

International Women's Day Brunch

10AM on March 8 @ Openhouse Community Room, 55 Laguna St.
Openhouse's Sister Circle joins forces with the mavens of Koffee Klatch SF to co-host a special brunch discussion in celebration of International Women's Day! Women-identified trans, nonbinary, and two-spirit folks welcome! Please let us know if you can join us! **RSVP to Sylvia at X303.**



Transgender Day of Visibility (TDOV) Lunch

12PM on March 29 @ Openhouse Community Room, 55 Laguna St.

Openhouse honors our transgender elders! TDOV aims to bring attention to the accomplishments of trans people around the globe while fighting cissexism and transphobia. Unlike Transgender Day of Remembrance, this is a day of empowerment and offering recognition and affirmation of trans elders in our community. Join us as we learn from our trans leaders about what it means to be in allyship at Openhouse! Join Openhouse for a special lunch honoring transgender community members on Thursday, March 29th at noon. **RSVP to X306.**

Interested in Attending a Housing Workshop?

Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for a housing workshop, an hour-long presentation at Openhouse in which we cover the basics you need to know as you look for housing. We will decode the process of applying and suggest next steps.

Contact Information and Assistance Specialist,
Manuel Martinez to sign up at (415) 347-8509 or
manuel@openhouse-sf.org.

English
March 6th at 11AM
March 20th at 11AM

Spanish
March 30th at 2PM

Held at Openhouse
Bob Ross LGBT Senior Center
65 Laguna Street



Come out for a fabulous brunch and program honoring LGBTQ older people and those fighting to keep them central in our lives and our community. Stay out to enjoy our Tea Dance out on the gorgeous Ritz Terrace Courtyard. Don't miss our exciting Spring Fling!

Meet our incredible honorees: Kate Kendell Esq. & Cecilia Chung!

Kate Kendell leads the National Center for Lesbian Rights, a national legal organization committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, public policy advocacy, and public education.



Cecilia Chung is the Senior Director of Strategic Projects for the Transgender Law Center and is a nationally recognized advocate for human rights, social justice, health equity, and LGBTQ equality.

Info and tickets at openhouse-spring-fling-2018.eventbrite.com

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Join us at the LGBTQ Senior Art Group!

65 Laguna St. Bob Ross LGBT Senior Center

The art group meets every Saturday, 1:15 - 4PM and welcomes artists of all levels and genres to paint, draw, collage, and explore their artistic expression. This is a supportive group of LGBT folks who enjoy sharing in the creative process. Materials are provided and artists are free to bring their own.



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.

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

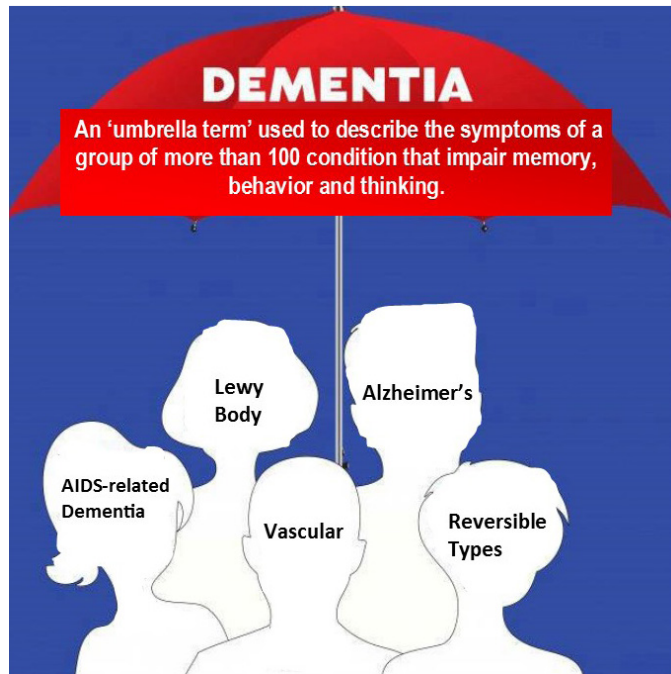
Fifty+ and Fabulous! Trans Drop-In Group and Dinner

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.



