

**Think young people don't know LGBTQ history? Want to tell your story?
Join the Intergenerational Storytelling Project!**

The *Intergenerational Storytelling Project (ISP)* is a unique opportunity for LGBTQ elders and LGBTQ young people to exchange dialogue and stories. We will meet for creative and fun small group sessions—joining in community to share our histories and break generational boundaries.

The program is short, only 6 sessions this Fall. We will meet for 2 hours on Saturdays in October and November. Space is limited! For more information, contact Fairley Parson at Openhouse: (415) 296-8995



New Group for Mature Transgender and Transsexual Women



Confidential, caring concern and connection
for mature female-identified transwomen
Meetings are held from 7 PM– 8:30 PM on the third Tuesday of the month at
the LGBT Community Center, 1800 Market St.

For more information, contact Bertie by email bertieb1970@gmail.com.

Visit Openhouse at the Castro Street Fair!



**Sunday, October 7th
11 AM to 6 PM
(Castro at 18th Street)**

The Castro Street Fair is a community street celebration founded by Harvey Milk in 1974. Hundreds of local artists, vendors, craftspeople, and organizations line the streets and celebrate. Stages with live entertainment and can be found throughout the fairgrounds. Come join in the festivities!

**And don't miss
Bernal Heights
"Fiesta on the Hill!"
Sunday, Oct. 21st
Cortland St.
10AM-6PM**



A benefit for the Bernal Heights Neighborhood Center, the Fiesta on the Hill is celebrating it's 24th year. This free festival includes non-profit organizations, live music, great food, and diverse vendors. While you're there, look for the Openhouse booth!

The Art Group is moving to a NEW Location!

Call Openhouse for more Information at 415-296-8995 or email:
fairley@openhouse-sf.org.



1800 Market St., PMB 93
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: *The Masks We've Worn in Our Lives*

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 (415) 296-8995

Housing & Services Clinics

Wednesdays 2nd and 4th this month, 1-5PM

To make a one-on-one appointment, call OH

LGBT Center, 1800 Market St.

Caregiver Support 4th Wednesday 6-7:30PM

Institute on Aging, 3575 Geary

2nd Wednesday Matinee: 2PM

Film: *Strawberry and Chocolate*

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 OH 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: *Brother Outsider*

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

Understanding Post Traumatic Stress Disorder

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

Please call Openhouse for location.

SUNDAYS

Second Sunday, October 14th

145 Guerrero, Francis of Assisi Dining Hall

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

Women: 3-5PM *I'm 75 and Still Having Fun with "Midgett" Mary Midgett*

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

"Midgett" Mary Midgett
"I'm 75 and Still Having Fun"

October 14th, 3-5 PM
145 Guerrero (near Duboce)
Free



Mary Midgett, whom her friends know as, "Midgett," is founder of the East Bay NIA Collective for African-American lesbian women and the author of numerous erotic works. Midgett will take chapters from her new book, "I'm 75 and Still Having Fun," to lead us in a discussion with writing exercises about the positive aspects of aging from an older lesbian perspective. Topics may include: physical changes, medications, employment, retirement, children and extended family, friends, partners, sexuality/sensuality, communication and mental persuasion.

Join us for what is sure to be a stimulating afternoon!

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

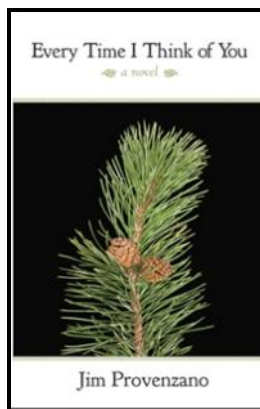
Men's Second Sunday Presents..

Jim Provenzano

Reading from his fourth novel,
"Every Time I Think of You"

Second Sunday Presentation
Potluck & Discussion

October 14th, 12-2PM
145 Guerrero, (near Duboce)
Free



Last month's social was so thoroughly enjoyable that we are bringing you another marvelous writer to enjoy! Please join us in welcoming celebrated San Francisco author Jim Provenzano. His fourth novel *Every Time I Think of You* won the 2012 Lambda Literary Award in the Gay Romance category. Provenzano will discuss his new book, as well as his three previously published gay-themed novels. He will have books available for \$15 for those who are interested. 50% of the profits will benefit Openhouse.

You don't want to miss this event!

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:

Thursday, October 18th
6-7:15 PM

See calendar for
support groups times.

