

housing, services, and community for LGBT seniors

openhouse

february 2018

Celebrating Black History Month

New & Returning in February!

Psst..Can we talk about sex?:
Embracing Sexuality As We Age
-pg. 4

Relationships:
Connecting Authentically As We Age
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Self-Compassion & Resiliency
Support Group Returns - pg. 2

GENERATIONS

Black LGBTIQQ History Experiences

Raffle Prizes
Entertainment
Art Gallery
Food
Music
Free STD/HIV Testing

CELEBRATING THE LIVES OF BLACK LGBTIQQ PEOPLE

Friday, February 16, 2018
6pm to 9pm
SOMArts Cultural Center
934 Brannan St,
San Francisco. CA 94103



Join us for a Free Movie Screening with
Lunch!

TUESDAY, FEBRUARY 20TH
12PM- 3PM

55 Laguna Street Community Room

The tender, heartbreaking story of a young man's struggle to find himself, told across three defining chapters in his life as he experiences the ecstasy, pain, and beauty of falling in love, while grappling with his own sexuality.

Following the film there will be a discussion with Jana Rickerson, Openhouse Support & Wellness Manager & Sylvia Vargas, Openhouse Manager of Community Engagement Programs.

RSVP required.

Please call Chalwe at 415.231.5870 or email
chalwe@openhouse-sf.org.

Join us for an Intergenerational Story-Sharing Event!



The Massachusetts College of Liberal Arts (MCLA)'s "LGBT San Francisco Travel Course," will join Openhouse for an afternoon of StoryCorps interviews and story-sharing. Each Openhouse community member will be paired with a student from the course and will have the opportunity to be interviewed and recorded. If you choose to, the recording will be uploaded to the StoryCorps website and will be saved in the Library of Congress.

Before and after your interview, you will have the chance to engage the students in conversations guided by their questions for you, your questions for them, and whatever else you want to talk about.

You are welcome to join us even if you'd just like to participate in the conversation and not be interviewed. Please let us know when you RSVP. To register or for further details, please contact Ariel Mellinger at 415.503.4180 or ariel@openhouse-sf.org.



Self-Compassion and Resiliency Support Group

This group is a place for LGBTQ seniors to share daily challenges such as searching for new meaning and purpose after we retire, loneliness, isolation, receiving a difficult health diagnosis, insomnia, anger, fears about mortality, challenges with caregiving, and more. We intentionally tune into the seemingly ever present inner critic that most of us carry inside. As we identify the pain of this harsh voice, we begin to develop a nurturing inner voice so when the volume of the critic increases, we have tools to generate compassion for ourselves in any given situation.



Facilitator, Molly Reno, has 10 years experience facilitating support groups for women with cancer, psychology grad students and the Self Compassion Group at Openhouse. Molly is a certified somatic life coach and is currently studying advances in neuroscience as applied to the emotional brain.

Mondays, Feb. 26th – May 7th from 4:30 – 6PM @55 Laguna Conference Room, 1st Floor
RSVP required. Brief one-on-one intake interviews are required.

Intake interviews will take place on Tuesday, February 20th.

For more information or to schedule an intake, please call Ariel Mellinger at 415.503.4180 or email: ariel@openhouse-sf.org.

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Mark Your Calendars for International Women's Day Brunch at 10AM on March 8th!

Openhouse's Sister Circle joins forces with the mavens of Koffee Klatch SF to co-host a special brunch discussion for women-identified folks in celebration of International Women's Day! Details to come in March!



California Reducing Disparities Project at Openhouse for LGBTQ Seniors!



Openhouse is thrilled to announce that we are embarking on a historic 5-year research study as part of the California Reducing Disparities Project (CRDP), funded by the CA Dept. of Public Health/Office of Health Equity. The CRDP recognizes that certain communities in California do not receive quality mental health prevention and support services which leads to disparities or differences in health outcomes. Openhouse is one of 35 agencies across the state that received funds to implement and evaluate our practices and strategies, with the goal of demonstrating community-defined evidence that our programs reduce mental health disparities. A project of this scope that recognizes and elevates community practices and identifies strategies for systems change has never been done before. Openhouse is proud to be part of this historic effort on behalf of LGBTQ elders!

