

january 2018

Coming Together as a Community Rounding Off 2017!



2nd Annual Friendly Visitor Holiday Gift Bag Drive



Holiday Celebration and Crafternoon with Sol Sisters, Inc.



Volunteer News!

Openhouse is pleased to announce we have a new Volunteer Coordinator, Peter McDermott. Peter is a clinical social worker who most recently managed community outreach for a large hospital system in Ohio. In addition he has experience in volunteer management and is a lifelong volunteer himself. Peter is looking forward to meeting the Openhouse community, and don't be surprised if he recruits you to volunteer! *Welcome to Openhouse, Peter!* Interested in volunteering? Call him today: 415.685.0886



Volunteer Information Session

Looking for a way to give back? Interested in learning more about how you can share your time and talents with LGBTQ senior community? We have multiple needs for volunteers – give a little time and make a big impact in our community. Volunteers can help behind the scenes, out in the community and here at Openhouse. Let us know your availability and interests – we look forward to having you join our team!

Mark your calendars and start your new year with LGBTQ community at our Volunteer Information Session:

January 17th at 6:00PM, Openhouse @65 Laguna St., Bob Ross LGBT Senior Center

Wait! There's more... we need Friendly Visitor Volunteers!

Becoming a Friendly Visitor gives you the chance to share stories over a cup of coffee, go for a walk, visit at home, perhaps help with a few errands, and share some laughs! Volunteers are trained and supported by Openhouse staff to provide companionship, emotional support, and some practical assistance to promote wellness and connection to the community. **Mark your calendars for our Friendly Visitor Volunteer Trainings in 2018!**

DATES: Sat. January 27th from 1:30-4:30PM

- Wed. February 7th from 6-9PM
- Wed. February 21st from 6-9PM

Looking for new ways to engage at Openhouse?

Check out what's new this month at Openhouse!

Support and Wellness Programs (SWP) See p. 4-5, 8

- Two support groups: Dreams and Connecting Authentically As We Age
- Health and Wellness Talk: "Let's Talk About Sleep"

Community Engagement Programs (CEP): See p. 9-11

- Lifelong Learning: Conversational French and Beginning Italian
- LGBTQ Playwrights Series

Join us!

The Marcy Adelman & Jeanette Gurevitch Community at 95 Laguna

Lesbian, Gay, Bisexual, and Transgender-Welcoming Housing for Seniors Age 62 and Older

Openhouse and Mercy Housing CA has broken ground on our second building located at 95 Laguna St. which will have 79 units of affordable senior housing welcoming to LGBTQ seniors. The building will also have 7,000 sq. ft. of activities space for YOU, our LGBTQ senior community! Stay tuned for updates on 75 and 95 Laguna as soon as they become available!

TIMELINE: When is this all happening?

- We anticipate that applications will be available Fall/Winter 2018 (approximately six months before move-in begins)
- Lottery: Early Spring 2019
- Move-in: Spring 2019
- Exact dates for these steps will be communicated as soon as we have the information

What should I be doing right now?

We encourage you and your friends to sign up for the interest list! Go to www.openhouse-sf.org/join95 to place yourself on the interest list. You can also join by completing an Openhouse Consumer Registration form and checking YES next to the question, "Are you currently looking for housing?" Everyone on the interest list will be the first to know when and where applications are available and the deadline for turning them in.

Where can I learn more about 95 Laguna and affordable housing options?

Come to an Openhouse Housing Workshop. We offer them twice a month, and once in Spanish. To hear the schedule for next month's workshops call 415-230-0634. RSVP is required to attend and you can RSVP at this number.

How can Openhouse support me?

Openhouse is here to support your housing search by offering assistance with completing housing applications; monthly communications containing updated housing list information in San Francisco Bay Area; Spanish translation of application forms; housing workshops (including one in Spanish), and one-to-one housing counseling.

BASIC ELIGIBILITY CRITERIA

What are the age and income requirements to live at 95 Laguna?

- At least one household member on the lease must be 62 years of age or older.
- Maximum income levels are gross before taxes and deductions based on 50% of Area Median Income (AMI) for San Francisco as published by the Mayor's Office of Housing and Community Development (MOHCD).
- These rents and income guidelines are subject to change based on the 2018 Area Median Income numbers to be released in April 2018.

Attend an upcoming Housing Workshop! January dates:

English--Monday, January 8th @12PM and Friday, January 19th @12PM

Spanish--Tuesday, January 30th @11AM

All workshops are held at Openhouse Bob Ross LGBT Senior Center at 65 Laguna Street.

