



Openhouse and The San Francisco LGBT Community Center presents:
THE 2nd ANNUAL

When I Grow Up

A Lifetime of Perspective by LGBT Elders

Mixed-media art show featuring the art of
LGBT seniors throughout the Bay Area

Opening Reception Saturday, September 22nd, 2PM

Show runs September 22nd-October 23rd

The San Francisco LGBT Community Center

1800 Market St., San Francisco, CA—FREE

Join us for the Art Show and better yet, volunteer!

We are still looking for community members to help:

- ▽Receive and check in art September 19th and 20th
- ▽Hang the show September 20th and 21st
- ▽Serve food and wine at the reception
- ▽Help get the word out!



The Openhouse art show is a community effort. Get into it!

**For more information about volunteering call Openhouse
415-296-8995 or email: fairley@openhouse-sf.org**

housing, services, and community for LGBT seniors
openhouse

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

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

SF LGBT Center, 1800 Market

TUESDAYS

Always Active Exercise Group 10-11AM

Castro Senior Center, 110 Diamond Street

**Castro Discussion Group 3rd Tuesday
12:30-2PM**

Castro Senior Center, 110 Diamond Street

Topic: *LGBT People and the Arts*

Please Note: No Tai Chi Chih this month.

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: *To Wong Foo, Thanks for Everything*

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

Please note:

No LGBT Chat at 30th St. this month.

Documentary on the Hill (New!)

3rd Thursday 10:30 AM

Bernal Heights Neighborhood Ctr., 515 Cortland

Film: *10 More Good Years*

FRIDAYS

Housing and Social Services Clinics

3rd Friday 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 & Wellness Fourth Fridays 3PM

Healthy Eating, Healthy Kitchen,

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

LGBT Community Center, 1800 Market Room Q11

SUNDAYS

Second Sunday, September 9th

145 Guerrero, Francis of Assisi Dining Hall

Men: 12-2PM: Potluck and reading from author

Lewis DeSimone

Women: 3-5PM: Sex and Aging

Talk with Carol Queen

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

Openhouse is pleased to present a special Women's Second Sunday Event

CAROL QUEEN

"On Sex and Aging"



Carol Queen is a writer, educator and activist with a doctorate in sexology. As an organizer in the LGBT community, she founded one of the first gay youth groups in the United States and later worked in the emerging international bisexual community as a sex worker, educator and a practitioner of alternative sexualities. She presently serves as Staff Sexologist and Chief Cultural Officer at San Francisco's Good Vibrations. Join us this September 9th for a provocative, informative and no-holds-barred talk on sex and aging.

Where: 145 Guerrero St. (near Duboce)

When: Sunday, September 9th, 3-5PM

Cost: Free, but feel free to bring food or beverages to share!

Second Sunday is open to all woman-identified community members.

Men's Second Sunday Presents..

LEWIS DeSIMONE

**Reading from his new book
*A Heart's History***

**Second Sunday Presentation
Potluck & Discussion**

September 9th, 12-2PM

145 Guerrero, (near Duboce)

Free



Lewis DeSimone is the author of the novels *Chemistry* and *The Heart's History*. His work has also appeared in *Harrington Gay Men's Fiction Quarterly*, and the anthologies *I Like It Like That: True Tales of Gay Male Desire*, *The Mammoth Book of Threesomes and More-somes*, *Best Gay Love Stories: Summer Flings*, *Second Person Queer: Who You Are (So Far)*, and *My Diva: 65 Gay Men on the Women Who Inspire Them*. His contribution to the latter was highlighted on Salon.com and the Best Gay Stories 2010. He blogs at SexAndTheSissy.wordpress.com

Join us this Second Sunday to hear DeSimone read from his new book, *A Heart's History*, with friendly discussion to follow. Food, friends, and rousing writings that are sure to inspire: Who could ask for anything more?

On A Heart's History.. "A thoughtful and engaging examination of contemporary gay life and love. DeSimone's facility with the minutiae of everyday life and the rhythms of friendship brings depth to this timely story of ordinary individuals struggling to bulwark their ideas of love against shifting personal and cultural tides."—Publishers Weekly

Men's Second Sunday is welcome to all male-identified community members.

***Friendly Visitor Caring
Connections***

Trained Friendly Visitor Volunteers spend time each month with community members seeking companionship. Openhouse is actively seeking both visitors and visitees. We are especially interested in serving more women and transgender community members.