LGBT 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. You may care for a partner, friend, neighbor, or family member routinely or from time to time, in your home or community, or even to someone you love over the phone or online. "Dementia" is an umbrella term and includes a vast range of symptoms and more than 100 conditions that impair memory, behavior and thinking. Caring for someone with dementia, whether mild or severe, is important work and inspires many questions about how to deal with what is. We welcome you to join the conversation.

Group meets every 4th Wednesday
6-7:30PM

Questions? Call Ariel Mellinger at
(415) 503-4180 or email: ariel@openhouse-sf.org

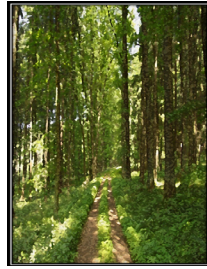
Next meeting:
Wednesday, March 28th
6-7:30 PM
Bob Ross LGBT Senior Center
65 Laguna St.

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.

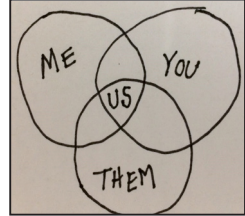
No need to RSVP, but please arrive on time to ensure entrance to the building. If you have questions, you may contact Dale Poland at (408) 964-6866 or email dale.poland@vitas.com.

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

Chronic Pain: Ways To Address It Beyond Just Medication

4th Friday: Friday, March 23rd, 3:00 – 4:30 pm

@55 Laguna St., 2nd Fl. Community Room

Chronic pain affects approximately 39% of older adults in the United States. Whether you or someone close to you is dealing with chronic pain, it's good to know how you can tackle it beyond just taking medications. Join Openhouse and UCSF for a free seminar to learn about non-medicinal approaches to addressing chronic pain. Participants will also learn about exciting opportunities to contribute to the growing body of research on wellness and well-being.

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 whose goal is to build a research program at UCSF at the interface of palliative care and geriatrics that seeks to improve quality of life and patient outcomes for those experiencing complex serious illnesses.

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 9.

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

Join us for weekly meditation for all experience levels. Group sits for part of the hour and then spends time sharing their experiences. The practice is facilitated by long-time Openhouse instructor, David Lewis and our newest instructor, Karen Sundheim, who's been practicing meditation for over 40 years.

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

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.

