he was involved, creating art, and seeking engagement— a participant, not a spectator. Ask and he just might tell you about a rather standout encounter with *the* Michel Foucault at a local bath house.

San Francisco's activist community also drew Selwyn to the Bay. He says with a laugh that he cannot possibly say how many times he marched up and down Market St. against the Vietnam war. He describes receiving his file after the passage of the Freedom of Information Act to discover that the FBI and CIA had been following him since his 1962 trip to Russia as part of the International Congress for Peace and Freedom.

Today he continues his art and his activism, sometimes marrying the two, as reflected in his winning design for the ACLU of Northern California's 50th anniversary party poster. Having discovered a love of collage in recent years, his home is adorned with striking geometric works. They reveal a love of ballet, men, travel, the natural world, and humanity in all its diversity. Selwyn Jones, it seems, is a true romantic.

Sadly, he says he believes our country has hit "rock bottom."

"The McCarthy era was bad, but this— the situation in Palestine, the financial crash, all of these unnecessary wars...making enemies all over the world." He describes his antidote to despair: "engagement."

Indeed Selwyn's bleak assessment of world affairs doesn't contradict his sunny disposition and can-do attitude. As he astutely comments on his political contentions, he relishes in all that he finds so beautiful.

FIN.

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.

Join us this July for a Women's Second Sunday presentation with..



MUTTYILLE

senior dog rescue

Sunday, July 8th 3:00-5:00 PM Francis of Assisi: 145 Guererro

Join Women's Second Sunday for this special event. Muttville is an adoption and foster dog program in San Francisco that is dedicated to finding homes for older dogs. On Sunday July 8, Muttville's Executive Director, the Team Leader of the "Seniors for Seniors" program, and a group of well-behaved adoptable



dogs will visit the women of Second Sunday.

These dogs include pups from their foster dog program, a program in which community members can foster needy older dogs. Muttville's visiting representatives are leading forward to

sentatives are looking forward to



sharing the program with Openhouse community members and will be available for questions So, join us.





Mintey (top left), Lambie (middle right), Haley Bop (bottom left), and Cider (bottom right), are all real Muttville dogs in need of homes.

Dine with Straw in July for Openhouse!

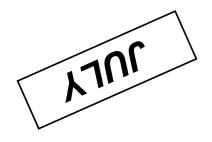
Pencil in a Monday lunch or dinner date this July to benefit Openhouse. That's right; Every Monday in



July, Straw restaurant in Hayes Valley will donate 10% of your bill to Openhouse when you visit between the hours of 11AM-2PM or 5PM-10PM. Straw is a new restaurant in Hayes Valley serving carnival-inspired comfort food. There are accents from your favorite carnival throughout

the décor and menu. You can dine on such favorites as the Portobello cheese steak, or perhaps you'd like to try the Satchemo—a dish rich with cheesy grits, linguica and prawns. Funnel cake for dessert! Straw is located on 203 Octavia Blvd. at Page. You can check out the full menu at:

http://www.strawsf.com



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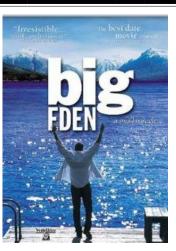
San Francisco, CA 94102 openhouse 870 Market Street, Suite 458



housing, services, and community for LGBT seniors nnouse

For more information on programming, call us! 415-296-8995

July Newsletter



2nd Wednesday Matinee presents... Big Eden

With bilingual discussion following the film!

30th St. Senior Center 225 30th St. San Francisco (near Church) J line and bus #24 Wednesday, July 11, 2PM Free

Lonely New York artist Henry Hart returns to his hometown of New Eden, Montana, after his grandfather suffers a stroke. Back in Big Eden, Henry must come to terms with his relationship to Dean Stewart, his best friend from high school, as well as the object of his unrequited love. This film is a sweet and quirky crowd-pleaser!

..But it's more than a crowd-pleaser, shot at spectacular Rocky Mountain locations—it's almost revolutionary...Jonathan Freeman, The New York Post

An accomplished heart-tugger, a serious romantic comedy that tackles two dilemmas with honesty and compassion...Kevin Thomas, Los Angeles Times