For information please call Ellyn
415-296-8995

Financial Health for Seniors Lunch and Panel

Friday, October 19, 2012 from 11:30 AM to 1:00 PM

LGBT Community Center
1800 Market St. San Francisco



It's almost time for The San Francisco LGBT Center's Economic Empowerment Week – and this year, again, Openhouse is co-sponsoring a lunch and panel for seniors. This panel will discuss financial health issues facing seniors and highlight tips and tools toward economic security. Topics addressed will include fraud, identity theft, and living on a fixed income. The panel will introduce a savings model for seniors on a fixed income, credit building strategies, and other free resources. Openhouse's director of programs, Michelle Alcedo, will moderate.

RSVP is encouraged by calling Michelle at Openhouse: (415) 296-8995.

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 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 volunteer opportunity, email ecba.today@gmail.com or call (415) 759-4223.

—And let them know that Openhouse sent you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OCTOBER 2012	1 <i>Always Active</i> 10:30 AM Castro <i>No Community Council this month</i> <i>Movies</i> 12:45 PM Castro <i>Men's Group</i> 2-3:30 PM The Center	2 <i>Always Active</i> 10:00 AM Castro	³ <i>Lunch Bunch</i> 10:30 AM-12:30 Curry Call OH to RSVP	4 <i>Always Active</i> 10:30 AM Castro <i>Martin Luther Tower Discussion Group</i> 10:30AM 1001 Franklin	5 <i>Classic Movies</i> 12:45 PM Castro 110 Diamond St.	6 <i>Games</i> 10:00 AM -1 PM The Center <i>Art Group</i> 12 -2:30 PM Call OH for location	
	7 Stop by the Openhouse booth at the Castro Street Fair! (in front of Starbucks near 18 th and Castro Streets) 11 AM- 5 PM	8 <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	9 <i>Always Active</i> 10:00 AM Castro	10 <i>Rainbow Lunch</i> 12:30-2 PM The Center Call OH to RSVP	11 <i>Always Active</i> 10:30 AM Castro <i>Yoga</i> 10:00 AM 66 Sanchez <i>Kaleidoscope</i> 2PM Laguna Honda	12 <i>Classic Movies</i> 12:45 PM Castro 110 Diamond St.	13 <i>Games</i> 10:00 AM -1 PM The Center <i>Art Group</i> 12 -2:30 PM The Center Call OH for location
	14 <i>Second Sunday:</i> Francis of Assisi 145 Guerrero <i>Men's Potluck</i> GUEST: <i>Jim Provenzano</i> 12-2 PM <i>Women's Gathering</i> GUEST: <i>"Midgett" Mary Midgett</i> 3-5 PM	15 <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	16 <i>Always Active</i> 10:00 AM Castro <i>Castro Discussion</i> 12:30-2PM Castro	17 <i>Lunch Bunch</i> 10:30 AM-12:30 Curry Call OH to RSVP	18 <i>Always Active</i> 10:30 AM Castro <i>Yoga</i> 10:00 AM 66 Sanchez <i>Documentary on the Hill</i> 10:30 AM 515 Cortland <i>FV Volunteer Support</i> 3:30-5:30 PM The Center	19 <i>Classic Movies</i> 12:45 PM Castro 110 Diamond St. Financial Health For Seniors Lunch The Center	20 <i>Games</i> 10:00 AM -1 PM The Center <i>Art Group</i> 12 -2:30 PM The Center Call OH for location

21	<p>22 <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>23 <i>Always Active</i> 10:00 AM Castro</p> <p><i>FV Volunteer Support</i> 6-8 PM The Center</p>	<p>24 <i>Rainbow Lunch</i> 12:30-2 PM The Center Call OH to RSVP</p>	<p>25 <i>Always Active</i> 10:30 AM Castro</p> <p><i>Yoga</i> 10:00 AM 66 Sanchez</p>	<p>26 <i>Classic Movies</i> 12:45 PM Castro 110 Diamond St.</p> <p><i>Health and Wellness Seminar: Understanding Post Traumatic Stress Disorder (PTSD)</i> 3 PM The Center</p>	<p>27 <i>Games</i> 10:00 AM -1 PM The Center</p> <p><i>Art Group</i> 12 -2:30 PM The Center Call OH for location</p>
28	<p>29 <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>30 <i>Always Active</i> 10:00 AM Castro</p>	<p>31 <i>Lunch Bunch</i> 10:30 AM-12:30 Curry Call OH to RSVP</p> <p><i>Housing & Services Clinic</i> 1-5 PM The Center Call x13 for 1-on-1 appt</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
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, J Line, #24 bus
The Sequoias: 1400 Geary St. bus lines #38, #38L, and #2 and #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

Openhouse Art Show a Stunning Success!