At the end of the housing workshop, you can sign up to meet 1:1 with our I&A Specialist, Manuel Martinez about specific questions regarding your housing search.

Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, OH Program Coordinator, (unless otherwise noted). Call her at 415.503.4180 or email her at ariel@openhouse-sf.org.

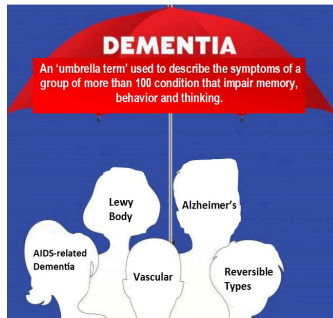
LGBTQ Group for Those who Care for Someone with Dementia

in partnership with the Alzheimer's Association

We welcome diverse LGBTQ caregivers to this monthly, free, drop-in support group. We welcome you even if you don't consider yourself a "caregiver."

You may care for a partner, friend, neighbor, or family member. You may provide care routinely or from time to time, in your home or community, or even to someone you love over the phone or online. Our situations are different but our resilience and need for support ties us together! We welcome you to join the conversation.

4th Wednesdays, 6PM @BR 65 Laguna St.



Drop-in Clutter Support Group

Openhouse and the Mental Health Association of San Francisco welcome you to a support group for all LGBTQ community members age 55+ who "struggle with stuff."

The group is a non-judgmental, confidential, and supportive space where you can share your struggles and strategies with other LGBTQ folks.

Every 1st & 3rd Wednesdays 12:30-2PM
Bob Ross LGBT Senior Center @ 65 Laguna St.



Fifty+ and Fabulous!

Trans Drop-In Group and Dinner

Trans Thrive and Openhouse join forces to offer a trans drop-in group, "Fifty+ and Fabulous!" This facilitated group welcomes all transgender folks in their golden years.

Group is free and food is served!

Join us every 2nd and 4th Tuesday of the month from 6-7:30 PM @ 730 Polk Street, 4th Floor

For more info please email: transthive@apiwellness.org or (415) 292-3420 ext 348.



Living with Loss Drop-In Grief Support Group



Openhouse and VITAS Healthcare are pleased to partner in offering this drop-in grief support group to all older LGBTQ adults in the San Francisco area who have experienced loss and are looking for support in a safer, welcoming environment. There is no cost for

this group and no ongoing commitment to attend. The group will be co-facilitated by Dale Poland and Jane Litman.

No need to RSVP, but please arrive on time to ensure entrance to the building. If you have questions, you may contact Dale Poland at (408) 964-6866 or email dale.poland@vitas.com.

1st and 3rd Fridays
1- 2:30PM
January 5th – March 16th
Openhouse Community @55 Laguna St.



Support Groups

Interested in joining these groups? For more information, please contact the facilitator

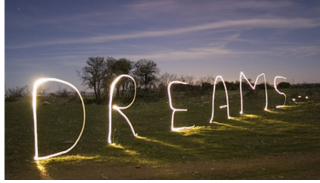
Ross Callahan, PsyD. at 415.246.8995 ext. 311 or ross@openhouse-sf.org

Please feel free to call with any questions!

New! Dream Work Group

Calling all dream enthusiasts, interpreters and interviewers!

Please join us if you are interested in connecting with a group of other LGBTQ seniors who desire to know more about their dream lives. This 16-week group will focus on building trust and safety while processing and making sense of each others' dreams. No one is required to share anything that feels too uncomfortable and maintaining mutual respect is a requirement.



**Mondays from 11AM-12:30PM
February 5th-May 21st**

We welcome all community members age 55+ seeking a non-judgmental and supportive, safer space to discuss our dream lives. **Folks who are new to Openhouse are encouraged to participate!**

Relationships: Connecting Authentically as We Age

In this 16-week group we will create space to talk about relationships: our struggles to initiate them and maintain them as well as the pain of losing them. We will discuss the challenges we face and how ageism or physical limitations may create barriers to connection.

We will ask: What kind of connections do we want and what gets in our way? What can connection teach us?

Through sharing our struggles and our strategies and building trust we will learn from each other and learn about ourselves.

**Thursdays from 1-2:30PM
February 8th-May 24th**

Health and Wellness

Fourth Fridays Health and Wellness Talks

January 26, 2018 at 3– 4:30PM, 55 Laguna, 2nd Fl. Community Room

LET'S TALK ABOUT SLEEP:

HOW IT IMPACTS THE BODY, BRAIN, AND EMOTIONAL WELL-BEING

Learn about how sleep effects the physical body, our brain function and emotional states. Attendees will hear about the latest research around sleep and its effects specifically on older adults along with techniques to achieve more high quality sleep.