Information Night:

Wednesday, September 12th
6 – 7:30 PM

Kaleidoscope:

Visit to Laguna Honda:
Thursday, September 13th
1:50 – 4 PM

FV Support Groups:

Monday, September 10th
5:30-7:30 PM
Wednesday, September 12th
3:30 -5:30 PM



**For information please call Ellyn
415-296-8995 X13**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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September 2012

						<p>1 Games 10:00 AM -1 PM</p> <p>Art Group 12-2:30 The Center</p>
2	<p>3 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>4 Always Active 10 AM Castro</p>	<p>5 Lunch Bunch 10:30 AM-12:30 Curry RSVP Bruce x17</p>	<p>6 Always Active 10:30 AM Castro</p> <p>Yoga 10 AM 66 Sanchez</p> <p>MLT Discussion Group 10:30 AM 1001 Franklin</p>	<p>7 Classic Movies 12:45 PM Castro</p> <p>Meditation 11AM The Sequoias 1400 Geary</p> <p>Housing and Social Services Clinic 10AM-5PM 30th St.</p>	<p>8 Games 10 AM -1 PM The Center</p> <p>Art Group 12-2:30 The Center</p>
<p>9 Second Sunday: Francis of Assisi 145 Guerrero</p> <p>Men: 12-2PM Second Sunday Potluck</p> <p>Women: 3-5PM Second Sunday Women's Gathering GUEST: Carol Queen</p>	<p>10 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>FV Volunteer Support 5:30-7:30PM The Center</p>	<p>11 Always Active 10 AM Castro</p>	<p>12 Rainbow Lunch 12:00-1:30 PM The Center RSVP X16</p> <p>Openhouse Matinee To Wong Foo, Thanks for Everything 2PM 30th St. Senior Ctr.</p> <p>FV Volunteer Support 3:30-5:30PM The Center</p> <p>FV Information Night! 6-7:30 PM The Center</p>	<p>13 Yoga 10 AM. 66 Sanchez</p> <p>Always Active 10:30 AM Castro</p> <p>Kaleidoscope Laguna Honda Lobby 1:50PM</p>	<p>14 Classic Movies 12:45 PM Castro</p> <p>Meditation 11AM The Sequoias 1400 Geary</p>	<p>15 Games 10 AM -1 PM The Center</p> <p>Art Group 12-2:30 The Center</p>

16	<p style="text-align: center;">17 <i>Always Active</i> 10:30 AM Castro</p> <p style="text-align: center;"><i>Men's Group</i> 2-3:30 PM The Center</p> <p style="text-align: center;"><i>Movies</i> 12:45 PM Castro</p>	<p style="text-align: center;">18 <i>Always Active</i> 10 AM Castro</p> <p style="text-align: center;"><i>Castro Discussion</i> 12:30 -2 PM Castro</p>	<p style="text-align: center;">19 <i>Lunch Bunch</i> 10:30 AM - 12:30 PM Curry Sr. Center RSVP Bruce x17</p> <p style="text-align: center;"><i>Housing & Services Clinic</i> 1-5 PM - The Center Call x13 for 1 on 1 appt</p>	<p style="text-align: center;">20 <i>Yoga</i> 10 AM - 66 Sanchez</p> <p style="text-align: center;"><i>Always Active</i> 10:30 AM Castro</p> <p style="text-align: center;"><i>Documentary on the Hill</i> <i>Ten More Good Years</i> 10:30 AM 515 Cortland</p>	<p style="text-align: center;">21 <i>Classic Movies</i> 12:45 PM Castro</p> <p style="text-align: center;"><i>Meditation</i> 11AM The Sequoias 1400 Geary</p>	<p style="text-align: center;">22 <i>Games</i> 10 AM -1 PM The Center</p> <p style="text-align: center;"><i>Art Group</i> 12-2:30 The Center</p>
23	<p style="text-align: center;">24 <i>Always Active</i> 10:30 AM Castro</p> <p style="text-align: center;"><i>Men's Group</i> 2-3:30 PM The Center</p>	<p style="text-align: center;">25 <i>Always Active</i> 10 AM Castro</p>	<p style="text-align: center;">26 <i>Rainbow Lunch</i> 12:00-2 PM - The Center RSVP X16</p> <p style="text-align: center;"><i>Housing & Services Clinic</i> 1-5 PM - The Center Call x13 for 1 on 1 appt</p>	<p style="text-align: center;">27 <i>Yoga</i> 10 AM 66 Sanchez</p> <p style="text-align: center;"><i>Always Active</i> 10:30 AM Castro</p>	<p style="text-align: center;">28 <i>Classic Movies</i> 12:45 PM Castro</p> <p style="text-align: center;"><i>Meditation</i> 11AM The Sequoias 1400 Geary</p> <p style="text-align: center;"><i>Health and Wellness Seminar: Health eating, Healthy Kitchen</i> 3 PM: The Center</p>	<p style="text-align: center;">29 <i>Games</i> 10 AM -1 PM The Center</p> <p style="text-align: center;"><i>Art Group</i> 12-2:30 The Center</p>
30						

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.