What does this mean for Openhouse and LGBTQ seniors in our community? The CRDP will allow Openhouse to expand programming in order to measure and evaluate our Community Engagement programs and Support and Wellness model. Specifically, we are evaluating 3 programs: Friendly Visitor, Lunch Discussion Groups, and Support Groups. We seek to demonstrate the impact of these programs on the lives of LGBTQ seniors engaged with Openhouse through surveys, interviews and focus groups over the next 5 years.

With community input, we have developed surveys that will help us to better understand ways our programs increase a sense of community connectedness leading to reduced isolation and loneliness, and overall better health.

Did you know that loneliness is considered by researchers as a health crisis? According to research over the past 40 years, loneliness can lead to high blood pressure and cardiovascular disease, lower immunity and poor sleep. Openhouse is working to improve health outcomes for LGBTQ seniors in San Francisco and beyond. What we learn during this project may become a model for older LGBTQ communities across California.



Who is eligible to participate in the study? Participation is completely voluntary. We are seeking study participants age 55+ who have attended 5 or fewer Openhouse activities in the past 2 years in the following programs: Rainbow Lunches, Support Groups, and Friendly Visitor visits. Participating in the study will help Openhouse demonstrate show that our programs make a real difference in the lives of LGBTQ elders in our community! If eligible, participants will complete up to 4 surveys in an 18-month period. After each survey, participants will be offered a cash incentive to continue on to the next survey in the study.

If you have attended more than 5 activities in the last 2 years, your input also matters! We will be conducting focus groups throughout the course of the project to help us interpret findings and refine programs to meet community needs. *Stay tuned for those opportunities to provide your valuable input!*

For questions on how to enroll in the study or about the CRDP, please contact Chalwe at 415-231-5870 or Ariel at 415-503-4180.

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.

NEW GROUP!

Psst...Can we talk about sex?:

Embracing Sexuality as We Age

Talking about sex can be tough! Starting the conversation may feel awkward or uncomfortable, especially for older adults. As we age, and the LGBTQ community changes around us, some might wonder: Is it really possible for me to embrace my sexuality as an older adult? Should I still be struggling with my sexuality?

Physical intimacy comes with unique challenges later in life, particularly as we understand ourselves as part of an historically judged sexual community. This group will create a safe space for folks to talk about how we can understand, accept, and embody our sexuality as we age. We uphold that idea that all bodies are desirable and worthy of sex (when, and if you want it!). This will be a group where we can explore these aspects of sex and sexuality while supporting and learning from one another. We welcome all folks who identify as LGBTQ older adults to join. This group is free and requires an interview with one of the facilitators prior to enrollment.

Fridays, 11:30AM–12:30PM

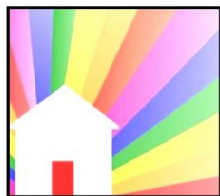
March 9th – May 25th

65 Laguna St. Bob Ross LGBT Senior Center

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**

@65 Laguna St., Bob Ross LGBT Senior Center

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.

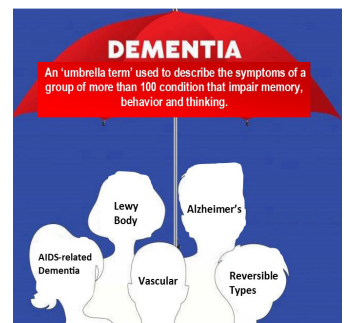


LGBTQ Group for Those who Care for Someone with Dementia

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.



**February 28th, 6PM @65 Laguna St.
Bob Ross LGBT Senior Center**

Support Groups

Questions about any programs listed here?

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

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.

VITAS[®]
Healthcare

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 @65 Laguna St.
Bob Ross LGBT Senior Center
Contact Ross for more info. at 415.296.8995
X311 or ross@openhouse-sf.org.