Yue Leng is an epidemiologist and Atlantic Fellow at the Global Brain Health Institute (GBHI), UCSF. As an epidemiologist specializing in the research of sleep and aging, she is committed to improving sleep and aging outcomes in older populations. Leng is particularly interested in identifying sleep characteristics that are closely related to brain health and cognitive aging.

Openhouse is pleased to be working with UCSF's Optimizing Aging Registry to bring the Openhouse community a series of health talks and information about how you can and why you should participate in UCSF's research studies! **Read more about the Optimizing Aging Registry on page 6.**

Support and Wellness Programs

Questions about any programs listed here?

Contact Ariel, OH Program Coordinator, at 415.503.4180 or email ariel@openhouse-sf.org.

Drop-In Meditation is back!

We are so excited to bring our weekly Drop-In Meditation to the Openhouse community at the Bob Ross LGBT Senior Center.

We are also excited to be welcoming a new instructor to the meditation rotation!

Wednesdays, beginning January 10th from 10-11AM at Bob Ross LGBT Senior Center @ 65 Laguna St.

This is a drop-in class. No need to RSVP.

Facilitators:

David Lewis has been practicing meditation for 45 years. He teaches meditation at various centers around San Francisco and has been leading the Openhouse group for the past 6 years.

Karen Sundheim has practiced in the Suzuki Roshi Soto Zen lineage for over forty years. She received Lay Entrustment from Sojun Mel Weitsman in 2010. In 2017, she retired from the SF Public Library where she was the Program Manager of the James C. Hormel LGBT Center for 10 years.

Yoga For Older Adults Is Back In 2018!

This weekly class will focus on increasing flexibility, balance and strength. It will be designed to be enjoyed by beginners and those with experience. The instructor offers a slow flow for all bodies, connecting breath and movement in a grounding, nourishing, and life-giving practice.

We are so excited that Jay Helfand will be returning as our instructor. Jay is a facilitator, educator, and body worker. They have been teaching yoga and somatics for queer, trans and disabled communities for the last 6 years. Jay also organizes with the White Noise Collective, gardens, reads poems, and goes on walks in the woods.

Not sure if this type of yoga is for you? Join us for a demonstration of this class the first week of each session.

There will be three 10-week sessions of yoga in 2018.

Session 1: Fridays, 11am – 12pm at 55 Laguna St. February 23rd – April 27th

Space is limited and registration is required. Contact Ariel, info above.

Optimizing Aging Registry

What is the Optimizing Aging Registry?

It is a collection of individuals interested in learning about and participating in research to improve the quality of care for older adults and their caregivers.

Why should you participate?

Research has a positive impact on the lives of people every day, but research needs YOU. As we know, the experiences of LGBTQ older adults are often excluded from popular medical research. One reason many studies fail to include older adults is because there are not enough volunteers. The Optimizing Aging Registry is particularly interested in older volunteers, whether you have medical conditions or not, to: help develop new treatments; improve the quality of care; find better ways to support caregivers, and more! You can learn more about current research findings and how to participate in future studies at the 4th Friday Health & Wellness Seminars at Openhouse, January – March.

JAN 2018

Locations

**Openhouse (BR):
Bob Ross LGBT
Senior Center**
65 Laguna St.
415.296.8995

**Openhouse
Community (OHC):
55 Laguna St.**

**Castro Community
Meeting Room:**
501 Castro
(upstairs)

Muttville:
255 Alabama
(off 16th)