The opening of our 2012 Art Show, *When I Grow Up: A Lifetime of Perspective by LGBT Elders* garnered over 200 community members and art aficionados, merrily gathered to enjoy the spectacular show. Openhouse would like to wholeheartedly thank our more than 30 volunteers who helped make the show happen. From juroring the over 250 submitted works, to collecting the art and hanging the show, we simply could not have done it without the dedication of our community volunteers. The show, which features 90 multi-media works by over 50 LGBT 60+ artists, has transformed the SF LGBT Center into a gorgeous showcase of creativity, talent, and far-reaching life experience.

**Show runs through October 23rd
2nd and 3rd Floor of the SF LGBT Center
Don't Forget to Check it Out!**

THIS IS WHO WE ARE: LORRAINE GRASSANO

Lorraine Grassano comes from an old Italian community in Paterson, New Jersey. She says that a passion for nature, and the desire to serve the public have been, “the driving forces in my life.”

After graduating with a degree in journalism and English at Rutgers, Lorraine tried many jobs. “So few of them had anything to do with my degree.. answering letters for Santa Claus, tour guide, courier. It took a while before I found San Francisco and immediately knew I belonged here. It became my goal to work as a civil servant for the city.”

Lorraine became the first female San Francisco Park Patrol Officer, and, in addition, introduced an element of naturalist to this predominantly law enforcement job. In 2004, at age 53, Lorraine retired from the city and county post due to knee problems.

As Patrol Officer, Lorraine tells me she used a Raven puppet named ‘Nazdaq’ for performing environmental raps for kids. Nazdaq told the kids about the rules of the park and encouraged respectful stewardship of the land. Says Lorraine, “It’s easier to hear about rules from a Raven because they’re known as bossy, rude birds. Nazdaq has been part of my rants against the closing of the family-run concession stand at Stow Lake and the commercialization of Golden Gate Park.” A bird watcher herself, Lorraine has served on the Whooping Crane Conservation Association Board, and the International Crane Foundation. In 1998-1999 she traveled to Cuba and Bhutan to promote environmental awareness.

Both trips were also unique opportunities to exercise her photography. “I use a 40 year old Olympus camera and it’s almost like I’m into photo journalism, catching what is actually there rather than fooling around in the darkroom. There’s no Photoshop involved. It relates to the fact that I prefer non-fiction to fiction. I prefer real life stories, even if they are not very dramatic.”

Lorraine is currently showing some of her work at the Openhouse Art Show *When I Grow Up: A Lifetime of Perspective by LGBT Elders*—at the San Francisco LGBT Center through October 23rd. She describes her pieces as “photos from years ago, printed on canvas. I was walking through Lafayette Park and saw a pair of wild parrots playing in a gnarled old Cypress tree. Two years later, lightning destroyed the tree. So, now these photos chronicle a bit of San Francisco history.”

On August 20th, Lorraine self-published a memoir. She says she is fascinated by the technique of memoir: “You have to ask yourself very clearly: why do you want to remember the past if it was painful? Why do you want to put your personal information out there?”

But “put it our there” she has. The following is an excerpt from Lorraine’s website:

www.withvowsunspoken.webs.com

With Vows Unspoken is the story of a woman who reunites with her first lover after 32 years, and feels compelled to remember and write about the unresolved past. Set during the early days of Gay Liberation, With Vows Unspoken is narrated by a repressed, rebellious Italian Catholic with an irreverent sense of humor, who falls under the spell of a promiscuous, nonchalant and sagacious French girl. For years, their lives intertwine in ways sweet and self-destructive, until the obsession sends the protagonist across the continent where she lives out her unrequited fantasy to its inevitable conclusion.

Says Lorraine, “After I met my first love again 32 years later, the visceral impact of seeing her brought my obsession roaring back, especially after I pulled out her old letters, my journals and poetry of that time. It renewed the sadness for me since she did not want to remember the past. Writing the memoir was tough. I had no idea it would take so long. The rough draft came out in three months working 15 hours a day. Twice, I had to put the manuscript away because it was so overwhelming. (I’d ask myself) why am I allowing this obsession in my life? I haven’t been able to completely answer that question. What I do know is that any kind of passion is a source of vitality and creativity, even if sometimes you’re playing with fire. If you can direct that energy towards a constructive project, it can be useful instead of self-destructive.”

Lorraine has kept her editing and writing skills flexed over the last 22 years with her work with the *Dream Network Journal*. “I’ve been remembering dreams since I was three,” she said. “During the early 80’s, I started going to dream groups facilitated by such notables as Stephen LaBerge and Jeremy Taylor. I learned how to ‘lucid’ dream, which has helped me to do some healing through the years. The practice of lucid dreaming and simply making an effort to remember your dreams—keeps your mind sharp, too.”