Health and Wellness

Integrative Medicine Approaches to Address Healthy Aging

4th Fridays: February 23rd, 3–4:30PM @55 Laguna St. Community Room, 2nd Floor

Join UCSF and Openhouse for a free seminar to learn about three approaches to wellness (gratitude practice, mindfulness, and chair yoga). Attendees will hear about the latest research and also get to try out these techniques during the session. Participants will also learn about exciting opportunities to contribute to the growing body of research on wellness and well-being.

Speakers: Dr. Stephanie Cheng is a palliative care physician in the Division of Geriatrics at UCSF. Her goal is to provide holistic, person-centered care focused on improving patients' quality of life; Ms. Thompson is a Senior Clinical Research Coordinator who manages research projects and clinical trials for Tideswell. Her projects focus on older persons and those with serious illness, with special focus on symptom burden and integration of palliative care initiatives; and Christine Ritchie, MD, MSPH, FACP, FAAHPM, is the Harris Fishbon Distinguished Professor in Clinical Translational Research and Aging in the Division of Geriatrics at UCSF. She is a board certified geriatrician and palliative care physician.

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, 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.

Seismic Safety Workshops

**Mondays, March 5th to April 9th from 3-4PM
@55 Laguna St., 2nd Fl. Community Room**

Did you feel the earthquake in January? Become prepared at Openhouse!

Join us in March for a six-part series of Seismic Safety Workshops to better prepare yourself for potential disasters and emergencies. Self-Help for the Elderly's Seismic Safety Program can help you develop critical skills concerning response and recovery, earthquake mitigation, fire safety, basic first-aid, and hands-only CPR.

A total of six workshops will be held on Monday afternoons for over a six-week period. **For more information or to register, please contact Amy Goodwin at 415.692.4142 or amy@openhouse-sf.org**
****Note: Those who attend *all* six workshops will receive a FREE Seismic Safety Kit on April 9, 2018****



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.

FEB 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
Tuesday, Feb. 6th @
11AM**