Interested in Being a *Friendly Visitor*?

Come and learn about the Caring Connections Friendly Visitor Program at our Friendly Visitor Information Night! Volunteers are matched with LGBT older adults who are seeking companionship. Openhouse works to match community members and visitees for a mutually beneficial relationship. Volunteers usually visit twice a month for about an hour. Friendly visitor volunteers report that the experience is highly rewarding. 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

Information Night

Wednesday, September 12th

6:00-7:30PM

The San Francisco LGBT Center, 1800 Market
Free with refreshments provided by Openhouse.

THIS IS WHO WE ARE: DAVID LEWIS

Interview by Emerald O' Leary

Last Fall, David Lewis approached Openhouse about volunteering. After a discussion of his diverse experiences and interests, David and Activities Manager Fairley Parson landed on something new for Openhouse: a meditation group. David would teach a meditation series for eight weeks. Almost a year later, the series has become a recurring program for Openhouse. Participants report meaningful benefit from their time spent, "just sitting there."

Says David, "One of the great things is that people are making friends: It was an unplanned benefit. The group meets every Friday for an hour: a 30 minute meditation followed with a discussion about the experience. We sit in chairs and our group is drop-in. No experience is necessary." David stresses that no one starts out being "good at meditation." It takes, and indeed it is, a practice.

David came to the practice of meditation relatively early in his life. Born in Harlan, Iowa, a farm town of 5,000 people, "I was a very adventurous and curious kid and my main goal was to get out of Iowa and go somewhere more interesting. I'd heard about an international school in Wales and wrote them. They had never heard from an American Midwesterner before so they gave me a full scholarship. I announced it to my parents, they didn't like the idea of my going abroad, but they let me do it." David started school abroad at 15 years-old and graduated there with the equivalency of a high school diploma.

David says he knew he was gay at 10 or 12 years-old, but didn't come out until his early 20's. At 17 he hitchhiked across Wales and Britain, and then up through Scotland for a meditation retreat. "A boy I had a big crush on told me about it," he explains. There, he encountered Tibetan Buddhism and began a meditation practice that continued throughout his many years in the non-profit world—as an Executive Director, Museum Manager, and fundraiser.

"One of the gifts of living abroad was being exposed to other countries' opinions of America. During the Vietnam War, I was very sensitive to war protests so when I came back to the US and went to university in D.C. I became involved with activism against the Vietnam War and the whole Nixon administration. It was at a time when young people were questioning everything. I'm glad that I grew up then."

David began studying international relations in DC. "Then, I came back to the Midwest because I missed the countryside. I transferred to a small private university to study liberal arts—taking a double major in English Literature and Comparative Religions, lifelong interests."

David did graduate studies in library science and quickly became a manager within various museums and libraries.



"I worked on a building campaign and did things that gave me tools to become an executive director in the non-profit world." Then it was time to move to San Francisco. David became a consultant to various non-profits, including a number of new AIDS organizations. "I helped to found the public policy department at Project Inform and became a lobbyist for AIDS drug development. It was exhausting, exciting and fulfilling. We were making a real difference in the early years of the epidemic. On my first trip we lobbied so hard that \$250 million was added to the budget. This was a time when very few AIDS drugs were around and we were surrounded by people dying."

Project Inform got quite a national reputation for their political work and had a lot of crossover with the ACT UP Movement, both working for the same aims in very different ways. Says David, "I agreed with ACT UP. Some of the more radical in ACT UP were grateful that I could do the 'suit and tie thing' as a lobbyist.

Anyone can find more tranquility in their mind but it takes practice.

David describes himself as a bit of an assimilationist. "I've never felt a deep distrust of women or straight people. I

have an aversion to the way some elements of the LGBT community have boxed themselves off from the world in the belief that the world is hostile. I tend to assume that people are goodhearted until they prove otherwise."

After years of fundraising for organizations, David retired in 2007. "My long-term partner passed away so I retired to come to terms with that grief." Retirement would also allow time to develop his meditation practice.

"For about 20 years I practiced mostly in the Tibetan tradition but when I moved to CA, I discovered Vipassana meditation—done with far less religious ritual. The nice thing about this tradition is that you can be anything: Jewish, Christian, Buddhist or Muslim. With the Openhouse group, I try to keep even Buddhism out of it as much as possible. It's a very experiential class. As beginning meditators, our minds race, and we become restless. Anyone can find more tranquility in their mind but it takes practice.

He notes that it is "increasingly difficult in our culture to experience quiet in the mind. We have so many distractions. Some of the Silicon Valley companies have in-house meditation programs and encourage their employees to turn off their screens one day a week. It's a good idea if we can devote time to be present in the world and not in front of a screen. We can get back to our essential body and mind. People tell me, it's hard to take time out of your day to meditate because you can always find some reason not to do it. But I've never heard anyone say 'I wish I'd not done that'. My responsibility is to ring the bell and help with practical answers to people's meditation questions. The real lessons of our group practice come from the participants themselves."