Although she has lived on her own almost the whole time she’s been in San Francisco, Lorraine has many friends “left over from my promiscuous years—relationships that didn’t turn into marriages. I also have a primary open relationship with a man—the first I was ever involved with, that started when I was 44. For years, I thought of myself as bi but I don’t want to be labeled. Now there are even more labels: lesbian, gay, bi-sexual, transgender, queer and questioning. My young-at-heart friend who belongs to Los Angeles Queer Resistance explained that ‘queer’ is all of the above, and none of the above, both, and neither. I like the notion of ‘queer.’ It’s on the fringe of questioning authority.”

(interview continues on next page)



Openhouse Moves into the LGBT Community Center

On October 1st, Openhouse moved its staff offices to the SF LGBT Community Center at 1800 Market St. With our expanding staff and programs, Openhouse needed more office space and a central location for LGBT seniors to gather.

In addition to office space, Openhouse is leasing a 500 square foot community room. While Openhouse will continue to offer programs at other sites throughout the City, the new space will provide a regular location for our current programming at the Center and allow for expansion as we grow. During times when the Openhouse community room is not being used for particular activities, LGBT seniors will have dedicated place to call their own and enable them to drop in for informal meetings and other gatherings.



The new Openhouse offices are located on the third floor of the LGBT Community Center. Stop by to say hello and check out our new digs!

Have you received a letter in the mail about changes in your benefits, including SSI, GA, Medi-Cal, or In-Home Support Services?



GLBT Seniors Advocacy Project (GSAP) may be able to help!

Call Openhouse to learn more about this new program for LGBT seniors! Ask to speak with Michelle at Openhouse at 296-8995.

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.

(continued from previous page)

Lorraine resides in a large studio in the Polk street area. "I've lived in the Mission, the Haight, all over, but this neighborhood is my favorite. I like to hear the foghorn at night and see the tourists." While Lorraine may be relatively new to Openhouse, her knowledge and love for San Francisco and its history is enormous, making her a very welcome addition to the Openhouse community.

Interview by Emerald O'Leary

Health & Wellness Fourth Fridays presents..

Understanding Post Traumatic Stress Disorder



Join us for an educational presentation about PTSD. PTSD will be looked at as a physical, psychosocial and spiritual condition that deserves our attention, respect and our care.

- Have you or your loved ones experienced a trauma that continues to affect you?
- Do you have a partner who lives with unresolved PTSD?
- Trauma comes in many forms. You don't have to be a Veteran to experience PTSD.

Going through trauma is not rare. Unfortunately, a great number of us in the LGBT community have experienced trauma in the form of sexual and physical assault, child abuse, physical assault, combat, disaster, or to witness death or injury.

Fortunately, there are therapies, strategies, and community resources we can use to lessen and even eliminate our symptoms.

**Friday, October 26th at 3PM
SF LGBT Center, 1800 Market, Q11**

Free!

Facilitator Charlotte Bear is a Chaplain and Veteran Service Officer, and lead Educator for the San Francisco Bay Program of VITAS Innovative Hospice Care.



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San Francisco, CA 94102

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For more information, call us!

Second Wednesday Matinee Presents...

Strawberry and Chocolate

This Academy Award-nominated dramedy set during the Cuban Revolution mines the complex bond between stick-in-the-mud conservative David (Vladimir Cruz) and his refined, homosexual, anti-Castro neighbor, Diego (Jorge Perugorria). Can two people from opposed sides of the political spectrum be friends? Apparently so. When Diego's subversive adventures land him in hot water with the authorities, David decides that friendship trumps politics.

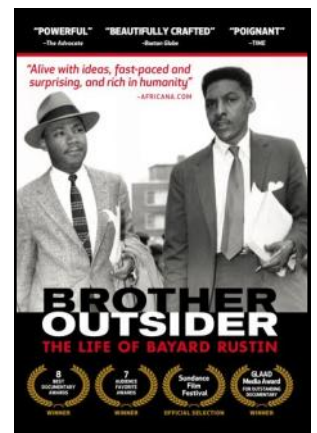


Wednesday, October 10th, 2PM
Where: 30th St. Senior Center 3rd floor
225 30th St. San Francisco
Free with discussion following the film

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

Brother Outsider

The winner of more than 25 awards and honors, Brother Outsider illuminates the life and work of openly gay civil rights activist Bayard Rustin, who has been described as "the unknown hero" of the civil rights movement. Among many contributions to the cause of civil rights, Rustin is best known for organizing the 1963 March on Washington, D.C., involving hundreds of thousands of people.



Thursday, October 18th 10:30AM
Bernal Heights Neighborhood Community Cntr.
515 Cortland St.
Bus #24 to Cortland & Andover
Bus #67 from 24th and Mission
Lunch after the film

"A mesmerizing eye-opener"

Michel Fox,
San Francisco
Film Society