**Friday, Feb. 23rd @
12PM**

**Spanish
Wednesday, Feb. 14th
@ 12PM**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Drop-in Grief Support 1-2:30PM @OHC 55 Laguna St. X315 for info	2 Living with Loss 1-2:30PM @OHC 55 Laguna St.	3 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna Call X303 for info
4	5 Men's Group 2-3:30PM @501 Castro St. Conversational French 4-5:30PM @BR 65 Laguna St.	6 Housing Workshop (English) 11AM @ BR 65 Laguna St. RSVP X313 LGBTQ Playwrights 4-5:30PM @ OHC 55 Laguna St. Call X305 for info	7 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 8 for more info Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Call X315 for info Beginning Italian! Call X305 Pre-registration required, 4-5:30PM	8 Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St. Relationships: Connecting Authentically Grp. 1-2:30PM Call Ross X311 for more info.	9 Visit Muttville with Openhouse! 2PM, 255 Alabama St. Call X315 for info	10 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna Call X303 for info
11	12 Redwood Ramblers Nature Walk 10AM-3PM. Call X315 for more info. LGBTQ Phone Chat Group with Senior Center Without Walls 1-2PM Men's Group 2-3:30PM @501 Castro St. Conversational French 4-5:30PM @BR 65 Laguna St.	13 Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor Gay Gray Writers 4-5:30PM @BR 65 Laguna St. LGBTQ Playwrights 4-5:30PM @ OHC 55 Laguna St. Call X305 for info	14 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 8 for more info Housing Workshop (Spanish) 12PM @ BR 65 Laguna St. RSVP X313 Rainbow Lunch 12-2PM. RSVP re- quired. Call X310 to reserve a seat. Beginning Italian! Call X305	15 Drop-in Grief Support 1-2:30PM @OHC 55 Laguna St. X315 for info Relationships: Connecting Authentically Grp. 1-2:30PM Call Ross X311 for more info.	16 Living with Loss 1-2:30PM @OHC 55 Laguna St.	17 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna Call X303 for info
18	19 National Holiday Openhouse Bob Ross LGBT Senior Center CLOSED	20 Movie Screening Lunch & Discussion: Moonlight 12-3PM @ OHC 55 Laguna St. RSVP required. Call X310 LGBTQ Playwrights 4-5:30PM @OHC 55 Laguna St. Call X305 for info	21 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 8 for more info Beginning Italian! Call X305 Pre-registration required, 4-5:30PM Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Call X315 for info	22 Relationships: Connecting Authentically Grp. 1-2:30PM Call Ross X311 for more info. Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St. Friendly Visitor Discussion Group 6-7PM @BR 65 Laguna St.	23 Housing Workshop (English) 12PM @ BR 65 Laguna St. RSVP X313 Yoga is back! 11-12PM, 55 Laguna St. RSVP required Health & Wellness Talk: "Integrative Medicine Approaches" 3-4:30PM @OHC 55 Laguna St.	24 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna Call X303 for info Friendly Visitor Discussion Grp. 10-11:15AM
25	26 LGBTQ Phone Chat Group with Senior Center Without Walls 1-2PM Men's Group 2-3:30PM @501 Castro St. Conversational French 4-5:30PM @BR 65 Laguna St. Self-Compassion Group 4:30-6PM @ 55 Laguna Conference Room, 1st Floor	27 Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Opera Group 1-4PM @ 55 Laguna Conference Room, 1st Floor Sister Circle Lunch 12-1:30PM RSVP required X303	28 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 See pg. 8 for more info Rainbow Lunch 12-2PM. RSVP required. Call X310 to reserve a seat. Beginning Italian! Call X305 Pre-registration required, 4-5:30PM LGBTQ Caregivers of Those With Dementia Support Grp. 6PM @BR 65 Laguna St. See pg.4 for 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.

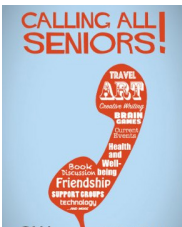
This is a gentle reminder that an RSVP is required to attend Rainbow Lunch. **Please call by noon Tuesday before Rainbow Lunch if you would like to attend.** If folks do not RSVP, we cannot guarantee a spot at the lunch.

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, February 27th
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, Feb. 8th and 22nd
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

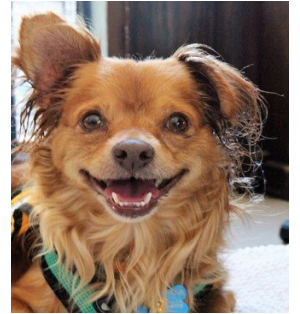
know-how. Friendly Visitor volunteers are honored to get to know you. We screen, train and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee and tea meet-ups, or just to chat and have some laughs.

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

February 9th
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 ariel@openhouse-sf.org

Join Openhouse and Redwood Ramblers for a Nature Walk



Monday, February 12th, 10AM-3PM

Pickup and drop-off will be at Openhouse Bob Ross LGBT Senior Center@ 65 Laguna St

Local community member, Pierre Khoury, will guide us on a dynamic 3.5 mile walk in the Marin Headlands. We will hike from Rodeo Beach to the Marine Mammal Center, climb up to Fort Cronkhite, and take the coastal trail to Tennessee Point. We'll take a short drive over to Pt. Bonita for a

walk to the historic lighthouse and great views of the Golden Gate. The climb back up to the car is a bit steep and it's .25 miles. There are both steep, short inclines and gradual inclines on this walk. The total elevation change will be 400 feet for the day. Water and healthy snacks will be provided. Please bring your own lunch.

There are very limited spaces on this tour. Due to popular demand, spots will be determined by lottery. Please contact Ariel X315 or email her at ariel@openhouse-sf.org by Feb. 8 at 12PM to be entered. You will be notified of the lottery results on Friday, February 9th.