Openhouse drop-in meditation takes place at 11AM every Friday at the Sequoias Retirement Community, 1400 Geary St., Redwood Room

55 Laguna Approved and on Track!

On August 16, 2012 the San Francisco Planning Commission unanimously approved the Openhouse senior housing development at 55 Laguna St.! Many thanks to all the LGBT seniors and allies who wrote letters to the Commission and testified at the hearing. Openhouse and Mercy Housing California are partnering to build 110 apartments specifically welcoming to low-income LGBT seniors. The facility will also include Openhouse service offices and an activity center for residents and LGBT seniors from across the City. 55 Laguna will provide critical housing, services and resources so that LGBT seniors can age in place with dignity and grace in the City they call home.

Individuals who are 55 years and older who meet low-income criteria established by the City of San Francisco will be eligible to apply to live at 55 Laguna. Our goal is to secure funding for the development so that low-income seniors will pay 30% of their income in rent for the majority of the units. Most of the units will be one bedrooms ranging in monthly rents from \$589 to \$1,000.

With the San Francisco Planning Commission approval now secured, Openhouse and Mercy Housing California will work to put in place the local, state and federal financing needed to construct the housing. Construction of the senior housing is expected to begin in late 2014 and be completed in phases over a 3 year period.



Richardson Hall and adjacent new building facing Laguna St. The new building will include 70 units of apartments for low-income seniors and an activity center.

Check out the designs for 55 Laguna at on the Openhouse website at: <http://openhouse-sf.org/55-laguna-information/site-plan/>

Second Wednesday Matinee Presents...



To Wong Foo, Thanks for Everything!

After winning a drag queen pageant in New York City, Noxeema Jackson and Vida Boheme are given airfare to compete in the Drag Queen of America pageant in Hollywood. Noxeema sees herself as the next Dorothy Dandridge, while Vida's style reflects her growing up in upper class suburban Pennsylvania. Fellow contestant Chi-Chi Rodriguez is a straight-talking but naive and inexperienced queen. Seeing that Chi-Chi needs some drag queen confidence, Vida and Noxeema decide to cash in their plane tickets, buy an old model Cadillac convertible and drive to Hollywood with Chi-Chi. Their drive takes them through much of the country, and this touching, and hilarious film takes you along for the ride.

Wednesday, September 12th, 2PM
Where: 30th St. Senior Center 3rd floor
225 30th St. San Francisco

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.

Health & Wellness Fourth Fridays presents "Healthy Eating, Healthy Kitchen"

This Fourth Friday will feature registered dietitian, Laura Scherling who will share tips and tricks to eat well for optimum health—at a price you can afford! Bring your own questions on diet and nutrition to suit your budget and cooking style. Come hear answers to questions like:

- ▽ What are "good and bad fats?"
- ▽ What foods are most important to buy organic?
- ▽ Butter, margarine, or olive oil?
- ▽ What are the health benefits of coffee and how much is too much?



Friday, September 28th at 3PM
SF LGBT Center, 1800 Market, Room Q11
Free!

Healthy snacks, important information, and engaging conversation. Join us!

Share Your Experience with Experience Corps

Do you find yourself frustrated with budget cuts to the education system and wondering how you can help? Experience Corps, an award-winning tutoring and mentoring program, is seeking volunteers ages 50+ to support students in literacy in grades K-3. No experience is necessary, and training is provided. Some stipends are also available for those who serve 10+ hours/week. If you are interested in this rewarding volunteer opportunity, email ecba.today@gmail.com or call (415) 759-4223.

—And let them know that Openhouse sent you!

September

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housing, services, and community for LGBT seniors

openhouse

September Newsletter

For more information, call us!

415-296-8995

Bernal Heights Neighborhood Community Center and Openhouse Proudly Present...

Ten More Good Years

A documentary about the unique challenges and triumphs of LGBT seniors

In *Ten More Good Years*, documentarian Michael Jacoby looks at being “gay and gray” in America with revealing profiles of out and proud seniors, including lesbian feminist artist Ivy Bottini, photographer and filmmaker James Bidgood, local transgender activist and Stonewall witness Miss Major, and performance artist Harry Bartron. You may very well spot some people you know—in the film and the audience!



Artist Ivy Bottini

Thursday, September 20th

10:30AM

Bernal Heights Neighborhood Community Center

515 Cortland St.

Bus #24 to Cortland and Andover

Lunch after the film

Join us for this award-winning and groundbreaking film, and stay for lunch and discussion.

For more information, call us at Openhouse: 415-296-8995 X16