Trans Thrive:
730 Polk St.,
4th Floor



HOUSING WORKSHOPS

Held at Openhouse
Bob Ross LGBT Senior
Center
65 Laguna Street

English
1/8/18 @ 12 PM
1/19/18 @ 12 PM

Spanish
1/30/18 @ 11AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OPENHOUSE BOB ROSS LGBT SENIOR CENTER @65 LAGUNA CLOSED	2 Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	3 Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Call X315 for info	4	5 Drop-in Grief Support 1-2:30PM @OHC 55 Laguna St. X315 for info	6 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna Call X303 for info
7	8 Housing Workshop (English) 12 PM @BR 65 Laguna St. RSVP X313 LGBTQ Phone Chat Group with Senior Center Without Walls 1-2PM Men's Group 2-3:30PM @501 Castro St.	9 Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor	10 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 11 for more info Beginning Italian! Pre-registration required, 4-5:30PM Call X305 See pg. 9 for more info Rainbow Lunch 12-2PM RSVP required. Call X310 to reserve a seat. OHC 55 Laguna St.	11 Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.	12 Visit Muttville with Openhouse! 2PM, 255 Alabama St. Call X315 for info	13 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna Call X303 for info
14	15 Men's Group 2-3:30PM @501 Castro St. OPENHOUSE BOB ROSS LGBT SENIOR CENTER @65 LAGUNA CLOSED IN OBSERVANCE OF MLK DAY	16 LGBTQ Playwrights 4-5:30PM @OHC 55 Laguna St. Call X305 for info Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	17 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 11 for more info Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Call X315 for info Beginning Italian! Pre-registration required, 4-5:30PM Call X305 See pg.9 for more info Volunteer Information Session 6:00PM Call X319	18	19 Housing Workshop (English) 12 PM @BR 65 Laguna St. RSVP X313 Drop-in Grief Support 1-2:30PM @OHC 55 Laguna St. X315 for info	20 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna Call X303 for info
21	22 LGBTQ Phone Chat Group with Senior Center Without Walls 1-2PM Men's Group 2-3:30PM @501 Castro St.	23 Sister Circle Lunch 12- 1:30PM, RSVP required X303 LGBTQ Playwrights 4-5:30PM @OHC 55 Laguna St. Call X305 for info Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor	24 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 11 for more info Beginning Italian! Pre-registration required, 4-5:30PM Call X305 See pg.9 for more info LGBTQ Caregivers of Those With Dementia Support Grp. 6PM @BR 65 Laguna St. See pg.4 for info	25 Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St. 1/24 Rainbow Lunch 12-2PM RSVP required. Call X310 to reserve a seat. OHC 55 Laguna St.	26 Health & Wellness Talk: "Let's Talk About Sleep: How it Impacts the Body, Brain, and Emotional Well-Being" 3-4:30PM @OHC 55 Laguna St.	27 Friendly Visitor Discus- sion Grp @BR 10AM 1/27 Friendly Visitor Training @BR 65 Laguna 1:30-4:30PM Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna
28	29 Men's Group 2-3:30PM @501 Castro St.	30 Housing Workshop (Spanish) 11AM @BR 65 Laguna St. RSVP X313 LGBTQ Playwrights 4-5:30PM @OHC 55 Laguna St. Call X305 for info Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	31 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 11 for more info Beginning Italian! Pre-registration required, 4-5:30PM Call X305 See pg.9 for more info			

Community Engagement Programs

Interested in Rainbow Lunch?

The goal of Rainbow Lunch is to bring seniors together to meet each other for social connection and make new friends in a safe and welcoming space.

Since moving to 55 Laguna, Rainbow Lunch has truly blossomed. Due to the wonderful success and amazing turnout we've had, we are becoming increasingly concerned with making sure that folks have enough space and food.

This is a gentle reminder that an RSVP is required to attend Rainbow Lunch. **Please call by noon Tuesday before Rainbow Lunch if you would like to attend.** If folks do not RSVP, we cannot guarantee a spot at the lunch.

Please note: It is important for attendees to arrive no earlier than 11:45 am and no later than 12:30PM in order to ensure folks can be escorted up to the 2nd fl. Community Room at 55 Laguna.

To RSVP for Rainbow Lunch or for more info, contact Chalwe at 415.231.5870 or chalwe@openhouse-sf.org.

LGBTQ Chat Group

in collaboration with Senior Center Without Walls

This telephone-based group is held the 2nd and 4th Mondays of the month.

Community members can participate via phone or computer from the comfort of their own home. The chat is open to all LGBTQ seniors interested in connecting and building community over the phone. We create an inclusive and supportive space to share our stories and perspectives!

The group is facilitated by Sylvia Vargas, Openhouse Manager of Community Engagement.

For more information or to register, please call Senior Center Without Walls, toll-free at (877)797-7299.

Sister Circle

a lunch discussion group

Many of us are still here living in the city! Let's get together to grow friendships and make new connections. We warmly welcome all women-identified LGBTQ community members to join us for a monthly luncheon.



**Tuesday, January 23rd
12-1:30PM**

RSVP required. Contact Sylvia for more details at 415-659-8123 or email sylvia@openhouse-sf.org.

Men's Drop-In Social Hour

Thursdays, January 11 & 25
1:30 - 3PM
55 Laguna Community Rm.

This group welcomes all male-identified community members for coffee, snacks, and socializing.



For questions or more info, contact Chalwe at (415) 231-5870 or chalwe@openhouse-sf.org.