MAR 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**

SUN	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. Yoga 11-12PM@55 Laguna St. Reg req. Call 315 for info	3 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna St. Call X303 for info
4	5 Men's Group 2-3:30PM @501 Castro St. Conversational French 4-5:30PM @BR 65 Laguna St. Self Compassion Group @ 55 Laguna St. 4:30-6PM. Registration required X315 for info.	6 Housing Workshop (English) 11AM @ BR 65 Laguna St. RSVP X313 Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Call X315 for info Beginning Italian! 4-5:30PM OHC @55 Laguna St., 2nd Fl.	7 Drop-in Meditation 10-11AM @ BR 65 Laguna St. Call X315 Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Call X315 for info Beginning Italian! 4-5:30PM OHC @55 Laguna St., 2nd Fl.	8 INTERNATIONAL WOMEN'S DAY! International Women's Day Brunch 10AM - RSVP X303 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 Training 6-9PM @ BR 65 Laguna St.	9 Visit Muttville with Openhouse! 2PM, 255 Alabama St. Call X315 for info Yoga 11-12PM@55 Laguna St. Registration required. Call X315 for info.	10 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna St. Call X303 for info
11	12 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 @ 55 Laguna St. 4:30-6PM. Reg req	13 Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	14 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 Housing Workshop (Spanish) 12PM @ BR 65 Laguna St. RSVP X313 Rainbow Lunch 12-2PM. RSVP required. See pg. 9 Beginning Italian! 4-5:30PM OHC @55 Laguna St.,	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. MCLA StoryCorps Event 2-5PM @ BR 65 Laguna St.. RSVP required X315. See pg.2 for info	16 Living with Loss 1-2:30PM @OHC 55 Laguna St. Yoga 11-12PM@55 Laguna St. Registration required. Call 315 for info.	17 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna St. Call X303 for info
18	19 Self Compassion Group @ 55 Laguna St. 4:30-6PM. Registration required X315 for info. Men's Group 2-3:30PM @501 Castro St.	20 Housing Workshop (English) 11AM @ BR 65 Laguna St. RSVP X313	21 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 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.	23 Housing Workshop (English) 12PM @ BR 65 Laguna St. RSVP X313 Yoga 11-12PM@55 Laguna St. Registration required. Call 315 for info. Health & Wellness Talk: 3-4:30PM@OHC 55 Laguna St.	24 Games 10AM-1PM @BR 65 Laguna St. Art Group 1:15-4PM @BR 65 Laguna St. Call X303 for info Friendly Visitor Training 1:30-4:30PM @BR 65 Laguna St.
25	26 LGBTQ Phone Chat Group with Senior Center Without Walls 1-2PM Men's Group 2-3:30PM @501 Castro St. Self Compassion Group @ 55 Laguna St. 4:30-6PM. Registration required X315 for info.	27 Trans 50+ & Fabulous Drop-In, 6-7:30PM @730 Polk Street, 4th Floor Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Sister Circle Lunch OHC 55 Laguna St. 12-1:30PM RSVP req. X303	28 Drop-in Meditation 10-11AM @OHC 55 Laguna St. Call X315 Rainbow Lunch 12-2PM. RSVP required. Call X310 to reserve a seat. LGBTQ Caregivers of Those With Dementia Support Grp. 6PM @BR 65 Laguna St. See pg. 4	29 Transgender Elder Lunch 12PM @OHC 55 Laguna St. Please RSVP x306	30 Embracing Sexuality As We Age 11:30 @ BR 65 Laguna St. Yoga 11-12PM@55 Laguna St. Registration required. Call 315 for info. Housing Workshop (Spanish) 2PM @ BR 65 Laguna St. RSVP X313	31 Transgender Day of Visibility

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.

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.

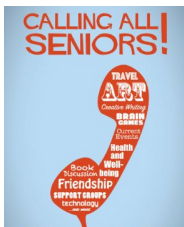


Tuesday, March 27th
12-1:30PM

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

Men's Drop-In Social Hour

Thursdays, March. 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

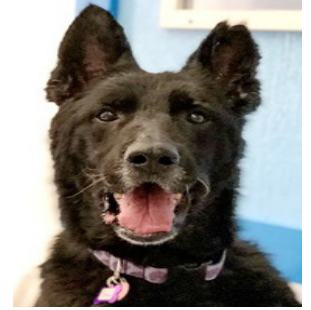
know-how. Friendly Visitor volunteers are honored to get to know you. We screen, train and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee and tea meet-ups, or just to chat and have some laughs.

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

March 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

Queer Painting Workshop

What makes a queer painting? The practice of painting is ripe with both tradition and opportunities for healing. Workshop participants will harness these qualities to think about questions of queerness visually. Students from Stanford University will lead a workshop which will consist of a brief demonstration of acrylic painting techniques, a guided collaborative painting exercise inspired by a traditional queer theory text, and a group discussion to follow. The goal is for participants to leave with a new or improved painting skill set, tools to continue critically engaging with modern queer art, and their very own work of art to take home!



Date: Thursday, April 26

Dog Eared Books, Castro Street (Between Market & 18th St.)

Time: 7PM

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

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. Please contact Armando.

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, 4-5:30PM

**Openhouse Community
@55 Laguna St., 2nd Fl.**

Registration is required. Please contact Armando.



Volunteer At Openhouse!

Are you available to volunteer at Openhouse? We have multiple needs for volunteers – give a little time and make a big impact. 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.

We still need volunteers to help with upcoming events:

Spring Fling (4/8), Howard Grayson LGBT Elder Conference (5/19), Elder Youth Brunch (6/22), Pride (6/24)

We also 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:

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

Openhouse @65 Laguna St., Bob Ross LGBT Senior Center

For more information, contact Peter at (415) 685-0886 or peter@openhouse-sf.org