LGBTQ Online Caregiver Discussion Group

Openhouse and Family Caregiver Alliance offer this Online Discussion Group as a place for LGBTQ caregivers of older adults with chronic health concerns to discuss the unique issues of caring for a partner, family member, friend, or loved one. This is a national online group. Caregivers with basic computer access (emails) are welcomed and encouraged to participate in this supportive space!

For more info contact Sylvia Vargas at 415.659.8123 or email sylvia@openhouse-sf.org.

Community Engagement Programs

Would You Like a Visitor?

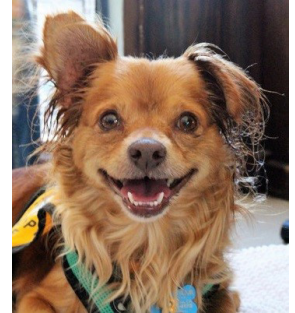
No matter our situation, we all need connection and community.

If you'd like someone to connect with, our Friendly Visitor program affirms that LGBTQ elders have lifetimes of experience, perspective and know-how. Friendly Visitor volunteers are honored to get to know you. We screen, train and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee and tea meet-ups, or just to chat and have some laughs.

To learn more about receiving a visit, or for any questions about the program, please contact Sylvia 415.659.8123 or email sylvia@openhouse-sf.org.

MUTTVILLE senior dog rescue

January 12th
2PM @ 255
Alabama
(near Harrison
& 16th)



Muttville's mission is to change the way the world treats older dogs and to create better lives for them through rescue, foster, and adoption.

Muttville is every 2nd Friday of the month and we invite you to join us. You'll hang out with a handful of sweet dogs in a cozy living-room like setting. You can also elect to walk with the dogs.

Please RSVP by calling 415.503.4180 or emailing

Mayor Ed Lee (1952 – 2017)

Openhouse was saddened by the sudden loss of San Francisco Mayor Ed Lee in December. We send our thoughts and support to his family and to all who loved him. We extend our thanks to Mayor Lee for his support of the 55/95 Laguna project, the first LGBT welcoming affordable senior housing in San Francisco.



Late Mayor Lee with Tom Horn, President, Bob A. Ross Foundation, Inc. at Grand Opening of 55 Laguna St., March 2017

Lifelong Learning

For questions, or to register for programs listed here, contact Armando, OH Education Coordinator by calling 415.728.0194 or emailing armando@openhouse-sf.org.

CONVERSATIONAL FRENCH

Bonjour!

In response to numerous requests from our Community Members, Openhouse's much loved instructor, John Frediani, MA will offer a series of seven weekly sessions on the art of conversing in French.

If you have a basic knowledge of the language, come broaden your French horizons in a relaxed and stress-free environment: no book reports, no midterms, no finals...!

Mondays, February 5th-March 19th
4 – 5:30PM
Bob Ross LGBT Senior Center @65 Laguna St.

Registration is required.
Call Armando for more info.

New Class: Beginning Italian!

Want to feel more Italian in a restaurant? How about learning something new just for the fun of it? Come join us in solving the wonderful puzzle that is Italian: the language and its people. Our resident linguist, Armando Paone, will present a 10-session course in Beginning Italian--basic language and conversation along with insights into its culture and history. No knowledge of Italian necessary.

Wednesdays, January 10 through March 14
4:00 – 5:30PM, Openhouse Community @55
Laguna St., 2nd Fl.

Registration is required.
Call Armando for more info.



All the world's a stage!

Openhouse is thrilled to introduce yet another addition to our Lifelong Learning Program...a series of six sessions on the life and works of LGBTQ playwrights of the American theatre.



Tuesdays
January 16 – February 20
4 – 5:30PM

Openhouse Community, 55 Laguna
2nd floor Community Room
Registration is required.
Please contact Armando.

Tom Gross, a teacher of English language and drama, will present an insightful study of such authors as Tennessee Williams (*A Streetcar Named Desire*), Langston Hughes (*Tambourines to Glory*), Lillian Hellman (*The Children's Hour*), Lorraine Hansberry (*A Raisin in the Sun*), Thornton Wilder (*Our Town*) and Edward Albee (*Who's Afraid of Virginia Woolf?*), among others.

There will also be a session on the American musical theatre as represented by the works of such LGBTQ

writers as Cole Porter (*Anything Goes*), Leonard Bernstein (*West Side Story*), Steven Sondheim (*Company*) and Jerry Herman (*La Cage aux Folles*). Participants will be asked to read to the class selected scenes from each of the plays.